

संपादकीय Editorial

India's G-20

The capital New Delhi has become an 'impenetrable fort' and is also decorated like a bride. This is a historic moment for India. The summit of G-20 countries is to be inaugurated today. Almost all the heads of state and prime ministers have reached the courtyard of India. Joseph Biden as US President and Rishi Sunak as British Prime Minister have come to India for the first time. Around 10,000 foreign guests will enjoy Indian hospitality. Will enjoy coarse grain dishes and sweets. The G-20 is not just a geopolitical and economic development forum. This is such a G-20 conference, due to which India has come into the group of 'world-friends'. Now the chapters of India's potential, strength and cultural heritage are open before global leaders. They can assess and analyze. India has welcomed its foreign guests with cultural humility. The presence of images of our gods and goddesses, animal world, artefacts, cultural heritage, dance, waterfalls and the wonderful statue of Lord Nataraja at the entrance of the meeting place 'Bharat Mandapam' looks very artistic. Art, culture and rituals are settled in every Rome of India. New Delhi looks like a city situated in a huge garden. Such security cordon have been deployed from ground to sky, which give the feel of 'Chakravyuh'.

To ensure that our dear guests do not face even a moment of restlessness, insecurity or inconvenience, fighter aircraft like Rafale, Mirage, short-range missiles, anti-drone systems, air defense systems and spy helicopters have been deployed. Seeing about 1.30 lakh policemen, paramilitary forces, soldiers and commandos on the ground, it seems as if India is present in a 'battlefield'. However, the G-20 summit will break the illusion that it is only a group of countries with big economies, because under its presidency, India insists that the African Union, which is lagging behind in economic development, should also be included in the G-20. The coming together of the developed, developing and the third world on one platform will provide holistic development. Prime Minister Modi's view and resolve is that the economy should be human-centric rather than GDP, only then global development and brotherhood is possible. US President Biden has accepted India's resolution as the 'vision of G-20'. The agenda on which global heads of state, prime ministers and experts will discuss will include food security, energy crisis and clean energy, world order, development, climate change, pandemic, employment, supply chain, terrorism, green tourism, Global South, technology transfer etc. Issues are important. Actually, this agenda has been prepared by India itself, which will be discussed on the G-20 platform. This is India's G-20, because this conference is also a verification of India's all-round prosperity. It has also been estimated that during the discussions, all the countries will set a target of mutual trade and industrial coordination of 200 billion dollars. Even now, about 75 percent of world trade is done by G-20 countries.

India's prominence on the world stage will also increase. If our partnership with powerful countries increases, then multinational companies will make India their stronghold and start their plants. If production happens here, then employment will also increase here. America is moving towards setting up 6 nuclear reactors in India. The talks of purchasing Predator drone and making its production center in India are in the final stages. ISRO and NASA will together decide the strategic framework and mission. France, Britain, Germany and many other countries have their own goals to work with India. It is noteworthy that India wants to invite fellow countries of 'Quad' like America, Japan, Australia on the occasion of 'Republic Day'

The story of the naming of India, in the words of the Vedas, Puranas and scriptures

