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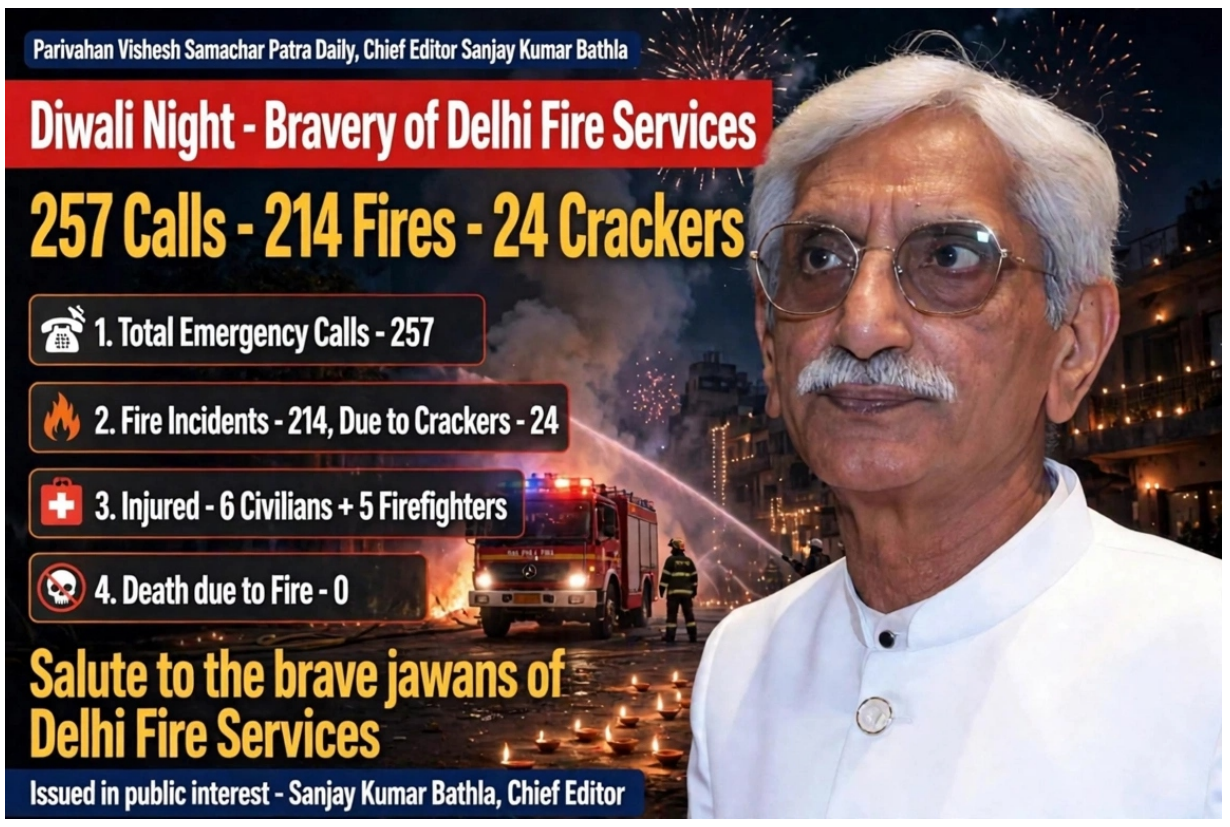
02 Take care of your heart... because heart is priceless!

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Parivahan Vishesh Samachar Patra Daily - Special Report / Delhi / Diwali Special

257 emergency calls in Delhi on Diwali night - 214 fire incidents, 24 related to firecrackers, firemen remained on frontline overnight



Parivahan Vishesh News

DFS Chief Abhilash Kumar Malik gave figures | 6 civilians and 5 firemen injured | No death in fire incidents | In a separate case information of decomposed body found

Report Special Correspondent Parivahan Vishesh Samachar Patra Daily

New Delhi - On Diwali night when whole Delhi was immersed in lights and firecrackers, then jawans of Delhi Fire Service were saving city keeping life on palm. From Diwali day till midnight Delhi Fire Services received total _257 emergency calls_.This night remained one of the most challenging nights for firemen._Fact at a glance - Point - Details__Total Emergency Calls_ 257_Fire-related incidents_ 214_Calls related to firecrackers_ 24_Injured civilians_ 6_Injured firemen_ 5_Death due to fire_ 0 - No death_Separate case_ Information of decomposed body found at one place_Source_ DFS Chief Abhilash Kumar Malik_Main Points__1. 257 calls - Means one call every few minutes:_ From Diwali day till midnight phone kept ringing in control room. Out of 257 calls 214 were only of fire._2. 24 calls due to firecrackers:_Due to firecrackers fire broke out at 24 places. This only shows that firecrackers not only cause pollution, but are also danger to life and property._3. 6 civilians injured:_ 6 common civilians were injured in fire incidents. Major mishap was averted due to fire brigade reaching on time._4. 5 firemen also injured:_5 firemen who save others' lives saving their own lives also got injured during this. These are the real heroes._5. No death due to fire - This is big relief:_ Biggest relief is that directly no death occurred in any incident of fire. This is proof of promptness of fire department._Part 1 - What happened on Diwali night?_ There were two pictures in Delhi on Diwali night.On one side diyas, sweets, happiness in houses.On other side flames of fire, smoke, and sound of siren on roads.According to DFS Chief Abhilash Kumar Malik, from Diwali day till midnight total 257 emergency calls came. Out of these 214 were related to fire.Means, information of fire breaking out somewhere was coming every 2-3 minutes._Part 2 - How dangerous did firecrackers prove?_ 24 calls were directly related to firecrackers.Firecracker looks small, but when it falls in garbage, in clothes, in shop or in balcony of house then it becomes big fire.This time also same happened. At many places fire broke out due to firecrackers, but firemen controlled in time._Part 3 - A separate sad case also came to light_ In a separate case on same night information of a decomposed body found at one place was also received.This case was not directly related to fire incidents. Police is separately investigating this matter.Therefore it will be wrong to say that someone died in Diwali fire. No death due to fire, this is official figure._Part 4 - Who is real hero?_ On Diwali night when people were with their family, then firemen were saving others' houses putting their life at risk.5 firemen were injured, still did not retreat.They remained on frontline overnight - For protection of life and property.Delhi should be proud of them._Editorial Comment - Honour to Delhi Fire Services_ Parivahan Vishesh Samachar Patra Daily believes that Diwali is not only festival of lighting diyas, but also festival of fulfilling responsibility._Take pledge today -_- Do not burst firecrackers at place where there is danger of fire- Do not let children burst firecrackers alone- Keep water / sand / fire extinguisher in house- On fire breaking out call 101 / 112 immediately, do not waste time making video_Salute to brave jawans of Delhi Fire Services.__Salutation to your service and dedication.

- Sanjay Kumar Bathla, Chief Editor, Parivahan Vishesh Samachar Patra Daily

Parivahan Vishesh Samachar Patra Daily - Humanity and Courage Special - Editorial Analysis



Parivahan Vishesh News

Ordinary people became angels amid fire - In Saket when ladder fell short, humanity grew taller__Huge fire in car showroom on MG Road Delhi, when fire brigade ladder did not reach then crowd made mattress ladder and took trapped people down, amid smoke and flames Delhi again showed - We are one - Presentation : Editorial Department, Parivahan Vishesh Samachar Patra Daily__Main facts - At a glance_- _Place:_ MG Road Delhi, building with a car showroom in Saket area- _Incident:_ Huge fire broke out in building, dense black smoke started coming out from upper floors- _Crisis:_ Many people were trapped on upper floors inside building- _Challenge:_ Ladder of fire engine was not big enough to reach upper floors- _Solution:_ Firemen and common people together put ladder, spread mattresses below, and one by one took trapped people down- _Editorial Message:_ This is not only news of fire, this is news of Delhi's humanity._1. That scene which stops breath on seeing_ Dense black smoke is coming out from above. Below flames of fire are visible. Many people are trapped in upper part of building, calling for help.On road below there are fire engines, firemen are engaged in extinguishing fire. But fire is so high that ladder is not able to reach there._Then something happens, which makes Delhi what Delhi is._ Crowd does not stop to watch spectacle, comes forward to help.1. Someone brings ladder.2. Someone brings mattresses.3. Someone stands below holding mattresses, so that if someone jumps then he does not get hurt.4. Someone together with fireman holds ladder, so that it does not shake._Amid smoke and flames_,1. One by one trapped people come down.2. On every person coming down, not claps but breath of relief is heard in crowd._This incident happened in building with car showroom in Saket.__2. When system falls short, then public becomes big_ Two truths came out together in this incident._First truth - Lack of system:_ Ladder of fire engine was not big enough to reach upper floor. This is a serious question._In a big city like Delhi where there are high buildings_,1. Do we have equipment to reach every height?2. Is checking of fire escape arrangement done for every showroom, every mall, every high building?3. Are there sufficient exit doors, stairs and alarms in buildings to escape fire?_This question should be asked from government, municipal corporation, fire department and building owners.__Second truth - Greatness of public:_ When system fell short, public became big.Common people instead of running away in fear, risked life and saved others' lives.Firemen also did not give up. They worked together with public. Difference of uniform and common clothes was erased. Everyone had same aim - No one's life should be lost._This itself is Bharat._ Where when trouble comes, we forget caste, religion, rich-poor and become one._3. Ladder of mattresses - Not jugaad, it was spirit_ Many people are calling it jugaad but editorial department believes that this was not jugaad, it was spirit.- _Ladder:_ Put along building, so that trapped people can come down- _Mattresses:_ Spread below, so that if someone loses balance and falls, he does not get serious injury- _Hands:_ Many hands held ladder, so that it does not shake- _Voice:_ People from below shouting and giving courage to trapped people - Don't panic, come slowly, we are here onlyIt is difficult to breathe in smoke. Eyes burn. Legs tremble due to fear.In such situation one voice from below - _We are here only_ - Becomes lifeline for someone._Those who held mattresses, they did not save someone's life, they saved someone's family from breaking.__4. Why is fire in car showroom dangerous? - Understand danger_ Fire in car showroom is more dangerous than normal fire, because -_A. Petrol, diesel and oil:_ In showroom there is fuel and oil in vehicles, which spreads fire rapidly._B. Tyre and plastic:_ Tyre, seat, plastic items on burning leave very much black smoke and poisonous gas._C. Glass and closed place:_ In showroom there are glass doors and closed air-conditioned place, due to which smoke does not go out, fills inside only._D. Getting trapped on upper floors:_ Fire starts below, smoke goes above. Therefore people trapped on upper floors are at most danger. _That is why arrangement to escape fire is most necessary in such buildings.__5. What to do, what not to do on fire breaking out? - Life saving information__If you get trapped in fire building then -_- Don't panic, remain calm, call for help- To escape smoke cover nose and mouth with wet cloth- Walk bending down, because smoke rises above, air remains clean below- Never use lift, use stairs- If it is not possible to go out, then go near window, give signal for help- Close door of fire room, so that fire and smoke does not spread_If you are standing below and want to help then -_- Don't crowd, give way to fire engines- Follow instructions of firemen, don't do arbitrary- Don't spread rumour, give priority to helping more than making video- Help in taking injured to hospital immediately- If there is equipment to extinguish fire then only trained person should use it_Editorial Appeal:_ There should be training to escape fire in every school, every office, every showroom. Every family should know what to do first on fire breaking out._6. Questions which should now be asked - Only praise will not work_ We salute those brave people who saved lives. But only saluting will not work._Question one - Where are equipment for high buildings?_1. Does every fire centre of Delhi have ladder reaching high buildings?2. If not, till when will it come?_Question two - Is checking of showrooms done or not?_1. Were all rules of escaping fire being followed in this showroom?2. When was fire safety certificate checked?_Question three_ -1. _Where were exit doors?_2. _Why had trapped people to be taken down by ladder?_3. _Was there no emergency exit door in building, or was it closed?__Question four - Who will give training to common people?_ Today public saved lives without training. If they are given little training, then they can save more lives._Question five - When will we become more helpers than video makers?_In this incident there were more helpers, this is good thing. But in many incidents people only make video. We will have to go from culture of making video to culture of helping._7. Editorial Comment - What is real identity of Delhi?_ Delhi is often known for pollution, traffic jam, crowd and anger but this incident showed real identity of Delhi.1. _Real identity of Delhi is not that crowd which is stuck in jam._2. _Real identity of Delhi is that crowd which stood with mattresses for people trapped in fire._Firemen and common people - Both together showed that when humanity awakens, then length of ladder does not matter._Ladder was small, but courage was big.__Smoke was dense, but intention was stronger than that.__Fire was big, but humanity was bigger than that._Parivahan Vishesh Samachar Patra Daily salutes all those unknown heroes whose names we do not know, but due to whom today diya is burning in many families._Take pledge today -_1. _We will not become only spectators, we will become helpers._2. _We will not make only video, we will extend hand._3. _We will check fire safety of our building, so that tomorrow no one has to make mattress ladder.__Because saving one life is like saving whole humanity.__- Sanjay Kumar Bathla, Chief Editor_

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

Get Ready — We're Coming Soon!

PARIVAHAN VISHESH NEWS DOORDARSHAN

Great News! Now your voice will resonate across the entire world.

After 3 successful years of the Parivahan Vishesh Newspaper—now, a new revolution!

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

Sanjay Bathla
Editor In chief



Take care of your heart... because heart is priceless!

Parivahan Vishesh News

PinkI Kundu Social Counselor

Adopt right lifestyle from today itself to keep heart healthy! Nowadays risk of heart attack is seen increasing even at young age! In today's time not only elderly, but youth also can have risk of heart disease. Therefore ignoring heart's health can prove dangerous.

1. What is importance of heart?
Heart is one of most important organs of our body.
- Heart circulates blood throughout body through process of continuous contraction and expansion.
- Heart has important role in delivering oxygen and nutrients to every organ of body.

2. Major causes of heart disease
• High blood pressure (HighBP)
• Diabetes (Diabetes)
• Increased cholesterol
• Smoking and consumption of tobacco
• Consumption of alcohol
• Lack of exercise
• Obesity and extra belly fat
• Continuous mental stress
• Insufficient sleep
• More oily, fried and processed food items
• Genetic reasons

Due to these reasons fat can accumulate in blood vessels of heart, due to which blood flow is affected.

3. Major symptoms of heart attack
Do not ignore these symptoms at all.
• Feeling pressure or heaviness in chest.
• Having pain or uneasiness in chest.
• Having difficulty in breathing.
• Cold sweat.
• Nausea or vomiting.
• Dizziness or feeling sudden weakness.
• Pain spreading to hand, back, neck or jaw.

Symptoms can be different or mild also in women and persons suffering from diabetes.

Important:
On appearance of such symptoms do not waste time at all. Immediately contact 112 or 108 and take patient to hospital.

4. What to do to keep heart healthy?
- Take balanced and nutritious diet.
- Eat green leafy vegetables and fresh fruits.
- Include whole grains and fiber rich food items in diet.
- Limit consumption of salt.
- Avoid extra sugar and sweet beverages.
- Walk regularly and exercise daily as per your capacity.
- Practice yoga, pranayama and meditation.
- Take sufficient sleep daily.
- Completely stop smoking and consumption of tobacco.
- Staying away from alcohol is beneficial for health.

