

संपादकीय Editorial

Discussion stuck in the rules

Parliamentary houses do not run by conditions and insistence. Neither the Prime Minister, nor any minister, nor the opposition can decide the proceedings of the House. Lok Sabha Speaker and Rajya Sabha Chairman have certain privileges. He can run the House in consultation with the 'Business Advisory Committee'. Several rules have also been made for the rest of the House. It is also the prerogative of the presiding speaker, in what form, under what rules, to accept the notice of the MP or he can take the opinion of the majority of the house by voice vote. Now on the issue of Manipur, the Congress demands that first the Prime Minister should speak inside the Parliament and present the government's side. After that the opposition will decide on what basis to discuss. What should be the rules of discussion? This stubborn demand of the opposition within the Parliament is 'unparliamentary', as it is indirectly a no-confidence motion against the Prime Minister. If in view of the violence and the burning atmosphere in Manipur, the opposition wants to move a motion of no confidence, it is its parliamentary right, but that motion will also prove futile. There is a huge majority in favor of the government even today. Perhaps that is why the opposition is bent upon a discussion in the Rajya Sabha under rule 267, as there is a provision for division of votes after debate. Of course, the BJP-NDA does not have a majority in the Rajya Sabha, but they are not in such a minority that the opposition gets a majority. The ruling party is in favor of discussion under rule 176, under which discussion can be held only for a maximum of two and a half hours, but the chairman can extend its duration.

The opposition is considering two and a half hours as insufficient time for Manipur regarding 'morality'. Defense Minister Rajnath Singh, however, spoke to Leader of Opposition in Rajya Sabha Mallikarjun Kharge, DMK MP in Lok Sabha TR Balu and Trinamool Congress Parliamentary Party leader Sudip Bandyopadhyay over phone and urged them to end the impasse. Parliamentary Affairs Minister Prahlad Joshi also appealed, but the opposition is adamant on its condition and insistence that first the Prime Minister should give his statement in both the Houses. After that a decision will be taken on the discussion. On Monday, Home Minister Amit Shah also said in the Lok Sabha that the government is ready for discussion on Manipur, but don't know why the opposition is running away from the discussion. The gist is that the proceedings of the House are initiated, but after a few minutes the proceedings have to be adjourned till the next day. Will Parliament continue to function like this? Running the Parliament is considered to be the responsibility of the ruling party, because the government prepares all the Bills etc., decides the format of the House, when, what program will be held? What will be the subjects?

Which documents will be laid on the table of the House. However, the responsibility of running the Parliament rests with both the parties, as both have essential roles in a democracy. Therefore, the ruckus and deadlock inside the Parliament is not in the interest of the country. The argument cannot be accepted that the BJP created such impasses when it was in the opposition and the entire session was lost to ruckus. Parliament is not a place for any kind of vindictive politics. Parliament is national. However, the horrifying reality of Manipur is that around 65,000 people have been displaced. More than 5000 houses have been set on fire. Around 13,000 people have been detained in the last fortnight. There have been more than 160 deaths in Manipur. Shouldn't such a burning Manipur be discussed in the Parliament?

Opposition's priority, its attitude is telling something else

Undoubtedly, at this time the country and especially Manipur should get the same message from the Parliament that all the political parties are committed to solve the problems there. It is disappointing that when the opposition should be ready to discuss Manipur, the possibility of bringing a no-confidence motion against the government is being explored. It is clear from the discussion on bringing a no-confidence motion against the government by the opposition alliance India i.e. Indian National Developmental Inclusive Alliance that it is not interested in discussing Manipur in Parliament, but to show its strength. Perhaps that is why he is adamant on his demand that the discussion be allowed only when the Prime Minister makes a statement. This is nothing but bigotry, because so far it has been a tradition that the minister of the ministry to which the matter is related is demanded and expected to answer. Since the matter of Manipur is related to the Union Home Ministry and the Home Minister has also visited there, it is quite appropriate that he should give a statement on the peculiar situation there. Last day, he also tried to give a statement, but the opposition created ruckus. Now the Home Minister has written a letter to the leaders of the opposition in both the Houses explaining why it is necessary to discuss Manipur beyond party politics. Urging the cooperation of the opposition parties, he has also written that it is time to send a message to the people of Manipur that the Parliament is with them. Undoubtedly, at this time the country and especially Manipur should get the same message from the Parliament that all the political parties are committed to solve the problems there. It is disappointing that when the opposition should be looking forward to a discussion on Manipur, the possibility of moving a no-confidence motion against the government is being explored on its part. The opposition has the right to bring such a proposal, but after all what is necessary at this time – discussion on Manipur or show of strength in the Parliament? Looking at the attitude of the opposition, there is little chance that the Home Minister's letter will have any effect on it, as it is devoting all its energy to creating ruckus. Even though the opposition is trying to appear concerned about Manipur, its attitude is telling something else. It is not only deliberately creating such conditions that no discussion on Manipur can take place in the Parliament, but also trying to prevent any other legislative business from taking place. Many important bills are to be introduced in this session of Parliament. There is also a Bill in the form of an Ordinance on the Government of Delhi. Even though the Congress, under pressure from the Aam Aadmi Party, has said that it will oppose the ordinance, there are good reasons to believe that it does not want to create a ruckus and clarify its stand on the ordinance in Parliament. Not surprisingly, this is also a major reason for the uproar.