In the Vedic scriptures, although Bharat, the eldest son of Prajapati Rishabhdev, has been considered as the basis for the name of this country 'Bharatvarsha', there are some contradictory references also, with reference to which some scholars have accepted the name of Daushyanti Bharat as the basis. But this fact is not confirmed by ancient literature. According to him, Rishabh's son Bharat proves to be the basis of the name 'Bharat'. Our country India is the only country on which whoever ruled it named it as per his wish, that is why it was called Hindustan, India, but the actual name of our country "Bharat" has been in use continuously for centuries. It is well known that this name and the pride of our country will remain forever. But do you know that our country "Bharat" was actually named after which "Bharat"? What does the evidence say? Famous Bharatas in our country are - Adibrahma Adinath and Yashaswati son of Chakravarti Emperor Bharat, Dushyant and Shakuntala son Bharat mentioned in Abhigyan Shakuntalam, Dasharatha and Kaikeyi son Bharat of Ramcharitmanas and Natyashastra pioneer Bharat. Although, time and again, Dushyant and Shakuntala's son Bharat have been said to be the basis for naming Bharatvarsha and this baseless reference has been almost imposed, taught and propagated, but the truth is something else. For my book "Bharatnama" published from Bharatiya Jnanpith, which is on the topic of naming of our country, I studied a lot before presenting this topic with revised and authentic references and by deliberately not writing the book myself, I edited my research work and shared it with the readers. Is assigned to. Its third revised edition has recently been published. In the book, through evidence-filled articles on this subject in Hindi language as well as in Sanskrit, Marathi, Gujarati, Kannada, Tamil, Punjabi and English and references and quotations from Vedas, Puranas, Upanishads and other texts, it is proved that our country "Bharat" is actually named after "Chakravarti Emperor Bharat, the eldest son of Ayodhya ruler Adinath Rishabhdev." Articles of former Director General MC Joshi, Padmabhushan Baldev Upadhyay, Dr. Muni Lal Ranga, Kailash Vajpayee, Professor Kuldeep Kumar, Dr. Shyam Narayan Pandey and many other thinkers, writers and historians are compiled in Bharatnama. I am presenting some references for the hallmark - Bharatam Kulam (Aadiparva 74/ 131) Some people believe that this land got its name Bharat from Shakuntala's son Bharat. For this reason, this Kaurava dynasty became famous by the name of Bharat dynasty, the later kings of this dynasty were called Bharat (Bharatvanshi). But this is certainly the latter view. Dushyant's son Bharat was born after 6 Manvantaras and 426 divine Yugas. Here, many years before this the name of the country had become 'Bharat'. The great poet Kalidas in his famous 'Abhigyanashakuntal' has also mentioned that the country Bharatavarsha was not named after Shakuntala's son Bharata. Certainly, the country 'Bharatvarsha' was named after Rishabh's son Bharat. (Bharatnama page 127) Such a description of Rishabh's son Bharat is found in both the Jain tradition and the Brahmin tradition, but in both the traditions his life has been depicted in different ways according to their respective viewpoints. For this reason, even though there are many similarities between the biographies described in Jain religious texts and Brahmanical religious texts, there are also some factual differences. In the Jain tradition he is described as the first Chakravarti among the Shalaka-purushas and his entire life is in accordance with the teachings he received from his father. They are followers of Nivritti Dharma and this is the natural Nivritti Dharma, but at some places the color of Nivritti Dharma has also been added to it by the character writers. In the Vedic scriptures, although Bharat, the eldest son of Prajapati Rishabhdev, has been considered as the basis for the name of this country 'Bharatvarsha', there are some contradictory references also, with reference to which some scholars have accepted the name of Daushyanti Bharat as the basis. But this fact is not confirmed by ancient literature. According to him, Rishabh's son Bharat proves to be the basis of the name 'Bharat'. 'Agni Purana' (10/10-11); 'Markandeya Purana' (p. 39-42); 'Narad Purana' (Pre-section, Chapter 48); 'Linga Purana' (47/19-13); 'Skanda Purana' (Maheshwar section Kaumar section, 37/57); 'Vayu Purana' (Second Part, Chapter 1); 'Brahmanda Purana' (Ex. 2/14); 'Kurma Purana' (Chapter 1); 'Varaha Purana' (Chapter 76); Apart from the Puranas like 'Matsya Purana' (114-5-6) etc., it has been clearly stated in Shrimad Bhagwat that Bharata, the eldest son of Rishabh, was a great yogi and in his name this country was called 'Bharatvarsha': Yeshan Khalu Mahayogi Bharato Jyeshta: Shresthagun Aasidyenedam year Bharatmiti Vyapadishanti (5/4/9). Apart from the above, almost all the Puranas and other literature of Jainism are witnesses to this fact. (Bharatnama/147) Sobhichintyath rishabho bharatam putravatsalah. Himadre Dakshinam Varsha Bharatasya Nyvedayat. Tasmantu Bharatam Varsha Tasya Namna Vidurbudha: ? (Linga Purana, Ch. 35, Shlok 21, 23-24) That is, Shri Rishabhdev ji gave the southern province of the Himalayas to Bharat. Therefore this province was named Bharatvarsha. Agnipuran is the main encyclopedia of Indian knowledge. Its 383 chapters cover a wide variety of subjects. this book There are lines related to 'Bharat and India' - Jaramrityabhayam nasti dharmadhaam yugadikamna dharma madhyam tulya himadeshaatu nabhitah. Rishabh Marudevayan Cha Rishabhad Bharatobhavatri Bhodaat Shripuro Shalyagrame Haring Gatah. Bharatat Bharatam Varsham Bharatat Sumatistvah? (Agnipuran, Chapter 10, Verses 10-12) That is, in that Himavat Pradesh (India was earlier called Himavat Pradesh), there was no fear of old age or death, there was no religion and unrighteousness. There was equality among them. There Rishabh was born to Nabhraj Marudevi. Bharat came from Rishabh. Rishabh handed over the kingdom to Bharat and retired. From India the name of this country came to be Bharatvarsha. Bharat's son's name was Sumati. Shri A in Vedanta Kesari. Chintamani has written in his article 'Rishabhdev and Adi Shaivadharma' that if we go into ancient times, we find Lord Rishabh of Ikshvaku dynasty, who is the first Tirthankar of Jains and who taught the lesson of non-violence to the Aryans. This Rishabh has been praised in the Rig Veda and has also been declared an incarnation of Vishnu in the Srimad Bhagwat Purana. The character of Rishabh is the same in Hindu Puranas as it is in Jain scriptures. Both of them mention Bharat as his son, in whose name this country came to be known as Bharatvarsha. Many historical, mythological, archaeological, religious, literary and cultural evidences mention this. I hope that the real and authentic basis of naming the real name of our country Bharat will definitely be taken into cognizance and will also be established in its true form.