5. Why is regular health checkup necessary?
Get following checkups done from time to time with doctor's advice.
• Blood Pressure (BP)
• Blood Sugar (Fasting Sugar / HbA1c)
• Cholesterol (Lipid Profile)
• Weight and waist measurement
• ECG and other heart related checkups as per need.

Do not stop medicines of diabetes, blood pressure or cholesterol without doctor's advice.

6. Ayurveda and heart health
In Ayurveda special importance is given to food habits, daily routine, yoga, pranayama and healthy lifestyle.
Right diet and regular daily routine can help in maintaining health, but claim of removalof heart blockage or definite prevention of heart attack with any Ayurvedic medicine is not proven. Before starting any Ayurvedic or herbal product, definitely take doctor's advice. Do not stop ongoing medicines of heart disease on your own.

7. What to do when heart attack occurs?
Heart attack is a medical emergency.
• Immediately call 112 or 108.
• Do not let patient walk around.
• Keep patient in comfortable position.

Do not give Sorbitrate, Ecosprin or other medicines from your side. Followinstructions of doctor or emergency medical staff.

If patient is unconscious and not breathing normally, then immediately start CPR and use AED if available.

Always remember

1. Do not wait for heart attack to come.
2. Adopt right food habits.
3. Do regular exercise.
4. Reduce stress.
5. Get regular health checkup done.
6. Take necessary medicines regularly.

Because money can be earned again, but taking care of health on time is very important.

Take care of your heart... stay healthy yourself and keep your family also healthy!

Health is biggest wealth!

CHOCOLATES AND COLD DRINKS: A SERIOUS THREAT TO YOUR TEETH, GUMS AND OVERALL ORAL HEALTH!

Parivahan Vishesh News



Chocolates, candies, toffees, soft drinks, carbonated beverages and other sugary products are popular among children and adults alike. Although they may taste delicious, their excessive and frequent consumption can seriously affect dental health. It is important to understand that protecting our teeth and gums is not merely a matter of maintaining an attractive smile; it is an essential part of maintaining good overall health.

1. Dental Cavities and Tooth Decay Chocolates, candies and other sugary foods provide nourishment to harmful bacteria present in dental plaque. These bacteria convert sugars into acids, which gradually damage tooth enamel and cause dental cavities. Frequent consumption of chocolates, particularly sticky varieties that remain attached to teeth, increases the risk of tooth decay.

2. Tooth Enamel Erosion Many cold drinks, carbonated beverages, sports drinks and packaged fruit drinks contain acids that can gradually dissolve tooth enamel. Enamel is the hard, protective outer covering of our teeth. Once significantly lost, it cannot naturally grow back. Enamel erosion can result in:- Increased tooth sensitivity.- Discolouration of teeth.- Greater vulnerability to dental cavities.- Pain when consuming hot, cold or sweet foods.

3. Gum Infections and Periodontal Disease Poor oral hygiene and the accumulation of dental plaque can cause gum inflammation (gingivitis). Common warning signs include:- Red, swollen or tender gums.- Bleeding while brushing.- Persistent bad breath.- Gum recession. If left untreated, gum disease can progress to periodontitis, damaging the tissues and bone supporting the teeth and potentially resulting in tooth loss.

4. Sugar-Free Cold Drinks Are Not Always Safe! An important fact that many people overlook is that sugar-free and diet carbonated drinks may still contain acids. Therefore, even when a beverage does not contain sugar, its acidity can contribute to dental enamel erosion.

5. Special Precautions for Children Parents should discourage excessive consumption of chocolates, candies, packaged juices and soft drinks. Frequent exposure to sugary foods and beverages can cause early childhood dental caries, affecting both milk teeth and permanent teeth. Healthy eating habits established during childhood can protect dental health throughout life.

6. Practical Measures to Protect Your Teeth and Gums
1. Limit chocolates, candies, sweets and sugary beverages.
2. Prefer plain drinking water over carbonated soft drinks.
3. Avoid repeatedly sipping sugary or acidic drinks throughout the day.
4. Brush twice daily for approximately two minutes using fluoride toothpaste.
5. Clean between your teeth daily using dental floss or suitable interdental brushes.
6. Rinse your mouth with plain water after consuming acidic drinks.
7. Avoid brushing immediately after consuming acidic foods or beverages; preferably wait about 30–60 minutes.
8. Visit a qualified dentist regularly for preventive examinations and professional advice.
9. Never ignore persistent gum bleeding, tooth sensitivity or dental pain.

LATEST SCIENTIFIC AND PUBLIC HEALTH DEVELOPMENTS
The World Health Organization (WHO) continues to emphasise reducing free sugar consumption as an important strategy for preventing dental cavities. WHO recommends keeping free sugar intake below 10% of total daily energy intake, with an ideal target of below 5%. The American Dental Association also highlights the importance of limiting frequent exposure to acidic beverages, maintaining good oral hygiene and using fluoride toothpaste. Remember: Sugar is not the only enemy of your teeth. Acidity, poor oral hygiene and frequent snacking also play important roles in dental damage.

A HEALTHY SMILE IS A VALUABLE ASSET!
Take care of your teeth and gums today to avoid unnecessary dental problems, painful treatments and expensive dental procedures tomorrow.

Healthy Teeth • Healthy Gums • Healthy Life!
Important latest scientific information Some particularly important points supported by current dental guidance:

WHO (2025):
Its updated information identifies free sugars as a major dietary risk factor for tooth decay. Dental caries affect approximately 2.5 billion people worldwide.

Sugar-free drinks:
They are not necessarily tooth-friendly. Their acidity can cause enamel erosion even without sugar. American Dental Association +1

Indian Dental Association:
Recommends reducing acidic drinks, rinsing with water and waiting approximately one hour before brushing after acid exposure. ida.org.in

American Dental Association:
Recommends brushing twice daily with fluoride toothpaste, daily interdental cleaning and limiting sugar.

One important scientific distinction:
Chocolates and sugary drinks directly increase the risk of tooth decay, but gum disease is more complex. Dental plaque, oral hygiene, smoking, diabetes and other factors also contribute. The most effective everyday protection is simple: less sugar, less acidic drinks, regular brushing, interdental cleaning and periodic dental check-ups.

Parivahan Vishesh Samachar Patra Daily - Festival Special
Bhaiya Dooj - The great festival of sacred love, trust and protection of brother-sister



Parivahan Vishesh News

On Yam Dwitiya sister's tilak gives brother boon of long life, from story of Yamraj-Yamuna and Shri Krishna-Subhadra to simple scriptural method - know why food made by sister's hands is considered like nectar on this day

- Presentation : Editorial Department, Parivahan Vishesh Samachar Patra Daily

- Original presentation : KK Chhabra

Main Facts - At a glance
- Festival: Bhaiya Dooj, Yam Dwitiya
- Date: Dwitiya Tithi of Shukla Paksha of Kartik month**- Symbol:** Sacred love of brother-sister, trust, wish for long life and protection
- Main story: Story of Yamraj and Goddess Yamuna, story of Lord Shri Krishna and Subhadra

- Main method: Tilak, Aarti, Kalawa, Gola, sweets, satvik food made by sister's hands, gift from brother
- Special tradition: If far, considering moon as brother offering arghya and tilak
- Message: Tilak is not applied only on forehead, it is applied on heart - it is vow to maintain relationship

1. What is Bhaiya Dooj?
- First understand direct meaning Bhaiya Dooj is celebrated on Dwitiya Tithi of Shukla Paksha of Kartik month. This festival is symbol of sacred love, trust of brother-sister and wish for each other's long life and protection. This festival coming after Deepawali turns light of lamps into warmth of relations. In Rakshabandhan sister ties Rakhi to brother, in Bhaiya Dooj sister applies tilak to brother.

Rakhi is thread of protection, tilak is mark of blessing.Feeling of both is same - brother-sister live for each other, protect each other.

2. Story of Yamraj and Goddess Yamuna

- Why is it called Yam Dwitiya? There are two main mythological stories popular behind celebrating Bhaiya Dooj.
First story is oldest and most emotional. Yamraj and Goddess Yamuna are brother-sister, children of Sun God. Yamuna ji often invited her brother Yamraj for food, but Yamraj could not go due to his workload. On day of Kartik Shukla Dwitiya, Yamraj suddenly reached his sister Yamuna's house. Sister Yamuna became extremely happy seeing brother. She respectfully made Yamraj sit on seat, did tilak and fed tasty food with her own hands. Yamraj became so pleased with this affection of Yamuna that he asked Yamuna to ask for boon.

Yamuna ji asked for boon - O brother! You come to my house every year on this day and whichever sister does tilak to her brother and feeds food on this day, that brother should get freedom from your torture - untimely death or fear of Yamalok.

Yamraj gave this boon and since then this date also started being called**Yam Dwitiya.**

Belief is - On this day brother who goes to his sister's house and gets tilak done and eats food made by her hands, gets blessing of long life and health.

Therefore Bhaiya Dooj is not only festival, it is boon of freedom from fear of Yam.

3. Story of Lord Shri Krishna and Subhadra
- Feeling of victory tilak
Second story is connected with Lord Shri Krishna and his sister Subhadra. When Lord Shri Krishna killed demon named Narakasura, then he went to meet his sister Subhadra. On happiness of return of brother Shri Krishna, Subhadra -
- Lit lamps- Performed Aarti
- Applied victory tilak on forehead
- Fed him butter-mishri and sweets It is believed that with this same feeling sisters celebrate this festival for welfare of their brother.

Sister's tilak is brother's victory tilak.

As Subhadra had applied tilak on victory of Shri Krishna, similarly every sister wishes victory in every battle of life of her brother.

4. Simple and scriptural method of celebrating Bhaiya Dooj - Step by step
A. Preparation and sitting arrangement
- For brother to sit, keep wooden paata - chowki facing north or east
- Below chowki you can make a small chowk with rice flour or colours
- Decorate chowki with flowers, lamp and rangoli
B. Tilak and Akshat - Make brother sit on seat and cover his head with handkerchief or some cloth- Sister mix roli, sandalwood and akshat - unbroken rice - and apply tilak on brother's forehead- While applying tilak wish for brother's long life, happiness, prosperity **Meaning of tilak is - sister is saying, on your forehead is mark of my prayer, may no evil eye affect you. C. Aarti and Raksha Sutra** - Light ghee lamp and lovingly perform Aarti of brother- Wish for his happiness, prosperity and long life- Tie Kalawa - Mauli on brother's wrist **Kalawa is that thread which says - till this thread is there, sister's prayer is with you. D. Dry coconut - Gola and sweets** - Sisters give in brother's palm betel leaf, betel nut, batasha and dry coconut - gola- Offering gola is considered symbol of brother's long life- After this feed sweets to brother

E. Food and gift
- Brother must eat satvik food made by sister's hands
- According to tradition on this day it is considered best for brother to eat food at sister's house instead of his own house
- Brother should touch feet of his sister and take blessings
- Give gift or shagun as token of love
Gift of brother is bigger by love, not by price.

Sister feels - my brother has not forgotten me, he respects me.

5. What to do if sister is far? - Distance is not obstacle in love
If sister lives far and direct meeting is not possible, then there is solution in tradition also.
- Sisters consider moon as form of brother and give arghya and tilak
- Light lamp in brother's name
- Wish for brother's long life **Its meaning is - love does not stop due to distance.**

Where remembered from heart, tilak reaches there.
Even in today's mobile and video call era also sisters apply tilak to far sitting brother on video, show Aarti. **Feeling is same, medium has changed.**

6. Why is Bhaiya Dooj necessary today?
Today brother-sister often live in different cities. - Distance due to job-Responsibilities after marriage
- Lack of time In such situation Bhaiya Dooj is an excuse to meet, to talk, to refresh old memories.

This festival reminds us -
- Relation of brother-sister is not of blood, it is of heart
- Childhood fights, snatching each other's tiffin, complaining to mother - that itself was love
- Even after growing up sister remains worried for brother, brother remains concerned for sister
Bhaiya Dooj says - Give at least one day in year in name of brother-sister.

7. Editorial comment - Tilak is applied not on forehead, but on heart Parivahan Vishesh Samachar Patra Daily believes that Bhaiya Dooj is not only a ritual, it is a vow. Tilak of sister says - I pray for your long life.Gift of brother says - I give vow of your protection.

Take pledge today -
- We brother-sister will ask about each other's well-being not only on festival, but every day- We will consider sister's honour as our own honour- We will stand together in brother's trouble- We will not make distance an excuse, we will maintain love

Because tilak gets erased, sweets get finished.

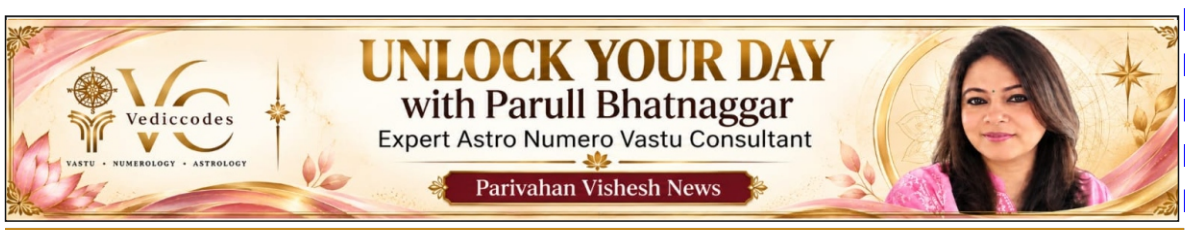
But love of brother-sister never erases.

Heartfelt wishes of Bhaiya Dooj

- Yam Dwitiya to all brothers-sisters.

May everyone get long life, health and happiness-prosperity with grace of Yamuna Maiya and Yamraj.

- Sanjay Kumar Bathla, Chief Editor



MONEY & RELATIONSHIP PREDICTION

Know Your Day • Protect Your Money • Strengthen Your Relationships

Parivahan Vishesh News

10 NOVEMBER 2026 | Day vibration: 4 — Structure, discipline, stability and practical progress

Moolank 1
Money & Career: Day 4 favours disciplined leadership. Set a realistic budget for a new initiative and assign clear responsibilities before asking others to deliver.
Relationship: Consistency will mean more than grand gestures. Ask how you can help instead of assuming you know.
Precaution: Avoid issuing orders in frustration or spending to speed up an uncertain result.
Make Your Day Better: Complete the first measurable step of your most important plan.

Moolank 2
Money & Career: Day 4 steadies your cooperative approach. Check payment dates, shared expenses and written agreements before committing.
Relationship: A dependable small gesture can create reassurance. Say what you need without testing the other person.
Precaution: Avoid delaying a money conversation because it feels uncomfortable.
Make Your Day Better: Clarify one shared responsibility and record the agreement.

Moolank 3
Money & Career: Give your ideas a timetable and cost estimate. Day 4 rewards completing a useful deliverable more than generating many new concepts.
Relationship: Be playful, but follow through on a promise that matters to someone close.
Precaution: Avoid distracted spending and promising results before doing the work.
Make Your Day Better: Finish one creative task and show its practical value.

Moolank 4
Money & Career: Your Moolank 4 meets Day 4, highlighting systems, perseverance and financial foundations. Review a recurring expense or operational bottleneck.
Relationship: Reliability is welcome, but make room for another person's way of doing things.
Precaution: Avoid perfectionism, rigid expectations and criticism disguised as advice.
Make Your Day Better: Improve one routine and allow one sensible exception.