Dramatic politics, how to find a middle ground for meaningful discussion on Manipur in Parliament

It is being repeatedly said by the ruling party that if the time for discussion is less and there is a need to increase it, then this work can be done, but the opposition has decided that what they are saying should happen. It seems that he is interested in telling the country that the government is avoiding discussing Manipur. It is sad, pathetic and shameful to see that Manipur is being discussed in the country and the world, but not in the Parliament of India. Petty politics and the tendency to put each other in the dock are responsible for not having this discussion. Three days of Parliament were wasted, but the discussion on Manipur could not begin. It could not happen because there is no consensus on the rules under which the discussion should take place. Will the situation in Manipur suddenly calm down by discussing the special rules? Dramatic politics, how to find a middle ground for a meaningful discussion on Manipur in the Parliament It is being repeatedly said by the ruling party that if the time for discussion is less and there is a need to increase it, it can be done, but the opposition has decided that what they are saying should happen. It seems that he is interested in telling the country that the government is avoiding discussing Manipur. Dramatic politics, how to find a middle ground for a meaningful discussion on Manipur in the Parliament - no doubt, the ruling party should show as much seriousness as the opposition in finding such a way out. It is sad, pathetic and shameful to see that Manipur is being discussed in the country and the world, but not in the Parliament of India. Petty politics and the tendency to put each other in the dock are responsible for not having this discussion. Three days of Parliament were wasted, but the discussion on Manipur could not begin. It could not happen because there is no consensus on the rules under which the discussion should take place. Will the situation in Manipur suddenly calm down by discussing the special rules? The opposition not only did not stick to the discussion on the special rule, but also did not accept that the Home Minister should initiate the discussion. He wants the Prime Minister's statement first. This stubbornness seems more like an excuse to avoid discussion, because one, the Prime Minister has already spoken on the incident in Manipur and secondly, it was not said from the ruling party that he will not say anything further on this subject. It is being repeatedly said by the ruling party that if the time for discussion is less and there is a need to increase it, then this work can be done, but the opposition has decided that what is being said on its behalf should happen. From this it seems that he is interested in showing to the country that the government is avoiding discussing Manipur. Perhaps that is why the opposition leaders are giving extra priority to protesting in the Parliament premises and raising slogans in both the Houses. When someone's priority is to raise slogans and create ruckus inside and outside the Parliament, then it can be easily understood that he has little interest in discussion. It is true that it is the responsibility of the government to run the House, but it can succeed only if the opposition is ready to find a middle ground. If both the parties wish, such a way can be found between the differences, due to which there can be a meaningful discussion in the Parliament regarding Manipur. Undoubtedly, the opposition should show as much seriousness in finding such a way out as the ruling party. By the way, it is difficult to say from the atmosphere of the Parliament that has been shown in the last few days that any concrete discussion will be possible regarding Manipur. Even if it happens, it does not seem that it will be level and convincing to the country, because all the politicians are seen in the process of baking bread. No matter how much energy political parties spend in accusing each other, they are only doing the work of disappointing the country. In fact, what is happening in the Parliament in the name of showing seriousness is no less than a farce. This spectacle is going to bring shame to the country.

Litigative government, when will this series of date after date stop?

Can there be anything more unfortunate than governments embroiling their own people in litigation? Delay in disposal of pending cases not only weakens the faith of the people in the judicial system but also hinders the progress of the country as crores of people go round the courts instead of concentrating on their work and waste their time and money. Let's waste The fact that in 6.3 lakh cases the central government is a party is astonishing. When the central government is fighting so many cases, then it can be easily understood that the state governments will also be fighting a large number of cases. In fact, for this reason also, the number of pending cases from the lower courts to the Supreme Court is increasing. According to a recent figure, the pendency of cases in all types of courts has reached more than five crores. This figure also shows that the pendency of cases is increasing rather than decreasing – not only in lower courts, but in the High Courts and also in the Supreme Court. The pendency of cases in the lower courts is increasing at a much faster rate. Five years ago, the pendency of cases in the lower courts was 2.9 crore. Now their number has reached 4.4 crore. This situation should be a matter of deep concern, as it only shows that the judicial system is on the verge of collapse. Undoubtedly, the situation in the High Courts and the Supreme Court is also not satisfactory, because there too the number of pending cases is increasing. Shortage of judges and resources is cited as one of the reasons for the rising number of pending cases. No doubt it is a reason, but it cannot be said to be the only reason. Another major reason for the increasing burden of pending cases is the continuation of date after date. Don't know how many cases are there, which should be resolved in two-four years, but they remain pending for decades. The same is the case with the High Courts and the Supreme Court. The pendency of five crore cases means that many more people await justice, as in many cases more than one person is facing court action. This is a form of harassment by the judicial system. The sad thing is that governments are also involved in this oppression. Can there be anything more unfortunate than governments embroiling their own people in litigation? Delay in disposal of pending cases not only weakens people's faith in the judicial system, but also hinders the progress of the country, as crores of people instead of attending to work, go round the courts and waste their time and money. They waste even that. The people of the country are fed up with the frequent statements made by the policy makers that pending cases are a big problem and delay in justice is injustice, because even after raising all the concerns, the result is inconclusive. It has three leaves. After all, what is the value of that concern, which does not help in solving the problem?

