

क्यू न लिखू सच

मुद्रादाबाद से प्रकाशित

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KNLS Live

सम्पर्क करे-9027776991

न्यूज़ पोर्टल बनवाये 2999 में

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दैनिक अखबार वर्यून लिखू सच को जिला एवं तहसील स्तर पर ब्योरो संवाददाता व विज्ञापन प्रतिनिधि चाहिए
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प्रसारित क्षेत्र-बरेली, पीलीभीत, बदायूं, कासगंज, एटा, अलीगढ़, संभल, श्रावस्ती, अलीगढ़ और उत्तराखंड

संक्षिप्त समाचार

जहां भी नियुक्ति मिले वहां की स्थानीय भाषा सीखें, उम्मीदवारों से बोलीं निर्मला सीतारमण



वित्त मंत्री निर्मला सीतारमण तमिलनाडु दौरे पर हैं। यहां उन्होंने रोजगार मेले में शिरकत की। केंद्र के रोजगार मेले का जिक्र करते हुए कहा, अब तक लगभग 10 लाख लोगों को नौकरी के प्रस्ताव मिले हैं। मंगलवार को रोजगार मेले में केंद्रीय वित्त एवं कॉर्पोरेट मामले की मंत्री निर्मला सीतारमण ने शिरकत की। रोजगार मेले का जिक्र करते हुए, सीतारमण ने कहा कि अक्टूबर 2022 से इसका आयोजन हो रहा है। अब तक लगभग 10 लाख लोगों को नौकरी के प्रस्ताव मिले हैं। साथ ही उन्होंने कहा, यदि किसी ऐसे उम्मीदवार को नौकरी की पेशकश दी जाती है, जो बैंक में सेवारत होगा और सीधे संपर्क में होगा। उसे प्रतिदिन ग्राहकों के साथ स्थानीय भाषा सीखनी चाहिए। आज प्रधानमंत्री द्वारा देशभर में 51,000 नियुक्ति आदेश दिए जा रहे हैं। मुझे बताया गया कि तमिलनाडु से 553 लोगों को नौकरी के प्रस्ताव मिल रहे हैं। रोजगार मेले पर बोलते हुए मंत्री सीतारमण ने कहा, अन्य राज्यों से चयनित उम्मीदवार, वहां की स्थानीय भाषा सीखें, जहां उन्हें तैनात किया गया है। इसी दौरान सीतारमण ने इस बात पर जोर दिया कि जिन उम्मीदवारों को नौकरी की पेशकश मिली है, उन्हें भी अपना कौशल बढ़ाना चाहिए। यह सुनिश्चित करना चाहिए कि केंद्र द्वारा शुरू की गई योजनाओं को लोगों की सेवा में कैसे लाया जाए। तमिलनाडु में उम्मीदवारों को प्रस्तुत किए जा रहे 553 ऑफर लेटर में से, सीतारमण ने कार्यक्रम में 156 लोगों को नियुक्ति आदेश दिए। प्रस्ताव पत्र राजपत्रित अधिकारियों और अराजपत्रित अधिकारियों दोनों को प्रस्तुत किए जा रहे हैं। इससे पहले, हवाईअड्डे पर पहुंचते ही भाजपा की तमिलनाडु इकाई ने सीतारमण का गर्मजोशी से स्वागत किया।

ताज़ा खबरों के लिए देखें
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गोरखपुर में सीएम योगी: एमएमएमयूटी में प्रशासनिक भवन का किया लोकार्पण, बोले- विकास में तकनीकी संस्थाओं का रोल अहम



अब पुराने प्रशासनिक भवन में फिलहाल फार्मसी की पढ़ाई होगी। फार्मसी के लिए नया भवन बन रहा है। नया भवन बन जाने के बाद वहां फार्मसी विभाग को शिफ्ट किया जाएगा। उसके बाद विवि प्रशासन अपनी सुविधानुसार इस भवन में नए कोर्स शुरू कर सकता है। मुख्यमंत्री योगी आदित्यनाथ ने कहा कि देश व प्रदेश के विकास में तकनीकी संस्थाओं का योगदान अहम है। समाज को इस तकनीकी लाभ देने के लिए तकनीकी संस्थाओं का आगे आना होगा। वे मंगलवार को मदनमोहन मालवीय प्रौद्योगिकी विश्वविद्यालय में निर्मित आधुनिक प्रशासनिक भवन के लोकार्पण अवसर पर बतौर मुख्य अतिथि बोल रहे थे। प्रदेश के मुख्यमंत्री योगी आदित्यनाथ योगी आदित्यनाथ मंगलवार को दो दिवसीय दौरे पर आए हुए हैं। उन्होंने मदन मोहन मालवीय प्रौद्योगिकी विश्वविद्यालय में नए प्रशासनिक भवन का लोकार्पण किया। इसके बाद वह गोरखनाथ मंदिर के लिए निकल गए। बता दें कि सीएम योगी एमएमएमयूटी में 11.86 करोड़ की लागत से तैयार हुए नए प्रशासनिक भवन का लोकार्पण किए। कुलपति प्रो. जेपी पाण्डेय एक दिन पहले से पूरी तैयारियां करवा दी थीं। एमएमएमयूटी के प्रशासनिक भवन की टॉप फ्लोर पर कुलपति कार्यालय और प्रति

