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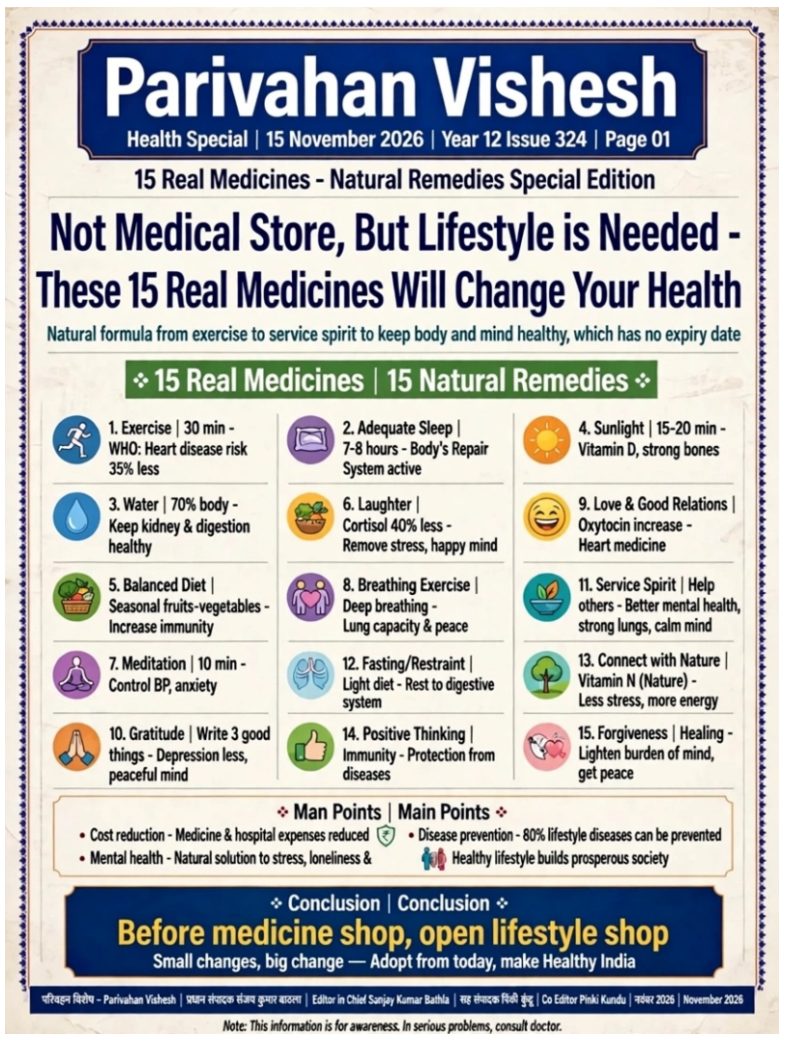
Real Medicines - 15 Natural Remedies Without ChemicalsDate: November 2026

Parivahan Vishesh News

Not Medical Store, But Lifestyle is Needed - These 15 Real Medicines Will Change Your Health

From Exercise to Spirit of Service, Natural Formula to Keep Body and Mind Healthy, Which Has No Expiry Date

Parivahan Vishesh - Special Health Article



Facts and Scientific Basis:

1. **Exercise:** 30 minutes daily of brisk walk, yoga or any physical activity. According to WHO, regular exercise reduces risk of heart disease by up to 35%.
2. **Adequate Sleep:** 7-8 hours of deep sleep is body's biggest repair system.
3. **Water:** 70% of body is water. Drinking right amount of water keeps kidneys, digestion and skin healthy.
4. **Sunlight:** 15-20 minutes of morning sunlight is the biggest natural source of Vitamin-D.
5. **Balanced Diet:** Seasonal fruits, vegetables, coarse grains - this is the real supplement.
6. **Laughter:** A hearty laugh can reduce Cortisol (stress hormone) by up to 40%.
7. **Meditation:** 10 minutes of daily meditation controls blood pressure and anxiety.
8. **Love and Good Relations:** Spending time with family and friends increases Oxytocin, which is medicine for heart.
9. **Gratitude:** Saying thanks for 3 good things daily reduces symptoms of depression.
10. **Spirit of Service:** Helping others is not only social, but also biggest medicine for mental health.
11. **Breathing Exercise:** Deep breaths increase both lung capacity and peace of mind.
12. **Fasting / Restraint:** Light diet once a week gives rest to digestive system.
13. **Connection with Nature:** Walking in park, spending time among trees and plants gives Vitamin-N (Nature).
14. **Positive Thinking:** Negative thoughts reduce immunity, positivity increases it.
15. **Forgiveness:** Keeping grudge in mind is like keeping poison in body, forgiving is biggest healing.

How Different From Common Medicines?Chemical medicines suppress one symptom, often with side effects. These 15 natural medicines work on root - without any cost, without any side effect and without expiry.

Main Points - What Benefit to Country?

- Reduction in Expenditure: Unnecessary expenditure on health will be saved
.- Prevention of Disease: Prevention is better than cure - 80% lifestyle diseases can be prevented by these only.
- Mental Health: Solution to modern epidemics like stress, loneliness and depression.
- Family and Society: When individual is healthy, family is healthy, then society is healthy.

Conclusion: Before going to medicine shop, go to your daily routine's shop. Adopt these 15 real medicines - reduce sugar, get health, energy and better lifestyle.

ISRO's EOS-05 - India's Permanent Third Eye in Space Date: November 2026

Parivahan Vishesh News

Sharp Eye on India from 36,000 KM, ISRO Creates History - EOS-05 Becomes Country's First Geo-Imaging Satellite Successful launch by GSLV-F17, will give alert every 5 minutes from flood-storm to border security

Presenter: Pinky Kundu | Social Consultant

Introduction: Indian Space Research Organisation (ISRO) did what had never been done before on 4th September 2026. The 51.7 meter tall GSLV-F17 rocket took off from Sriharikota and placed the 2,367 KG EOS-05 satellite into Geosynchronous Transfer Orbit. This is GSLV's heaviest payload till date and ISRO's first orbital success after a gap of 7 months.



Facts and Technical Details:

1. Launch Details: Date 04.09.2026, Time 02:55 AM, Location Satish Dhawan Space Centre, Sriharikota. This was the 19th flight of GSLV and the 107th launch of the centre.

2. Orbit: Final orbit 34,903 x 35,884 KM, i.e. about 36,000 KM. Due to synchronization with Earth's rotation speed, this satellite will appear permanently stationary over India.

3. Payload: 256-channel hyperspectral imager, capable of refreshing spectral data every few minutes. How is it different from ordinary satellites?

Most earth observation satellites till now revolve in LEO (400-800 KM). They stay over one location for only a few minutes and return after hours. Being in geostationary orbit, EOS-05 will keep continuous watch over India like CCTV.

Main Points
- What Benefit Will Country Get?
- Revolution in Disaster Management: Imaging of events like flood, cyclone, forest fire and cloudburst every 5 minutes and scan of entire India in about every 30 minutes.
- Agriculture and Environment: Real-time assessment of crop stress, soil moisture, mineral dust and forest cover.
- Strategic Importance: Continuous surveillance over border areas, strategic installations and maritime activities.
- Return of Trust: This mission is a prestige restoration mission for ISRO after consecutive failures in May 2025 (PSLV-C61) and January 2026 (PSLV-C62) and failure of GISAT-1/EOS-03 in 2021.

Conclusion: EOS-05 is not just a satellite, but a big step towards India's self-reliant space surveillance capability. While weather satellites like INSAT-3DS are already working at 35,786 KM, EOS-05 will set a new standard in terms of imaging.

Parivahan Vishesh Daily - Economy Special

SBI-SEBI Report Opens New Economic Door for Budget 2027 - Will Stock Market Get Mega Dose of Tax Exemption?Sub-headline: Preparation to end LTCG tax, return of foreign investors and big bet of Budget 2027

Parivahan Vishesh News

Author - Advocate Kishan Sanmukdas Bhawnani, Gondia Maharashtra.



Introduction - World's eyes on Budget 2027: In the era of global war, crude oil inflation and selling by foreign investors, Indian stock market is at a decisive turn. The SBI Research report of 12th October, SEBI proposal that came on 2nd November and Finance Minister's announcement have increased expectations of LTCG reform in the Budget of 1st February 2027.

Facts:
- Oil Market: On 3 November 2026 Brent Crude 104-107 dollars, WTI 96-98 dollars per barrel
- Rupee: Weakened to 94.97 against dollar
- FPI Selling: Net selling of about 31 billion dollars in 2026
- Current LTCG Regime: Exemption up to 1.25 lakh on holding more than 12 months, 12.5% tax above that, 20% on short-term

Main Point - 5 Major Recommendations of SBI Research (2 November 2026 Report):

1. Increase exemption limit from 1.25 lakh to 2 lakh - suggestion to link with inflation

2. Duration-based tax: 12.5% for 1-2 years, 5% for 2-3 years, 0% LTCG for more than 3 years

3. Tax deferment within 90 days on reinvestment in mutual funds

4. 50% increase in STT - Equity delivery from 0.10% to 0.15%, futures from 0.05% to 0.075%, options from 0.15% to 0.225%, leading to estimated additional revenue of 45,000 crores in Fy28

5. Comprehensive review of capital gains tax - consideration to completely abolish LTCG

SEBI Proposal (2 November): Recommendation to abolish LTCG for foreign equity investors. Exemption for domestic mutual fund investors on selling holding of more than 1 year and moving to another scheme. These are confidential, non-binding pre-budget proposals.

The Rs 50,000 Crore Question: SBI estimate - Complete abolition of LTCG will cause revenue loss of Rs 40,000-50,000 crores in FY28, 0.1-0.2% of GDP. Collection of Rs 1.3 lakh crores in FY25 was due to exceptional market rally. Balancing fiscal deficit, infrastructure spending and social schemes is a big challenge before government.

Finance Minister's Statement: On 2 November in Mumbai at Financial Express Leadership Awards, Finance Minister Nirmala Sitharaman acknowledged investors' concern, assured to consider, but said tax concession is not the only basis for market performance. In 2023-24, good FPI inflow came in this same tax structure, now circumstances have changed.

Analysis - What Will Change in Budget 2027? Three paths before government: Abolition of LTCG for foreign investors, separate relief for domestic-foreign, or gradual reduction based on duration. Tax relief will increase post-tax returns, competitiveness will improve, but for permanent strength, company earnings growth, rupee stability, inflation control and strong growth is necessary. Budget 2027 is an opportunity, but impact will depend on balanced implementation more than announcement.



Take care of health during festive season



Shahnaz Hussain

Parivahan Vishesh News



The festive season has started. The festive season is a time for celebration and feasts. During these days, foodies eat heartily many kinds of delicious dishes and sweets, which directly affects health. As soon as festive season comes, the series of sweets, fried dishes and heavy food starts in every house. The sweets and food items that are served in this festive treat contain high amount of sugar and fat. Due to which we feel more hungry and overeating disturbs the digestive system, which directly affects our health. During festivals, due to cleaning of house, preparations for hospitality of guests and running around, often we are not able to take food on time. Apart from this, more oily-spicy food and excessive consumption of sweets causes problems like gas, acidity, indigestion and constipation. I believe that during festivals, along with enjoying eating heartily, a little caution and wisdom is very necessary to take care of stomach and health. During festivals, along with taste and happiness, giving priority to health is also necessary.

1. Food and Drink
During festival days, people should pay attention to mindful eating to maintain balance of health. To keep diseases away, it is necessary to change food habits and habits. During festivals, seeing variety of dishes and sweets, often we eat more than needed. Due to which problems like gas, acidity and indigestion occur. During festivals, maida is used most to make dishes like namkeen, biscuits, samosas, kachori. In which trans fat is excessive, due to which cholesterol increases. Delicious dishes like laddu, gulab jamun, gujiya and namkeen pakoras have high amount of sugar, oil and calories. Eating more sweet or fried things daily, along with weight gain, blood sugar and cholesterol level can also be affected. Oil and mawa used in sweets has bad effect on health. Eating more sugar causes arteries to start constricting and risk of heart attack increases. Therefore consume sweets in limited quantity only in festive season. My suggestion is that you give priority to dry fruits, dates or things made of jaggery instead of sweets. Especially consumption of ready-made food items in market should be avoided. Instead of buying sweets from market, you can easily make coconut barfi etc. sweets at home itself. Include fiber-rich things in your diet. Options like fruits, salad and whole grains help in keeping digestive system correct. Fiber-rich food retains water in your digestive system which helps in digesting food easily. My advice is that take in plate only as much as hunger is, and eat again and again in small-small portions. During festivals, variety of food may be attractive but avoiding overeating is most important.