True tribute to Lala Jagat Narayan ji

Today is the 42nd death anniversary of respected Lala Jagat Narayan ji i.e. my grandfather and father-in-law. Today is the 42nd death anniversary of respected Lala Jagat Narayan ji i.e. my grandfather and father-in-law. It has been 42 years, but even today it seems like yesterday. When I got married, Lala ji's status was so high that many governors and many chief ministers attended the wedding. The marriage took place at Arya Samaj Mandir Jalandhar. Thousands of people came to give blessings. Some even came to see whether Lala ji, who gives the example of simple marriage to everyone, does it himself or not and the same happened. Lala ji had given strict instructions to my parents that the girl should come in three clothes only. No jewelry should be worn. My mother was very worried that what kind of bride with empty ears and hands. But Lala ji had seen it before sitting on the Laanva Phere and made me wear his wife's chain and bangles. Ashwini ji and I have maintained the same practice till our children. My three sons got married in Delhi Arya Samaj Mandir for one rupee. I was studying at the time of marriage and passed MA Political Science in second division after marriage. Then Lala ji had given ten rupees as a reward. Which I have kept safe till date. At that time many people in the house used to serve Lala ji. There were three generations and a kitchen facility. I was his granddaughter-in-law. It is said that interest is dearer than the principal. He loved his eldest grandson Ashwini Minna very much. (By the way everyone loved children) That's why he had a lot of love for his wife i.e. me too. He used to take the first tea in the morning and tea-pakoras at five in the evening from my hand. If he used to go anywhere in the program, he used to take me with him many times. His great specialty was that those who preached to the people, they themselves used to follow the same. He was a very kind and genuine person. The whole family was kept in one thread. His editorials were very accurate, fair and fearless. He gave the same qualities to Ashwini ji. His pen was neither afraid nor bent and was not with any party. Now that he was a minister in the center and the state, but he abandoned everything in front of the truth. He was in a prosperous family. Both his sons and daughters-in-law used to respect him a lot. He had great affection for all the grandchildren. He had discipline in the house like a king. Without his permission, even a leaf of the house did not move. I loved this atmosphere. She used to take out his clothes in the morning and he used to go somewhere everyday, so she used to accompany him by preparing parathas and his favorite vegetable of potato and peas for the way. She used to heat water in a bucket for bath because there was no geyser at that time. Everyone used to follow his orders and used to meet people in the evening, so at the end he started a series called Jeevan Ki Sandhya (last stage). According to him, what should happen in the evening of life and what happens to people was written. He also built an ashram for the elderly in Haridwar. Despite being in a full family, he used to feel the loneliness of this evening of life. I understood their pain and desire. He wanted that there should be something or the other for the people of this age. That's why, fulfilling his last wish, I and Ashwini ji established Senior Citizen Kesari Club, which is a true tribute to him. In this, I have been working for the last 20 years for the elders of all the three classes. Lots of activities for upper and middle class senior citizens, so that they feel confident that they are second to none. All his life he worked for children and society, now he should live every moment of life with confidence. Not only this, the needy elders (whose children come and say that there is a lot of inflation, we cannot keep them) are adopted from rich people, they do not need to be taken home, they are given money for medicine and food and whatever help is given. It comes within 80 g, which helps many needy elders. They can live in their homes with their children. Because our country is the country of Shri Ram and Shrawan. There should be no place for old age homes in this. He fought for the freedom of the country all his life, then made the sacrifice while maintaining the unity and integrity of the country. The day he was martyred, a mountain of sorrow fell on our family. I came to know on the same day that I was going to be a mother for the first time (Aditya was in my womb). It is believed in our house that he has come back in the form of Aditya. Not only this, he was martyred, but Punjab was saved on the way. Not only this, he empowered the Punjab Kesari newspaper all over India.

देश में प्रत्येक समाज की जनसंख्या के आधार पर राजनीति में सक्रिय भागीदारी होनी चाहिए- प्रदीप कुमार तिवारी

क्यूँ न लिखूँ सच

शिवकुमार मिश्र

रीवा। प्रदीप कुमार तिवारी का यह निजी मत है कि आपको बता दे जब कुछ समाज में देखा जाता है कि समाज को आगे बढ़ाने वाले व्यक्ति की हि टांग खींच ली जाती है उसका समर्थन तो कोसां दूर बल्कि यदि वह अपने समाज को सही दिशा दे रहा है तब भी उसके खिलाफ लोग आ जाते हैं ये अपने समाज के लिए दुविधा की बात है क्योंकि समाज को आगे बढ़ाने के लिए एकता जरूरी है और यदि समाज आगे बढ़ेगा तो देश का आगे बढ़ना स्वाभाविक है। आपको बता दे देश में अनेक समाज ऐसे हैं जिनका राजनीतिक स्तर पर कोई सुनने वाला नहीं है अर्थात् उस समाज से राजनीति में कोई व्यक्ति विशेष नहीं है जिस कारण उस समाज के बहुत सारे मुद्रे अथवा समस्याओं का समाधान नहीं हो पा रहा

बढ़ता देख नहीं पाते - इसलिए

समाज को आगे बढ़ाने के लिए क्या करना चाहिए ?