Moolank 5
Money & Career: Day 4 asks your adaptable nature to slow down. Compare offers, check contract details and finish existing commitments before changing course.
Relationship: Explain any change of plan early; freedom feels safer when expectations are clear.
Precaution: Avoid impulsive purchases and treating routine as an unnecessary restriction.
Make Your Day Better: Create a simple schedule that leaves room for flexibility.

Moolank 6
Money & Career: Focus on household budgets, client service standards and sustainable spending. Practical care can protect both comfort and savings.
Relationship: Support loved ones through an action they actually need, not through expensive gestures.
Precaution: Avoid carrying everyone's duties or buying peace with gifts.
Make Your Day Better: Set one healthy boundary and complete one useful household task.

Moolank 7
Money & Career: Turn your research into an implementable plan. Day 4 supports checking facts, documenting decisions and setting realistic milestones.
Relationship: If you need quiet time, explain it gently rather than withdrawing without notice.
Precaution: Avoid analysing the same decision endlessly or dismissing emotions as impractical.
Make Your Day Better: Write down one clear next step and communicate it.

Moolank 8
Money & Career: Your ambition gains strength from Day 4's discipline. Review cash flow, contracts or long-term assets and address a weak process.
Relationship: Work responsibilities may dominate; make a deliberate effort to be present and listen.
Precaution: Avoid controlling shared finances or expecting everyone to match your pace.
Make Your Day Better: Strengthen one financial system and reserve time for a personal connection.

Moolank 9
Money & Career: Day 4 grounds your generous instincts. Settle pending dues, organise resources and direct effort to a cause with measurable results.
Relationship: Practical support helps, but let others take ownership of their choices.
Precaution: Avoid guilt-based lending or taking on obligations you cannot sustain.
Make Your Day Better: Close one unfinished task and offer help within a clear limit.

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Grand celebration of Bhavya Club's Kali Puja concluded with great pomp



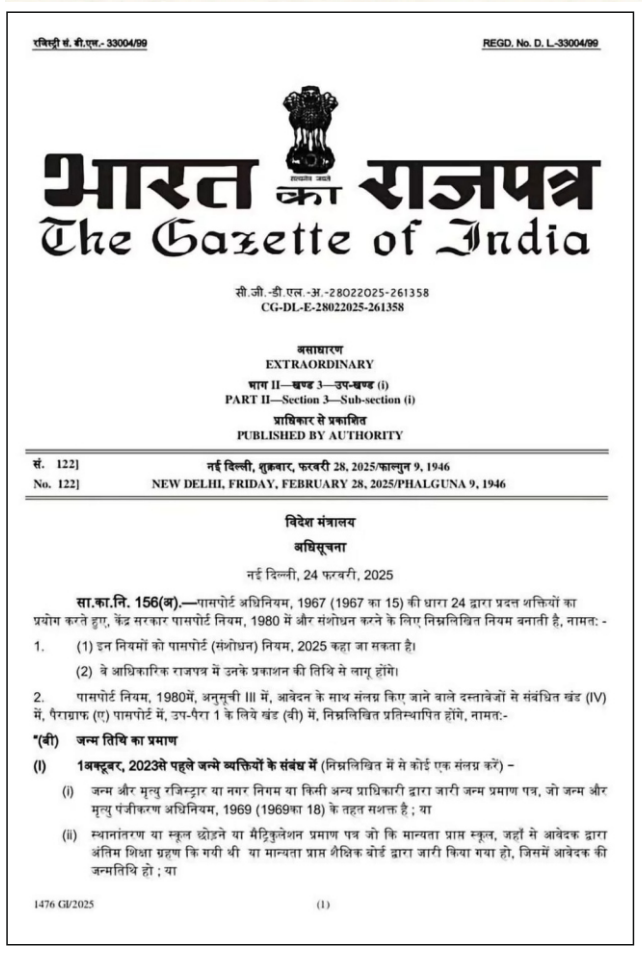
Parivahan Vishesh News

Khunti: The Maa Kali Puja of Bhavya Club concluded late on Sunday night with rituals and customs. A large number of women and men devotees participated in the Puja. Till late night, crowd of devotees gathered at Puja site and entire atmosphere remained devotional. The office bearers and workers of club made commendable contribution in making Puja successful.In successful organization of Puja, special contribution of club's Founder Pradeep Ghosh, President Jitendra Pandey, Sudhanshu Dutta of Guardian Board, Vice President Tulsi Prajapati, General Secretary Himanshu Chaudhary, Secretary Sonu Kumar including many people remained.Organizers told that with cooperation of all, Puja concluded in peaceful and successful manner. Devotees appreciated arrangement and organization of Puja.

Parivahan Vishesh Samachar Patra Daily - Special Editorial - Janahit Guide -- Passport Rules Special

Rules for birth certificate changed for making passport - Different rules for those born before and after 1 October 2023





रजिस्ट्री सं. सी.एल.- 33004/99 REGD. No. D. L.-33004/99

भारत का राजपत्र
The Gazette of India

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असाधारण
EXTRAORDINARY
भाग II—खण्ड 3—उप-खण्ड (i)
PART II—Section 3—Sub-section (i)
प्राधिकार से प्रकाशित
PUBLISHED BY AUTHORITY

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विदेश मंत्रालय
अधिसूचना
नई दिल्ली, 24 फरवरी, 2025

सा.का.नि. 156(अ).—पासपोर्ट अधिनियम, 1967 (1967 का 15) की धारा 24 द्वारा प्रदत्त शक्तियों का प्रयोग करते हुए, केंद्र सरकार पासपोर्ट नियम, 1980 में और संशोधन करने के लिए निम्नलिखित नियम बनाती है, नामत: -

1. (1) इन नियमों को पासपोर्ट (संशोधन) नियम, 2025 कहा जा सकता है।
(2) वे आधिकारिक राजपत्र में उनके प्रकाशन की तिथि से लागू होंगे।

2. पासपोर्ट नियम, 1980में, अनुसूची III में, आवेदन के साथ संलग्न किए जाने वाले दस्तावेजों से संबंधित खंड (IV) में, पैराग्राफ (ए) पासपोर्ट में, उप-पैरा 1 के लिये खंड (बी) में, निम्नलिखित प्रतिस्थापित होंगे, नामत:-

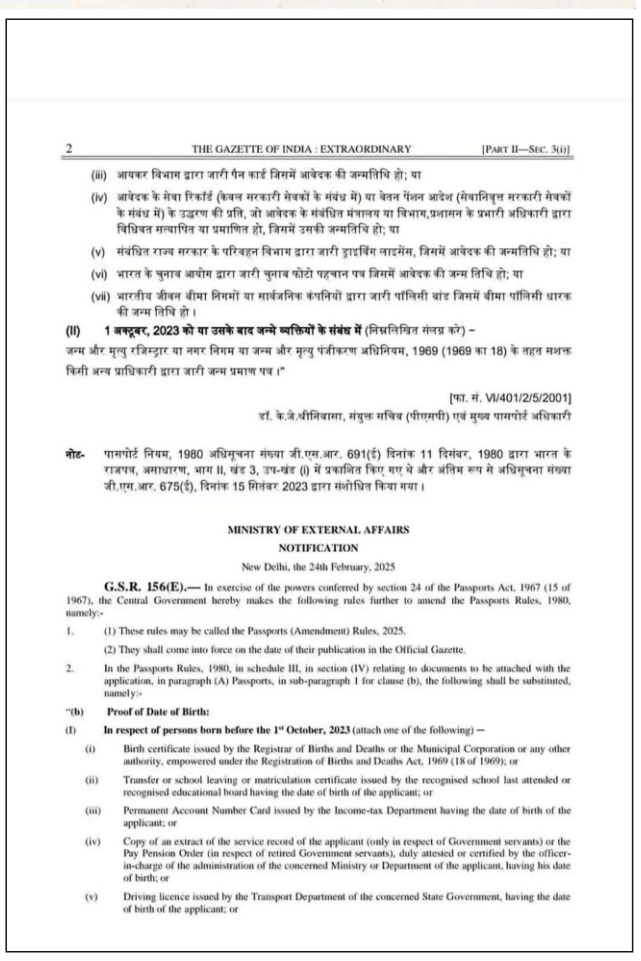
"(बी) जन्म तिथि का प्रमाण

(I) 1अक्टूबर, 2023से पहले जन्मे व्यक्तियों के संबंध में (निम्नलिखित में से कोई एक संलग्न करें) –

(i) जन्म और मृत्यु रजिस्ट्रार या नगर निगम या किसी अन्य प्राधिकारी द्वारा जारी जन्म प्रमाण पत्र, जो जन्म और मृत्यु पंजीकरण अधिनियम, 1969 (1969का 18) के तहत सशक्त है ; या

(ii) स्थानांतरण या स्कूल छोड़ने या मैट्रिकुलेशन प्रमाण पत्र जो कि मान्यता प्राप्त स्कूल, जहाँ से आवेदक द्वारा अंतिम शिक्षा ग्रहण कि गयी थी या मान्यता प्राप्त शैक्षिक बोर्ड द्वारा जारी किया गया हो, जिसमें आवेदक की जन्मतिथि हो ; या

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2 THE GAZETTE OF INDIA : EXTRAORDINARY [PART II—SEC. 3(i)]

(iii) आयकर विभाग द्वारा जारी पैन कार्ड जिसमें आवेदक की जन्मतिथि हो; या
(iv) आवेदक के सेवा रिकॉर्ड (केवल सरकारी सेवकों के संबंध में) या वेतन पेंशन आदेश (सेवानिवृत्त सरकारी सेवकों के संबंध में) के उद्धरण की प्रति, जो आवेदक के संबंधित मंत्रालय या विभाग,प्रशासन के प्रभारी अधिकारी द्वारा विधिवत सत्यापित या प्रमाणित हो, जिसमें उसकी जन्मतिथि हो; या
(v) संबंधित राज्य सरकार के परिवहन विभाग द्वारा जारी ड्राइविंग लाइसेंस, जिसमें आवेदक की जन्मतिथि हो; या
(vi) भारत के चुनाव आयोग द्वारा जारी चुनाव फोटो पहचान पत्र जिसमें आवेदक की जन्म तिथि हो; या
(vii) भारतीय जीवन बीमा निगमों या सार्वजनिक कंपनियों द्वारा जारी पॉलिसी बांड जिसमें बीमा पॉलिसी धारक की जन्म तिथि हो।

(II) 1 अक्टूबर, 2023 को या उसके बाद जन्मे व्यक्तियों के संबंध में (निम्नलिखित संलग्न करें) –

जन्म और मृत्यु रजिस्ट्रार या नगर निगम या जन्म और मृत्यु पंजीकरण अधिनियम, 1969 (1969 का 18) के तहत सशक्त किसी अन्य प्राधिकारी द्वारा जारी जन्म प्रमाण पत्र।"

[फा. सं. VI/401/2/5/2001]
डॉ. के.जे.श्रीनिवासा, संयुक्त सचिव (पीएसपी) एवं मुख्य पासपोर्ट अधिकारी

नोट- पासपोर्ट नियम, 1980 अधिसूचना संख्या जी.एस.आर. 691(ई) दिनांक 11 दिसंबर, 1980 द्वारा भारत के राजपत्र, असाधारण, भाग II, खंड 3, उप-खंड (i) में प्रकाशित किए गए थे और अंतिम रूप से अधिसूचना संख्या जी.एस.आर. 675(ई), दिनांक 15 सितंबर 2023 द्वारा संशोधित किया गया।

MINISTRY OF EXTERNAL AFFAIRS
NOTIFICATION
New Delhi, the 24th February, 2025

G.S.R. 156(E).— In exercise of the powers conferred by section 24 of the Passports Act, 1967 (15 of 1967), the Central Government hereby makes the following rules further to amend the Passports Rules, 1980, namely:-

1. (1) These rules may be called the Passports (Amendment) Rules, 2025.
(2) They shall come into force on the date of their publication in the Official Gazette.

2. In the Passports Rules, 1980, in schedule III, in section (IV) relating to documents to be attached with the application, in paragraph (A) Passports, in sub-paragraph 1 for clause (b), the following shall be substituted, namely:-

"(b) Proof of Date of Birth:

(I) In respect of persons born before the 1st October, 2023 (attach one of the following) –

(i) Birth certificate issued by the Registrar of Births and Deaths or the Municipal Corporation or any other authority, empowered under the Registration of Births and Deaths Act, 1969 (18 of 1969); or
(ii) Transfer or school leaving or matriculation certificate issued by the recognised school last attended or recognised educational board having the date of birth of the applicant; or
(iii) Permanent Account Number Card issued by the Income-tax Department having the date of birth of the applicant; or
(iv) Copy of an extract of the service record of the applicant (only in respect of Government servants) or the Pay Pension Order (in respect of retired Government servants), duly attested or certified by the officer-in-charge of the administration of the concerned Ministry or Department of the applicant, having his date of birth; or
(v) Driving licence issued by the Transport Department of the concerned State Government, having the date of birth of the applicant; or