2. Take sweets in limited quantity
During festivals, sweets should be consumed in limited quantity because they have more sugar, calories and fat, due to which there is risk of weight gain, diabetes, and heart-related diseases. It is difficult to completely avoid sweets, namkeen, spicy and fried food items, but limiting their quantity helps in managing diet. Keep in mind how much you are eating. Choose jaggery, honey or natural sweetness of fruits. During festivals, along with sweets, many salty dishes are also made, seeing which we cannot control our mind and consume it in large quantity, due to which there is risk of high blood pressure problems, heart attack, stroke and many diseases related to heart.

3. Exercise
Do exercise regularly during festivals. Doing exercise regularly keeps weight under control, mood becomes better, mental stress reduces. You can remain active by walking for few minutes daily, doing light stretching at home or by participating in community activities. In this way you will feel healthy and energetic even during festive season. Exercise helps in making our body and mind adaptable to changing rhythm of nature. If you continue practicing yoga during Dussehra and Diwali festivals, then you will feel more confidence and increase in energy to move around with grace. Include regular Vrikshasana, Tadasana and Bhujangasana in your daily routine. These yogas will help in controlling weight.

4. Stay Hydrated
Start day with water. During festive season, people's running around becomes very much. In such situation, keeping body hydrated is very necessary. Start your day with a big glass of lemon water. This will speed up metabolism, cells will be hydrated and toxins will come out, due to which body will get energy. Water keeps digestive system clean and protects from problems like acidity and constipation. Due to lack of water, you will not be able to run around whole day because due to this blood pressure can increase and your body will feel tired. Include food items like watermelon, cucumber, orange and strawberry in your diet. These food items not only keep hydrated but also provide essential vitamins and minerals. Fruits and vegetables give you less calories. By including them in snacks, you can succeed in consuming less fat. During feasts, maintain balance of salad or fruit plate with heavy and oily dishes. These food items not only hydrate but also provide essential vitamins and antioxidants. Keep 1 bottle of water with you and keep drinking water every half an hour. Writer is internationally renowned beauty expert and is popular as Herbal Queen.

The shadow of microplastic in every sip of milk - serious questions on food safety

Parivahan Vishesh News

The shadow of microplastic in every sip of milk - claims of finding 3 to 30 particles in 1 litre raise concern Has plastic pollution reached our plates and glasses? Now questions not on nutrition, but on purity and safety

Author: Pinki Kundu, Social Consultant

Introduction: The milk which we consider as the basis of better future for children, strong bones and healthy body, the presence of microplastic particles in some samples of that same milk has triggered a new debate on food safety. This concern is not limited to milk only, but is a sign of the growing toxic relationship between human life and environment.



Facts and Technical Analysis:

1. What is microplastic?
Plastic particles smaller than 5 millimetres. Formed from breaking of large plastic objects, fibres of synthetic clothes and industrial waste. Even smaller particles are called nanoplastic. It is impossible to see them with naked eyes, laboratory techniques like FTIR, Raman Spectroscopy are necessary for identification.

2. How much found in milk?
Claim in some studies - 3 to 30 particles per litre. Mostly in form of fibre or small pieces. Type: Polyethylene (PE) and Polypropylene (PP). Note: This figure is not applicable to all milk, verification of sample size and testing method is pending.

3. Where is source from?
- Animal feed, drinking water, plastic present in air
- Plastic pipeline, container, packaging in milking, collection, storage, transportation
- External contamination: Risk of cross -contamination even during sampling and lab testing.

4. Effect on health - What does science say?
Signs of inflammation, oxidative stress, change in biological processes in laboratory and animal studies. But till now it cannot be said with certainty that a definite quantity of microplastic reaching through milk causes a particular disease. Direct evidence of long-term effect on humans is still limited. Neither is it appropriate to ignore danger, nor to spread panic by rumour.

Main points and consumer precautions:
- Always take milk from clean, reliable, FSSAI licensed source.
- Do not keep hot milk in unsuitable plastic vessel for long time. Use food -grade steel/glass.
- Boiling is not guarantee of complete safety from microplastic.
- Regular cleaning of vessels and use of proper temperature vessels.

Constitutional Rights, Law and Judicial Orders - Detailed Analysis:
A. Constitutional Basis:- Article 21 - Right to Life: Supreme Court has said many times that right to live is not only breathing, but living with safe food, clean environment and health.- Article 47: Duty of State - to raise level of nutrition and standard of living and to improve public health. Adulterated/unsafe milk is against it.- Article 48A: Protection and improvement of environment - responsibility of State.- Article 51A(g): Fundamental duty of every citizen - to protect environment.

B. Laws, Rules, Acts:- Food Safety and Standards Act, 2006 (FSS Act): Section 18 - ensuring safe food is responsibility of FSSAI. Section 26, 27 - sale of unsafe food punishable. Section 16(5) - FSSAI can form scientific panel and fix standards on new dangers (like microplastic).- Environment Protection Act, 1986: Wide powers to Centre to stop pollution.- Plastic Waste Management Rules, 2016, Amendment 2022 and 2024: Ban on Single Use Plastic (SUP), Extended Producer Responsibility (EPR), ban on carry bags less than 120 micron.- Bureau of Indian Standards (BIS) IS 10500 and IS 14767: Standards for drinking water and storage of milk.

C. Judicial Orders:
- M.C. Mehta vs Union of India (continuously since 1987): Supreme Court said - environmental pollution is violation of right to life. Polluter has to pay (Polluter Pays Principle).
- Vellore Citizen Welfare Forum vs Union of India (1996): Precautionary Principle - even if scientific uncertainty, safety measures necessary.
- National Green Tribunal (NGT) Orders 2022-2024: Fine and closure instructions on illegal production of SUP in many states and inferior plastic in dairy packaging.
- Supreme Court 2019 - direction to Central Pollution Control Board: Scientific disposal of plastic waste and direction to establish standard laboratory for research on microplastic.

Accountability of Government, Dairy Industry and Scientists:
1. Government/FSSAI: Make standardized SOP for microplastic testing, mandatory Control Sample in NABL lab. Cross-verification from independent lab.
2. Dairy Industry: HACCP audit from production to packaging, promotion of food-grade pipeline, stainless steel storage.
3. Scientists: Comprehensive research on size, type, source of particles and long-term effect on children/pregnant women.

Conclusion:
Question is not on nutrition of milk, but on its purity. Milk is still best source of nutrition, but healthy society is not possible without safe food and clean environment. Check on plastic pollution is first condition of safe food. This is shared responsibility of government, industry, scientists and all of us citizens.

Benefits of consuming Drumstick (Moringa) pods during pregnancy and at other times

Parivahan Vishesh News

Courtesy: Pinki Kundu, Social Consultant
Including drumstick pods in your diet can be useful during pregnancy and even after delivery. Apart from this, consumption of drumstick pods can provide many other health benefits.

1. Helpful in problems during pregnancy
Moringa can be helpful in reducing fatigue and lethargy during pregnancy. Consumption of its pods is also considered helpful in reducing problems like vomiting and dizziness.

2. Helpful in diabetes during pregnancy
Drumstick pods can help in keeping blood sugar level under control. This can help in management of diabetes. Its potential benefits are also noted in diabetes occurring during pregnancy.

3. Useful in problems after delivery
Drumstick pods can help in providing essential nutrients to the body during pregnancy and after delivery. Vitamins and minerals present in them help in maintaining normal health and functioning of uterus.

4. Helpful in increasing immunity
Some antibacterial properties are found in moringa leaves and flowers, which can be helpful in protection from various types of infections. Vitamin C present in drumstick pods helps in improving body's immunity.

5. Stomach and digestive system health
Moringa can be helpful in improving digestive system health. Many nutrients including Vitamin B-complex are found in moringa leaves and pods, which help in keeping digestion smooth. Nutrients present in it are helpful in digestion of food and absorption of nutrients.

6. Bone health
Calcium, iron and many vitamins are found in drumstick pods, which are useful for bone health. Therefore, including drumstick pods in your regular diet can be helpful in keeping bones strong. Drumstick pods can also be included in balanced diet of children.

7. Blood health
Like leaves of moringa, its pods are also rich in nutrients. Vitamins and antioxidants present in them can help in maintaining overall health of body. These can also be useful for skin health.

8. Sexual health
Many nutrients including zinc are found in drumstick pods. Zinc is important for normal reproductive and sexual health of both women and men.



Special Caution:
Despite being nutritious for health, drumstick pods should always be consumed only in proper quantity. Avoid consuming in very large quantity in a single day. People who have any kind of allergy, must take doctor's advice before consuming.

Your nails are not just for beauty!

Parivahan Vishesh News

Pinki Kundu, Social Consultant

A small change seen in them can tell a lot about your body. Look carefully at your nails, are these changes visible in them?

1. White spots on nails - Sometimes these can be linked to Zinc deficiency.

2. Yellow nails - Yellow nails can be linked to Fungal Infection.

3. Nails sinking inward like a spoon -This is called Spoon Nails / Koilonychia. This can be linked to Iron Deficiency Anemia.

4. Vertical lines on nails - These can be linked to Vitamin B12 deficiency.

5. Horizontal lines on nails - Such lines can sometimes be linked to serious illness or nutritional deficiency in the body.

6. Nails turning blue or purple - This can be Cyanosis, which sometimes can be linked to Heart or Lung problem.

7. Black line on nail - A new or changing black/brown line on the nail should not be ignored. In some cases it can be linked to serious cause like Melanoma.

8. Nail and fingertip becoming more round/swollen - This is called Clubbing. This can be linked to some Lung or Heart diseases.



But one important thing - a confirmed diagnosis of any disease cannot be made just by looking at nails.

There can be many other causes for these changes.

The beginning of the festival of lights is the festival of prosperity Dhanteras



Parivahan Vishesh News

It is a common belief that on this day Kuber opens his treasures and showers his blessings abundantly on the devotees who worship him.

Dr. Ghanshyam Badal

In today's era, there is essence in life only from wealth and perhaps believing this logic, the festival of 'Dhan Te Ras' i.e. 'Dhanteras' is celebrated. It is said that by celebrating this festival, wealth showers in life. This year Dhanteras is on 6th November. On Dhanteras, there is a ritual to perform Lakshmi Puja during Pradosh Kaal of Trayodashi Tithi. On Dhanteras, Sarvartha Siddhi Yog is considered good. According to Panchang, if auspicious work is done in this Yog, success is achieved in it. Sarvartha Siddhi Yog is considered auspicious because all Siddhis reside in it. Even Rahukaal has no effect on Sarvartha Siddhi Yog and shopping gives auspicious results. Dhanteras is also known as Dhan Trayodashi. It is believed that on this day Lord Dhanvantari, the physician of Gods, was born. According to religious beliefs, at the time of Samudra Manthan, Lord Dhanvantari appeared on Trayodashi Tithi with a pot of Amrit in his hands.

There are three main beliefs behind Kuber worship:

Protection of wealth:
As important as it is to earn wealth, its protection and proper use is equally necessary. Kuber is considered the protector of wealth. **Desire for prosperity:** Wealth is obtained from Lakshmi and stability and protection of it is desired from Kuber.

Proper use of wealth:
From religious point of view, wealth is not only an object to be collected, but also a means of public welfare, charity and helping the needy.

Kuber Puja Mantra - While worshiping Lord Kuber, this mantra is chanted:
Om Yakshaya Kuberaya Vaishravanaya Dhanadhanyadhipataye Dhanadhanyasamriddhim Me Dehi Dapaya Swaha. A simple mantra is also popular: Om Shrim Hrim Klim Shrim Klim Vitteshwaraya Namah.