किसी सज्जन ने किसी विद्वान से पूछा कि समाज को आगे बढ़ाने के लिए क्या करना चाहिए ? विद्वान ने बहुत सीधा और सरल जवाब दिया कि - टांग के बदले लोगों के हाथ खींचो - समाज स्वयं ही आगे बढ़ने लगेगा। अक्सर मन में दबी हुई ईर्ष्या की भावना के कारण हम किसी को आगे बढ़ता देख नहीं पाते -

इसलिए

देवसर विधायक सुभाष रामचरित्र वर्मा ने शासकीय महाविद्यालय का किया भूमिपूजन

क्यूँ न लिखूँ सच

मानस मिश्र

सिंगरौली- देवसर विधानसभा के लोकप्रिय विधायक सुभाष रामचरित्र वर्मा ने शासकीय महाविद्यालय का भूमिपूजन किया देवसर विधानसभा क्षेत्र के बरगवा में 434.78 लाख रु की लागत से बने वाले शासकीय महाविद्यालय का विधायक श्री वर्मा ने भूमिपूजन किया। कार्यक्रम को सम्बोधित करते हुए विधायक ने कहा कि विधायक ने कहां की आगे भी क्षेत्र में जनता के हित के लिए विकाश कार्य जारी रहेगा विधायक श्री वर्मा द्वारा लगातार जनता के हित के कई कार्यों को किया जा रहा है, विधायक श्री वर्मा की प्रयास से आज गाव-गाव एंव लगभग हर गलियों में पक्की

एल.पी.जी. सिलेंडर सहित सभी आवश्यक वस्तुओं की कीमतों में अत्यधिक वृद्धि को लेकर किया प्रेस नोट जारी

क्यूँ न लिखूँ सच

निशाकांत शर्मा

एटा-कांग्रेस के कार्यवाहक जिला अध्यक्ष ठाकुर अनिल सोलंकी ने प्रेस विज्ञप्ति में कहा कि जैसा कि आप अवगत हैं कि लूट भाजपा के डी.एन.ए. में मौजूद है और उनकी रिवर्स रॉबिन्सुड हकरतें अमीरों को और अमीर और गरीबों को और गरीब बना रही है। क्या यह बहुत अश्वर्य की बात नहीं है कि हमारे प्रिय प्रधानमंत्री, जिन्होंने एल.पी.जी. सिलेंडर सहित सभी आवश्यक वस्तुओं की कीमतों में अत्यधिक वृद्धि के कारण अनेकों लोगों और उनकी पीड़ी की कपी परावाह नहीं की, उन्हें अचानक उनके दर्द का एहसास हुआ और कीमत 200/- रुपये कम कर दी। एल.पी.जी. सिलेंडर की कीमतों में रु. 200/- की कटौती मतदाताओं को लुभाने और 5 चुनाव वाले राज्यों और उसके बाद के लोकसभा चुनावों में बढ़त हासिल करने के लिए भाजपा का यह एक और राजनीतिक स्टंट है। इस अवसर पर सुभाष सागर एडवोकेट पूर्व सभासद, संजीव गुप्ता सेवा दल, देवेंद्र सिंह राजपूत एडवोकेट, मोहम्मद तसब्बूर जिला अध्यक्ष शोशल मीडिया, जीनेन्द्र राणा सेवा दल, ग्रिटिक गुप्ता सेवा दल, अविव जेनरेशन सोसायटी द्वारा चैकिंग जनपद एटा श्री

भी बंद कर दिया है। पिछले 2 दशकों में एल.पी.जी. सिलेंडर की मूल वृद्धि के रूपान्तर पर बारीकी से नजर डालने से हर मतदाता की आंखे खुल जायेंगी और कोई भी स्पष्ट रूप से समझ सकता है कि कीमतें केवल भाजपा शासन के दौरान ही बेरहमी से बढ़ाई गई हैं। पिछले साढ़े नौ साल में मोदी सरकार ने रसोई गैस के दाम लगातार बढ़ाकर 31.37 करोड़ लोगों को लूटा है। उन्होंने जनता की जेब पर रु. 8,33,640.76 करोड़ (आठ लाख तैतीस हजार छः सौ चालीस करोड़) से ज्यादा की लूट की है। सिर्फ हमारी उज्ज्वला बहनों से ही 2017 से अब तक मोदी जी ने रु. 68,702.76 करोड़ (अड़सठ हजार सात सौ दो करोड़)लूट

लिये। इस सम्बन्ध में 08.00 कांग्रेस कमेटी के परिपत्र सं-हृद 7/751 दिनांक 31 अगस्त, 2023 के क्रम में आपको अवगत कराना है कि एल.पी.जी. सिलेंडर की कीमतों में रु. 200/- की कटौती मतदाताओं को लुभाने और 5 चुनाव वाले राज्यों और उसके बाद के लोकसभा चुनावों में बढ़त हासिल करने के लिए भाजपा का यह एक और राजनीतिक स्टंट है। इस अवसर पर सुभाष