ऑपरेशन मुस्कान के तहत घर से भटकी तीन वर्षीय बालिका को सीसीटीवी कैमरे की मदद से खोजकर उसके परिजनों से मिलाया



निशाकांत शर्मा क्यूँ न लिखूँ सच एटा-थाना कोतवाली नगर पुलिस द्वारा ऑपरेशन मुस्कान के तहत घर से भटकी तीन वर्षीय बालिका को सीसीटीवी कैमरे की मदद से खोजकर उसके परिजनों से मिलाया। वरिष्ठ पुलिस अधीक्षक एटा श्री राजेश कुमार सिंह के निर्देशन में थाना कोतवाली नगर पुलिस द्वारा घर से भटकी 03 वर्षीय मासूम को ऑपरेशन मुस्कान के तहत उसके परिजनों से मिलाया गया।

26.07.2023 को थाना कोतवाली नगर पर सूचना प्राप्त हुई कि दिनेश नगर से 03 वर्षीय बालिका घर से खेलते खेलते कहीं गुम हो गई है, इस सूचना पर थाना कोतवाली नगर पुलिस द्वारा प्रभारी निरीक्षक सुधीर कुमार सिंह के नेतृत्व में अथक प्रयास कर मासूम बालिका को सीसीटीवी कैमरे की मदद से रेलवे रोड के पास से खोजकर उसके परिजनों के सुपुर्द किया गया, बालिका को सकुशल पाकर परिजनों द्वारा एटा पुलिस को धन्यवाद देते हुए भूरि-भूरि प्रशंसा की गई।

एसएसपी की शरण में पहुंचे बड़ी संख्या में ग्रामीण, एसएचओ की शिकायत



निशाकांत शर्मा क्यूँ न लिखूँ सच एटा-जनपद के थाना मलावन प्रभारी निरीक्षक के व्यवहार से नाराज बड़ी संख्या में ग्रामीण आज जनपद पुलिस मुख्या की शरण में पहुंचे,

जहाँ उन्होंने लिखित शिकायत देकर न्याय की गुहार लगाई हैं। ग्रामीणों के अनुसार न्यायप्रिय एसएसपी ने मामले को गंभीरता से लेकर निष्पक्ष कार्यवाई का भरोसा दिया है।

लोक निर्माण विभाग के अधिकारी ने ट्राइबल मंत्री के सामने बताया कि भवन है पूरा रह रही हैं बच्चियां अनुसूचित जनजाति आयोग के अध्यक्ष के निरीक्षण में मिला भवन खंडहर

रामचंद्र जायसवाल क्यूँ न लिखूँ सच सूरजपुर-प्रतापपुर/ अपने दुनिया में अजीबोगरीब मामला तो देखा ही होगा जिसमें कई तरह की चीजें देखने को मिलती हैं लेकिन यहां मामला कुछ और ही है कल छत्तीसगढ़ शासन के नवनियुक्त ट्राइबल मंत्री मोहन मरकाम में सरगुजा संभाग मुख्यालय में आदिम जाति कल्याण विभाग के सभी अधिकारी कर्मचारियों की बैठक ली थी समीक्षा के दौरान वहां उपस्थित अधिकारियों ने ट्राइबल मिनिस्टर को बताया कि प्रतापपुर विकासखंड के ग्राम पंचायत माडीडांड में लोक निर्माण विभाग सरगुजा अंबिकापुर द्वारा वर्ष 2007 08 में 40 लाख की लागत से छात्रावास भवन का निर्माण कराया है जिसमें कक्षा और आवास संचालित है इस पर वहां पर उपस्थित सहायक आयुक्त आदिवासी विकास सूरजपुर द्वारा बताया गया कि उक्त भवन अधूरा है और उसमें कक्षाएं नहीं लग रही हैं जिस पर ट्राइबल मंत्री ने वहां उपस्थित अनुसूचित जनजाति आयोग के अध्यक्ष भानु प्रताप सिंह को उक्त भवन का निरीक्षण करने का आदेश दिया था जिस पर आज तत्काल मौके पर पहुंचे अनुसूचित जाति आयोग के अध्यक्ष भानु प्रताप सिंह अपने कर्मचारियों के साथ माडीडांड स्कूल में पहुंचे वहां की स्थिति देख दंग रह गए भवन बिल्कुल अधूरा व जर्जर स्थिति में पड़ा मिला अंदर बरामदे में अरहर की खेती हुई है जिसे देखकर वहां उपस्थित जनप्रतिनिधि पत्रकार सभी दंग रह गए भ्रष्टाचार का यह कौन सा नमूना है लाखों की लागत से बनने वाले भवन में इस प्रकार एक विभाग के अधिकारी



द्वारा झूठ बोलना समझ से परे है एक सवाल के जवाब में आयोग के अध्यक्ष भानु प्रताप ने कहा कि मैं अपनी रिपोर्ट

सुनवाई करते हुए मामले को नजदीक गलत किया गया ग्रामीण क्षेत्रों से आए कई ग्रामीणों की समस्याएं भी सुनी

चुनाव लड़ लूंगा कि नहीं या फैसला हाईकमान का



तत्कालीन मंत्री वह छत्तीसगढ़ सरकार को दूंगा निश्चित ही लोक निर्माण विभाग के अधिकारियों के ऊपर कार्यवाही की जाएगी जनपद सभा कक्ष में पक्षकारों की हुई सुनवाई पर राजस्व विभाग के अधिकारियों की बैठक आज छत्तीसगढ़ राज्य अनुसूचित जाति आयोग के अध्यक्ष भानु प्रताप सिंह ने जनपद सभाकक्ष में आयोग का सुनवाई रखा जिसमें कुल 12 मामलों में सुनवाई की गई 9 मामले पर