A spiritual message
Worshiping Kuber on Dhanteras does not only mean wishing for more wealth. Its real message is also that a person should earn wealth, keep it safe, avoid unnecessary waste and use it for the welfare of family, society and the needy. Lakshmi gives wealth and Kuber is symbol of its protection. But wealth gets meaningfulness only through human wisdom, hard work and proper use.

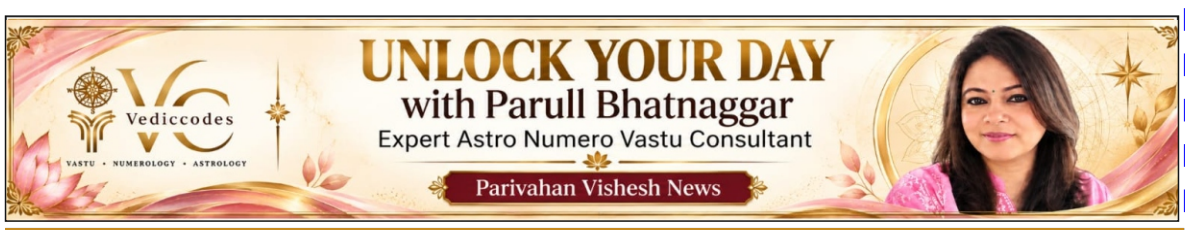
What is auspicious to buy
On Dhanteras, buying gold-silver, jewellery and utensils is considered very auspicious. Things purchased on Dhanteras increase thirteen times, Apart from this, broom and coriander seeds are also bought. In Hindu religion, broom is believed to be related to Goddess Lakshmi, therefore bringing a new broom home on Dhanteras is also considered good. On this Dhanteras, if you are not able to buy gold and silver, then definitely bring a broom.

Brass utensils are also auspicious -
Buying brass metal on Dhanteras is considered very auspicious. This brings happiness and prosperity to your house. It is said that when Lord Dhanvantari appeared from Samudra Manthan, he had Amrit Kalash in his hands. It is a religious belief that this Kalash was made of brass metal, therefore brass is considered the metal of Lord Dhanvantari.

Must light Diya -
Dhanteras is the first festival of the five-festival Diwali series. On the evening of Dhanteras, lamps are lit at the main door and courtyard of the house. So you too should not forget to light raw and baked diyas at the door of the house on Dhanteras. Raw diyas are made of flour and baked diyas are made of clay.

Mythological beliefs -
According to mythological belief, on Dhanteras, along with Lord Dhanvantari, Lord Kuber and Goddess Lakshmi are worshipped. On Dhanteras, by reciting Lakshmi Chalisa, Kuber Yantra and Kuber Stotra, Lord Kuber, the lord of wealth, and Goddess Lakshmi become pleased.

Folktale -
According to religious beliefs, there was a very popular king named Hema. The astrologer saw the king's horoscope and told that the king would die due to snake bite. Hearing the prediction, the king's wife became very frightened and to save her husband's life, she kept all her gold and silver ornaments in a vessel and kept it on the threshold of the room and lit an oil lamp near it. Yam, the God of death, came in the night in the form of a snake to take the king's life. The snake became blind due to the shining jewellery and light of the lamp and could not enter the room. Due to the shine of jewellery, the snake returned without biting the king. In this way, with her wisdom and courage, the queen saved the king's life.



MONEY & RELATIONSHIP PREDICTION

Know Your Day • Protect Your Money • Strengthen Your Relationships

Parivahan Vishesh News

04 NOVEMBER 2026 | Day vibration: 7 — Introspection, analysis, intuition, research and inner clarity

Moolank 1
Money & Career: Day 7 slows your action-oriented energy and favours analysis before execution. Review a major decision, study the details and refine your strategy rather than forcing immediate results.
Relationship: You may prefer direct action while the day encourages reflection. Give the other person space and listen carefully before offering solutions.
Precaution: Avoid impatience, ego reactions and making financial decisions without enough research.
Make Your Day Better: Step back, examine one important goal deeply and act only after the facts are clear.

Moolank 2
Money & Career: Day 7 heightens your intuition and sensitivity. Quiet research, planning and reviewing financial details can reveal something you may miss in a rushed environment.
Relationship: Emotional sensitivity is strong, but you may become inward. Share what you are feeling instead of expecting someone to understand your silence.
Precaution: Avoid overthinking, suspicion and making money choices based only on mood or intuition.
Make Your Day Better: Trust your inner sense, then verify it with facts before deciding.

Moolank 3
Money & Career: Day 7 brings depth to your expressive and creative nature. Writing, research, teaching or developing a specialised idea can be more rewarding than chasing visibility today.
Relationship: Conversation may need more sincerity and less performance. One meaningful exchange can matter more than many casual interactions.
Precaution: Avoid scattered attention, unnecessary social spending and using humour to avoid a serious issue.
Make Your Day Better: Turn one creative idea into a thoughtful, well-researched piece of work.

Moolank 4
Money & Career: Day 7 combines well with your methodical nature for audits, analysis and problem-solving. Review systems, contracts or budgets and identify what needs correction before expansion.
Relationship: You may become quiet and highly observant. Explain your concerns calmly instead of withdrawing or becoming overly critical.
Precaution: Avoid rigidity, pessimism and repeatedly analysing the same issue without taking a practical step.
Make Your Day Better: Use your discipline to investigate one problem and create a clear corrective plan.

Moolank 5
Money & Career: Day 7 asks your fast-moving energy to slow down and think. Research a new opportunity carefully before travelling, investing or changing direction; hidden details may matter.
Relationship: You may want freedom while also feeling more private than usual. Communicate your need for space so it is not mistaken for disinterest.
Precaution: Avoid impulsive purchases, restless decisions and sharing confidential information too casually.
Make Your Day Better: Pause before acting and choose depth over speed in one important decision.

Moolank 6
Money & Career: Day 7 turns your attention from outer comfort toward deeper value. Review long-term financial priorities and distinguish genuine needs from lifestyle habits or emotional spending.
Relationship: You may seek meaningful closeness rather than social activity. A quiet, honest conversation can strengthen trust more than an elaborate plan.
Precaution: Avoid over-giving, withdrawing when unappreciated and spending to create emotional comfort.
Make Your Day Better: Simplify one expense and give one relationship your undistracted attention.

Moolank 7
Money & Career: Your Moolank 7 strongly resonates with Day 7, amplifying analysis, intuition, research and introspection. Excellent for study, strategy and specialised work, provided reflection eventually leads to action.
Relationship: Your need for privacy may be especially strong. Honest communication is important so silence does not create unnecessary distance.
Precaution: Avoid isolation, suspicion, excessive analysis and delaying decisions while waiting for perfect certainty.
Make Your Day Better: Use solitude productively and convert one important insight into a practical next step.

Moolank 8
Money & Career: Day 7 asks your ambitious energy to examine what lies beneath the numbers. Review contracts, investments, systems and long-term risks before committing additional money or authority.
Relationship: A serious or reserved mood may make you appear distant. Listen without trying to control the outcome and allow emotional matters time to unfold.
Precaution: Avoid harsh judgement, secretive financial decisions and pushing for immediate answers.
Make Your Day Better: Investigate one important matter thoroughly and let facts guide your power.

Moolank 9
Money & Career: Day 7 brings reflection to your passionate and generous nature. Reassess where your money, time and energy are going and complete work that has deeper purpose rather than seeking quick recognition.
Relationship: Old emotions may surface for understanding rather than reaction. A calm conversation or private reflection can help you release what no longer needs to be carried.
Precaution: Avoid emotional withdrawal, guilt-based generosity and reopening past issues without a constructive purpose.
Make Your Day Better: Use reflection to close one emotional or financial loop with wisdom.

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Diwali and Bandi Chhor Divas: The Light of Freedom, Sacrifice and Humanity

Parivahan Vishesh News

Dr. Vijay Garg



India is a land of festivals and rich cultural traditions. Every festival carries a message of history, faith, social values and human inspiration. Diwali is one such important festival, symbolising the victory of light over darkness, good over evil and hope over despair. In Punjab, Diwali is closely associated with the historic Sikh festival of Bandi Chhor Divas. This occasion is not merely a celebration of lighting lamps and sharing happiness; it is also a reminder of freedom, sacrifice, justice and devotion to humanity. Historical Significance of Bandi Chhor Divas Bandi Chhor Divas holds a special place in Sikh history. It commemorates the release of the Sixth Sikh Guru, Sri Guru Hargobind Sahib Ji, from the Gwalior Fort. According to Sikh historical tradition, Guru Sahib was detained in the fort during the reign of Mughal Emperor Jahangir. Several Hindu kings were also imprisoned there at that time. When the time came for Guru Hargobind Sahib Ji's release, he did not accept freedom for himself alone. Instead, he insisted that the other imprisoned rulers should also be released. According to Sikh tradition, Guru Sahib secured the release of 52 kings along with himself. For this extraordinary act of compassion and generosity, he came to be known as Bandi Chhor Data, meaning the Liberator of Prisoners. This historic event became a remarkable example of humanity, selflessness and the struggle for the freedom of others. Guru Sahib conveyed a powerful message: true freedom does not lie merely in freeing oneself but also in helping others overcome injustice and oppression. The Connection Between Diwali and Bandi Chhor Divas According to Sikh tradition, when Guru Hargobind Sahib Ji returned from Gwalior, Sri Harmandir Sahib in Amritsar was illuminated with lamps to celebrate his arrival. This historical association explains why Bandi Chhor Divas is celebrated alongside Diwali in Punjab with great devotion and enthusiasm. On this occasion, Sri Harmandir Sahib and Sri Akal Takht Sahib are beautifully decorated. Devotees visit gurdwaras, offer prayers, listen to Gurbani Kirtan and light lamps as expressions of happiness and gratitude. The Golden Temple in Amritsar shines magnificently with lights, creating an atmosphere of devotion and celebration. The Message of Freedom and Humanity The significance of Bandi Chhor Divas extends far beyond a historical event. It teaches us important principles of life. Through his actions, Guru Hargobind Sahib Ji demonstrated that power should be used to protect the weak, defend justice and stand against oppression. Even today, society faces many forms of bondage. Poverty, illiteracy, discrimination, casteism, drug addiction, exploitation and social inequality restrict human freedom. Bandi Chhor Divas inspires us to work towards removing these barriers. Helping a needy child receive an education, supporting a poor family, raising our voice against injustice or bringing hope into the life of a discouraged person are meaningful ways of following the true spirit of this festival. Relevance of the Festival in Modern Times The nature of festivals is changing in the modern world. Sometimes celebrations become limited to shopping, decorations, sweets and fireworks. We must also understand their deeper messages. Diwali inspires us to remove ignorance, arrogance, jealousy and negativity from within ourselves, while Bandi Chhor Divas reminds us to understand the suffering of others and work for their freedom and dignity. Environmental protection should also be an important part of our celebrations. Avoiding excessive noise and air pollution, lighting traditional earthen lamps, sharing happiness with the needy and maintaining a clean environment are responsible ways to celebrate. Conclusion The celebration of Diwali and Bandi Chhor Divas together conveys an invaluable message of light, freedom, sacrifice and humanity. The life of Sri Guru Hargobind Sahib Ji teaches us that greatness lies not only in protecting our own rights but also in standing up for the rights and freedom of others. Let us resolve on this sacred occasion to illuminate not only our homes and gurdwaras but also our thoughts and actions. Let us bring smiles to sad faces, help those in need and work towards eliminating injustice and discrimination from society. This is the true spirit of Diwali and Bandi Chhor Divas: to become a source of light ourselves and spread freedom, dignity, peace and happiness in the lives of others.