सागर एडवोकेट पूर्व सभासद, संजीव गुप्ता सेवा दल, देवेंद्र सिंह राजपूत एडवोकेट, मोहम्मद तसब्बूर जिला अध्यक्ष शोशल मीडिया, जीनेन्द्र राणा सेवा दल, अविव जेनरेशन सोसायटी द्वारा चैकिंग जनपद एटा श्री

गोला सरजनपुर थाना

मुठभेड़, आम्र्स एक्ट तथा एनडीपीएस एक्ट के मामले में वांछित चल रहे एक शातिर

चोर को चोरी किए हुए टेंपो तथा अवैध असलहा कारतूस सहित किया गिरफ्तार

क्यूँ न लिखूँ सच

निशाकांत शर्मा

एटा-थाना बागवाला पुलिस को मिली बड़ी सफलता, बागवाला पुलिस द्वारा पुलिस मुठभेड़, आम्र्स एक्ट तथा एनडीपीएस एक्ट के मामले में वांछित चल रहे एक शातिर चोर को चोरी किए हुए टेंपो तथा अवैध असलहा कारतूस सहित किया गिरफ्तार। वरिष्ठ पुलिस अधीक्षक एटा श्री राजेश कुमार सिंह के आदेशों के क्रम में व अपर पुलिस

अधीक्षक जनपद एटा श्री

अपना प्रदेश

मेधावी पब्लिक स्कूल में धूमधाम से शनिवार को मना श्रीकृष्ण जन्मोत्सव, बच्चों के साथ माताओं ने लिया बढ़-चढ़ कर हिस्सा

क्यूँ न लिखूँ सच

बेरली- मेधावी पब्लिक स्कूल

में शनिवार को श्रीकृष्ण

जन्मोत्सव का कार्यक्रम हर

वर्ष की तरह इस बार भी

होमेली से साथ मना गया

। जिसमें बच्चों के साथ-साथ

उनकी मदर्स ने भी बढ़-चढ़

कर हिस्सा लिया। कार्यक्रम

का शुभारंभ मुख्य अतिथि पूर्व

अध्यापिका श्वेता शर्मा तथा

विशिष्ट अतिथि पूनम चन्द्रा

के अलावा स्कूल की

संरक्षिका ज्ञानवती,

प्रधानाचार्य लतेश राणी ने

मां सरस्वती की प्रतिमा पर

पुष्पार्पण कर तथा द्वीप

प्रज्वलित कर किया। राधा-

कृष्ण का स्वरूप बन कर

आगे ले जाना अथवा ऊपर

उठाना असंभव है। समाज का

भला करना है तो लोगों की

टांग खींच कर उन्हें ऊपर

उठाना असंभव है। लोगों की

समूह का नाम है। लोगों की

बिना समाज का अपना कोई

आस्तिव नहीं है - यह व्यक्तियों के - लोगों के

समूह का नाम है। लोगों की

संरक्षिका

ज्ञानवती,

प्रधानाचार्य लतेश राणी ने

मां सरस्वती की प्रतिमा पर

पुष्पार्पण कर तथा द्वीप

प्रज्वलित कर किया। राधा-

कृष्ण का स्वरूप बन कर

आगे ले जाना अथवा ऊपर

उठाना असंभव है। लोगों की

समूह का नाम है। लोगों की

बिना समाज का अपना कोई

आस्तिव नहीं है - यह व्यक्तियों के - लोगों के

समूह का नाम है। लोगों की

संरक्षिका

ज्ञानवती,

प्रधानाचार्य लतेश राणी ने

मां सरस्वती की प्रतिमा पर

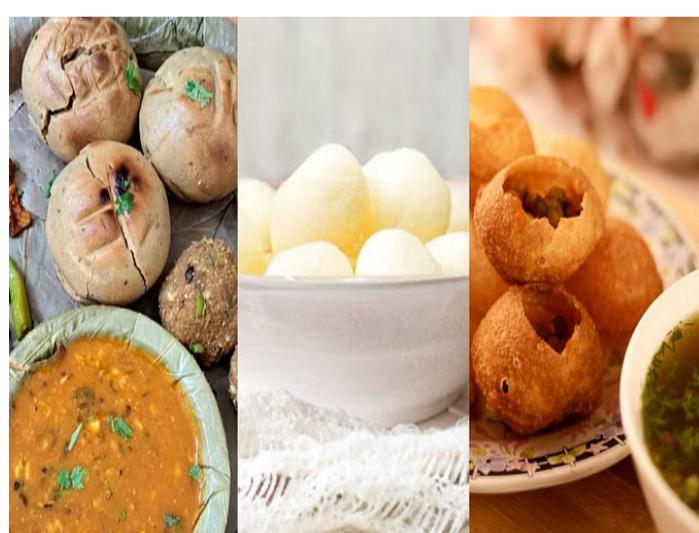
Grand pandals of Ganpati are decorated at these places, visit on the occasion of Ganeshotsav

A large, ornate statue of Lord Ganesha, the elephant-headed deity, seated on a lion. He is highly decorated with pink and gold paint, and a garland of flowers. He has four arms, each holding a different object. The background is dark, making the statue stand out.