गई इस दौरान शक्र कारखाना के अध्यक्ष विद्यासागर सिंह जनपद अध्यक्ष जगत लाल आयाम त्रिभुवन सिंह टेकाम प्यारे लाल नागवंशी अनिल सिंह अधिकारियों में अनुविभागीय अधिकारी दीपिका नेताम मंडल संयोजक प्रमोद गुप्ता जनपद सीईओ निजामुद्दीन तहसीलदार समीर शर्मा सहित अन्य विभाग के अधिकारी कर्मचारी उपस्थित थे

पत्रकारों से चर्चा करने के दौरान अनुसूचित जनजाति आयोग के अध्यक्ष भानु प्रताप सिंह ने एक सवाल के जवाब पर कहा कि मैं विधानसभा चुनाव लड़ूंगा या नहीं करूंगा इसका फैसला कांग्रेस हाईकमान करेगा मुझे जो जिम्मेदारी दी गई है उसे मैं बखूबी निभा रहा हूं क्योंकि मैं एक संवैधानिक पद पर हूं इसलिए मैं अभी कुछ नहीं कर सकता

पत्नी के मायके बुलाने गया पति को ससुरालियों ने पीटा लौटकर लगा ली फांसी

लवकुश ठाकुर क्यूँ न लिखूँ सच अलीगढ़ के थाना बन्नादेवी क्षेत्र स्थित नगला कलार में एक युवक ने फांसी लगा ली। पीड़ित पिता ने ससुरालियों पर आत्महत्या के लिए उकसाने का आरोप लगाया है। पुलिस ने पोस्टमार्टम के बाद शव परिजनों को सौंप दिया है। तहरीर के आधार पर पुलिस मामले की जांच में जुट गई है। सोनू (27) निवासी नगला कलार बैलिंग का काम कर गुजर बसर करता था। पांच साल पहले हाजीपुर

दाउद खां निवासी एक युवती से उसका विवाह हुआ था। शादी के बाद उसके एक बेटा व बेटी हुआ। आरोप है कि पिछले दिनों पति-पत्नी का विवाद हुआ। गुस्सा होकर पत्नी अपने मायके चली गई। सोनू पत्नी को बुलाने गया था। आरोप है कि वहां ससुरालियों ने उसके साथ मारपीट कर दी। जिसके बाद वह अपने घर आ गया। रात में कमरे में फांसी लगा ली। पिता की तहरीर के आधार पर पुलिस मामले की जांच में जुट गई है।

जी टी रोड के किनारे डलवाई गई स्ट्रीट लाइट की लाइन जमीन के अंदर धसी



लवकुश ठाकुर क्यूँ न लिखूँ सच अलीगढ़ - भाजपा किसान मोर्चा के पूर्व जिला अध्यक्ष भाजपा सेक्टर प्रभारी सिधौली ठाकुर राकेश कुमार सिंह को जीटी रोड धनीपुर क्लासिक रेजिडेंसी के पास नगर निगम द्वारा लायन डलवाई गई है जो आज की बारिश में लाइन पूरी तरह से धस गई है पूरी बरसात का पानी जमीन के अंदर गया है काफी बीच में बहुत बड़ा गड्ढा हो गया है जो दुकानदारों को भारी नुकसान पहुंचा सकता है भाजपा किसान मोर्चा के पूर्व जिला अध्यक्ष भाजपा सेक्टर प्रभारी सिधौली ठाकुर

राकेश कुमार सिंह ने नगर निगम के अधिकारियों को चेताया है कि जो यह लाइन डाली गई है इसे तत्काल ठीक कराएं अन्यथा दुकानदारों को इससे भारी नुकसान पहुंचेगा उत्तर प्रदेश में योगी आदित्यनाथ जी की सरकार है जनता की अनदेखी बर्दाश्त नहीं की जाएगी यह लाइन स्ट्रीट लाइट के लिए डाली गई है काम जारी है ठेकेदार अवर अभियंता इस कार्य को देखें अन्यथा इसकी शिकायत डीएम व कमिश्नर से की जाएगी जनता का नुकसान किसी भी कीमत पर सहन नहीं किया जाएगा

गंगा मैया का भी मिला कैबिनेट मंत्री श्री सुबोध उनियाल जी को आशीर्वाद

क्यूँ न लिखूँ सच ऋषिकेश गंगा आरती ट्रस्ट द्वारा महिलाओं द्वारा की जा रही गंगा आरती में पूर्णानंद घाट में महिलाओं ने पूजन-अर्चना कर कैबिनेट मंत्री श्री सुबोध उनियाल जी के जन्मदिवस पर की विशेष गंगा आरती। इस विशेष अवसर पर विशेष प्रार्थना पूजा व कामना की गई कि ईश्वर व गंगा माँ कैबिनेट मंत्री श्री सुबोध उनियाल जी को शक्ति दें और स्वस्थ रखें इसके साथ ही महिला साधकों ने हवन कर आहुतियां दी। पंडित हरिओम शर्मा ज्ञानी जी ने कहा कि मुझे विश्वास है कि कैबिनेट मंत्री श्री सुबोध उनियाल जी नेतृत्व में उत्तराखंड में समृद्धि लौटेंगी। बहुत प्रगति होगी, और लोगों के मुहों को हल किया जाएगा। गंगा मैया आपके साथ है। कैबिनेट मंत्री श्री सुबोध उनियाल जी कार्यकाल में अनेकों जनकल्याणकारी