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Ban on dust-raising demolition and open-air construction activities from today till November 20: DC

Parivahan Vishesh News

DC directs all departments under Grape-2 to strictly enforce rules

CAQM issues additional precautionary instructions to curb air pollution in NCR

Strict monitoring will also be done on industrial units, road dust, vehicle smoke and open burning of garbage

Jhajjar, 03 November



To prevent air pollution in the NCR, the Commission for Air Quality Management (CAQM) has issued instructions to implement additional precautionary measures from Wednesday, November 5th to November 20th, 2026. Under this, demolition activities and open-air construction work that generate dust will be prohibited during this period. Except for the specified exempted activities, other prohibited activities will be strictly prohibited. DC Varsha Khanwal has ordered all the concerned departments and agencies to ensure effective compliance of these instructions. The DC gave necessary guidelines in the meeting of the concerned officials after the video conference of the CAQM Chairperson.DC Varsha Khanwal stated that air pollution control measures are also in place in the NCR under the second phase (GRAP-2) of the Graded Response Action Plan (GRAP). All departments should implement these measures with utmost seriousness in their respective jurisdictions. She clarified that negligence at any level regarding pollution control will not be tolerated.*Special monitoring will be done on construction and demolition activities*The DC directed the concerned departments to maintain special vigilance on prohibited construction and demolition activities from November 5th to 20th. All officers should conduct regular inspections in their areas and take action against those who violate the orders, as per the rules. He urged all departments to ensure the implementation of these instructions on the ground by deploying adequate staff and machinery.*Strict action against industrial units and other sources of pollution*The Deputy Commissioner directed the Regional Officer of the Haryana State Pollution Control Board, Bahadurgarh, to conduct intensive inspections of industrial units and other polluting activities. He said that special monitoring should be done on industrial emissions, vehicular pollution, road dust, and activities such as open burning of garbage and biomass. Action should be taken against units and individuals violating regulations, as per the rules.Emphasis on anti-smog guns and water sprinkling to control road dustDC Varsha Khanwal said that to control dust on the roads, the concerned departments should effectively deploy anti-smog guns and water prinklers. Necessary measures should be taken to prevent dust from spreading into the air at construction sites. Strict monitoring should be maintained on those who burn garbage and crop residue in the open. She directed officials to issue challans to those who violate the rules and, if necessary, file FIRs against those burning garbage.*District residents should also play an active role in pollution control*The DC appealed to district residents for cooperation in the air pollution control campaign, saying that citizens should keep their vehicles' PUC certificates updated, turn off the engine at red lights, and ensure proper vehicle maintenance. Avoid littering or burning garbage in the open. Plant as many trees as possible and adopt environmentally friendly activities. He said that for clean air and a healthy environment, the participation of every citizen, along with the administration, is essential.*Here it is*On this occasion, ADC Jagnivas, SDM Badli Vishal Kumar, SDM Beri Renuka Nandal, RO Pollution Dr. Sunil Sheoran and other concerned officers were present.

General Unemployment Allowance Scheme

Parivahan Vishesh News

Apply online for unemployment allowance by 30th

Monthly allowance up to Rs 2,000

Jhajjar, 02 November

To provide financial support to the educated unemployed youth of the state, the Haryana government has decided to accept applications for the year 2026-27 under the General Unemployment Allowance Scheme till November 30, 2026. No application will be accepted after the due date.Giving this information, District Employment Officer Dharmendra Malik appealed to all eligible youth in the district to apply in time. He said that under the scheme, youth who have passed the 12th grade, hold a two-year certificate or diploma, will receive an unemployment allowance of Rs 1,200 per month, and youth who have graduated or have higher education or hold a three-year diploma will receive Rs 2,000 per month.Regarding the eligibility criteria, he stated that applicants must be natives of Haryana and have been registered with any employment office in the state for at least three consecutive years as of November 1, 2026. Applicants must be between 21 and 35 years of age. They must not be a student or trainee at any institution, nor self-employed, nor a beneficiary of the Saksham Yuva Yojana. Furthermore, the applicant's family's annual income from all sources must not exceed 3 lakh. The family must also not own residential or commercial property worth more than 10 lakh or agricultural land exceeding 2 hectares.Interested youth can apply by visiting the department's website hrex.gov.in At the time of application, it is necessary to attach a family identity card, Aadhaar card, Aadhaar-linked bank passbook, educational qualification certificate, residence certificate, caste certificate, property affidavit verified by a revenue officer, and a self-declaration. Married female applicants must also submit a ration card from their in-laws.The District Employment Officer clarified that the youth who fulfill the departmental rules and conditions should ensure registration and application on the website in time without waiting for the last date, so that they do not remain deprived of the benefits of the scheme.

Jhajjar city and several villages selected for national survey: DC

Parivahan Vishesh News

-In November, NSO teams will conduct surveys in various sectors, collecting data on employment, income, travel and consumer prices.

- Citizens should cooperate by providing correct and complete information to the survey teams; development and public welfare schemes will be prepared from the data obtained

Jhajjar, November 3.

The National Statistical Office (NSO), under the Ministry of Statistics and Program Implementation of the Government of India, will conduct several important national surveys in various areas of Jhajjar district in November. These surveys will collect data on various social and economic aspects, which will be used by the central and state governments in formulating public welfare schemes, policy making, and development projects.DC Varsha Khanwal said that Jhajjar city and village Khedi Asra have been selected for the periodic labor force survey in Jhajjar district in November. This survey will collect data on employment, unemployment, and labor participation, which will help assess the actual situation in the labor sector. Bahadurgarh has been selected for the annual unorganized sector enterprise survey.The DC stated that as part of the National Household Income Survey, information on income and economic activities will be collected from families in the village of Bupnia. Similarly, the village of Dhod has been selected for the National Household Travel Survey and the Domestic Tourism Expenditure Survey. These surveys will gather important information on citizens' travel habits, tourism expenditures, and transportation facilities, which will be helpful in developing better policies in the future.DC Varsha Khanwal said that for the Consumer Price Index, villages Akehdi Madanpur, Jhajjar, Jasor Khedi, Bahadurgarh and Mahrana have been included in the district. Data related to the prices of essential goods and services will be collected in these areas, which will be used in determining the inflation rate and price index. Meanwhile, village Neelaheri has been identified for the All India Debt and Investment and Situation Assessment Survey of Agricultural Households, while village Sankhol has been selected for the annual survey of non-corporate sector enterprises.He stated that during the survey, trained officers will collect information through a tablet-based digital system. All information provided by citizens during the survey will be kept completely confidential. The Deputy Commissioner appealed to citizens to cooperate by providing accurate and complete information to the NSO teams conducting the survey in their areas. He stated that reliable data obtained from the survey will help the government understand the ground situation and develop effective public welfare plans. This will also significantly contribute to strengthening the development process.

Public Relations and Grievance Committee's monthly meeting on 5th, 15 complaints will be heard

Parivahan Vishesh News

The meeting will be chaired by Haryana's Industry and Commerce Minister Rao Narbir Singh.

Jhajjar, 03 November.

The District Public Relations and Grievance Committee, formed for the purpose of quick and effective resolution of public complaints, will meet at 10 a.m. on Thursday, November 5th, at Samvad Bhawan in the Mini Secretariat. The meeting will be chaired by Haryana's Minister for Industries and Commerce, Forests and Environment, Rao Narbir Singh.CTM Ritu stated that the District Public Relations and Grievance Committee meeting is an important forum for resolving public issues, ensuring effective action on matters of public interest. She stated that a total of 15 complaints will be presented at the meeting. She instructed officials from the relevant departments to attend the meeting on time and with complete information regarding the complaints, so that citizens' problems can be resolved promptly and permanently.

Now you can apply online for women's awards till November 20: DC

Parivahan Vishesh News

-Women who have achieved outstanding achievements will be honored on International Women's Day, with prize money ranging from 21 thousand to 5 lakh rupees

Jhajjar, 03 November

Online applications have been invited for the Women's Awards to honor women who have achieved outstanding, commendable, and notable achievements in various fields on the occasion of International Women's Day, March 8, 2027. Eligible and interested women can apply through the department's online portal until November 20, according to DC Varsha Khanwal.The Deputy Commissioner stated that awards will be presented in various categories to encourage women's achievements, recognize their contributions, and promote women's empowerment in society. Under these awards, women will be honored with a certificate along with a cash prize.DC Varsha Khanwal said that under the awards, a cash prize of Rs 5 lakh has been fixed for Sushma Swaraj Award, Rs 1 lakh 50 thousand for Indira Gandhi Mahila Shakti Award, Rs 1 lakh for Kalpana Chawla Shaurya Award and Rs 1 lakh for Behan Shanno Devi Panchayati Raj Award. Apart from this, cash prize of Rs 21 thousand each will be given for Government Employee Award, Social Worker Award and Women Entrepreneur Award and Rs 51 thousand for Life Time Achievement Award. A certificate will also be given along with all the awards.*Important instructions regarding online application and eligibility*Neha Dahiya, DPO of the Women and Child Development Department, stated that eligible women can apply within the stipulated timeframe on the online portal of the Women and Child Development Department, Haryana. The application process is entirely online, so no offline applications will be accepted. Women applying for the award must have a family identity card.He explained that a duly signed affidavit in the prescribed format must be submitted along with the application. This affidavit must declare that there are no adverse cases pending against the organization in any forum, department, or court. It must also be clarified that if the information provided is found to be inaccurate or any misconduct is proven, the award amount and related monetary benefits will have to be returned to the government.District Program Officer Neha Dahiya appealed to eligible women to complete the application process before November 20th and take advantage of this opportunity for women's awards. For application procedures and other information, contact the office of the District Program Officer, Women and Child Development Department, located on the ground floor of the Mini Secretariat.

Road safety is the top priority of the administration: ADC

Parivahan Vishesh News

Officials should prepare a concrete strategy to prevent accidents: ADC

Road Safety Committee meeting held under the chairmanship of ADC Jagnivas

Jhajjar, October 3 .

Under the guidance of DC Varsha Khanwal, effective work is underway on road safety across the district. In such a situation, officers should work in coordination to further strengthen road safety and reduce accidents. ADC Jagnivas gave these instructions in the monthly meeting of the Road Safety Committee held in the Mini Secretariat auditorium. He said that preventing road accidents is the administration's top priority. Earlier, DTO Ravish Hooda gave information about the activities being organized for road safety.The ADC directed that the officers should identify accident prone spots in their respective areas, take corrective measures there and conduct regular visits to create awareness among the people.ADC Jagnivas said that locations in the district where accidents are occurring frequently should be identified as hot spots, and obstructions such as blind turns, sharp curves, illegal cuts, bushes, and tree branches should be removed immediately. Road markings, cat's eyes, reflectors, signboards, and warning signs should be installed promptly. He added that lighting and safety devices should be installed on all major roads before the fog season. Negligence of any kind will not be tolerated.Strict action will be taken against those who break traffic rules.Additional Deputy Commissioner Jagnivas directed the police department to strictly issue fines for violations such as overspeeding, mobile phone use, drunken driving, and not wearing helmets and seat belts. He said that along with imposing fines, it is also important to sensitize drivers about road safety. The Additional Deputy Commissioner clarified that road safety is a top priority for the administration. Work on a concrete plan to minimize accidents through field visits, school-level awareness campaigns, prompt repairs at accident-prone locations, and strict enforcement.Officers from various departments were present on this occasion.

Registration for Lado Laxmi Yojana continues, women should register soon: DC

Parivahan Vishesh News

DC Varsha Khanwal appealed to eligible women to register in maximum numbers.

Jhajjar, 03 November

The process of registering new eligible beneficiaries under the second phase of the Deen Dayal Lado Laxmi Yojana is underway. Deputy Commissioner Varsha Khanwal urged eligible women in the district to register themselves according to the prescribed procedure to receive the benefits of the scheme. She urged more eligible women to register and take advantage of this government welfare scheme.*Effective plan to make women financially independent*DC Varsha Khanwal said that the Deen Dayal Lado Laxmi Yojana aims to economically empower eligible women and provide them with financial security. Under the scheme, eligible beneficiaries receive a monthly financial assistance of 2,100. She added that the district administration is conducting a smooth registration process to ensure eligible women receive the benefits of the scheme.The DC appealed to eligible women to obtain information regarding eligibility and registration for the scheme and register promptly. He said that this scheme is an important initiative towards making women economically self-reliant and eligible women should come forward to take advantage of it.*Officials should provide necessary information related to the scheme to women*The DC directed the concerned officials and employees to provide necessary information regarding the scheme to women coming for registration, as well as to offer full assistance in the registration process. He said that it should be ensured that no woman eligible for the scheme is deprived of registration due to lack of



information.DC Varsha Khanwal appealed to the general public to provide information about the scheme to the eligible women around them and motivate them to get registered, so that more and more eligible women can avail the benefits of the scheme.