Parivahan Vishesh News

Ministry of External Affairs' gazetted notification dated 24 February 2025, Passport (Amendment) Rules, 2025 - Now method of proving date of birth will be decided by your date of birth | If wrong document attached then application will get stuck Parivahan Vishesh Samachar Patra Daily - Chief Editor: Sanjay Kumar Bathla New Delhi - If you are going to get passport made then this news is very important for you. The Ministry of External Affairs of Government of India on 24 February 2025 issued an important notification in the Gazette of India. Under this, amendment has been done in Passport Rules, 1980. In this amendment, important changes have been made regarding documents for proving Date of Birth at time of passport application. **Most important date is - 1 October 2023.** Let us understand in easy language that which person will have to give which document to prove date of birth. **Fact at a glancePoint DetailNotification** Passport (Amendment) Rules, 2025**Issued by** Ministry of External Affairs, Government of India**Publication in Gazette** 24 February 2025**Applicable** Effective from date of publication in Gazette**Original rule** Amendment in Passport Rules, 1980**Most important date** 1 October 2023**Change in what** In documents of proof of date of birth in passport application **Main points 1. Born before 1 October 2023:** Any one of 7 types of documents will work - birth certificate, school certificate, PAN card, service record, driving license, voter ID, LIC policy bond. **2. Born on or after 1 October 2023:** Only one document will work - birth certificate issued by Registrar of Births and Deaths / Municipal Corporation / authorized authority. School certificate, PAN, Aadhaar - will not work for this work. **3. This rule is only for passport:** Do not consider it same as rules of date of birth update in Aadhaar card or other schemes. **4. Keep documents ready before application:** On attaching wrong document application will get stuck, will have to go again and again to PSK / POPSK, both time and money will be wasted. **Part 1 - Those whose birth happened before 1 October 2023** If your birth happened before 1 October 2023, then as proof of date of birth for passport application, _any one_ of following documents can be presented: **1. Birth Certificate**Birth certificate issued by Registrar of Births and Deaths or Municipal Corporation or authorized authority. **2. School Certificate**Transfer Certificate, School Leaving Certificate or Matriculation Certificate of recognized school. **3. PAN Card**PAN card issued by Income Tax Department, in which date of birth is mentioned. **4. Government Service Record**In case of government employees certified extract of service record or in case of retired government employees PPO (Pension Payment Order). **5. Driving License**Driving license issued by Transport Department of concerned State Government, in which date of birth is recorded. **6. Voter ID Card**Photo identity card issued by Election Commission of India, in which date of birth is recorded. **7. LIC / Policy Bond**Policy bond issued by Life Insurance Corporation of India or public companies, in which date of birth of policy holder is recorded. **Editorial Tip:**In this category you have facility. You can attach whichever document is easily available with you. But keep in mind - name, date of birth and father / mother name in document should match with other documents. If there is spelling mistake in name then get it corrected first. **Part 2 - Those whose birth happened on or after 1 October 2023 - Here rule is strict** Here important change has been done in rule. If birth of any person happened on or after 1 October 2023, then along with passport application **it will be mandatory to present birth certificate issued by Registrar of Births and Deaths, Municipal Corporation or other authority authorized under Registration of Births and Deaths Act, 1969.** That is in this category for proof of date of birth provision is to accept **only birth certificate issued by prescribed authority**. **What will not work?**- School certificate - No- PAN card - No- Aadhaar card - Not for proof of date of birth- Hospital slip / discharge slip - No, unless it is registrar's certificate- Affidavit - No **Most important advice for new parents:**Get birth registration done within 21 days of child's birth. Definitely take birth certificate through Municipal Corporation / Gram Panchayat / hospital. This certificate will now be strongest document for child's passport, school admission, Aadhaar and every future government work. **Part 3 - Did this rule apply immediately?** Name of this notification is **Passport (Amendment) Rules, 2025**. This notification was issued on **24 February 2025** and became **effective from date of publication in Gazette.** That is same new rule will apply on passport applications done after 24 February 2025. **Part 4 - Why is this information necessary for common public?** Many people remain troubled regarding proof of date of birth while getting passport made. Someone has school certificate, someone has PAN card, someone has birth certificate. Now after this amendment it is necessary to understand that whether your birth happened before 1 October 2023 or after, because on this basis only rule of proof of date of birth for passport application will be decided. **One important point:** This amendment is related to proof of date of birth in passport application. It should not be considered same as rules of proof of date of birth in date of birth update in Aadhaar card or other government schemes. Therefore before getting passport made keep correct document ready according to your date of birth. **Part 5 - Full checklist of passport application - What else is needed apart from date of birth? 1. Identity proof:** Aadhaar, Voter ID, PAN etc**2. Address proof:** Aadhaar, electricity bill, bank passbook, rent agreement etc**3. Date of birth proof:** As told above, according to date of birth**4. Photo:** Photo is taken at passport service center itself, still keep photo as per rules**5. Old passport:** In case of renewal**6. Marriage certificate / divorce order:** On change of name / marital status**7. Fee:** Online payment according to normal / Tatkal **Method of application:**- Apply online at http://passportindia.gov.in- Take appointment at PSK / POPSK / Post Office Passport Service Center- Go along with original documents + one set photocopy- Original documents may have to be shown at time of police verification also **Part 6 - Frequently Asked Questions (FAQ) Question 1: My birth happened in 1990, I don't have birth certificate, what to do?**Answer: You don't need birth certificate. You can attach any one of school certificate, PAN, driving license, voter ID. **Question 2: My child's birth happened in 2024, will school certificate work?**Answer: No. For children born after 1 October 2023 only birth certificate issued by Registrar will work. **Question 3: Spelling of name is wrong in birth certificate, what will happen?**Answer: First get correction in name / date of birth done from Municipal Corporation / Registrar office, then apply for passport. **Question 4: Will this rule apply on Tatkal passport also?**Answer: Yes. Same rule of proof of date of birth will apply in both normal and Tatkal. **Question 5: Will same rule apply on NRI / children born abroad also?**Answer: For children born abroad, birth certificate issued by Indian Embassy / Consulate / certificate of authorized authority of concerned country will be accepted according to rules. Confirm from your embassy. **Editorial Conclusion**Passport is now not only document for going abroad, it is strongest government proof of your identity, citizenship and date of birth. Therefore government has made birth certificate as only proof for new births - so that discrepancy in date of birth, fake documents and dispute regarding age ends. **Our appeal is:- People born before 1 October 2023** - Keep correct document ready from your 7 options.**- Parents of children born after 1 October 2023** - Definitely get birth certificate made within 21 days of birth.**- Avoid middlemen** - Apply for passport yourself online, do not give original documents to any agent. **Janahit Appeal:_** If at any passport service center wrong document is being asked from you in name of new rule, then ask for copy of rule in writing and register complaint at http://passportindia.gov.in. **Source: Notification of Ministry of External Affairs, Government of India - Passport (Amendment) Rules, 2025, published in Gazette of India on 24 February 2025, based on Passport Rules, 1980 and Registration of Births and Deaths Act, 1969._ - Sanjay Kumar Bathla, Chief Editor, Parivahan Vishesh Samachar Patra Daily**

Suran vegetable on Diwali - Not blind faith, hidden science of ancestors

Parivahan Vishesh News

Why is Suran vegetable made only on festival day? Know folk science behind tradition, logic of nutrition and that reason which was never told to us for generations

- Presentation : Editorial Department, Parivahan Vishesh Samachar Patra Daily



Main Facts - At a glance
Subject: Tradition of eating Suran vegetable on Diwali dayOther names: Suran, Jimikand, Oal, KandMain specialty: Known for high amount of phosphorus among vegetablesOther nutrients: Fiber, Vitamin C, Vitamin B6, Vitamin B1, Folic Acid, Potassium, Iron, Magnesium, CalciumFolk belief: By eating indigenous Suran once in a year body does not face phosphorus deficiency for long timeEditorial viewpoint: Adopt tradition not blindly, but with understanding1. Question starts from where every youth asksEvery Diwali same scene happens at home.Mother or grandmother says - Today Suran vegetable will be made, everyone has to eat.Child asks - Why?Answer is got - Just, it is made like that, it has to be eaten on Diwali.Problem starts from here itself.We are told to do work, reason is not told. And when reason is not told, then we leave tradition considering it blind faith.The author also believes that in earlier times options of vegetables were very limited. Spicy, special vegetables were made only on festivals or special days. Like today puri-kachori is common thing, paneer is easily available, earlier it was not like that.So did tradition of Suran also form only because something special had to be made on festival?On asking elders second truth comes in front.Whatever things were made earlier, there were reasons behind them.We stopped telling reason, therefore tradition started feeling like burden.2. What is Suran? - Many names, one qualitySuran is known by many names in our country.Suran: Most popular name in North IndiaJimikand: Popular name in Ayurveda and many regionsOal: Popular name in Bihar, Bengal and East IndiaKand: Popular name in Maharashtra and West IndiaNowadays hybrid Suran has come in market. Sometimes indigenous Suran also becomes available.Three-four days before Deepawali itself, every vegetable seller in market, especially in North India, definitely keeps Suran. And interesting thing is that its life also is very long. It does not get spoiled quickly.That is this vegetable was already made for festival - durable, cheap, easily available and nutritious.3. What is there in Suran? - Understand from nutrition point of viewFolk belief says that Suran is only such vegetable, in which phosphorus is found in extremely high amount.According to folk belief, if on this one day we eat vegetable of indigenous Suran, then body of healthy person will not have phosphorus deficiency for months.Editorial clarification: This is folk belief, not medical guarantee. Modern nutrition science believes that Suran has many nutrients, but to say that deficiency of months will be fulfilled by one vegetable, it is not fully scientifically proven. Still, from nutrition point of view it has many qualities.Main nutrients found in Suran -Phosphorus: Essential for bones, teeth and energy formationFiber: Helpful in keeping digestion right, avoiding constipationVitamin C: Helpful in increasing immunityVitamin B6 and Vitamin B1: Useful for body's energy and nervous systemFolic Acid: Essential for blood formation and cell growthPotassium: Helpful in balance of blood pressureIron: Essential for hemoglobin in bloodMagnesium and Calcium: Useful for bones and musclesThat is why in Ayurveda Jimikand has been considered useful in piles, stomach diseases and digestive disorders.In folk belief it is also said to be saving from piles to serious diseases.Here also caution is necessary: Suran is not any cancer medicine. It is a nutritious vegetable, which can support health by becoming part of balanced diet. Treatment of any serious disease should be only with advice of specialist doctor.4. Why only on Diwali? - Science of festivalNow biggest question - Suran can be available throughout year, then why only on Diwali?A. Change of season:At time of Diwali season changes. Transition from summer to winter happens. At this time digestion becomes weak, cold-cough increases. Fiber and nutrient-rich vegetable supports body at this time.B. Balance of heavy food:On Diwali sweets, puri, kachori, fried food is more. In such case fiber-rich, light and digestive vegetable like Suran balances stomach.C. Opportunity to feed all together:In earlier times family was not scattered. Festival itself was that day when all ate sitting together. If a nutritious thing has to be fed to all, then what better opportunity than festival?D. Arrangement of reminding:Ancestors knew that people will not read book of nutrition daily. Therefore they linked nutrition with festival. So that at least once in a year that thing goes into stomach of all.This itself is folk science.Ancestors kept science not in books, but in plate.5. Difference between indigenous and hybrid Suran - What to keep in mind?Today two types of Suran are available in market.Indigenous Suran: More pungent in taste, more possibility of throat itching, but in folk belief considered more beneficialHybrid Suran: Bigger in size, smooth, less itching in throat, easy to eat, but considered somewhat less than indigenous in nutritionCaution while making Suran -While peeling Suran apply oil or mustard oil on hands, so that itching does not happenWash well and cook with lemon or tamarind, this reduces throat itchingDo not eat raw Suran, eat only after cooking wellIf eating for first time then eat in small quantityIf allergy, kidney disease, or on any special diet then eat only after asking doctor6. Difference between blind faith and folk science - Main message of editorialPurpose of this article is not to tell Suran as miraculous medicine.Purpose is that we see our traditions with two eyes - First eye - Of faith:Ancestors must have made thinking something, therefore believe.Second eye - Of curiosity:Why did ancestors make, what was reason, is that reason still applicable today?First eye takes us towards blind faith.Second eye takes us towards science.Blessed are our ancestors, who wove science into our traditions, rituals and sanskars.But now responsibility is ours that we open that science and tell children.Don't say to child - Just eat, it has to be eaten on Diwali.Say to child - See, it has phosphorus, fiber, it is good for stomach, therefore all eat on Diwali.When reason will be told, then tradition will not feel burden, it will feel pride.7. Practical message for parents and youthA. Don't limit festival only to taste:Along with sweets on Diwali, keep Suran, green vegetable, salad and buttermilk also.B. Feed children with story:Tell children name of Suran, its qualities and story behind it. Food eaten with story is remembered.C. Make one day's vegetable habit of whole year:Not only on Diwali, include Suran in diet sometimes in year.D. Identify indigenous in market:If indigenous Suran is available then give priority to it, but hybrid also is not bad. Main thing is that you eat fresh and well cooked.E. If health problem then ask doctor:In piles, kidney disease, allergy or pregnancy definitely take advice of doctor before eating Suran.8. Editorial comment - Plate itself is first schoolParivahan Vishesh Samachar Patra Daily believes that biggest strength of our culture itself is that it linked health with religion, nutrition with festival, and science with sanskar.We understood Suran as only vegetable.Ancestors understood it as medicine.We understood Diwali as only diya and cracker.Ancestors understood it as festival of body cleaning and family unity.Today need is that we light science of plate also along with diya of Diwali.Take pledge this Diwali -We will eat Suran vegetable not with blind faith, but with wisdom.We will tell reason to children, will connect tradition with science.And will carry forward this heritage of ancestors.Because society which forgets science of its plate, it also forgets taste of its roots.

- Sanjay Kumar Bathla, Chief Editor

Aarti of Swarnmayi Annapurna performed with 51 lamps, auspicious wish made for prosperity of country-state

Parivahan Vishesh News

(Santosh Kumar Singh)



Varanasi :- On third day of darshan of golden form in Annapurna Math Temple, rush of devotees continued even on Diwali, while some women were seen reaching temple in evening and lighting lamps. On Sunday evening an amazing sight of devotion and faith was seen. The Mahant of temple performed Aarti of Swarnmayi Maa Annapurna with 51 lamps, entire temple premises lit up with light of lamps and atmosphere echoed with chants.During Aarti, Mahant Shankar Puri made auspicious wish for happiness, prosperity and public welfare of country and state. He prayed to Maa Annapurna that there should never be shortage of food and wealth in country, happiness and peace should remain in every house and prosperity should come in everyone's life. Large number of devotees participated in Aarti. Devotees took darshan of Maa, took blessings and prayed for progress of country.

Diwali celebrated with families of slum settlement under leadership of National Secretary of All India Human Welfare Trust Chaudhary Padam Singh - Dr. Hridayesh Kumar

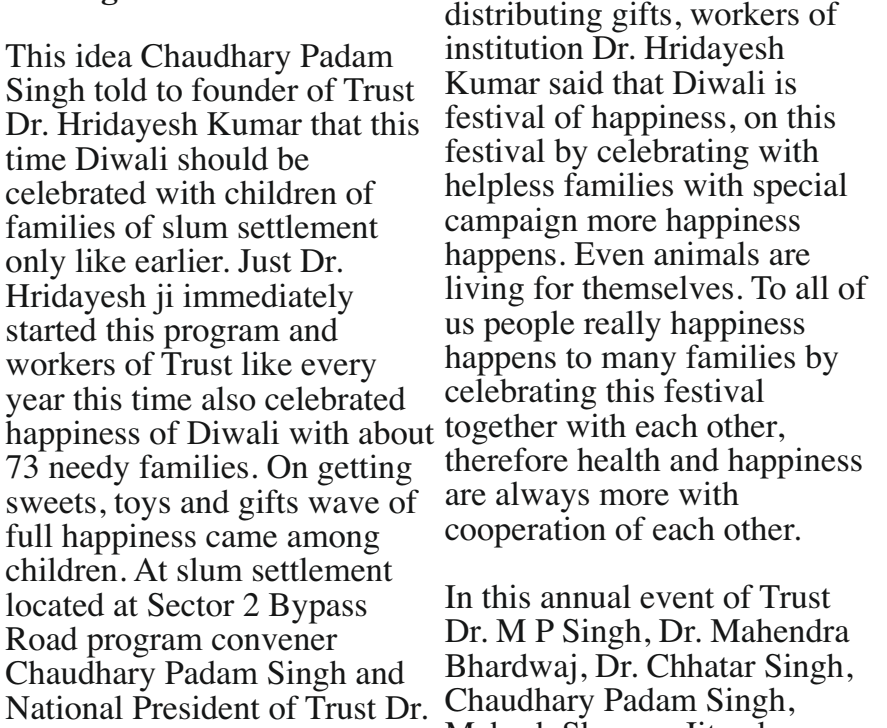
Parivahan Vishesh News

Under leadership of National Secretary of All India Human Welfare Trust Chaudhary Padam Singh sweets, toys and green crackers distributed to children of Sector 2 Ballabgarh

This idea Chaudhary Padam Singh told to founder of Trust Dr. Hridayesh Kumar that this time Diwali should be celebrated with children of families of slum settlement only like earlier. Just Dr. Hridayesh ji immediately started this program and workers of Trust like every year this time also celebrated happiness of Diwali with about 73 needy families. On getting sweets, toys and gifts wave of full happiness came among children. At slum settlement located at Sector 2 Bypass Road program convener Chaudhary Padam Singh and National President of Trust Dr. M P Singh along with dozens of workers gathered. All went house to house to families living in dozens of huts of settlement and distributed gift pack of box of sweets, fireworks packet, candle, earthen lamp etc material and toys to all children and gave Diwali good wishes.