योजनाएं प्रदेश को मिली। भाजपा प्रदेश कार्यकारिणी सदस्य बीना जोशी ने कैबिनेट मंत्री श्री सुबोध उनियाल जी को शुभकामनाएं देते हुए उनकी दीर्घायु की कामना की है। उन्होंने कहा है कि अब उन्हें पहाड़ से पलायन रोकने और युवाओं को रोजगार देने की दिशा में काम करके दिखाना होगा साथ ही इसी क्रम में ऋषिकेश गंगा आरती

की गंग सबलाओं ने नारी शक्ति व नेतृत्व को बढ़ावा देने के सरकार के प्रयासों को सराहा व सरकार की विभिन्न योजनाओं को बढ़ावा देने हेतु श्रद्धालुओं से जन संकल्प करवाया। देर शाम तक श्रद्धालुओं का तांता लगा रहा। महिला गंगा आरती में मुख्य रूप से ऋषिकेश गंगा आरती ट्रस्ट अध्यक्ष हरिओम शर्मा ज्ञानी जी, भाजपा प्रदेश कार्यकारिणी सदस्य बीना

जोशी, ट्रस्ट के कोषाध्यक्ष विशाल भट्ट, डॉ. ज्योति शर्मा, मुन्नी चौहान, गुड्डी भट्ट, बबली सकलानी, विश्वेश्वरी उनियाल, सरोजिनी बुटोला, सुनीता नेगी, नीमा पवार, सविता डोबरियाल, सरोज रावत, रजनी जोशी, विमला गुलेरिया उर्मिला गोड़ वंदना, रीता, मंजू जोशी, आशा, रेशमा नेगी और गायत्री, गंगा दास आदि महिलाओं ने गंगा आरती की।



बिजली चेकिंग करने गए अधिशासी अभियंता के साथ की मारपीट किया पथराव

श्याम जी कश्यप-क्यूँ न लिखूँ सच जालौन -जान बचाकर भागे अधिशासी अभियंता बिजली विभाग की टीम के साथ अधिशासी अभियंता नगरीय टीम बनाकर मोहल्ला कासिम बाग में करने गए थे चेकिंग बिजली विभाग की टीम पर मोहल्ले बासियो ने बोला हमला जमकर पिटाई की आक्रोशित भीड़ ने अधिशासी अभियंता और उनकी टीम की जमकर पिटाई कर किया पथराव अधिशासी अभियंता की पिटाई कर भीड़ ने पथराव कर बिजली चेकिंग करने गई टीम को बैरंग लौटाया अधिशासी अभियंता ने 5 नामजद और 50-60 अज्ञात लोगों के विरुद्ध मुकदमा दर्ज कराने के लिए कोतवाली फतेहगढ़ में दी तहरीर कोतवाली फतेहगढ़ के कासिम बाग का मामला

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Should I eat mangoes during pregnancy? Know its advantages and disadvantages for pregnant women

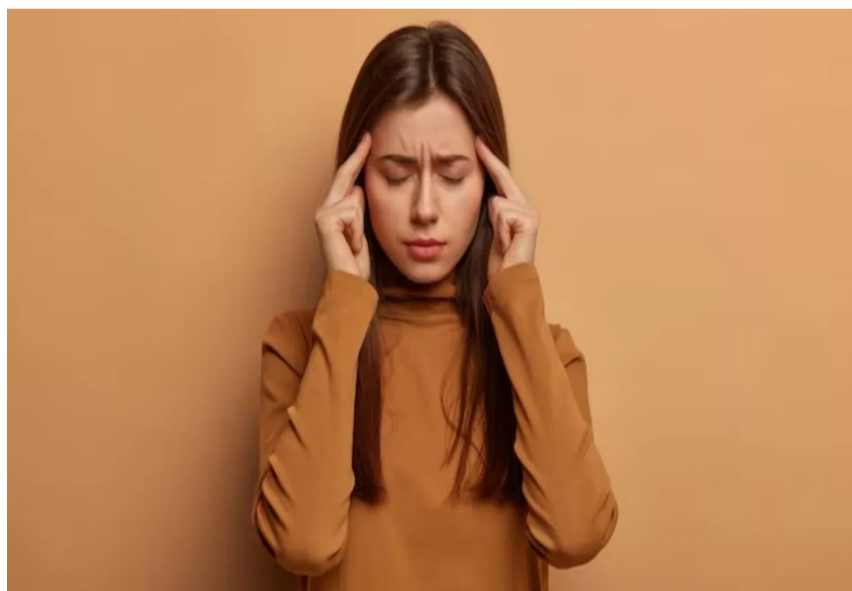
Eating Mango In Pregnancy Everyone likes to eat mangoes. It is full of health with taste. Many nutrients are present in it. Elements like iron vitamin-C vitamin-A vitamin-B6 potassium folic acid are found in it. But despite all these benefits, is it safe for pregnant women to eat mangoes? So let's know whether mangoes should be eaten during pregnancy or not? During