Veterinary Support Centre Turns into Cement Warehouse, Government System Exposed



Parivahan Vishesh News

Building constructed to provide better services to livestock owners falls victim to neglect; Serious questions raised on departmental apathy and inaction of local administration

Report: Dr. Rajkumar Yadav, Parivahan Vishesh Newspaper, Balishankara

The government's claims of strengthening the animal husbandry sector, considered the backbone of rural economy, and providing medical and essential facilities to livestock owners at local level seem to be failing in Balishankara block. The Animal Support Centre constructed at a cost of lakhs of rupees for the convenience of livestock owners has today deviated from its original purpose and turned into a cement warehouse. This picture not only exposes the dilapidated condition of a government building, but also highlights serious flaws in departmental functioning and administrative monitoring system.According to information, this centre was constructed with the aim of developing livestock, providing necessary consultation to livestock owners and providing treatment facilities for animals. But the irony is that where villagers expected to get veterinary services, cement bags and construction materials are now being stored. The use of the building for other purposes instead of its designated purpose raises questions on utilization of government resources.The most worrying aspect is that providing timely medical facilities to livestock owners in rural areas is already a challenge. In such a situation, non-utilization of ready infrastructure puts a question mark on priorities of the system.After all, why were regular services not started there after construction of the building? Why did the concerned department not fulfill its responsibility of appointment of staff, operation and maintenance? Why did the local administration not take initiative to improve the situation by conducting inspection?This matter demands fixing accountability from district administration, animal husbandry department and concerned officers. Government buildings are built for public convenience, not for making warehouses. Now there is need not only for investigation, but to immediately operate the centre as per its original purpose.

Excise Department Letters Indicate Illegal Liquor Trade, Order for Investigation in the Name of Action!





Parivahan Vishesh News

Case of alleged illegal business through three vehicles exposed; Assistant Excise Commissioner's letter raises serious questions on departmental monitoring, accountability and functioning of local administration

Report: Dr. Rajkumar Yadav, Parivahan Vishesh Newspaper, Rourkela

Amidst government claims of curbing illegal liquor trade in Sundargarh district, the functioning of the Excise Department is once again under question. Departmental letters that have come to light and related complaints have raised serious doubts regarding alleged illegal liquor trade and its transportation in the area. The situation is such that how successful the department responsible for taking action has been in establishing effective control, has itself become a subject of investigation.According to the documents received, letters have been issued by the office of the Assistant Excise Commissioner, Rourkela to the concerned Excise Inspectors instructing them to investigate the matter and gather information about the concerned vehicles and their owners. The letter emphasizes on investigating the apprehension of alleged illegal business through three vehicles and the facts related to it.The most important question is that if the department was already aware of illegal activities through such vehicles, then why was effective action not taken in time? Has the system of regular checking and monitoring in the concerned areas remained limited only to papers?Departmental correspondence in itself is not proof of crime, but it certainly brings to the fore the need to fix administrative accountability. The role of local administration and excise department also becomes important because control over illegal trade is possible not only by issuing orders, but by impartial and continuous action on the ground.Now there is a need for impartial investigation of concerned vehicles, their owners, supply sources and possible network and the progress of investigation should be made public. After all, who is responsible for curbing illegal business and who will fix accountability?

Online Liquor Booking Starts in Delhi Before Diwali, DSIIDC Launches 'Delhi Liquor Booking' App

Parivahan Vishesh News

Booking from home, collection via QR code - No home delivery, facility started at 208 government vends

Report: Special Correspondent, Parivahan Vishesh Newspaper

Introduction: With the aim of controlling crowds in festive season and making billing transparent, Delhi State Industrial and Infrastructure Development Corporation (DSIIDC) has launched new mobile app 'Delhi Liquor Booking'.

Facts:- Launch: By DSIIDC before Diwali- Availability: Currently only at 208 government vends of DSIIDC- Total network: More than 700 liquor vends of 4 government corporations operating in Delhi-Current status: Initial response cold, further expansion dependent on customer response

How the app works - Main points:1. By going on app, customer can select preferred brand, bottle size and quantity2. Digital payment has to be done through app itself3. On successful payment, QR code will be generated on phone4. Liquor will be obtained on scanning QR code at concerned shop

Essential rules and conditions:- User must be at least 25 years of age- One person can buy maximum 9 liters whiskey and 18 liters beer at a time- It is mandatory to go to shop and collect order within 48 hours of online booking- No provision for return after collecting from shop, but booking can be cancelled before collecting

Status on Home Delivery: Government has clarified that there is no provision of home delivery in this facility. Customer has to go to shop himself and take order. The aim is only to reduce long queues and crowd and to make billing process completely transparent.

Public Interest Message: Follow excise rules, sale of liquor to persons below 25 years of age is prohibited.



Anger of Neglect in the Name of Development, Villagers Take to Streets Opposing Railway Line Construction



Parivahan Vishesh News

Tense situation in presence of police force, years of neglect behind public protest and questions also being raised on alleged irregularities in development works

Alleged misuse of CSR fund, unorganized spending and ignoring of basic amenities widen gap between public and administration

Report: Dr. Rajkumar Yadav, Parivahan Vishesh Newspaper, Rourkela.

Villagers taking to streets in protest against railway line construction and tense situation arising in the area is not merely a matter of disagreement against any one project. Behind this, public resentment brewing for years, ignoring of local expectations and growing gap between claims of development and ground reality is also being considered a major reason. Police force had to be deployed to control the situation, but the question is why is public trust in administration continuously weakening?This entire episode also needs to be seen in the broader perspective of spending of CSR (Corporate Social Responsibility) funds in industrial areas. Despite presence of industries in the area and claims of spending under CSR head, if villagers do not get better roads, drinking water, health, education, sanitation and other basic facilities, discontent is natural. Serious questions have also started being raised regarding alleged irregularities in planning, allocation and actual utilization of CSR amount and lack of accountability.The irony is that amidst claims of spending crores of rupees in the name of development, local people themselves feel neglected. If administrative machinery tries to suppress public anger only with the help of police force, then this cannot be a permanent solution.Now there is a need to listen to objections of villagers related to rail project and to get a fair social audit of CSR expenditure done. The public does not want assurances, but transparency, justice and development visible on the ground.

15 cops suspended, two arrested in Jharkhand police station rape case

Parivahan Vishesh News

Geeta Koda Purnima Sahu demanded intervention from the Women's Commission

Kartik Kumar Parichha, State Head -Jharkhand

Ranchi: The case of alleged rape of a woman complainant in the Gamharia police station premises of Seraikela Kharsawan district has created a stir in the state police department. In view of the strong protest and siege, SP Manoj Swargiari has taken major action for the second consecutive day. Nine policemen including the station in-charge were suspended on Sunday. Earlier, six policemen were suspended on Saturday. In this way, a total of 15 policemen have been suspended so far. Meanwhile, two accused in the case, SI Manoj Kumar Sahu and Havildar Santosh Kumar Rai, have been arrested.The Special Investigation Team (SIT) formed for the investigation is probing every aspect of the case. On Sunday, Superintendent of Police Manoj Swargiari personally arrived at the Gamharia police station with a police force. He inspected the scene and recorded statements from the police officers present in the station premises, questioning them in separate closed rooms. The Superintendent of Police clarified that the case will be investigated impartially and that no police officer directly or indirectly involved in the incident will be spared.The policemen suspended on Sunday include two SIs, Ajay Paswan and Lalan Ravidas; four ASIs, Vishwa Oraon, Mukesh Kujur, Mukesh Ravidas, and Sitaram Singh Pahan; two constables, Pitambar Mahato and Bahadur Hansda; and constable Manoj Gorai. Earlier, six policemen were suspended on Saturday, including the station in-charge and other police officers. The Superintendent of Police has also taken seriously the indiscipline and failure to report the incident to senior officers in a timely manner.Following action in the case, Rajesh Tudu was appointed the new in-charge of Gamharia police station on Sunday. He arrived at the station and assumed charge. The Superintendent of Police has instructed all station in-charges in the district to constantly monitor the activities of their subordinates. A warning has been issued that any police officer found under the influence of alcohol or other intoxicants while on duty or in the police station premises will be immediately dismissed from service.The Superintendent of Police has directed that complaints from female complainants be registered on a priority basis. They should not be unnecessarily detained at the police station. The presence of a female police officer will be mandatory during interrogations. In the event of any misbehavior, pressure, or indecent remarks against a female complainant, the police officer concerned, along with the station in-charge, will be held accountable.Protests have intensified at both the political and social levels over the incident. Former MP Geeta Koda arrived at the Gamharia police station on Sunday with BJP workers. Former Saraikela MLA Ananta Ram Tudu and District President Hare Krishna Pradhan were present there. Women leaders questioned the state's law and order situation and women's safety and demanded intervention from the National Commission for Women. Meanwhile, the JLKM also protested. The AJSU also submitted a memorandum to the Superintendent of Police demanding strict action.The alleged incident at the Gamharia police station has raised serious questions about police functioning and the safety of female complainants. All eyes are now on the SIT investigation and subsequent action. The police administration faces the challenge of not only conducting an impartial investigation into the allegations but also ensuring a sensitive and accountable system for women in police stations.







Deadly Attack on Tribal, Tension Boils in Koida; Over 2,000 People Block NH-520

Parivahan Vishesh News



Public anger spills onto roads against high-handedness of alleged cow vigilantes, Demand for arrest of accused and justice for victim

Banei MLA Laxman Munda along with CPM leaders take charge of agitation, Serious questions raised on tribal rights and law and order

Report: Dr. Rajkumar Yadav, Parivahan Vishesh Newspaper, Koida / Sundargarh

A deadly attack allegedly carried out by cow vigilantes on a tribal person in B. Jharbeda village under Koida Block of Sundargarh district has created a wave of anger across the area. After allegations of brutal attack on victim Patu Munda by so-called cow vigilantes said to have come from Bihar and Jharkhand, anger of local people spilled onto roads. In protest against the incident, more than 2,000 people came onto National Highway-520 and registered their protest by blocking the road.The anger of protesters is not limited to attack on one person only, but it has become a serious question related to security, dignity and constitutional rights of tribal community. No individual or organization can be given the right to take law into their own hands and attack any citizen. If allegations are correct, then this is a serious challenge not only for law and order but also for social harmony.Adivasi Adhikar Rashtriya Manch has demanded immediate arrest of accused, and providing adequate medical treatment, security and justice to victim Patu Munda.Banei MLA Laxman Munda, CPM State Secretariat Member Pramod Kumar Samal along with other leaders led the agitation.Now the biggest challenge before administration is that instead of pacifying public anger only with assurances, it should ensure impartial investigation, arrest of culprits and justice to victim.The question is clear — whose responsibility is it to ensure security of tribal society and rule of law?