Small innocent children celebrated a lot by dancing on tunes of drums. While sharing happiness of Diwali by distributing gifts, workers of institution Dr. Hridayesh Kumar said that Diwali is festival of happiness, on this festival by celebrating with helpless families with special campaign more happiness happens. Even animals are living for themselves. To all of us people really happiness happens to many families by celebrating this festival together with each other, therefore health and happiness are always more with cooperation of each other.

In this annual event of Trust Dr. M P Singh, Dr. Mahendra Bhardwaj, Dr. Chhatar Singh, Chaudhary Padam Singh, Mahesh Sharma, Jitendra Kumar, Shiv Shankar Rai, Pandit Ved Prakash Parashar, Subodh Kumar Sah, Anand Kumar etc remained present.



Ek Samaj Shreshth Samaj Sanstha paid tribute to martyrs by lighting 251 diyas in name of one diya for martyrs on evening of Diwali

Parivahan Vishesh News

Under leadership of Ek Samaj Shreshth Samaj Sanstha President Yogendra Kumar Sahu member Manish Sahu, through sanstha, in honour of martyred soldiers of Indian Army on auspicious evening of Diwali in name of one diya for martyrs, office bearers of sanstha lit 251 diyas at Shaheed Chandrashekhar Mishra Park located at Haldwani Nainital Road and paid floral tribute to martyred soldiers of Indian ArmyDuring this Ek Samaj Shreshth Samaj Sanstha guide Khemraj Sahu guide Meena Joshi jointly said that soldiers of Indian Army without caring for their life always keep India and Indians safe because soldiers of Indian Army melting their bones at height of thousands feet keeping sharp eye on every movement of enemies by giving befitting reply to enemies do not even give chance to enemies to recover, only then we remain safe in our houses and then we are able to celebrate all our festivals with joy, full happiness, without fear, therefore sacrifice of martyred soldiers of Indian Army can never be forgotten, that is why Ek Samaj Shreshth Samaj Sanstha in honour of martyred soldiers of Indian Army lighting 251 diyas on Diwali in name of one diya for martyrs pays tribute to martyred soldiers and expresses feeling of reverence towards them and always remembers their sacrifice and this is ultimate duty of all of us IndiansDuring this to pay tribute to martyrs Sanstha President Yogendra Kumar Sahu social worker Hemant Kumar Sahu guide Meena Joshi Lalita Kapadi Yogita Banola Sunita Tiwari Mamta Khatri Girish Chandra Lohani Khemraj Sahu Manish Sahu Kanishka Kumari Naval Arya Sandeep Yadav Sushil Rai Prayag Dutt Joshi Suraj Mistri Deepak Kumar Suraj Kumhar Mukesh Kumar etc people remained present



Bhog Fifty-six, Faith immense: Unique gift of Diwali

Parivahan Vishesh News



According to our Sanatan Dharma, during festivals celebrated for five days of Deepawali, Annakut is specially celebrated. People believing in Hindu religion in whole world celebrate this festival i.e. Diwali with pomp, and along with that Annakut festival is also organized specially everywhere with full enthusiasm, zeal and faith on day of Govardhan Puja. For this reason only Annakut is a major part of Deepawali festival. For kind attention of you all, Annakut festival celebrated at Shrinathji's temple located at Nathdwara of Rajasthan state is famous in whole world. Many foreigners come to Nathdwara every year to see this Annakut festival.As mentioned above, this Annakut festival is celebrated next day of Diwali or Lakshmi Puja and just one day before Bhaiya Dooj. In festival of Annakut, Prasad of Chhappan Bhog is offered to Lord Shri Krishna. It is believed that Lord Shri Krishna becomes happy by offering as Bhog all those materials which Lord Shri Krishna likes to eat, and along with that devotees also get desired boon.

According to belief behind Chhappan Bhog offered to Bal Krishna Prabhu who eats eight Prahar food, when to save whole Vraj from wrath of Indra Lord Shri Krishna lifted Govardhan mountain, then continuously for seven days Lord did not take food and water. On eighth day when Lord saw that now rain of Indra has stopped, then only all Vrajvasis were told to come out from Govardhan mountain. For these seven days, continuously being hungry for seven days of Nandlal Kanhaiya of Vraj who eats eight Prahar food in a day, remained very painful time for his Vrajvasis along with mother Yashoda. Showing their exclusive devotion of faith towards Lord, all Vrajvasis including Yashoda ji offered Bhog of 7x8=56 dishes to Bal Krishna as per seven days and eight Prahar.Generally meaning of Chhappan Bhog is understood as offering Bhog of fifty six items while following list of Chhappan Bhog offered at Vaishnavas makes clear that in Chhappan Bhog fifty types of food items / dishes and six types of Shatrasa dishes Bhog is offered to Thakur ji -

01 Bhakt / Bhart (Bhat),
02 Soup (Dal),
03 Praleh (Chutney),
04 Sadika (Kadhi),
05 Dadhishakjya (Curd Shaak Kadhi),
06 Sikhriini (Sikharan),
07 Avleh (Sharbat),
08 Balka (Bati),
09 Ikshu Kherini (Murabba),
10 Trikon Shara (With sugar),
11 Batak (Bada),
12 Madhu Shirshak (Mathri),
13 Kenika / Phenika (Feni),
14 Parishch (Puri), Parishitashch
15 Shatpatra (Khajla),
16 Sadhidrak (Ghevar),
17 Chakram (Malpua),
18 Childika (Chola),
19 Sudhakundalika (Jalebi),
20 Dhritpur (Mesu),21 Vayupur (Rasgulla),
22 Chandrakala (Pagi hui),
23 Dadhi (Maharayta),
24 Sthooli (Thooli),
25 Karpoornadi (Laungpuri),
26 Khand Mandal (Khurma),
27 Godhum (Dalia),
28 Parikha (Tawa Pudi),
29 Sufaladhya (With fennel),
30 Dadhiroop (Bilsaru),
31 Modak (Laddu),
32 Shaak (Saag),
33 Saudhan (Adhanau Achar),
34 Mandka (Moth),
35 Payas (Kheer),
36 Dadhi (Curd),
37 Goghrut,
38 Haiyangpinam (Butter),
39 Manduri (Malai),
40 Kupika (Rabdi),
41 Parpat (Papad),
42 Shaktika (Seera),
43 Lasika (Lassi),
44 Suvat / Sabut (Mewa Bati),
45 Sanghay (Mohan),
46 Sufala (Supari),
47 Sita (Elaichi),
48 Fal,
49 Tambul, (Paan),
50 Mohan Bhog (Sendha Namak),
51 Lavan (Salty),
52 Kashay (Astringent),
53 Madhur (Sweet),
54 Tikt, Teevat (Pungent),
55 Katu (Bitter),
56 Amla, Amal (Sour)

Among eight disciples of Shri Vallabhacharya ji, one, great Braj language poet of Krishna-Bhakti sub-branch of Sagun Bhakti branch of Bhakti period, famous saint, and musician by birth blind devotee Surdas ji has described Annakut like this-

Govardhan sir tilak chadhayo, meti Indra thakurai.
Annakut aiso rachi rakhyo, giri ki upma pai.
—Sur., 10.832.2.

In end I want to tell you all enlightened readers that according to belief of Sanatan Dharma by celebrating Annakut person gets long life along with health as blessing, and along with that by grace of Goddess Annapurna on family, never has to face shortage of food.

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

Parivahan Vishesh Samachar Patra Daily - Religion and Brotherhood Special - Editorial

Bharat lit the first diya - Diwali is not only about Ram's return, but about a brother's wait being fulfilled



Parivahan Vishesh News

Parivahan Vishesh Samachar Patra Daily - Religion and Brotherhood Special - Editorial

Bharat lit the first diya - Diwali is not only about Ram's return, but about a brother's wait being fulfilled

Ram returned to Ayodhya and diyas were lit, but no one tells who lit the very first diya - that diya was lit in the hut of Nandigram, where a brother had been sleeping on the ground for fourteen years, waiting__- Presentation : Editorial Department, Parivahan Vishesh Samachar Patra Daily__Main Facts - At a Glance_- _Festival:_ Diwali, the story of the first Diwali-_Place:_ Ayodhya and the hut of Nandigram- _Main Characters:_ Shri Ram, Bharat, Hanuman, Sita and Lakshman- _Duration of Wait:_ Only one day left for fourteen years to be completed-_First Diya:_ Before Ram arrived in Ayodhya, Bharat lit it in Nandigram- _Message:_ This Diwali, light the first diya in the name of the one who waited longest for you._1. The night that became Diwali - First understand the whole story_Ram returned to Ayodhya and diyas were lit.But no one tells who lit the first diya.Only one day was left for fourteen years to be completed and in Ayodhya a man was preparing to die.He was Bharat.Who spent fourteen years not in the palace, but in the hut of Nandigram. He kept Ram's Khadau on the throne and himself slept on the ground.And had taken a vow - The day fourteen years are completed and brother does not return, that day I will enter the fire.Ram knew this. Therefore, before getting down from Pushpak, he sent someone ahead._Hanuman, go, tell Bharat that I am coming, otherwise it will be too late._Hanuman reached and Bharat was standing near the pyre._Brother is coming - Just these three words._And Bharat fell to the ground.That same night the first diya was lit in Nandigram. Bharat lit it. Before Ram arrived.Then Ayodhya, house to house, lane to lane. And that night became Diwali._That means Diwali is not only about Ram's return, it is also about a brother's wait being fulfilled.__2. Who was Bharat? - The brother who lived as a servant, not as a king_Bharat was made the king of Ayodhya.He had a palace, a throne, an army, a treasure.But he did not accept becoming king.He said - _The king is Ram, I am only his servant._Therefore he -_A. Left the palace, chose the hut:_ Leaving the comforts of the palace, he started living in the small hut of Nandigram._B. Kept Khadau on the throne:_ On the throne on which he was to sit, he kept Ram's Khadau. Every morning he worshipped that Khadau, and ran the kingdom in its name._C. Slept on the ground:_ He gave up bed, mattresses, the comfort of the palace. He slept on the ground and did penance._D. Counted fourteen years:_ He made a mark for every day on the wall of the hut. Every mark was proof of one day of waiting._Bharat created history not by becoming a king, but by becoming a brother.__3. The vow and the pyre - How deep was the wait?_Bharat's vow was not ordinary.He had taken a vow - _If brother does not return on completion of fourteen years, then I will enter the fire._Understand the meaning of this vow -- For Bharat, life had no meaning without Ram-Bharat had linked his life to Ram's return- For Bharat, waiting was not just passing time, it was a gamble of lifeOn the day when only one day was left for fourteen years to be completed, that day Bharat was standing near the pyre.

He was preparing to die, because he felt that brother would not return.

Then Hanuman arrived._Sometimes three words can save someone's life.__Brother is coming - These three words became nectar for Bharat._Bharat fell to the ground. With happiness, with relief, with emotion._The man who had held back tears for fourteen years, cried in one moment.__4. Why did Hanuman come? - This was Ram's greatest love_Ram knew what vow Bharat was sitting with.Therefore Ram sent Hanuman ahead before getting down from Pushpak.Ram did not think this - First I will go to Ayodhya, people will welcome me, then I will meet Bharat.Ram saved Bharat first._This itself is the character of Ram.__First brother, then kingdom.__First love, then festival._Hanuman also ran and reached. He saw Bharat near the pyre, then hugged him, explained to him._Hanuman not only delivered the message, he saved a brother from dying._ That is why Hanuman is called Sankatmochan - One who reaches first in a crisis._5. Why was the first diya lit in Nandigram? - The true meaning of Diwali_We all say - Diwali was celebrated in Ayodhya.But the truth is that the first diya was not lit in Ayodhya, it was lit in Nandigram.Why?Because -_A. In Ayodhya everyone was happy, but in Nandigram one person was going to die._ First it was necessary to save him, then celebrate the festival._B. The first diya was lit at that place where the wait was longest._ Bharat's wait was the longest, the deepest._C. The first diya was lit by that person who had sacrificed the most._ Bharat had sacrificed the comfort of becoming king, therefore the right to light the first diya was also his only._D. The first diya was lit not for darkness, but for life._Extinguishing the fire of the pyre, the flame of the diya was lit. At the place of death, the festival of life was celebrated._Therefore Diwali is not only about Ram's return.__Diwali is also about Bharat's wait being fulfilled.__Diwali is also about Hanuman's run.__Diwali is about that love which gives even a dying person a reason to live.__6. Where is Bharat in today's Diwali? - There is a Bharat in every house of ours_Do not leave this story understanding it only as history.Even today in every house there is a Bharat.- _Mother who waits:_ Son does a job outside, mother sits with eyes on the door, for one phone call, for one news of coming.- _Father who waits:_ Daughter is married, father thinks on every festival - This time will daughter come or not?- _Wife who waits:_ Husband is on the border, wife lights a diya on every Diwali thinking - This time they will come on leave.- _Brother who waits:_ Brother is abroad, the other brother every time says - This time he will come on Rakhi, this time he will come on Diwali.- _Grandparents who wait:_ Grandchildren have grown up, grandparents sit at the door every evening waiting for them._In the life of all of us there is someone or the other who has waited longest for us._Sometimes we did not understand their vow, sometimes we did not see their pyre, sometimes we did not see their tears.But they did not stop waiting._This Diwali light the first diya in their name.__7. In whose name to light the first diya? - Remember three names__This Diwali light the first diya in the name of the one who waited longest for you. Happy Deepawali._In whose name to light the first diya?_First - In the name of parents:_Who have waited for you from childhood till today, for one glimpse of you, for one voice of yours._Second - In the name of that brother-sister:_Who sacrificed his comfort for you, slept on the ground for you, left his share for you._Third - In the name of that friend, guru, companion:_Who did not leave your side in your bad time, waited for your return._The first diya does not burn with expensive crackers, it burns with true love.__The first diya does not burn from the market, it burns from the heart.__8. Editorial Comment - Diwali is not of diyas, but of hearts_Parivahan Vishesh Samachar Patra Daily believes that this video has brought out the most hidden truth of Diwali.Every year we celebrate Diwali, light diyas, distribute sweets, burst crackers.But we forget who lit the first diya?_The first diya was lit by Bharat.__That Bharat, who refused to become king.__That Bharat, who spent fourteen years sleeping on the ground.__That Bharat, who was standing near the pyre.__The meaning of Diwali is not lighting a diya.__The meaning of Diwali is to honour the wait.__Take a pledge today -_- This Diwali we will first call that person who has waited most for us- This Diwali we will first go to that house where someone is waiting for us- This Diwali we will light the first diya in the name of the one who has waited longest for us- This Diwali we will become Hanuman - Going to someone and saying - Don't worry, your loved ones are coming_Because Ram's return was a festival.__But Bharat's living - That itself was the real Diwali.__In the house where the one who waits is respected, in that house every day is Diwali.__Happy Deepawali.__First diya - In the name of the one who waits.__- Sanjay Kumar Bathla, Chief Editor_