The name of this pandal is 'Lalbagh Cha Raja'. A grand statue of Ganapati, who is called the King of Lalbagh, is installed in this pandal. Ganpati installation is taking place here since 1934. Lord Ganesha seated here is also considered the 'Ganpati of vows'. Many celebrities also come to this pandal for worship during Ganesh Utsav. Andhericha Raja, Mumbai – The grandest pandals are decorated in Mumbai. One of these is famous by the name of Andherecha Raja. This Ganpati Pandal is being organized since 1966. Many celebrities participate here in the 10-day festival. Andhericha Raja's Ganpati pandal is famous for its mesmerizing decorations. Mumbaicha Raja, Ganesh Gali- 'Mumbaicha Raja' sits in Ganesh Gali and lane of Mumbai during Ganpati festival. Located at a short distance from Lalbagh Cha Raja Pandal, it is one of the most famous pandals of the city. For the first time in 1928 mill workers performed Ganpati puja and celebrated the festival here. Since then, every year a Ganpati Utsav pandal is decorated for Mumbaicha Raja with a special theme in Ganesh Gali. GBS Seva Mandal Ganpati, Dwarkanath Bhawan- A grand Ganpati festival is organized at Dwarkanath Bhawan on Cuttack Road, Wadala, Mumbai. Here the Ganpati pandal of GBS Seva Mandal is set up, which is famous as Gold Ganesh. In this pandal, real gold ornaments are used for Ganapati's makeup. For this reason it is considered the richest mandap of the city. Also, this is the only pandal where rituals are performed 24 hours a day during the 10-day festival.

Indian dishes will be served in the plate of foreign guests, the list includes from Dal Baati to Golgappa

In the event of G-20 in India, all the guests will enjoy different vegetarian dishes of India. Food arrangements have been made for all the guests at Pragati Maidan itself. This year, a gathering of the world's 20 most powerful economies is going to be held in India. In fact, this



3,500 people in the media delegation for the G-20 Summit. Arrangements have been made for everyone to eat at Pragati Maidan itself. Millets thali is the most special – The whole world is celebrating the year 2023 as Millets Year on the initiative of India. Because of this, this time the impression of this 'Shrianna' of PM Narendra Modi is going to appear in the menu card of the G20 summit. Pure vegetarian food will be served to all the guests coming to the summit. A special Millets Thali has been prepared for everyone. Dishes made from coarse grains will be prepared - If reports are to be believed the food menu will include more than 100 dishes. In which many dishes would be made of coarse grains like millet, ragi, jowar and sesame etc. In this menu, everything from starter to main course is being prepared from millets i.e. coarse grains. A glimpse of the states will be seen in the food- Talking about the dishes, the news is coming out that Bihar's Litti-Chokha, Rajasthani Dal Bati Churma, Punjabi Tadka, Uttapam and Idli, Bengali Rasgulla, South India's Masala Dosa, Jalebi and many other special dishes. Dishes and sweets will be specially served. The specialties of different states of India are visible in these dishes. Guests will be tasted the taste of street food – Apart from this, like every time, this time also PM Modi will definitely taste the taste of desi street food to his foreign guests. The list of street food will include Golgappa, Debi Bhel, Samosa, Bhelpuri, Vada Pav and Chhatpati Chawal.

Excess salt not only increases blood pressure, it also poses a serious threat to the kidneys, these things are also harmful.

To keep the body healthy, all people are advised to eat nutritious food, although it is important to know what to eat and what to avoid. Among the things which have been found most harmful for the body, salt-sugar has been kept prominent. Things with high salt are considered to be the main reason for the problem of high blood pressure, but do you know that it can have harmful side effects for the body in many other ways? Researchers found that consuming foods high in salt can not only increase the problem of blood pressure, but it has also been



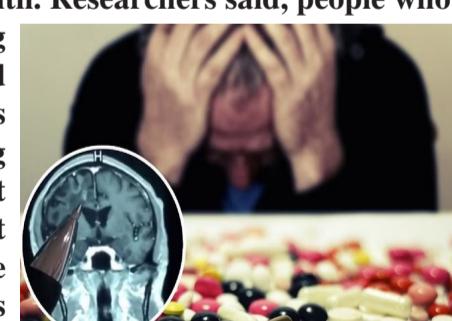
the kidneys. When kidney function starts getting affected, the release of water from the body also reduces, due to which there can be a risk of increasing blood pressure, this is one of the main causes of kidney diseases. Let us know what other things can cause damage to the kidneys? Too much protein is also harmful. Protein is one of the most essential elements for a healthy diet, but if you include more protein-rich things in your diet for more benefits. If you do this then there may be a risk of increasing problems for your kidneys. Excess protein in the diet can cause intraglomerular hypertension, resulting in increased problems for the kidneys. It becomes very important to take care of the amount of protein in the diet. Smoking is also harmful. Smoking is considered harmful for the entire body, it not only increases the risk of lung disease but it also has a negative effect on kidney health. Has gone. Smoking increases the risk of both high blood pressure and type-2 diabetes, both of which are major causes of kidney disease. Apart from this, smoking also slows down the blood flow in the kidneys, due to which the health of the kidneys can also be affected. Pain medicines- If you keep taking pain medicines often, take over-the-counter pain medicines in case of minor problems, then this can also have side effects on kidney health. Excessive consumption of painkillers can affect kidney functions, which is why it is advised not to consume medicines without any medical advice.