pregnancy, a lot of care is taken in the diet. Every woman has many questions regarding food in her mind. What to eat and what not to eat during pregnancy. This thing bothers pregnant women a lot. Often a question arises in the mind about eating mangoes whether one should eat mangoes during pregnancy or not. Although pregnant women can consume all kinds of fruits, but during this time the risk of gestational diabetes increases, so many pregnant women stay away from mangoes. But should mangoes really not be eaten during pregnancy? Iron, vitamin-C, vitamin-A, vitamin-B6, potassium and folic acid are found in mangoes, which are very essential nutrients for pregnant women. Fiber is found in abundance in it, which removes the problem of constipation. There are many benefits of eating mangoes during pregnancy, but you should not eat mangoes in excess. What are the benefits of eating mangoes during pregnancy? During pregnancy, many nutrients are needed for the development of the baby. Vitamin-A and folic acid are found in mango, its consumption helps in the development of the fetus. Vitamin-A present in mango can help in maintaining bone strength and eyesight along with increasing the immunity of the body during pregnancy. Vitamin-C is also found in mangoes, which helps in absorbing iron in the body. Due to which the problem of anemia due to iron deficiency is removed. Digestion becomes a problem during pregnancy. Digestive system remains strong by eating mangoes. Fiber is also found in mango, due to which there is no problem of constipation. Magnesium is also found in mango. Which also reduces the problem of high BP during pregnancy. Do not eat excessive mangoes- During pregnancy, also keep in mind that during this time mangoes should not be eaten excessively. Consuming too much of it can also cause many problems. Like diarrhea, dehydration, headache etc.

Do you also forget small things? Is this a health hazard?

Health Tips Often we forget small things. However, it is not necessary that we remember everything. But if you are constantly struggling with this problem then it is not a good sign for your health. Sometimes, due to lack of vitamins in the body or due to some disease, memory can also become weak. Let's know why there is a problem of forgetting? Many times it happens that we keep things and forget. After a long time we remember where we had kept that thing.



But if you always face this problem, it is not a good sign. It is not necessary that we remember everything, but if you have started forgetting every little thing, then it is not right for your health. So let's know what causes forgetfulness? Vitamin-B12- If there is a deficiency of Vitamin-B12 in the body, then you start forgetting things. Vitamin-B12 helps in making DNA and Red Blood Cells. If there is a deficiency of Vitamin-B12 in

the body, then the person starts having fatigue, weakness, memory loss. Thyroid- Thyroid Glands are very important for the development of your brain. Due to its being more active or less active, a person suffers from memory loss i.e. forgetfulness. blood clot Sometimes blood clots form in the veins. Due to which blood cannot reach your brain. Memory loss or confusion occurs when blood does not reach the brain. Sometimes there is a change in the behavior and personality of the people as well. Consumption of alcohol- If a person consumes excessive amount of alcohol on a daily basis, then it destroys your nerve cells and you do not remember things. Kidney problem- If you have kidney problem, forgetfulness can happen. Although you may not be aware of it in the early stages, a person who needs hemodialysis may show signs of amnesia. Due to head injury- If there is ever a head injury, then later there may be a problem of memory loss. At the same time, taking many medicines like antidepressants also weakens memory.

World Hepatitis Day 2023: What is Hepatitis A, B, C, D, E? Know from the doctor who is more at risk

World Hepatitis Day 2023 World Hepatitis Day is celebrated every year on 28 July to raise awareness among people about hepatitis and its related liver diseases. Let us know in detail about the symptoms of different types of hepatitis. It is very important to identify these symptoms in time and get them treated. Hepatitis is a very serious problem related to the liver. Identifying the symptoms of which timely treatment is necessary, otherwise it can lead to liver cancer. 'World Hepatitis Day' is celebrated every year on 28 July with the aim of making people aware of hepatitis and its liver problems. Let us know about this disease in more detail. Hepatitis A, B, C, D, and E refer to diseases caused by different types of hepatitis viruses, which are related to liver-destroying infections. Each of these types of hepatitis virus infects in a different way. Learn about the different types of hepatitis. 1. Hepatitis A (HA) -



Hepatitis A virus (HAV) is spread through fecal-oral route, which is related to drinking dirty water and eating dirty food. This virus usually heals quickly, but some people may have symptoms for a long time. - Vaccine is available for this and it can be avoided with proper management of

hygiene.2. Hepatitis B (HB) - The hepatitis B virus (HBV) is spread through blood and body fluids. This virus can spread through blood donation, drug abuse, sexual intercourse and improper use of joint medical equipment. It can be dangerous for the liver and can be serious in many cases. Vaccine is available to avoid this.3. Hepatitis C (HC) - Hepatitis C virus (HCV) is also spread through blood and is commonly spread from infected person to other person. - It is dangerous for the liver and if infected for a long time, it can damage the liver badly. Its treatment is available, but there is no vaccine.4. Hepatitis D (HD)-- Hepatitis D virus (HDV) requires individuals to be already infected with hepatitis B, as it can only be infected with the B virus. HD is also known as DD and this disease is also dangerous for the liver. 5. Hepatitis E (HE) - Hepatitis E virus (HEV) is spread through fecal-oral medium, which is related to wrong eating habits. - Its treatment is also generally cured with Ayurvedic medicine and good hygiene. Follow these methods to prevent hepatitis virus infections - Follow hygiene and hand washing. Pay attention to clean water and do not drink dirty water. Get Hepatitis B vaccine. - Contact specialist doctor for treatment and follow prescribed medicines. Note that not every person is likely to be infected with these viruses. Most of these people live without any problems throughout their lives. But if a person shows the symptoms of these diseases, they should immediately go to a doctor and get proper treatment done.