Low Wages, Uncertain Futures: The Changing Landscape of Employment





Dr Vijay Garg

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Parivahan Vishesh News

Dr. Vijay Garg

Employment is one of the most important foundations of a secure and dignified life. It provides individuals with financial independence, social recognition and the opportunity to contribute to society. For millions of young people, getting a job is a major life goal. However, in today's rapidly changing economy, having a job does not necessarily guarantee financial security, professional satisfaction or a stable future. The growing concerns of low wages, contractual employment, job insecurity and poor working conditions have changed the meaning of employment. Traditionally, a job was considered a source of long-term financial stability. People expected regular salaries, job security, retirement benefits and opportunities for professional growth. Today, however, many workers face uncertain employment conditions. Temporary contracts, outsourcing, gig work and short-term assignments are becoming increasingly common in several sectors. Although these arrangements provide flexibility to employers and sometimes to workers, they may also create uncertainty about income and future employment. One of the major challenges is the gap between educational qualifications and actual employment opportunities. Every year, thousands of young people graduate from colleges and universities with dreams of building successful careers. However, many struggle to find jobs that match their qualifications and expectations. Some accept positions far below their educational level, while others remain unemployed despite possessing professional degrees. This situation creates frustration, disappointment and a sense of insecurity among educated youth. Low wages are another serious concern. In many sectors, salaries do not increase in proportion to the rising cost of living. Expenses related to housing, education, healthcare, transportation and daily necessities continue to increase. As a result, even employed individuals may struggle to maintain a reasonable standard of living. When a person works full-time but cannot meet basic family needs, the real purpose of employment comes into question. The expansion of the gig economy has introduced new employment opportunities in areas such as transportation, delivery services, freelancing and digital platforms. These opportunities allow people to work independently and choose flexible schedules. However, many gig workers face irregular earnings, limited social security, uncertain working hours and a lack of paid leave. Their income may depend on customer demand, platform policies and market conditions. Therefore, flexibility should not come at the cost of basic worker protection. Technological advancement and artificial intelligence are also transforming the employment landscape. Automation is reducing the demand for certain repetitive tasks while creating new opportunities in technology, data analysis, healthcare, digital services and advanced manufacturing. Workers who fail to update their skills may find it difficult to remain competitive. Continuous learning, digital literacy and vocational training have therefore become essential for professional survival. Another important issue is the quality of the workplace. Long working hours, excessive targets, workplace stress, lack of respect and limited opportunities for promotion can negatively affect employees' physical and mental well-being. A healthy workplace should provide fair treatment, reasonable working hours, professional dignity and opportunities for development. Employment should improve the quality of life rather than become a continuous source of anxiety. Women and workers from economically weaker sections often face additional challenges. Many women experience unequal wages, limited career opportunities and difficulties in balancing professional and family responsibilities. Similarly, workers in the informal sector may lack written contracts, insurance, paid leave and retirement benefits. Creating an inclusive employment system requires equal opportunities and protection for all sections of society. The responsibility for improving employment quality is shared by governments, industries, educational institutions and society. Governments must strengthen labour protection, promote skill development and encourage the creation of stable and productive jobs. Policies should focus not only on the number of jobs created but also on wages, working conditions, social security and opportunities for career advancement. Industries and employers must recognise that employees are not merely resources for achieving business targets. They are human beings whose dignity, well-being and professional growth matter. Fair wages, transparent recruitment, safe workplaces, timely payments and opportunities for learning can improve both productivity and employee satisfaction. Educational institutions must also rethink their approach. Education should not remain limited to degrees and examinations. Students need practical skills, communication abilities, critical thinking, digital knowledge and problem-solving capabilities. Strong connections between educational institutions and industries can help young people understand changing job requirements and prepare for meaningful careers. Young people must also take responsibility for their professional development. They should continuously upgrade their skills, explore emerging career opportunities and remain open to learning new technologies. Vocational education, entrepreneurship and self-employment can provide alternative pathways when traditional jobs are limited. However, individual effort must be supported by a fair and opportunity-rich economic environment. It is equally important to recognise that economic growth should be measured not merely by industrial expansion or the number of jobs created. The real measure of progress is whether people can earn a fair income, work with dignity, support their families and look forward to a secure future. Employment is meaningful only when it provides more than a monthly salary. It should offer financial stability, social security, professional respect and opportunities for personal growth. A society that celebrates job creation must also pay attention to the quality of those jobs. The real challenge today is not simply to create more employment, but to create better employment. Low wages and uncertain futures should not become the permanent reality of the working population. A prosperous nation is one where every worker receives fair wages, dignity, security and the opportunity to build a better life.

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The Sweet Trap: Can Sweeteners Increase Our Cravings for Sugar?



Parivahan Vishesh News

Dr. Vijay Garg

Today, health-conscious people are increasingly trying to reduce their sugar consumption. For this purpose, many have started using artificial sweeteners or sugar substitutes instead of regular sugar. These sweeteners, commonly used in tea, coffee, soft drinks and desserts, provide a sweet taste with little or no calories. However, an important question arises: Can these sweet substances, instead of helping us avoid sugar, actually increase our desire to eat sweet foods? Sweeteners are of several types. These include substances such as aspartame, sucralose, saccharin and stevia. They activate the taste receptors on the tongue responsible for detecting sweetness, but most of them do not provide calories or glucose in the same way as ordinary sugar. According to scientists, there is a complex relationship between sweet taste and the energy supplied to the body. When we consume a non-caloric sweetener, the brain receives a signal of sweetness, but the body does not receive the expected energy. Some researchers believe that this mismatch may influence the desire for sweet foods in certain individuals. However, there is no conclusive scientific evidence that all sweeteners increase sugar cravings in everyone. Some studies suggest that repeated exposure to sweet tastes may make people more attracted to sweet foods. On the other hand, other research indicates that when sweeteners replace sugar, they may help reduce overall calorie intake. Therefore, their effects should be understood in the context of an individual's diet, lifestyle and health conditions. In 2023, the World Health Organization (WHO) advised against using non-sugar sweeteners as a long-term strategy for weight control or reducing the risk of non-communicable diseases. The main objective of this recommendation is to encourage people to reduce their overall preference for sweet tastes. This recommendation does not apply to individuals with pre-existing diabetes or other medical conditions requiring special dietary management. Such individuals should follow their healthcare professional's advice. Another important point to remember is that a product labelled 'sugar-free' is not necessarily healthy. Many packaged foods may contain fats, salt or other ingredients that are not beneficial to health. Therefore, consumers should read food labels carefully rather than relying only on claims such as 'sugar-free' or 'zero sugar'. The best approach to healthy living is to gradually reduce overall sweetness in our diet. Adding less sugar to tea or coffee, replacing sugary drinks with water and enjoying the natural sweetness of fruits are useful habits. Fresh fruits also provide fibre, vitamins, minerals and other essential nutrients, making them a better choice than sugary beverages. Ultimately, the secret to good health does not lie merely in replacing sugar with another sweet substance, but in developing a balanced relationship with sweetness. Sweeteners may sometimes help reduce sugar consumption, but excessive dependence on them is not the solution to a healthy lifestyle. The real healthy choice is to train our taste buds to appreciate natural and balanced foods rather than constantly demanding sweetness. Enjoy sweetness, but do not become a slave to sweet cravings!

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The Seven Minutes After Death: Can a Person Hear the Voices of Loved Ones? Scientific Facts and Mysteries



Parivahan Vishesh News

Dr. Vijay Garg

Death is the greatest certainty of human life, yet many questions surrounding it continue to fascinate the human mind. One particularly emotional question is whether the human brain remains active for some time after death. Can a dying person hear the voices of family members sitting nearby and crying? Can they sense the grief of their loved ones but remain unable to respond? A popular belief suggests that the brain remains alive for seven minutes after death and that, during this period, a person relives memories of their entire life. Although this idea sounds fascinating and emotional, it is important to understand what science actually says about it. Does the Brain Remain Alive for Seven Minutes After Death? According to scientific research, it is not correct to claim that every human brain necessarily remains active for seven minutes after death. This is a widely circulated belief, but there is no conclusive scientific evidence supporting it. When the heart stops beating, the supply of blood and oxygen to the brain is interrupted. Consequently, brain activity begins to decline rapidly. A scientific review published in 2016 reported that, in most cases, measurable electrical activity in the brain disappears within approximately 30 seconds after an abrupt loss of blood circulation. However, certain neurological responses may persist for a little longer. An important distinction must be understood here: cardiac arrest and brain death are not the same conditions. Following cardiac arrest, timely cardiopulmonary resuscitation (CPR) and other medical interventions can sometimes restore circulation and save a person's life. Brain death, however, is an irreversible condition in which all functions of the brain, including the brainstem, have permanently ceased. Can a Dying Person Hear the Voices of Loved Ones? Science has not yet provided a complete answer to this question, but some research findings are particularly interesting. A study published in the journal Scientific Reports in 2020 examined the brain activity of patients receiving palliative care who were in an unresponsive or unconscious-like state during their final hours of life. Using electroencephalography (EEG), researchers observed that the brains of some patients continued to respond to changes in sound, even though the patients showed no outward response. This finding suggests that the ability to process auditory stimuli may remain intact for some time near the end of life. However, this does not necessarily mean that the person understands every word or consciously experiences the grief and crying of family members. A brain response to sound and the conscious understanding of that sound are two different things. What Happens Inside the Brain Near Death? As a person approaches death, several changes occur in the brain. Reduced oxygen supply, declining blood circulation and changes in the functioning of nerve cells can significantly affect consciousness. Some studies have observed brief periods of unusual electrical activity in the brain around the time of cardiac arrest. Scientists are investigating whether these changes have any connection with near-death experiences. However, it has not yet been established that such electrical activity represents a person's final thoughts, memories or conscious experiences. The relationship between brain activity, consciousness and the experience of dying remains an important area of scientific investigation. What Should Family Members Do? These scientific findings also convey an important human message. When someone is approaching the end of life and is unable to speak or respond, family members should continue communicating with them gently and respectfully. Holding their hand, speaking loving words, offering reassurance and sharing beautiful memories can provide emotional comfort to the family as well. Although we may not know whether the person can hear or understand us, such expressions of love and compassion can make those final moments more meaningful. Bringing Science and Human Emotions Together Death marks the end of physical life, but memories, relationships and emotions remain with those who are left behind. Science is still trying to understand how the human brain functions during the final moments of life and precisely when consciousness disappears. We should not assume that every person hears the voices of family members for seven minutes after death. There is no conclusive scientific evidence to support this claim. However, research does suggest that our understanding of hearing and brain activity during the final stages of life is still incomplete. Ultimately, there is one important lesson worth remembering: we should never wait until someone's final moments to express our love. A few loving words spoken while someone is alive are far more precious than a thousand words spoken after their death.

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PCC Raises a Barrage of Questions Against Chief Minister Over Ganjam Floods

Parivahan Vishesh News

Manoranjan Sasmal , State Head Odisha

Bhubaneswar : The PCC has reiterated its allegation that the Ganjam floods were entirely man-made, stating that PCC President Bhakta Charan Das's claim has now been substantiated.

Aravinda Das, Chairman of the PCC Media Department, said that former Chief Secretary Suresh Mohapatra, who had served as Secretary of the Water Resources Department for five years, released a video on Sunday presenting facts and evidence regarding the man-made floods. Following the release of t0he video, the government apparently has little left to say on the issue, he remarked.

He said Ganjam is an agriculturally prosperous district, and its farmers are hardworking. However, the man-made floods this time have severely affected the farming community and broken the backbone of farmers. Therefore, the state government should apologise to the people of Odisha, he demanded. Aravinda Das further said that even before the cyclone had completely subsided, the Chief Minister had proudly claimed that the government had achieved its 'Zero Casualty' target."Are the suicides of two farmers not casualties? Are the 12 people who were buried alive in the Kandhamal landslide not casualties?" he questioned. He added that it was fortunate that the floodwaters arrived during the daytime on October 29. Had the waters arrived at night, the situation could have been far more disastrous, potentially claiming many more lives. He questioned whether the Chief Minister had considered the possible consequences.

Aravinda Das finally asked whether the Chief Minister, who is also in charge of the Water Resources Department, would personally take responsibility for the alleged man-made floods in Ganjam.



- The Ganjam floods were man-made. Will the Chief Minister, who is in charge of the Water Resources Department, take responsibility?
- Despite repeated warnings from the IMD, why were the dam gates not opened between October 23 and 28 to reduce the water level in the rivers?
- Until October 28, only 7,000 cusecs of water was being released daily. Who took the decision to suddenly increase the discharge to 1.40 lakh cusecs on October 29 and 30?
- Despite such a massive man-made flood, why has no action been taken against anyone so far?
- With the Rabi season approaching, what steps has the government taken for the war-footing repair of river embankments, anicuts and canals? When will the government clarify its position?
- The government should accept the views of former Water Resources Secretary Suresh Mohapatra and apologise to the people of Odisha. Otherwise, it should prove his claims wrong.

Asha Chugh celebrated Deepawali with children at Asha Deep Public School, honored teachers



Parivahan Vishesh News

Haryana/Hisar (Rajesh Saluja). Branch Secretary of Bharat Vikas Parishad Vivekananda Branch Barwala, Asha Chugh celebrated auspicious festival of Deepawali with great pomp and enthusiasm at Asha Deep Public School. During program, happiness of Deepawali was shared with children and teachers in school premises and heartfelt greetings of festival were given to all.In program Councillor of Ward No. 4 Meenu Sharma specially attended and honored all teachers of school by presenting gifts with her own hands. On this occasion Asha Chugh while greeting all teachers, children and present people on Deepawali said that Deepawali is not only festival of lighting lamps and distributing sweets, but it is festival giving message of victory of light over darkness, truth over untruth and good over evil.Asha Chugh said that festival of Deepawali inspires us to light lamp of positivity, love, brotherhood, service and goodwill in our life. We should take pledge to share happiness in life of people around us and help needy. She also gave information to children about importance of festivals connected with Indian culture and values and inspired them to celebrate safe and pollution-free Deepawali keeping environment protection in mind.She said that objective of celebrating festival with children is to strengthen feeling of mutual love, cooperation, values and social responsibility within them. Smile on faces of children and sharing happiness with them itself is real spirit of Deepawali.During program sweets were distributed to all children of school. On getting sweets special enthusiasm was seen among children and they greeted each other Happy Deepawali. Atmosphere of celebration remained in school premises and children participated in program with full enthusiasm.On this occasion Mamta, Sheetu, Varsha, Harsha Pathneja, Rekha, Raveena, Meenu Sharma, Sonu Saini, Vikas, Surendra and Sunita including other dignitaries remained present.Asha Chugh said that objective of Bharat Vikas Parishad is to strengthen service, values, cooperation and national spirit in society. Through such events effort to connect children with our rich Indian culture and social values will continue continuously. She expressed gratitude to all teachers, parents and present people who cooperated in program and wished happiness, prosperity and bright future for all.