If you want to save the brain from premature aging, then tie the knot, start the effort from today itself.

To keep the body healthy, experts have advised all people to consume 6-8 hours of sleep every night along with consuming healthy and nutritious food. Good sleep is essential for both

physical and mental health. Researchers said, people who do not get enough sleep at night

are at risk of developing diseases along with blood on how important gold is scientists has made a big sleep is also very important Sleep plays an important and functioning of the sleep the brain undergoes affect cognitive, being. That is, if you want to keep your brain healthy, then efforts should be made to improve the quality of sleep. **Insomnia problem and brain related disorders** In a recent study, scientists told that people who have insomnia or sleep related diseases There is an increased risk of their brain's ability to weaken over time. Lack of sleep is linked to cognitive dysfunction, meaning it can affect your brain's ability to function over time. This study, conducted using an insomniac mouse model, has found that to maintain cognitive functions, it is important to maintain good sleep quality. Proteins essential for the brain were discovered - Journal of the American Chemical Society In this study published in Protein Research, the team of scientists has identified a protective protein, pleiotrophin or PTN, which is essential for keeping the brain healthy, although its levels also start decreasing in case of lack of sleep. PTEN has also been found to be essential for nerve health, bone development, inflammation, cancer metastasis, and tissue repair. **How to reduce brain related disorders?** In the report of the study, the researchers noted that in case of reduction in the amount of PTN, the hippocampal cells responsible for memory and learning in the brain start dying. There are chances of improvement in Alzheimer's and other neurodegenerative diseases with the help of this protein. Researchers have found that if you sleep well, it is helpful in keeping these cells healthy and can also reduce brain-related disorders. **How to improve sleep?** In this study, scientists said, to improve the quality of sleep, it is necessary to focus on night sleep only. According to a study published earlier in the Journal of the American Geriatrics Society, the brain of people who sleep less starts aging prematurely. To keep brain cells healthy and reduce the risks of



Shilpa Shetty expressed her desire to work with Karthik and Ranveer, said this in praise of Govinda

Actress Shilpa Shetty is in discussion these days about her upcoming film 'Sukhi'. The trailer of the film has been released and the audience has liked it a lot. Recently, Shilpa with stars like Karthik Aryan and till now she has also been seen onscreen chemistry was during a media interview that in wants to work with Karthik Shilpa Shetty said, 'They are all but I would love to work with brilliant actor. And I also like much. I think they all bring and if there is a role that suits would love to play that role this, Shilpa believes that her with Govinda was the best. Shilpa shared the best chemistry with working with him. Shilpa also talked the film Sukhi. Shilpa said, 'I am a film Sukhi.' Please tell that Shilpa the screen together in films like Pardesi Babu. Shilpa Shetty Siddharth Malhotra. The opposite Siddharth in Rohit series 'Indian Police Force'. she said, 'I love the fact that filmy and that's a very good 'Sukhi' also stars Kusha Dilnaz Irani. Will. Directed by Sonal Joshi, the film will release on September 22. Shilpa Shetty will be seen in the role of a housewife in this film.



Chhaya Deepika's cameo in Shahrukh's film 'Jawaan', Rakul Preet said this in praise

Shahrukh Khan and Nayanthara-starrer Jawan is releasing in theaters on September 7. Everyone watching the film is praising Atlee Kumar for his direction and the actor's acting. Actress Rakul Preet Singh recently praised Deepika's cameo in the film and called it impressive.