Why Doesn't Night-Time Eating Have a Distinct Word of Its Own? The Unique Relationship Between Language, Culture and Tradition





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Parivahan Vishesh News

Dr. Vijay Garg

Language is not merely a medium of communication; it is also a mirror of a society's culture, lifestyle, traditions and historical experiences. Food occupies an important place in our daily lives. We commonly use different expressions for meals taken at different times of the day. Breakfast refers to the morning meal, lunch to the afternoon meal and dinner generally to the evening or night meal. However, an interesting question arises: why do many Indian languages not have one universally accepted traditional word specifically for the night-time meal, similar to the familiar terms used for morning and afternoon meals? In Hindi, the morning meal is called 'Nashta', while the afternoon meal is commonly described as 'Dopahar ka Khana' or 'Bhojan'. For the night meal, people generally use 'Raat ka Khana' or 'Ratri Bhojan'. In Punjabi, the morning meal is called 'Nashta', the afternoon meal 'Dupahar da Khana' and the evening meal 'Raat di Roti'. Similarly, different Indian languages have developed expressions according to the timing and nature of meals. One possible reason lies in our traditional lifestyle. In earlier times, a large part of Indian society depended on agriculture. People began their daily activities with sunrise, while social and economic activities generally reduced after sunset. Meal timings were closely connected with natural routines and physical labour. Morning and afternoon meals had their particular importance, whereas the evening meal was generally considered part of family life. Consequently, expressions indicating the time of eating became more common than a single distinctive word for the night meal. Language develops according to the needs of society. Special words emerge for things that have a distinct identity and importance in everyday life. For example, different regions use words such as breakfast, refreshments, light meals and traditional local expressions for morning food. Similarly, several languages and regions have their own local words for the evening meal. Therefore, it would not be entirely correct to say that Indian languages have no words for dinner. The real difference is that no single expression has become universally popular across all regions. In English, the morning meal is called Breakfast, the afternoon meal Lunch and the evening meal Dinner. These words have developed through historical and social traditions. Interestingly, Dinner does not always mean the night meal. In certain contexts, it can also refer to the principal meal of the day, regardless of the time at which it is served. This demonstrates that the meanings of words are influenced not only by time but also by social and cultural circumstances. The diversity of food-related vocabulary in Indian languages reflects our rich cultural heritage. In different regions, the evening meal may be described using words associated with roti, food, a meal or traditional local expressions. Some South Indian languages also have distinctive regional terms for meals. In Kannada, 'Oota' (ಊಟ) is a general word for food or a meal, while in Marathi, 'Jevan' ( ) is commonly used to refer to eating or a meal. Changing lifestyles have also influenced our eating habits and meal timings. Working late in cities, changing employment patterns, the decline of joint families and the growing popularity of fast food have transformed traditional food practices. Today, dinner is not merely a family tradition; it has also become an essential part of the routine of people leading busy lives. Thinking about this subject is not simply an exercise in searching for words. It provides an opportunity to understand the evolution of languages, cultural identity and changing social traditions. We should preserve the local words, expressions, idioms and vocabulary of our mother tongues. The real beauty of languages lies in their diversity and their close connection with everyday life. Ultimately, the limited use of a particular word in a language does not indicate any weakness. Languages evolve with society and continuously adopt new words according to changing needs and circumstances. **Language is not merely a collection of words; it is the living heritage of our culture, traditions and way of life.**

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Green Crackers: Less Pollution, But How Much Less? A Greener Diwali?



Parivahan Vishesh News

Dr. Vijay Garg

Diwali is a festival of lights, happiness and togetherness. For generations, people have celebrated this occasion with lamps, sweets, family gatherings and fireworks. However, the growing concern over air pollution, noise pollution and public health has raised an important question: Can we celebrate Diwali while protecting the environment? Green crackers have emerged as one possible alternative, but how green are they really? What Are Green Crackers? Green crackers are specially designed fireworks intended to reduce the environmental impact of conventional firecrackers. They are developed to release fewer pollutants and generally produce less particulate matter. Some formulations also aim to reduce the use of certain harmful chemicals. Unlike conventional firecrackers, approved green crackers are designed according to prescribed standards and may carry identification marks or QR codes to help consumers verify their authenticity. However, the term “green” does not mean completely pollution-free. How Much Pollution Do They Reduce? Green crackers are intended to reduce emissions compared with conventional fireworks. However, the actual reduction depends on the type of cracker, its composition, manufacturing quality and conditions of use. They may release fewer particulate pollutants and certain harmful substances, but they still produce smoke, gases and noise. When large numbers of crackers are burned within a short period, their combined impact can still affect local air quality. Therefore, the word “green” should not create the impression that these products are harmless to the environment. The Health Impact of Firecrackers Firecracker emissions can contain fine particulate matter and gases that irritate the eyes, throat and respiratory system. Fine particles can enter deep into the lungs and may aggravate asthma, bronchitis and other respiratory problems. Children, older people, pregnant women and individuals with existing heart or lung conditions may be particularly vulnerable. Loud explosions can also cause stress, sleep disturbance and hearing discomfort. Even when green crackers are used, people should avoid unnecessary exposure to smoke and excessive noise. Are Green Crackers Really Environment-Friendly? Green crackers represent an effort to make celebrations less polluting, but they are not a complete environmental solution. Their benefits depend on scientific testing, genuine manufacturing, proper certification and responsible use. Consumers should purchase only authorised products and check their identification details. Unregulated or counterfeit products marketed as green crackers may not meet the required standards. It is equally important to remember that reducing pollution is not only about changing the type of firecracker; it is also about reducing the total number used. How Can We Celebrate a Greener Diwali? A cleaner Diwali is possible through simple and meaningful choices: - Prefer traditional earthen lamps and energy-efficient lighting.- Reduce or avoid the use of firecrackers.- If choosing fireworks, purchase only approved green crackers.- Avoid bursting crackers near hospitals, schools, animals and crowded residential areas.- Never allow young children to handle fireworks without adult supervision.- Dispose of leftover materials and packaging responsibly.- Encourage community celebrations that focus on lights, cultural programmes and togetherness. Schools, resident welfare associations and community organisations can also promote awareness about air quality, noise pollution and responsible celebrations. Beyond Crackers: A Change in Mindset A truly green Diwali is not defined by the colour or label of a firecracker. It is defined by our concern for human health, animals and the environment. Festivals should bring happiness, not respiratory discomfort, noise-related stress or unnecessary environmental damage. Green crackers may be a step towards reducing pollution, but the most effective solution is to minimise their use and explore cleaner ways of celebrating. Conclusion Green crackers may pollute less than conventional firecrackers, but less pollution does not mean no pollution. Their environmental benefits should be understood realistically rather than accepted merely on the basis of a green label. The real spirit of Diwali lies in spreading light, kindness and happiness. Let us celebrate in a way that keeps our homes bright, our air cleaner and our communities healthier. A truly greener Diwali is one in which the joy of celebration does not come at the cost of the environment.

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An Educated Daughter: The Future of Generations and the Foundation of a Developed Society



Parivahan Vishesh News

Dr. Vijay Garg

The progress of any society cannot be measured merely by its buildings, roads, industries or economic growth. It must also be judged by the educational opportunities available to its daughters. A society that allows its girls to learn, think, make decisions and move forward freely is truly developed and progressive. Educating a daughter is not simply about providing education to one individual. It is an investment in the future of several generations. An educated daughter brings knowledge, values and new ideas into her family. She becomes more aware of the importance of her children's health, education, nutrition and overall development. In this way, the benefits of her education extend beyond the next generation and positively influence generations to come. History shows that societies which have given importance to women's education have made remarkable progress in social, economic and cultural fields. An educated woman understands her rights and responsibilities. She has the confidence to raise her voice against superstitions, social evils, gender discrimination and injustice. She encourages scientific thinking, equality and rationality within her family and society. In the modern world, educational opportunities for girls have expanded enormously. Women are becoming doctors, engineers, scientists, teachers, administrative officers, entrepreneurs and outstanding sportspersons. From space exploration to agriculture, and from technology to politics, they are proving their abilities in almost every field. Their achievements clearly demonstrate that when given equal opportunities, daughters can excel in any profession. However, girls in many rural and disadvantaged areas still face numerous challenges in accessing education. Poverty, child marriage, concerns about safety, distant schools, lack of digital facilities and traditional mindsets often become obstacles to their education. Some families continue to prioritise the education of sons while considering the education of daughters an additional expense. This attitude must change. Educating a daughter is not an expense; it is one of the most valuable investments in the future of society. Parents, teachers, governments and society share the responsibility of ensuring that every girl receives quality education. Every daughter should have access to a safe school environment, digital facilities and opportunities to choose a career according to her interests and abilities. Schools must provide more than textbook knowledge. They should also develop self-confidence, life skills, financial literacy, scientific temper and decision-making abilities among girls. Parents should recognise the individual talents and potential of their daughters instead of constantly comparing them with their sons. Girls must receive equal opportunities to fulfil their dreams while participating in family responsibilities. Society should also highlight the achievements and success stories of educated women so that other families feel inspired to support their daughters' education. The role of teachers is equally important. They should encourage girls to ask questions, express their opinions, participate in scientific activities and develop leadership qualities. Schools must become places where every girl feels respected, confident and capable of achieving her goals. Scholarships, career counselling, mentoring and vocational training can further strengthen their educational journey. Ultimately, educating a daughter is not merely a family decision; it is an important step towards nation-building. An educated daughter empowers herself, enlightens her family and gives society a new direction. If we genuinely aspire to build a prosperous, equal and developed India, we must open the doors of education for every girl. A daughter who receives education does not merely transform her own future. She becomes a source of awareness, confidence and progress for her family and community. Her knowledge shapes children's minds, strengthens social values and contributes to national development. An educated daughter is not just the pride of a family; she is the hope of generations and the foundation of a progressive, inclusive and developed society.

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Special program organized at DAV RGTPP Public School, Khedar

Parivahan Vishesh News

Such programs strengthen feeling of national unity, self-confidence and cultural pride among students -- Komal Sharma

Haryana / Hisar (Rajesh Saluja): Special program was organized at DAV RGTPP Public School, Thermal Colony, Khedar. In this program, XEN Sandeep Verma participated as chief guest and Principal Komal Sharma presided over it. In this program various academic and cultural activities were organized and in these activities students gave message of unity, brotherhood and healthy life.Painting and poem recitation activities for students from nursery to class second and captivating Haryanvi dance presented by students of class second and third, which remained main attraction of program, and for class third to fifth 'Haryana Darshan' quiz competition was organized. In competition Haryana Avengers, Haryana Challengers, Haryana Warriors and Haryana Knights teams participated enthusiastically. In this Haryana Warriors secured first and Haryana Knights second and Haryana Avengers got third place.In speech competition Aryan and Nitesh from class third, Mannat and Sattvik from class fourth and Aanchal and Manya from class fifth presented meaningful thoughts on glorious culture and bravery of Haryana.Chief guest of this program Sandeep Verma, XEN RGTPP Khedar while addressing students called upon to remain connected with rich culture, traditions and glorious heritage of Haryana. He inspired students to hone their talent and contribute in nation building.Principal of school Komal Sharma said that such events strengthen feeling of national unity, self-confidence and cultural pride among students. Program gave inspirational message that 'strength lies in unity and our identity lies in our culture'.Chief guest XEN Sandeep Verma and Principal Komal Sharma honoured winning children by giving certificates. On this occasion members of school staff and parents were present.



Left all shame behind, eyes locked with Epstein...!