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https://tolwa.com/about.html | tolwaindia@gmail.com, tolwadelhi@gmail.com

Today's Cybersecurity Thought

Every Mobile User Must Stay Alert

Parivahan Vishesh News

A Secure Smartphone Is Your First Line of Defence Against Cybercrime.Smartphones have become an integral part of our daily lives. They store our personal, financial, and professional information. However, this is also the reason why smartphones are becoming one of the easiest and most sensitive targets for cybercriminals worldwide. According to a news report published under the title Every Mobile May Be At Risk Of Cyber Attack, Hyderabad Police has warned that cybercriminals are attempting to steal sensitive information and commit financial fraud through malicious mobile applications, spyware, and phishing campaigns. Major Cyber Threats to Smartphones Keep Mobile Operating Systems and Apps Updated Regular security updates protect your mobile device from newly discovered vulnerabilities and emerging cyber threats. Verify Links Before Clicking Always verify the authenticity of links received from unknown or suspicious sources before opening them. Never Share OTPs, Passwords, or Banking Information No bank, government institution, or legitimate service provider asks for OTPs or passwords through phone calls, messages, or emails. Do Not Install APK Files from Unknown Sources Never install APK files received through messages, emails, social media, or any untrusted website. Download Apps Only from Official App Stores Always download applications only from trusted platforms such as Google Play Store or Apple App Store. Keep Auto-Download Off Keep automatic downloading of media files and applications disabled on your mobile phone so that unwanted or harmful content cannot be installed automatically. PhishingCyber criminals send fraudulent messages related to bank accounts, parcel deliveries, prize winnings, or account verification. Links contained in such messages redirect users to fake websites where their passwords, OTPs, and banking details are stolen. 07 Cyber Safety Measures to Stay Safe SpywareSpyware is a secret surveillance software that monitors a user's activities without their knowledge. It can gain access to messages, contacts, photographs, location data, browsing history, and other sensitive information. MalwareMalware refers to harmful software or applications that appear to be useful tools, but their real purpose is to steal your personal information, display deceptive advertisements, or compromise the security of your device. Downloading APK files from unknown or unauthorized sources significantly increases the risk of malware infection. Use a Reputable Mobile Security SolutionInstall trusted antivirus and mobile security software on your device and keep them updated regularly. Remember Think Before You Click. Verify Before You Trust. Secure Your Mobile Before Cybercriminals Target You. Be Cyber Aware • Stay Safe • Make Others Aware Secure Smartphone, Secure Digital Life.

Parivahan Vishesh Samachar Patra Daily - Information in Public Interest / Lok Sabha / Ministry of Road Transport and Highways

GOVERNMENT OF INDIA
MINISTRY OF ROAD TRANSPORT AND HIGHWAYS

LOK SABHA
UNSTARRED QUESTION NO. 1837
ANSWERED ON 29TH JULY, 2021

THE MOTOR VEHICLES (AMENDMENT) ACT, 2019

1837. SHRI HIBI EDEN:

Will the Minister of ROAD TRANSPORT AND HIGHWAYS

सड़क परिवहन और राजमार्ग मंत्री

be pleased to state:

(a) whether Section 184 (c) of the Motor Vehicles (Amendment) Act, 2019 penalises the use of hand-free communication features in motor vehicles; and

(b) if so, the details thereof?

ANSWER

THE MINISTER OF ROAD TRANSPORT AND HIGHWAYS

(SHRI NITIN JAIRAM GADKARI)

(a) and (b) No Sir, Section 184(c) of the Motor Vehicles (Amendment) Act, 2019 penalises the use of hand-held communication devices while driving Motor Vehicles.

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Parivahan Vishesh News

Talking on hands-free while driving is not an offence - Only talking holding mobile in hand is punishable, Government clarified in Parliament

Lok Sabha Unstarred Question No. 1837, Reply - 29 July 2021 | Question by MP Shri Hibi Eden | Reply by Central Minister Shri Nitin Jairam Gadkari | Confusion over Section 184© of Motor Vehicles (Amendment) Act, 2019 cleared

Report KK Chhabra Presenter Co-editor: Pinky KunduNew Delhi - The biggest confusion among drivers regarding talking on mobile while driving is - Is talking on Bluetooth / hands-free also a reason for challan?This confusion was cleared in Parliament itself. Government has clarified in writing in Lok Sabha that Use of hands-free is not punishable, use of hand-held device held in hand is punishable.Parivahan Vishesh Samachar Patra Daily is republishing this information again in public interest so that no driver is wrongly challaned and no driver puts life at risk by misunderstanding law.Fact at a glance - Point - DetailsHouse Lok SabhaQuestion No. Unstarred Question No. 1837Date of reply 29 July, 2021Subject Motor Vehicles (Amendment) Act, 2019Related Section Section 184(c)Question asked by Shri Hibi Eden, MPAnswered by Shri Nitin Jairam Gadkari, Minister of Road Transport and HighwaysMinistry Government of India, Ministry of Road Transport and HighwaysMain Points1. What was the question? Does Section 184(c) of Motor Vehicles (Amendment) Act, 2019 penalize use of hands-free communication feature in motor vehicles? And if yes, what are details?2. What was Government's reply?No Sir - No, Sir.Section 184(c) penalizes use of hand-held communication device while driving motor vehicle.3. What is direct meaning?Talking / messaging holding mobile in hand - punishableTalking on hands-free / Bluetooth / car speaker - not stated as punishable in this section4. Why is this difference important? Holding phone in hand removes one hand from steering, eyes move away from road, reaction time increases. In hands-free both hands remain on steering. That is why law has differentiated both.5. This exemption is not exemption for negligence: Hands-free is not punishable, does not mean that long conversation while driving is safe. Distraction of attention is still dangerous.Part 1 - What was asked in Parliament, what reply was received? In Lok Sabha MP Shri Hibi Eden asked Minister of Road Transport and Highways -(a) Whether Section 184(c) penalizes use of hands-free communication feature?(b) If yes, what are details?Minister Shri Nitin Jairam Gadkari replied to both (a) and (b) together -No Sir, Section 184(c) of the Motor Vehicles (Amendment) Act, 2019 penalises the use of hand-held communication devices while driving Motor Vehicles.That is - No, Section 184(c) penalizes use of hand-held communication devices while driving.Part 2 - Direct information for driversKeep in mind these things -Do not talk holding phone in hand while drivingDo not see message, video, reel holding phone in handIf talk is urgent then stop vehicle at safe place and talkEven if using hands-free then also keep talk short, keep attention on roadFollow rules not to avoid challan, but to save lifePart 3 - Why confusion regarding police / challan? Many times drivers say - "I was on hands-free, then why challan?"Purpose of this article is to remove this confusion only. Reply given by Government in Parliament itself is biggest official proof that Section 184(c) applies on hand-held, not on hands-free.Still, situation on spot, other sections and rules of dangerous driving can separately apply. Therefore safest method is this only - Keep distance from phone while driving.Editorial Comment - Knowing law is also safety Parivahan Vishesh Samachar Patra Daily believes that every driver should have correct information of law.Wrong information leads to wrong challan and wrong information only also leads to accident.Today's pledge -Phone not in hand, attention on road.Hands-free also only on need, safety first.- Sanjay Kumar Bathla, Chief Editor, Parivahan Vishesh Samachar Patra DailyNote: This article is published for information in public interest based on official reply given in Lok Sabha. In case of any particular challan / matter, please confirm rules of concerned state's transport department / traffic police.

Parivahan Vishesh Samachar Patra Daily - Environment and City Special - EditorialWhether marriage or satsang, small plastic bottle everywhere - Now bring back earthen pot-kulhad, remove plastic



Parivahan Vishesh News

Earlier earthen pot-kulhad used in feasts, now even in community feasts plastic bottle - Ban water bottle less than two litres, pure water dispenser and kiosk everywhere - Appeal of Bhupendra Saraswat Sarathi- Presentation : Editorial Department, Parivahan Vishesh Samachar Patra Daily- Original Article : Bhupendra Saraswat Sarathi, BareillyMain Facts - At a GlanceCity: Bareilly, famous as Nath NagariProblem: Single-use plastic, polythene, small water bottles, pouchesWhere spreading: Marriage, satsang, condolence meet, bhandara, cultural program, banquet hall, hotel, lawnDamage: Drain-sewer jam, flood in monsoon, microplastic in soil-water, diseases, danger to wildlifeWhat was earlier: Earthen pots, kulhads, steel utensils, paper cupsWhat is now: Small plastic bottle, pouch, disposable glassDemand: Water bottle less than two litres be banned, pure water dispensers, kiosks and water booths be installed, people drink water in paper cup, take bottle filledMessage: Remove plastic, make Green Bareilly1. Same scene everywhere - Drank water, threw bottleWhether marriage or satsang, condolence or cultural program - Everywhere same scene is.Small small plastic water bottles kept on tablePouch in handDrank one sip, threw bottleDrank, threw, forgotIt was not like this earlier.Earlier in feasts there were earthen pots, kulhads.Water was served from earthen pot, tea was given in kulhad.Even in bhandara there were steel utensils, leaf plates.Now even in bhandaras water is served in plastic bottles.In name of convenience we have converted culture into plastic.Author Bhupendra Saraswat Sarathi says - Strict ban should be imposed on this.2. Condition of Bareilly - Nath Nagari becoming plastic nagariBareilly is world famous for its historical glory and name of Nath Nagari.But today this city is struggling with serious environmental crisis.A. Road, park, river - Plastic everywhereHeaps of plastic waste are seen on roads, parks and rivers of Bareilly.This scene not only spoils image of city, but is also insult of our shared cultural heritage.B. Drain-sewer jam, flood in monsoonPolythene, small plastic bottles and small pouches get stuck in drains and sewer lines.Drain gets jammed, water does not go out, flood comes in monsoon.Municipal corporation has to spend huge resources to clean drains and manage waste.C. Insects and diseasesPlastic waste attracts insects, which becomes cause to spread diseases.Dirt increases, smell increases, disease increases.D. Fatal for wildlifePlastic waste is proving fatal for wildlife also.Cow eats plastic, dog licks pouch, birds get stuck in plastic.3. Small bottle, big danger - Use of few minutes, waste of hundreds yearsEvery year, lakhs of single-use plastic products after use of only few minutes convert into waste.These products may look convenient in marriage, social function and religious events, but their impact on environment is very destructive.A. Plastic does not rot, it breaksSingle-use plastic products are not biodegradable.They break into microplastic with time and mix in our soil and water sources.B. Microplastic reaching in bodyMicroplastic enters our food chain.According to research, microplastic entering human body can cause respiratory problems and other serious diseases.C. Why is small bottle most dangerous?Small bottle finishes fast, thrown fastIt seems difficult to refill small bottle and keepSmall bottle is light, flies in air and reaches drainPouch of small bottle is even more dangerous, it gets stuck in drain onlyWater of one bottle finishes in five minutes, but that bottle remains on earth for hundreds of years.4. What is solution? - With ban, alternative also needed Author not only complains, tells solution also.First solution - Ban on bottle less than two litresWater bottles less than two litres should be banned.Only big bottles should be allowed.Due to this -Plastic waste will reducePeople will not throw bottle, will take it filledCulture of sustainability will be promoted among citizensSecond solution - Pure water dispenser and kioskPure water dispenser or kiosk can be installed.Municipal corporation can install water booths or kiosks at places, where - People drink water in paper cupOr take their bottle filledThird solution - Return of earthen pot-kulhadEarthen pot water, kulhad tea in marriage, bhandara, satsangPaper cup, leaf plate, steel utensilsReusable utensilsFourth solution - Strictness on banquet hall, hotel, lawnIn all marriage, banquet hall, hotel, lawn and other such places where collective drinking water, eating etc arrangements are organized, there municipal corporation, municipality etc authority ensure strict compliance of rules, so that plastic waste does not spread elsewhere.Fifth solution - Awareness and educationSellers, event planners and religious organizations should be encouraged to adopt environment friendly alternativesPeople should be made aware about ill-effects of plastic through educational campaignsGovernment should implement strict rules and ensure their compliance5. Why is participation of all necessary? - This fight is not of government alone In this fight participation of all stakeholders is necessary.A. What should organizer do? Organizers of marriage, bhandara, satsang decide - In our program small plastic bottle will not come. We will install earthen pot, dispenser, paper cup.B. What should shopkeeper do? Shopkeeper instead of selling small bottle give facility of big bottle and water filling.C. What should religious organization do? Temple, gurdwara, mosque, church - All stop plastic in their bhandara, langar, prasad. Religion says - Protect nature.D. What should citizen do?Carry your own bottle from homeAsk for paper cup to drink waterDon't throw plastic bottle, put in dustbinExplain to children - Throwing plastic is sin, making earth dirty is sinE. What should municipal corporation do?Install water booths at placesImpose fine on rule breakersMake arrangement for segregation of waste6. Before and now - A comparisonBefore -Used to serve water from earthen pot, it felt cool and pureUsed to drink tea in kulhad, taste also felt goodUsed to eat food in leaf plate, it used to mix in earthUsed to wash utensils and reuse, waste was lessNow -Water in plastic bottle, drink one sip and throwTea in plastic cup, drink and throwFood in plastic plate, eat and throwEverything one time use, then wasteEarlier we kept earth clean, now we are covering earth with plastic.7. Editorial Comment - Remove plastic, make Green Bareilly Parivahan Vishesh Samachar Patra Daily believes that this article of Bhupendra Saraswat Sarathi is not only story of Bareilly, but story of every city.In every city same small bottle in marriage, same plastic in every bhandara, same pouch in every satsang.We say - We worship mother earth, we consider Ganga as mother, we consider nature as god.But throw plastic on same earth, flow pouch in same Ganga, cover same nature with plastic.This is not worship, this is cheating.Take pledge today -We will not bring small plastic bottle in marriage, bhandara, satsangWe will carry our own bottle from home, fill water and drinkWe will adopt earthen pot, kulhad, paper cup againWe will demand from municipal corporation - Install pure water kiosk everywhereWe will teach children - Not to throw plastic, to stop plasticBecause health of residents of Bareilly, basic infrastructure of city and its beauty today depends on choices made by us.To end curse of single-use plastic we will have to work collectively.Come, let us all together take pledge to make a clean, green and sustainable Green Bareilly for future generations.Remove plastic, save water, save earth.- Sanjay Kumar Bathla, Chief Editor