Shahrukh Khan and Nayanthara-starrer film Jawan was released in theaters on September 7 and with this, Shahrukh Khan proved that he is King Khan. Why is it called? The young man has drawn people to the theater again. This film is getting praise from all sides. The film is getting a lot of love not only from the audience but also from the critics. Everyone watching the film is praising Atlee Kumar's direction to the actor's performance. Actress Rakul Preet Singh recently praised Deepika's cameo in the film and described it as impressive. Rakul Preet Singh reacted on Insta Story- Rakul Preet Singh took to her Instagram Story to express her views on the film Jawan. His review included special mentions to director Atlee, lead pair Shah Rukh Khan and Nayanthara and Deepika Padukone. The actress wrote, 'I don't have enough words to explain the feeling of seeing the young man!! Just atlee the world has been mesmerized by your magic. Bow down to Shahrukh Khan. Nayantara you are so beautiful. Deepika Padukone your cameo is very impressive. Deepika Padukone expressed her gratitude - In response to Rakul's praise, Deepika re-shared her review on her Instagram story and expressed her gratitude with a flying kiss sticker. Earlier, on the evening of September 7, filmmaker Karan Johar shared an adorable picture of his Shah Rukh Khan on his Instagram Stories. Karan Johar wrote a caption with the picture, in which he called Shahrukh as 'Samrat'. Jawan rocks the box office - After bringing Bollywood back on track with 'Pathan' earlier this year, Shah Rukh Khan has broken his own record with 'Jawan'. The Atlee-directed action film opened to a great opening at the box office and went on to become the highest-grossing Hindi film of all time. Jawan has collected around Rs 65.50 crore in Hindi on the first day. Apart from Shahrukh Khan, Nayanthara, Vijay Sethupathi are also in important roles in this film. Along with this, Deepika Padukone is also seen doing a cameo in the film.

Vijay Verma participated in 'Desi Vibes with Shehnaz Gill', 'Punjab Ki Katrina' expressed happiness

Recently, actor Vijay Verma participated in Shehnaz Gill's chat show 'Desi Vibes with Shehnaz Gill'. Shehnaz Gill, popularly known as 'Katrina of Punjab', often remains in the headlines. After winning the hearts of the audience in 'Bigg Boss 13' and making her Bollywood debut with 'Kisi Ka Bhai Kisi Ki Jaan', Shehnaz Gill dominates social media due to her pictures and looks. But along with this, the one thing for which Shehnaz remains in the news among

the people is her own chat show. Many actors from the cinema world come to 'Desi Vibes with Shehnaz Gill'. This time Vijay Verma, who created a stir in the show from South to Bollywood, came to gossip

with Shehnaz. Shehnaz Gill was happy to shoot with Vijay Verma - Recently, actor Vijay Verma participated in Shehnaz Gill's chat show 'Desi Vibes with Shehnaz Gill'. Shehnaz shared pictures with Vijay on her Instagram handle and wrote, 'It gave me great pleasure to host the amazing actor Vijay Verma on my show. The mini bucket list of personalities I wanted to have in my show is slowly getting completed. What an amazing episode we shot, can't wait for you all to see it. Vijay-Shehnaz were seen laughing and smiling in the pictures - Happiness is clearly visible on the faces of both the actors in the pictures shared by Shehnaz Gill. The actor is seen sipping tea with Shehnaz. While Shehnaz Gill is looking hot in a red dress, Vijay Verma is looking very handsome in a jeans jacket. Talking about Shehnaz Gill's work front, the actress was last seen in 'Kisi Ka Bhai Kisi Ki Jaan' alongside Salman Khan, Pooja Hegde, Venkatesh, Raghav Juyal, Jassi Gill, Palak Tiwari, Siddharth Nigam, Bhumika Chawla and Vinali Bhatnagar among others. was seen with Now she will soon be seen in the film 'Thank you for Coming' with Bhumi Pednekar. Vijay Verma will be seen in 'Jaane Jaan' - Vijay Verma, who has spread his acting skills from South films to Bollywood, has done 'Dahad', 'Lust Stories 2'. , has worked in series like. The actor will soon be seen in 'Jaane Jaan'. Along with him, Kareena Kapoor Khan and Jaideep Alhawat will also be seen in lead roles in this film. This is a thriller film, the trailer of which has been released recently.

Vicky Kaushal-Katrina Kaif going to give good news soon? The actor told the condition of the family

Vicky Kaushal is currently promoting his next release 'The Great Indian Family'. In this episode, during an interview, the actor openly discussed about his dating with Katrina Kaif. He also said something about taking the family forward, which has created a stir on social media. In an interview with Radio City India, Vicky was asked who was the first to know at home when he started dating Katrina. On this the actor said, 'My mother and father came to know first at home.' When asked if he told both of them about it together, the actor said yes. Then the host jokingly asked if his parents were able to believe him. Hearing this, Vicky went



into deep thought and said, 'Well, I had already done it.' Vicky Kaushal and Katrina Kaif got married in the year 2021. In such a situation, the host asked whether their relatives put pressure on Katrina to tell good news to take forward the family of both. To this the actor said, 'No one is casting. They are very cool.' Vicky and Katrina have not worked together in any film yet. When asked about the possibility of them working together, Vicky shared, 'I have told them that there will be two directors. One on set and the other when I go home. One who will tell me right from wrong on the sets and one at home what is right and what is wrong.' On the work front, Vicky Kaushal recently delivered the hit film Zara Hatke Zara Bachke with Sara Ali Khan. His upcoming family comedy 'The Great Indian Family' is all set to hit the theaters on 22nd September. Vicky Kaushal will also be seen in Meghna Gulzar's film 'Sam Bahadur'. On the other hand, Katrina will soon be seen in the much-awaited film 'Tiger 3' opposite Salman Khan. The third installment of YRF Spy Universe is slated to release on the occasion of Diwali 2023.