Heathy Breakfast: Looking for a healthy option for breakfast, try Karnataka's famous Cucumber Dosa

Heathy Breakfast Breakfast is more important to be healthy than being tasty, but what is healthy is rarely that it is also tasty and if you start thinking about the test then you have to compromise with health, so today we are going to share with you. We have come up with a recipe which is healthy as well as tasty. In fact, you too must have eaten food from all parts of India and how can it be that the name of the famous dosa of South India does not figure in it. Earlier, where plain and masala dosa used to be popular, today there are many varieties of dosa, which eating with heard the famous Cucumber we are going making specialty of not take much also very tasty. platform, Ku Meghna has quick recipe Meghna says,



people will be seen gusto, but have you name of Karnataka's Kukumber Dosa i.e. Dosa? If not, then today to tell you the recipe for Cucumber Dosa. The this recipe is that it does time to prepare and it is On the microblogging App, famous chef shared the easy and of Kheera Dosa. Chef 'Neither do many

ingredients nor much time is required to make this famous recipe of Karnataka. To make this dosa, complete preparation can be done in a very short time and its batter is ready within about one and a half hours. It is a little less crispy than the normal dosa, but once you taste it, everyone will want to eat it again and again. Method for making Cucumber Dosa - First of all, take a cup of semolina in a bowl. Add three-fourth cup of water to it and leave it for half an hour. Now put the soaked semolina in the mixer jar. Then put chopped cucumber pieces, two tablespoons of freshly grated coconut in it. If you want, you can also put a small piece of ginger in it. Now add one teaspoon cumin and the same amount of whole coriander, a pinch of turmeric and whole red chili. Then add only two spoons of water and make its batter. - If the batter seems too thick, add some water to make it suitable for making dosa. Then add salt as per taste and green chopped coriander if desired. Now after heating the griddle lightly, apply some oil and wipe it with the help of a tissue. Now just pour the batter and spread it evenly across the pan. Cover it and leave it to cook on medium flame. Then apply a little oil on its top side. Now flip the dosa and bake it on the other side as well. Your Tasty Cucumber Dosa is done. Keep making more dosas like this and keep on feeding. It is slightly crispier than normal dosa, but tastes great.

Karan Johar is being praised for Rocky Aur Rani Kii Prem Kahaani, celebs gave so many stars to the film

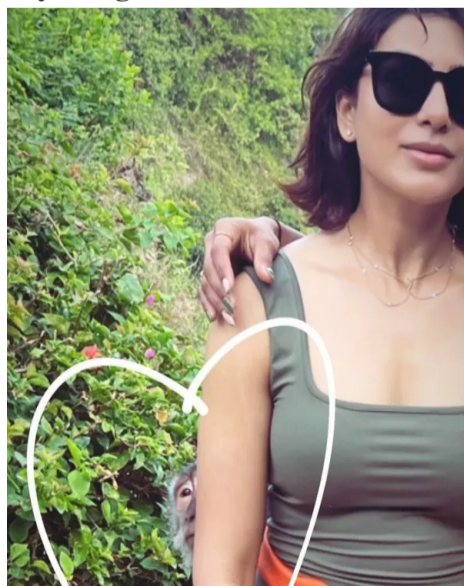
Rocky Aur Rani Kii Prem Kahaani Celeb Reviews The film Rocky and Rani's love story premiered late night in Mumbai. Alia Bhatt, Ranveer Singh, Gauri Khan, Malaika Arora, Seema Sajdeh, Ananya Panday, Chunky Pandey, Shabana Azmi and Jaya Bachchan were among many other celebs who attended. Now on social media, celebs have shared their



respective reviews about the film. The premiere of Alia Bhatt and Ranveer Singh's romantic comedy Rocky Aur Rani Ki Prem Kahani took place in Mumbai on Tuesday evening. The star-studded night was attended by Alia Bhatt, Ranveer Singh, Gauri Khan, Malaika Arora, Seema Sajdeh, Ananya Panday, Chunky Pandey, Shabana Azmi and Jaya Bachchan among others. Now celebs have shared their reviews about the film on social media. Gauri Khan has given so many stars to the film – everyone from Gauri Khan to Malaika Arora has shared their reviews about the film on their Instagram stories. Gauri Khan shared a photo of herself, Seema Sajdeh, Malaika Arora and Karisma Kapoor, among others, and wrote the caption, "5 stars to Rocky and Rani. Abhishek Bachchan ne kahi aisi baat - Abhishek Bachchan's mother Jaya is also seen starring in the film. The actor used to turn up late at night to watch the film. Now, the actor took to his Instagram Stories story to write about Rocky and Rani's love story, a "complete and complete family entertainer". Is back to doing what he does best." The actor tagged the star cast of the film and congratulated them. Alia's mother-in-law Neetu Kapoor also praised- Alia Bhatt's mother-in-law Neetu Kapoor also shared the poster of the film on Instagram Stories and wrote, "A complete entertainer full of amazing performances by all the actors. Alia is shining, looking very beautiful." Karan Johar you are a true master. Amazing performances by Alia Bhatt, Ranveer Singh and what a delight to watch on screen with the legendary Dharmendra, Shabana Azmi and Jaya Bachchan. It is all set to release in theaters on 28th July. Now have to see how fans like it.