Parivahan Vishesh News

(Article: Badal Saroj)



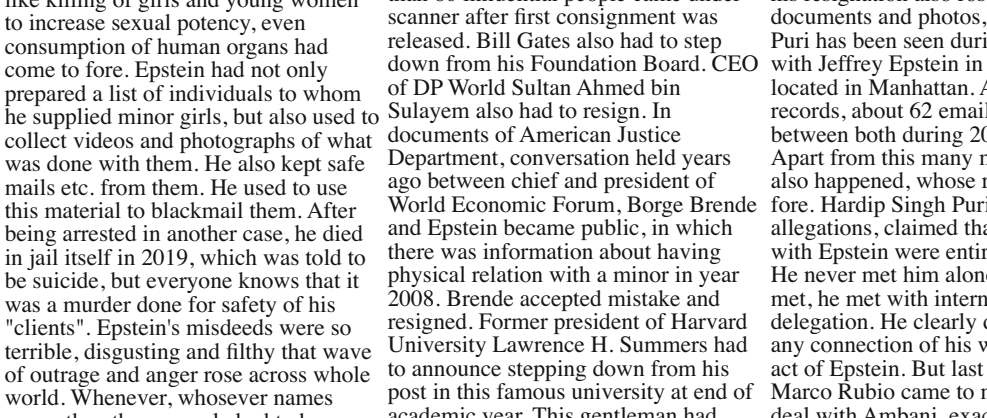




As much capacity as the Bharatiya Janata Party, the ancillary political front organization of the Rashtriya Swayamsevak Sangh which claims 'nation building through individual building', has to trample every scale of civilized society - public shame, dignity, responsibility, social etiquette, purity, human values, ethical standards of private life, etc. - under its shoe, no other party in the world has. It recently presented one more sample of it, a sample that shocks the whole world. On one side a new consignment of misdeeds of wrongdoers famous as Epstein Files was released in America, on the other side BJP announced to make its candidate to send to Rajya Sabha from Madhya Pradesh Hardip Puri who was seen holding court with this tainted depraved person. And that too when his clarification given regarding his involvement in this notorious episode had been proved to be clearly false and in this way he had acquired eligibility to be dismissed from cabinet. Modi-Shah found the way of Madhya Pradesh to keep him in cabinet. The files infamous around the world with address of Epstein Files are a large collection of American government, legal and investigative documents which were collected in cases related to American financier and sex offender Jeffrey Epstein and his associates. Jeffrey Epstein was accused of running a network of sex trafficking and exploitation of minor girls. A treasure trove of many such videos and photos was recovered, in which many famous personalities of the world including former president and American President Donald Trump were seen having perverse sexual relations with minor girls. Things even like killing of girls and young women to increase sexual potency, even consumption of human organs had come to fore. Epstein had not only prepared a list of individuals to whom he supplied minor girls, but also used to collect videos and photographs of what was done with them. He also kept safe mails etc. from them. He used to use this material to blackmail them. After being arrested in another case, he died in jail itself in 2019, which was told to be suicide, but everyone knows that it was a murder done for safety of his "clients". Epstein's misdeeds were so terrible, disgusting and filthy that wave of outrage and anger rose across whole world. Whenever, whosever names came, then those people had to be forced to resign from their respective places. In countries like America, Britain, France, Norway and Slovakia, top officials and people sitting on top positions gave resignations after names came in documents. A national security advisor to Prime Minister of Slovakia resigned after disclosure of messages and conversations shared with Jeffrey Epstein. Former Norwegian ambassador Mona Juul also left her post after disclosures related to Epstein's will. She had also been Norway's ambassador to Israel, Britain and United Nations. According to news, impact has been seen in more than 20 countries around the world, where more than 80 influential people came under scanner after first consignment was released. Bill Gates also had to step down from his Foundation Board. CEO of DP World Sultan Ahmed bin Sulayem also had to resign. In documents of American Justice Department, conversation held years ago between chief and president of World Economic Forum, Borge Brende and Epstein became public, in which there was information about having physical relation with a minor in year 2008. Brende accepted mistake and resigned. Former president of Harvard University Lawrence H. Summers had to announce stepping down from his post in this famous university at end of academic year. This gentleman had been Treasury Secretary under former President Bill Clinton and Economic Advisor to former President Barack Obama. In Britain, Prime Minister Keir Starmer's Chief of Staff Morgan McSweeney had to resign. Information came to light about him that he had talked to Epstein to make a particular person ambassador in America. FBI Deputy Director Dan Bongino also left post amid controversy. In France former minister Jack Lang resigned from post of head of a cultural institute. After name of Union Minister in Modi government Hardip Singh Puri came in files and email dataset of wrongdoer Jeffrey Epstein, demand for his resignation also rose. In released documents and photos, Hardip Singh Puri has been seen during meetings with Jeffrey Epstein in his townhouse located in Manhattan. According to records, about 62 emails were found between both during 2014 to 2017. Apart from this many more meetings also happened, whose records came to fore. Hardip Singh Puri, denying these allegations, claimed that his meetings with Epstein were entirely professional. He never met him alone: whenever he met, he met with international delegation. He clearly denied having any connection of his with any criminal act of Epstein. But last week when Marco Rubio came to make oil cleaning deal with Ambani, exactly then some new pictures were released, which refuted Hardip Puri's claim: which told that Puri's claim of always meeting with delegation and never meeting alone was false. He was seen alone with Epstein that too in that notorious room, whose videos have been seen during sexual acts of other people. Those who know Epstein case tell that bedsheet laid in picture is also same, which has been seen in other cases. It was natural that after this lie being exposed, dismissal of this minister from cabinet was only natural expectation - but instead of doing so, the 'cultured' organization controlled 'virtuous' party chose path of taking him to Rajya Sabha from Madhya Pradesh to ensure his continuity in cabinet. Hardip Singh Puri is currently Rajya Sabha MP from Uttar Pradesh and his term is completing on 25 November this year. In view of assembly elections to be held next year in Uttar Pradesh, allegedly under plan to give chance to new faces he was not made candidate again from there, after which now party has decided to send him to upper house from Madhya Pradesh. Here one seat has been got vacated by taking resignation from Union Minister L Murugan, so that person can be sent. Many excuses are being made to defend this indefensible, absurd arguments are being thrown. Some 'scholars' tell that it has been done keeping in mind assembly elections to be held in Punjab. In this way they are trying to explain as if Hardip Puri is a big favourite of public of Punjab - which he is not. Some people believe that thousands more pages of Epstein file are yet to open - in them names bigger than Puri can also come. In between, American President Trump keeps giving hint of it by threatening to end Modi's politics. In such case if one resignation happened in name of that file, then it will become an example. Some people believe that through Puri, message has been given to current rulers of India for oil diplomacy that not just picture, thousands of pictures are still remaining. Whatever the reasons be - politics going down so low is really a matter of shame and embarrassment. Even more for Madhya Pradesh, because it gets 'Sadhvi' in Lok Sabha and 'Sadhu' like Hardip in Rajya Sabha!!

(Author is editor of Lokjatan and Joint Secretary of All India Kisan Sabha. Contact: 94250-06716)

Students from the Department of Historical Studies and Archaeology, CUSB, presented research papers at the Asia-Pacific Conference in Bali, Indonesia



Parivahan Vishesh News

Gayaji. Aditi Sinha and Aman Kumar, two Masters of History students from the Department of Historical Studies and Archaeology, Central University of South Bihar (CUSB), presented their research papers at the 6th Asia-Pacific Conference on Maritime and Cultural Heritage (APCONF-MUCH-2026) organized by the Ministry of Marine Affairs and Fisheries in Bali, Indonesia. Vice-Chancellor Prof. Kameshwar Nath Singh congratulated the students for this achievement. Professor Sudhanshu Kumar Jha, Head of the Department of History, Dr. Rohit Kumar, Aditi and Aman's mentors, Dr. Neeraj Kumar Singh, and other faculty members of the department, Dr. Preeti Anil Khandare, Dr. Anil Kumar, and Dr. Anand Gupta, congratulated the two students on this academic achievement. Public Relations Officer (PRO) Mohammad Mudassir Alam stated that this year's theme for the prestigious Asia-Pacific Conference, held annually, was "Traditions and Trajectories: Maritime Heritage and Blue Economy in the Asia-Pacific." Aditi presented her research paper on "Gaya's Pitrupaksha Mela: A Confluence of Ritual, Mythology, and Culture," and Aman presented his paper on "Ghats in Patna: Riverine Heritage and Communities." The conference organizers provided free transportation and accommodation to both students.

Deputy Commissioner Md. Javed Hussain inspected various Chhath ghats regarding Chhath Mahaparv

Parivahan Vishesh News

Khunti. In view of upcoming Chhath Mahaparv, Deputy Commissioner Md. Javed Hussain inspected various Chhath ghats of the district. During this, he took stock of Raja Talab, Sahu Talab and other Chhath ghats and reviewed preparations being made regarding convenience, safety and cleanliness of devotees during festival.During inspection, Deputy Commissioner directed Executive Officer of Nagar Panchayat to ensure proper cleanliness of all Chhath ghats. He asked to assess water depth at ghats and mark dangerous and deep places and get barricading done there from safety point of view. Also, directed to ensure deployment of divers at ghats, changing rooms, mobile toilet arrangement and adequate light arrangement, so that devotees do not face any kind of inconvenience. So that clean, safe and convenient environment can be provided to devotees during Chhath Mahaparv.During inspection, Sub-Divisional Officer, Khunti, In-charge Officer, Confidential Branch, Block Development Officer, Station In-charge Khunti and other concerned officers were present.



Temple of Liberalization and Welfare Allied Trust Registered
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Today's Cybersecurity Thought

The Bank of Baroda email breach is a strong example of why organizations, especially banks, must significantly increase technology and cybersecurity spending before AI-driven social engineering attacks become mainstream. According to reports, the breach originated from a compromised employee email account, prompting the bank to strengthen cybersecurity, user access controls, employee awareness programs, and technology investments beyond its traditional spending limits.


Pinki Kundu

Parivahan Vishesh News

Why Higher Tech Spending is Necessary in the AI Era

1. AI Makes Phishing Almost Impossible to Detect

Traditional phishing emails often contain spelling mistakes or suspicious language.

AI tools can now generate:
- Perfectly written emails
- Personalized messages based on publicly available information
- Emails that mimic senior executives, regulators, or customers

As a result, human employees become the weakest link despite technical controls. The Bank of Baroda incident itself demonstrated how a single compromised email account can become an entry point for attackers.

2. Deepfake Voice and Video Fraud
Cybercriminals are increasingly using:
- AI-generated voice cloning
- Deepfake video calls
- Synthetic identitiesAn employee may receive a call appearing to come from the CEO, a regulator, or a government official directing urgent fund transfers or data disclosure.

3. Business Email Compromise (BEC) is Evolving
AI can analyze:
- Organizational hierarchies
- Email writing styles
- Internal communication patterns

This enables attackers to craft highly convincing messages that bypass human suspicion. Even if core banking systems are secure, a compromised email can expose sensitive internal information and facilitate additional fraud attacks.

4. Identity and Access Management Must Be Upgraded
The bank noted strengthening user access management with multiple verification layers. Such investments are increasingly essential because passwords alone are no longer sufficient.

Required measures include:
- Multi-factor authentication (MFA)
- Risk-based authentication
- Privileged Access Management (PAM)
- Zero Trust Architecture
- Continuous session monitoring

5. AI vs AI is the New Battlefield

Organizations need defensive AI systems for:
- Detecting anomalous user behavior
- Identifying deepfakes
- Monitoring insider threats
- Identifying AI-generated phishing campaigns
- Automated threat huntingWithout AI-powered defenses, human analysts cannot keep pace with AI-powered attackers.

"In the age of AI, cybersecurity spending is no longer an IT expense; it is a business survival investment. A single compromised email account today can become the launchpad for AI-driven fraud, deepfake impersonation, large-scale data theft, and reputational damage tomorrow." Bank of Baroda's email breach is a wake-up call for all organizations.

As AI enables highly convincing phishing emails, deepfake voices, and personalized social engineering attacks, cybersecurity investments must shift from basic protection to AI-powered defense, Zero Trust access controls, employee awareness, and continuous threat monitoring.

The cost of prevention is far lower than the cost of an AI-enabled breach.

Grand organization of 'Deepovartika' Diwali fair in Swami Shraddhanand College

Parivahan Vishesh News

Avnish Kumar Gupta





Delhi, 3 November 2026: Grand and enthusiastic organization of 'Deepovartika' (Diwali fair) was done on 3 November 2026 in college campus by Women Development Cell of Swami Shraddhanand College, Delhi University. This fair full of joy, enthusiasm and creativity of Diwali was inaugurated by Principal of college Prof. Praveen Garg. Successful organization of program was completed under efficient leadership and guidance of Convener Prof. Gauri Mishra. In this organization, cooperation of Prof. Aishwarya Jha and active participation of students of Comenia and Cyntria played important role. Enthusiasm, creativity and dedication of students made fair lively, attractive and memorable.

About 50 different stalls were put up in fair, in which handmade items, attractive decorative materials, traditional and modern food dishes and various useful products were displayed. Through these stalls, students got opportunity to showcase their creative talent, practical skills and entrepreneurship as well as move forward towards self-reliance.

A major feature of this organization was awareness and commitment towards environment protection. Keeping concept of 'Zero Waste' in centre, message of celebrating clean, green and environment-friendly Diwali was given. Students were motivated to reduce use of plastic and unnecessary waste and understand their responsibility towards environment protection.'Deepovartika' emerged not only as celebration of Diwali but as a meaningful platform of creativity, self-reliance, women empowerment, entrepreneurship and environment protection. This fair expressed sensitivity of students towards social concerns and environmental responsibilities along with celebration of Indian culture and traditions.