Every roof should become a land of greenery



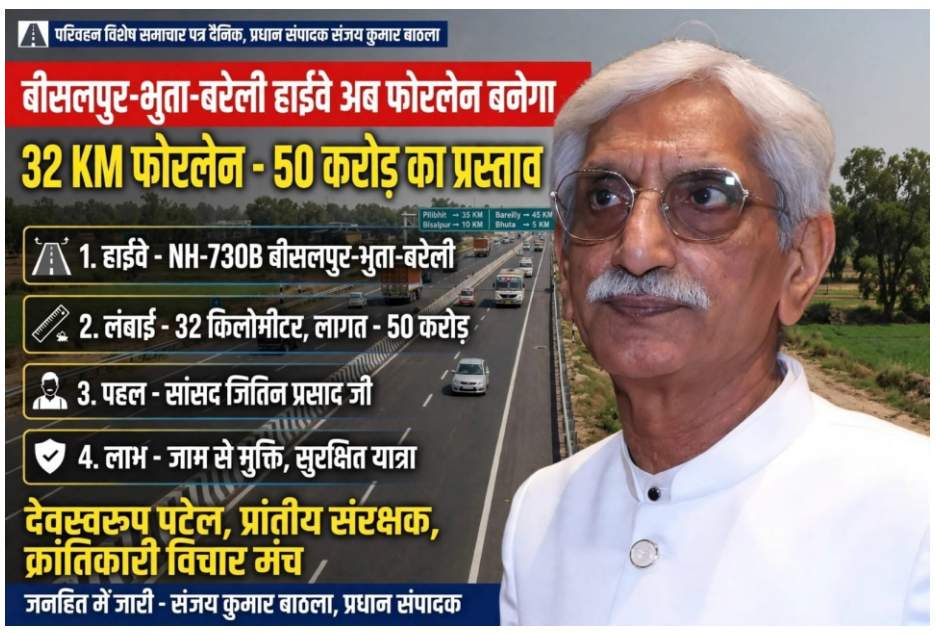
Parivahan Vishesh News

Virendra Hiralal Patharia

Land in cities is steadily shrinking, and concrete is expanding. Once upon a time, trees, plants, and small flower beds surrounded homes, but today, those same spaces have been transformed into houses, shops, parking lots, and roads. Conserving land for greenery in growing cities is becoming a challenge. Therefore, a natural question arises: when land is becoming scarce, can't our rooftops become the city's new green space?Terrace gardening can be a simple answer to this question.Some states in the country have launched positive initiatives in this direction. In Bihar, the Horticulture Directorate is providing up to 75 percent subsidy for planting pots and farming beds under the Rooftop Gardening Scheme. The 2025-26 plan provides 75 percent assistance for pot units, while a 75 percent subsidy is also provided for a 300-square-foot farming bed unit.Uttar Pradesh has also implemented financial assistance to promote rooftop gardening in select cities and districts. Such initiatives in cities like Lucknow, Varanasi, Gorakhpur, and Ghaziabad aim to encourage people to grow fruits, flowers, and vegetables on their rooftops.In Tamil Nadu, the Horticulture Department has also made arrangements to provide kits and other assistance to promote terrace gardens. In Kerala, assistance has been provided to encourage terrace and home vegetable gardening in urban areas. State schemes also provide up to 75 percent subsidy for the provision of grow bags for terrace farming.These initiatives in different states make one thing clear, rooftop gardening is no longer just a hobby to enhance the beauty of the home, but can also become a useful initiative for the urban environment.Now the need is to transform these scattered initiatives into a comprehensive campaign at the national level.Rooftop solar is a good example. The central government has provided subsidies and financial assistance to promote rooftop solar energy. Under the PM Surya Ghar Yojana, approximately 39.72 lakh rooftop solar systems had been installed by July 2026, benefiting approximately 48.03 lakh households.When crores of roofs in the country can be linked to energy production, then why can't those same roofs be linked to greenery?Imagine what a vast network of greenery could be created in cities if millions of homes across the country had a few potted plants, vegetable plants, flowers, vines, and small fruit trees on their rooftops. Each rooftop may be small, but millions of rooftops together can create a vast green space.This impacts more than just the environment. A family planting trees on their rooftop connects directly with nature. Children learn that tomatoes and peppers don't grow in a market bag, but rather are cultivated with soil, water, sunlight, and hard work. Growing coriander, mint, peppers, tomatoes, or other vegetables at home helps families understand the connection between food and nature.This has further significance in an era of rising temperatures. Greenery on rooftops can help reduce direct heat transfer to buildings and improve local thermal comfort. This means that a plant not only enhances the beauty of a home, it can also be a small step toward providing some relief from sweltering city life.But subsidies alone won't be enough. The government should consider a national "Rooftop Green India" initiative, connecting homes with apartment societies, schools, hospitals, government offices, and other institutions. Plant lists, including information on local climates, light farming beds, drainage, rainwater harvesting, and organic fertilizers, should also be provided.Most importantly, this shouldn't be a project solely for the Environment Department. The departments of Agriculture, Horticulture, Municipal Corporations, Housing, and Energy can be brought together. Just as rooftops are considered a useful resource for solar energy, rooftops should also be considered a source of energy, food, and greenery.Today, we need to understand that saving the environment doesn't always require vast forests. Sometimes, change can begin with a small pot at home.Ten plants on one rooftop is perhaps a very small effort, but if ten plants are planted on ten lakh rooftops, then it will not only be gardening but can become a campaign to change the thinking of cities.Yesterday, our rooftops were just the top of our houses. Now it's time for them to become the city's new green space.After roofs that generate electricity from the sun, now there is a need for such roofs that grow greenery, challenge the heat and make the coming generation realize that nature can breathe not only in far away forests but also on the roof of our own house.

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Bisalpur-Bhuta-Bareilly Highway will now become four-lane - MP Jitin Prasad's big initiative, proposal of 50 crores for 32 KM sent to government



Parivahan Vishesh News

Thousands of vehicles pressure 24 hours on NH-730B, jams and accidents at black spots | Earlier only widening process was there, now way cleared for four-lane | Recommendation also made to Chief Minister Yogi Adityanath

For publication Special Correspondent Parivahan Vishesh Samachar Patra Pilibhit - BareillyWay has been cleared to make Bisalpur-Bhuta-Bareilly National Highway (NH-730B) four-lane. Popular MP of Pilibhit and Union Minister of State Shri Jitin Prasad ji has advocated for making this route four-lane seeing public's trouble.

Years old demand is now towards fulfilment.

Fact at a glance - Point - Details

Highway Bisalpur-Bhuta-Bareilly National Highway, NH-730BLength 32 kilometers

Cost About 50 crore rupeesInitiative Pilibhit MP and Union Minister of State Shri Jitin Prasad
Information given by Devswaroop Patel, Provincial Guardian, Krantikari Vichar Manch Uttar Pradesh and Farmer Leader
Recommendation Also made to Chief Minister Shri Yogi Adityanath jiStatus Proposal prepared and sent to government

Main Points
1. Earlier only widening, now four-lane: Earlier only process of widening of this route was going on. But seeing pressure and accidents, now decision to make four-lane has happened.

2. Pressure of thousands of vehicles 24 hours: There is pressure of thousands of small-big vehicles 24 hours on this highway. Movement of people of hundreds of villages happens through this route only.

3. Accidents at jams and black spots: Continuous accidents were happening at black spots like Mandara, Suman, Rasoola, Ahrola.

This only became biggest reason for this demand.

4. Proposal prepared on direction of MP ji: MP ji had given instructions to officers of PWD National Highway division to make four-lane to give easy and safe traffic to public. In sequence of instructions, department has prepared proposal of about 50 crores of 32 KM and sent to government.

5. Recommendation also to Chief Minister: Union Minister of State Shri Jitin Prasad ji has also recommended to Hon'ble Chief Minister Shri Yogi Adityanath ji to get this proposal approved soon.

Part 1 - Why was four-lane necessary? This route from Bisalpur to Bareilly is not just a road, it is lifeline of hundreds of villages.

Farmers, students, traders, patients - all go to Bareilly through this route only. But overtaking, jam and accidents on single / narrow road had become daily story.

At black spots people used to pass keeping life on palm.

Part 2 - What will change due to four-lane? Farmer leader Devswaroop Patel said - Hope is that like other roads Bisalpur-Bareilly four-lane road will also be approved soon.

Due to its construction - Coming-going from Bisalpur to Nath Nagari Bareilly, Commissionerate and metropolis will become very easyJourney will be safe, time will be savedFreedom from jam will be achieved

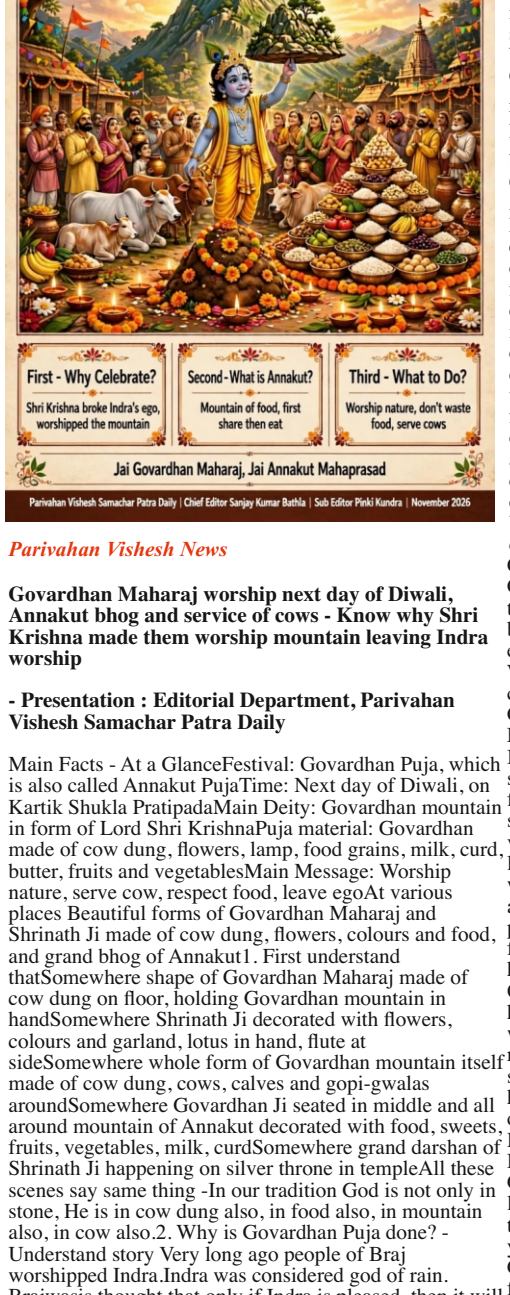
Direct benefit will be to business and farmers

Editorial Comment - Road of public interest Parivahan Vishesh Samachar Patra Daily believes that road is not just brick-stone, it is backbone of development.Bisalpur-Bhuta-Bareilly four-lane was years old demand. Due to initiative of MP ji this demand has now moved towards approval.

Gratitude to Pilibhit MP Shri Jitin Prasad ji for this public welfare work.

- Sanjay Kumar Bathla, Chief Editor, Parivahan Vishesh Samachar Patra Daily

Govardhan Puja - When God was seen in cow dung and blessings were found in food



Parivahan Vishesh News

Govardhan Maharaj worship next day of Diwali, Annakut bhog and service of cows - Know why Shri Krishna made them worship mountain leaving Indra worship

- Presentation : Editorial Department, Parivahan Vishesh Samachar Patra Daily

Main Facts - At a GlanceFestival: Govardhan Puja, which is also called Annakut PujaTime: Next day of Diwali, on Kartik Shukla PratipadaMain Deity: Govardhan mountain in form of Lord Shri KrishnaPuja material: Govardhan made of cow dung, flowers, lamp, food grains, milk, curd, butter, fruits and vegetablesMain Message: Worship nature, serve cow, respect food, leave egoAt various places Beautiful forms of Govardhan Maharaj and Shrinath Ji made of cow dung, flowers, colours and food, and grand bhog of Annakut1. First understand thatSomewhere shape of Govardhan Maharaj made of cow dung on floor, holding Govardhan mountain in handSomewhere Shrinath Ji decorated with flowers, colours and garland, lotus in hand, flute at sideSomewhere whole form of Govardhan mountain itself made of cow dung, cows, calves and gopi-gwalas aroundSomewhere Govardhan Ji seated in middle and all around mountain of Annakut decorated with food, sweets, fruits, vegetables, milk, curdSomewhere grand darshan of Shrinath Ji happening on silver throne in templeAll these scenes say same thing -In our tradition God is not only in stone, He is in cow dung also, in food also, in mountain also, in cow also.2. Why is Govardhan Puja done? - Understand story Very long ago people of Braj worshipped Indra.Indra was considered god of rain. Brajwasis thought that only if Indra is pleased, then it will rain, then there will be farming, then cows will get fodder.Then little Shri Krishna said -Why worship Indra? Worship Govardhan mountain, which gives us grass, gives fruits, gives place for cows to graze, stops rain water and gives us life.Brajwasis obeyed Shri Krishna. They left worship of Indra and worshipped Govardhan mountain, offered food bhog.Indra became angry. He started heavy rainfall. Flood came in Braj.Then Shri Krishna lifted whole Govardhan mountain on his little finger. Brajwasis, cows, calves - All came under it. Rain continued for seven days, but not even one drop touched anyone.In end ego of Indra broke. He asked forgiveness from Shri Krishna.Since then Govardhan Puja started.This puja is not only worship of mountain.This is worship of breaking of ego and victory of nature.3. Why do we make God from cow dung? - Biggest secret Many people ask - Why make God from cow dung? Cow dung is dirty.Our ancestors said - Cow dung is not dirty, it is holy.Cow dung: Used to coat house, purify courtyard, make field fertileGovardhan made of cow dung: Tells that to get God gold-silver is not needed, devotion is neededPuja of poor: Who does not have money to buy idol, he also can make God from cow dung, this itself is greatness of our cultureSee Govardhan Maharaj made of cow dung - Smile on face, marigold garland in neck, mountain in hand.This is not idol, it is emotion.If God is seen even in cow dung, that itself is true devotion.4. What is Annakut? - Why do we put mountain of food? Govardhan Puja is also called Annakut Puja.Meaning of Annakut is - Mountain of food.On this day in every house, in every temple many types of food grains, vegetables, dal, rice, roti, poori, sweets, fruits, milk, curd, butter are made and offered to God.In middle there is Govardhan Ji, all around only food filled in bowls.Behind Annakut there are three messages -A. Respect food: Don't waste food, take in plate only as much as you can eat. Food itself is life.B. Respect farmer: Food we eat comes from farmer's sweat. Annakut is gratitude towards farmer.C. Share and eat: Bhog of Annakut is not only offered to God, later it is distributed to all as prasad. This itself is our culture - First share, then eat.5. Why worship cow? - Relation of Govardhan and cow progeny On day of Govardhan Puja cows, bulls and calves are also worshipped.Garland is put on cowShe is fed jaggery, fodder, rotiColour is applied on her feetTilak is applied on her foreheadWhy?Because cow is not only animal.Gives milk: Nourishes from child to oldGives cow dung: Gives manure to field, purifies houseGives cow urine: Considered medicine in AyurvedaGives calf: Useful in farming and transportSociety which respects cow, respects nature.Govardhan Puja teaches us same - Consider cow as mother, mountain as father, food as God.6. What is meaning of Govardhan Puja in today's time? Today we understand Govardhan as only festival, but its meaning is even bigger today.A. Worship of environment: Worship of Govardhan mountain means - Worship of mountain, river, tree, soil. Today we are cutting mountains, making river dirty, cutting trees. Govardhan Puja stops us - Don't cut nature, worship it.B. Freedom from ego: Ego of Indra broke. Who is today's Indra? Our ego, our money, our power. Govardhan Puja says - Leave ego, become humble.C. Stop wastage of food: Today food is wasted in marriage, party. Annakut says - Consider food as God, don't throw it.D. Connecting village and city: Govardhan Puja is puja of village. Even living in city when we make Govardhan from cow dung, we connect with our roots.7. How to do Govardhan Puja at home? - Simple methodMorning -Clean courtyard or puja place of houseMake shape of Govardhan mountain from cow dung, also make small mountain in handDecorate with flowers, garland, lampAfternoon - Offer bhog of food, vegetables, milk, curd, butter made at homeFeed fodder, jaggery, roti to cowDo aarti together with familyEvening -Distribute prasad to allGive remaining food to needyPlant a sapling, take pledge to serve naturePrecaution - After puja with cow dung wash hands well with soap. Save children from eating cow dung. Make food with cleanliness.8. Editorial Comment - Hand lifting mountain was small, but emotion was big Parivahan Vishesh Samachar Patra Daily believes that Govardhan Puja is not only a story, it is philosophy of life.Shri Krishna lifted mountain, but he dropped ego.He told that God is not in heaven, He is in nature around you.Which mountain gives you grass, that itself is GodWhich cow gives you milk, that itself is GodWhich food gives you life, that itself is GodSeeing Govardhan Maharaj made of cow dung, flowers, food, it feels -Our ancestors did not imprison God in temple, they brought Him down to courtyard of every house.Take pledge today -We will not cut nature, we will worship.We will not throw food, we will share.

We will serve cow, will respect her.We will drop ego, will lift humility.Because society which worships Govardhan never remains hungry.Society which considers food as God never dies due to shortage of food.

Jai Govardhan Maharaj,Jai Annakut Mahaprasad.

- Sanjay Kumar Bathla, Chief Editor

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