Samantha Ruth Prabhu was licked by a monkey on her Bali vacation, took the actress' glasses

Samantha Ruth Prabhu actress is holidaying in Indonesia with her friend Anusha Swamy. Samantha is constantly sharing pictures and videos of her vacation from Bali. On this vacation, something happens with the actress, of which she has shared videos and photos. The actress had gone on a trip to Uluwatu in Bali with her friend Anusha. Samantha Ruth Prabhu is away from the screen these days. Recently, the actress also announced her break. During this, she told that she is going on a break for about a year. These days the actress is holidaying in Indonesia with her friend Anusha Swamy. Samantha is constantly sharing pictures and videos of her vacation from Bali. Something happens with the actress on this vacation, of which she has shared videos and photos. The monkey took away the glasses of the actress- The actress encounters a lot of monkeys while on vacation. He also shared a video of monkeys on his Instagram story. Actually, the actress had gone on a trip to Uluwatu in Bali with her friend Anusha. Both have shared many pictures of this road trip. During this, his head and black glasses were on his eyes. In a glasses. She has shared a photo, in which she is behind. The actress has built her heart around this time I saw my shades here,' writes Samantha. man tries to take them back from the monkey. good.' Talking about the work front of the actress, both of these films have flopped on screen. Now soon he had finished shooting for this web with her friend Anusha Swamy. Samantha is On this vacation, something happens with the had gone on a trip to Uluwatu in Bali with her friend days. Recently, the actress also announced her a year. These days the actress is holidaying in sharing pictures and videos of her vacation from she has shared videos and photos. The monkey took away the glasses of the actress- The actress encounters a lot of monkeys while on vacation. He also shared a video of monkeys on his Instagram story. Actually, the actress had gone on a trip to Uluwatu in Bali with her friend Anusha. Both have shared many pictures of this road trip. During this, Samantha is seen in an olive green color dress. He has a hat on his head and black glasses were on his eyes. In a video clip, Samantha told how a monkey ran away with her glasses. She has shared a photo, in which she is posing with friend Anusha, while a monkey is seen peeping from behind. The actress has built her heart around this clever monkey. 'Monkey's choice is good' - Samantha - 'The last time I saw my shades here,' writes Samantha. In the next video, the monkey is seen holding his glasses while a man tries to take them back from the monkey. Samantha has written on this clip, 'Okay ... her choice is really good.' Talking about the work front of the actress, two of her recently released films 'Yashoda' and 'Shakuntalam', both of these films have flopped on screen. Now soon she is going to be seen in 'Citadel' with Varun Dhawan. Recently, he had finished shooting for this web series.



Well.. he does have really good taste 🤔🤔🤔

Korean pop music 'New Jeans' in Billboard Hot 100, know - at which number are the songs of the album?

K Pop group New Jeans New Jeans reached a new career high on the Billboard Hot 100 chart. The popularity of K-pop artist in India is increasing day by day. Nowadays everyone



is seeing a lot of craze for Korean movies and series. In this sequence, New Jeans Group, which has made its huge fan following around the world, has made its entry in Billboard. Korean drama or Korean pop music, the number of people who like it in India is not less. Along with BTS, the group New Jeans is also ruling the hearts of the people and with this, the songs of the film have started entering the music charts. Coming into the public eye a few months back, the K-Pop group has managed to make everyone go crazy. Super Shy's song New Jeans has reached a new career high on the 'Billboard Hot 100' chart at number 64. As of the new chart issued by Billboard on July 25, "Super Shy" debuted at number 64. It is one of the triple title tracks of New Jeans second mini album Get Up. "Super Shy" was pre-released on July 7 KST and debuted at number 66 on the Hot 100 last week, having now jumped to number 64. New Jeans has surpassed the tracks of its own two previous songs, 'OMG' (74th) and "Ditto" (82nd). Ever since the release of this album, its fan following has been increasing ever since. 'New Jeans' group - Let us tell you that 'New Jeans' is a Korean group, which consists of 5 artists. This group is created by Hype Level Agency and was launched on 1st August 2022. There are all girls in this group and their names are- Kim Min-ji (Minji) Honey (Hanni) Danielle (Danielle) Haerin (Haerin) Lee Hye-in (Hyein) Some famous songs of this album of K Pop, including: Attention Cookie Hype Boy Hurt OMG Ditto This isn't the first time a Korean group has become so popular. Before this, BTS is often in the news. Even today it is increasing its fan following in the younger generation. Nowadays everyone is seeing a lot of craze for Korean movies and series. The biggest proof of this is 'Squid Game', which was a South Korean survival 'K drama'. Seeing its popularity, the makers are soon going to bring its second part in front of the audience.

Both have shared many pictures of this road trip. During this, Samantha is seen in an olive green color dress. He has a hat on his head and black glasses were on his eyes. In a video clip, Samantha told how a monkey ran away with her glasses. She has shared a photo, in which she is posing with friend Anusha, while a monkey is seen peeping from behind. The actress has built her heart around this clever monkey. 'Monkey's choice is good' - Samantha - 'The last time I saw my shades here,' writes Samantha. In the next video, the monkey is seen holding his glasses while a man tries to take them back from the monkey. Samantha has written on this clip, 'Okay ... her choice is really good.' Talking about the work front of the actress, two of her recently released films 'Yashoda' and 'Shakuntalam', both of these films have flopped on screen. Now soon she is going to be seen in 'Citadel' with Varun Dhawan. Recently, he had finished shooting for this web series.