This initiative of Women Development Cell was a commendable effort in direction of developing self-confidence, leadership ability, entrepreneurship and social consciousness among students. Such organization not only provides opportunity to young generation to recognize their talent and abilities, but also gives important contribution in realizing self-reliant and empowered India and pledge of 'Viksit Bharat'.'Deepovartika' provided form of memorable event illuminating festival of lights with message of creativity, women empowerment and environment protection.

Celebrate Diwali festival as drug-free national festival: Rahul Sharma

Parivahan Vishesh News

Huge drug de-addiction awareness program organized in Banbhori, appeal made to youth to stay away from drugs

Haryana Hisar // Rajesh Saluja

Huge drug de-addiction awareness program was organized by Haryana State Narcotics Control Bureau, Hisar in village Banbhori falling under police station Barwala. Program was presided over by Deputy Inspector General of Police of Haryana State Narcotics Control Bureau, Sunaria (Rohtak) Shri Manveer Singh (IPS). Large number of villagers and dignitaries from Banbhori and surrounding villages participated in program.In program, young social worker, 'Nasha Mukt Mitra' of Nasha Mukt Bharat Abhiyan and District Sukoon Counselor Rahul Sharma who came as main speaker from Health Department and Social Welfare Department, while addressing villagers said that Diwali is not only festival of lights, but festival of bringing light, happiness and new beginning in life. This time celebrate Diwali as 'Drug-Free National Festival'.He appealed to youth and villagers to give priority to mutual love, brotherhood and sharing happiness instead of firecrackers and wasteful expenditure. Help needy and take pledge to stay away from drugs yourself and make your family and society also drug-free.Rahul Sharma said that building drug-free society is possible not only with efforts of government, but with active participation of every citizen. He said that we should take pledge that neither will we do drugs ourselves, nor will we let anyone do. With cooperation of public only dream of 'Drug-Free Haryana - Empowered Haryana' and 'Drug-Free India - Developed India' can be realized.He also expressed concern over increasing crimes against women and children due to drugs and gave information about services of Sukoon Centre run in District Civil Hospital, Hisar to provide help to victim women and children. Also inspired drug-affected persons and their family members to avail free treatment and counseling services available in De-addiction Centre of District Civil Hospital, Hisar. He also shared information about Central Government's de-addiction helpline 14446.On this occasion, HIV/AIDS testing was done by health team of Civil Hospital Hisar. During this Lab Technician Pradeep Verma and Rammehar



Chahal and other health workers were present. Psychologist Dr. Shalu Boora gave detailed information about Tele-Manas program and made aware to take help in mental health related problems. She told that problem of drugs is a treatable mental and health related problem. With timely counseling and proper treatment, person can return to normal and healthy life. Facility of treatment is available free of cost in De-addiction Centre of Civil Hospital.From District Social Welfare Department, Hisar, Mahendra Singh and Rakesh Kaswa were specially present. They distributed posters and pamphlets related to drug de-addiction awareness to villagers and gave message to connect maximum people with campaign.Through program, message was given to villagers that this Diwali, along with lighting lamps in every house, also take pledge to remove darkness of drugs, so that future of coming generations can be made safe, healthy and bright.

Bay of Bengal – From Nature's Laboratory to a Factory of Destruction



Parivahan Vishesh News

[Storms are not brewing in the sea , but in our carelessness!] [Nature's counterattack or a failure of our development vision ?]

The colour of the sky is changing , the mood of the sea is deteriorating and the sound of danger on the coasts is continuously increasing. The arrival of cyclones Arnab and Murasu in the Bay of Bengal within a week is not just two weather events , but a serious indication of nature's changing nature. Arnab struck the Andhra Pradesh coast on October 28 , and dissipated on the morning of November 3. Murasu has once again placed the same coastal region in danger. The short interval between two storms suggests that the Bay of Bengal is no longer merely a region of oceanic turbulence ; it is becoming a breeding ground for storms. Increasing ocean temperatures and global warming have exacerbated this threat. The concern now is not just about the next cyclone , but about a future where coastal populations may have to wait for the next one after each storm.

The secret of the power of cyclones now lies in the deepening heat of the ocean. Rising ocean temperatures accelerate evaporation and increase the atmospheric moisture and energy reserves. Given favorable conditions, this energy can make cyclones more intense. A study conducted in the Bay of Bengal (Scientific Reports , 2023) documented 107 marine heatwave events between 1982 and 2021 , with an increasing trend in their frequency. This data is not merely a scientific finding but a serious warning of the changing nature of the ocean. Of course , global warming cannot be solely blamed for every cyclone , as their origin and intensity are determined by a variety of weather conditions. However , it is clear that a steadily warming climate can exacerbate the devastating effects of cyclones.

The weather is now rebelling against its old mood. The climate change crisis develops slowly but wreaks havoc in an instant. Rising ocean temperatures , atmospheric humidity , wind direction, and conditions like El Niño affect the intensity and rainfall of cyclones. The number of cyclones doesn't necessarily increase annually ; however , a warmer climate can increase the risk of powerful storms and heavy rainfall. Arnab and Murasu have shown that before we can recover from one disaster, another can strike. Therefore, the administration must simultaneously address the speed of storms , the interval between them , potential rainfall , rising sea levels, and the vulnerability of coastal populations.

When a cyclone hits the coast , the first things that get destroyed are the poor man's plate , the farmer's crop and the fisherman's livelihood. For those whose lives depend on the sea and weather , every storm brings a new problem. The sea, a fisherman's livelihood, becomes a life-threatening threat as soon as a warning is issued. A farmer's months of hard work are washed away in a few hours of torrential rain , while families living in fragile houses face the threat of homelessness. Trees are uprooted , power poles fall , roads are submerged, and relief efforts are hampered by communication outages. Government assistance , rations, and temporary shelters provide immediate relief , but for lasting security, livelihood restoration , safe housing , insurance, and prompt financial assistance after a disaster are equally essential.

If the buildings of progress are constructed by hollowing out the foundation of nature , then it is difficult for them to survive. The expansion of ports , roads , industries, and urban settlements accelerates the economy , but neglecting coastal ecology can turn this development into destruction. Mangrove forests protect coasts by acting as a natural shield against sea waves and stormwater. Their destruction weakens this protective shield. Therefore, it is important not to stop development but to make it compatible with nature. Risk assessment should be done before coastal construction , natural drainage routes should be protected, and indiscriminate construction in sensitive areas should be stopped. The expansion of clean energy will also be meaningful only when energy conservation , reduction in carbon emissions, and responsibility towards the environment go hand in hand.

Rising sea levels could become the biggest challenge for coastal populations in the future. Coastal areas will be at increased risk of flooding and erosion , while saltwater can infiltrate fields and groundwater, affecting crops and drinking water sources. Even after the storm subsides, school closures , hospital pressure, and job losses persist for a long time. For children and youth, climate change is no longer a subject of books ; it is a reality linked to their future and lives. Consequently, each coastal district will have to decide in advance when and where to evacuate people from flood-prone areas , how shelters will be arranged, and how quickly essential services like electricity and water will be restored.

storm After this, it is necessary to collect the debris , but from him It is our responsibility to prepare first. For this , accurate weather forecast in local languages alert , on time Evacuation , trained relief teams and cyclone resilient Fishermen need shelter. reliable sea Information to farmers Weather advisories and coastal communities To disaster recovery training Get Also , mangrove forests Restoration of water resources , control of coastal construction And reducing greenhouse gas emissions is essential. The Bay of Bengal is not just a path for storms , it is also a safe haven for millions of people. livelihood and the lifeline of the country's ecological security. Arnab and Murasu expressing It is said that ignoring the signs of nature can prove costly. The next roar of the sea From First we have to raise our voice for preparedness , because the next warning may not give us a chance to recover.

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Huge Boulders Hampering Rescue Operations; Controlled Blasts Fail to Break Rocks, Tractors and Equipment Unable to Reach the Site

Parivahan Vishesh News

Manoranjan Sasmal , State Head Odisha

Bhubaneswar : The devastation caused by Cyclone Arnab is yet to subside. Several people remain buried under the debris following the landslide, while rescue operations have been continuing for the past four consecutive days. However, huge boulders have emerged as a major obstacle to the ongoing rescue efforts. After the railway department's chain-pulling technique failed to remove the massive rocks, authorities have now planned controlled blasting to clear the area. Fire Services Director General Sudhanshu Sarangi provided this information.

According to the Fire Services DG, rescue teams initially adopted the railway department's chain-pulling technique to remove the huge boulders from the landslide site. However, the method proved unsuccessful. Subsequently, a plan was made to carry out controlled blasts.

Three explosions were carried out on Monday, but the rocks could not be broken. Moreover, tractors are unable to reach the affected location, making it difficult to transport necessary machinery and equipment to the landslide site. With assistance from the Mining Department, efforts to break the boulders began again on Tuesday. Following the landslide, local residents informed the Fire Services Department about the incident. The fire brigade successfully rescued two people safely. However, 11 people are still reported missing.

Sudhanshu Sarangi said it would become clear by Tuesday evening whether the latest efforts would yield positive results.



Four Arrested in Cow Slaughter Case, Two Absconding; Bulldozer Action Taken Against Illegal Structure

Parivahan Vishesh News

Alleged Cow Slaughter Under the Guise of a Gaushala in Najafgarh's Khaira Extension; Three Cattle Found Dead, Three Rescued

Swatantra Singh Bhullar New Delhi

Parivahan Vishesh Newspaper Daily



New Delhi: A suspected cow slaughter case has come to light in the Khaira Extension area of Najafgarh, where illegal activities were allegedly being carried out under the guise of a gaushala (cow shelter). Following information and intervention by workers of the Vishwa Hindu Parishad (VHP) and Bajrang Dal, police took action and arrested four of the six accused, while two others are reportedly absconding. Three cattle were found dead at the spot, while three were rescued. On Tuesday, the administration demolished the illegal structure allegedly linked to the case using a bulldozer.Sunil Suri, Prant Mantri of VHP Indraprastha Prant, said that on Monday, November 2, after receiving information about the alleged activities near Khaira Extension, Khaira village and Gopal Nagar, organisation workers reached the spot. He alleged that cattle were being subjected to cruelty under the guise of a gaushala. Due to the timely intervention of the workers, three cattle were rescued, while three had already been killed.Police have registered an FIR in connection with the case at Jaffarpur Kalan Police Station in Dwarka district. FIR No. 0114/2026 has been registered under relevant provisions of the Delhi Agricultural Cattle Preservation Act, Bharatiya Nyaya Sanhita, Prevention of Cruelty to Animals Act and Arms Act.Suri said that he, along with Subodh Chandra, Sangathan Mantri of VHP Indraprastha, had taken up the matter with senior government and administrative officials. They also sought the cooperation of the local MLA and zonal chairman and demanded strict action against those involved. Subsequently, the administration carried out bulldozer action against the concerned illegal structure on Tuesday.Suri thanked the government led by Chief Minister Rekha Gupta and the administration for their action. He said that the two absconding accused should also be arrested soon and that a thorough investigation should be conducted to ensure legal action against everyone found responsible. VHP and Bajrang Dal reiterated their commitment to remain vigilant for the protection of cattle.

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Parivahan Vishesh News

For working in office -

Requirement of Employee We need a qualified, hardworking and responsible employee to handle our office work.

Work Responsibilities:
1. Preparing and checking letters, correspondence and other documents.
2. Checking emails and giving proper replies to them.
3. Handling WhatsApp messages and online communication.
4. Coordinating office work.
5. Preparing and uploading posts on social media.
6. Preparing messages, letters and emails in Hindi and English.
7. Keeping daily office work and records organized.

Required Qualification:
1. General knowledge of computer and internet.
2. Good ability to read and write in Hindi and English.
3. Knowledge of email, MS Word and social media.
4. Must be hardworking, responsible and punctual.

Salary: Rs. 15,000 to Rs. 20,000 per month

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Interested candidates send their Biodata (Resume) or contact on given number.

Thank You!



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