यूनिवर्सिटी कनेक्ट प्रोग्राम: पीएम बोले- जी20 की सफलता पूरे देश की, भारत की स्पीड का जवाब नहीं



पीएम मोदी ने कहा कि 23 अगस्त की तारीख पूरे देश के लिए अंतरिक्ष दिवस के रूप में अमर हुई है। चंद्रयान 3 की सफलता के साथ के बाद भारत के वैज्ञानिकों का लोहा पूरी दुनिया में माना है। पीएम ने कहा कि भारत की पहल पर अफीकन यूनियन जी 20 का सदस्य बना। इस पीएम मोदी ने यह भी कहा कि रोजगार मेला लगाकर एक लाख लोगों को रोजगार दिया गया। प्रधानमंत्री नरेंद्र मोदी ने मंगलवार को जी 20 यूनिवर्सिटी कनेक्ट प्रोग्राम के दौरान छात्रों को संबोधित किया। इस दौरान पीएम ने कहा कि जी 20 सम्मेलन की सफलता पूरे देश की है। इस सम्मेलन के दौरान दुनिया के लिए बड़े-बड़े फैसले लिए गए। पीएम मोदी ने कहा कि भारत की स्पीड का जवाब नहीं है। 17 सितंबर को पीएम विश्वकर्मा योजना की शुरुआत की गई।

अमेठी के संजय गांधी अस्पताल का लाइसेंस निलंबित किए जाने को लेकर केंद्रीय महिला एवं बाल विकास मंत्री स्मृति ईरानी ने बयान दिया है। उन्होंने गांधी परिवार को लेकर कहा कि उन्हें एक महिला की जान की कोई परवाह नहीं है। केंद्रीय महिला एवं बाल विकास मंत्री स्मृति ईरानी ने अमेठी के संजय गांधी अस्पताल का लाइसेंस रद्द करने पर किए जा रहे सत्याग्रह पर बयान दिया है। उन्होंने कहा कि अस्पताल में लापरवाही के कारण एक महिला की मौत हो गई। मैं अर्चयित हूँ कि गांधी खानदान की ओर से चलाए जा रहे अस्पताल में एक महिला की मौत होती है। ऐसे में उसके परिजनों को सहाय

माथे पर पति के नाम का सिंदूर... पर एक हजार रुपये के लिए बनीं विधवा, सत्यापन में खुली पोल

कानपुर में शादीशुदा होने के बाद भी 24 महिलाओं के विधवा पेंशन उठा ली। जिला प्रोबेशन विभाग ने वित्तीय वर्ष 2023 का सत्यापन कराया तो पोल खुल गई। सभी की पेंशन रोक दी गई है। विभाग नोटिस जारी कर वसूली की तैयारी में है। शादीशुदा होने के बाद भी महिलाओं के विधवा पेंशन उठाने का मामला सामने आया है। वित्तीय वर्ष 2023 के सत्यापन में ऐसी 24 महिलाएं सामने आई हैं, जिनके माथे पर तो पति के नाम का सिंदूर लगा है लेकिन हर माह एक हजार रुपये पाने के लिए विधवा का चोला ओढ़ने से गुरेज नहीं किया। ये वो महिलाएं हैं, जिन्होंने पहली पति की मौत के बाद दूसरी शादी कर ली है। अब सत्यापन में पोल खुलने के बाद इनकी पेंशन बंद कर वसूली की तैयारी है। दअरसल, पति की मृत्यु के बाद सरकार की तरफ से निराश्रित महिला योजना के तहत विधवा को एक हजार रुपये प्रतिमाह पेंशन दी जाती है। वर्तमान में जिले में 58 हजार महिलाएं इस योजना का लाभ ले रही हैं। प्रोबेशन विभाग की टीम

शुभकामनाएं, कांग्रेसियों ने बांधे तारीफों के पुल

मनमोहन सिंह को जन्मदिन की बधाई देते हुए कांग्रेस अध्यक्ष खरगे ने कहा कि वह एक ऐसे शक्तिशाली हैं, जिन्होंने राजनीति में सादगी और गरिमा का उदाहरण पेश किया है। पूर्व प्रधानमंत्री मनमोहन सिंह का आज जन्मदिन है। इस मौके पर पीएम नरेंद्र मोदी सहित कई नेताओं ने उन्हें बधाई दी। इसके साथ ही उनकी लंबी उम्र और अच्छे स्वास्थ्य की कामना की। वहीं, कांग्रेस प्रमुख मल्लिकार्जुन खरगे ने उनकी प्रशंसा कर कहा कि वह एक सच्चे प्रधानमंत्री थे, जिनके काम उनके शब्दों से ज्यादा बोलते थे। बता दें, 91 वर्षीय मनमोहन सिंह ने साल 2004 से 2014 के बीच प्रधानमंत्री के रूप में कांग्रेस के नेतृत्व वाली यूपीए सरकार का नेतृत्व किया था। वह 1991-96 के दौरान पीवी नरसिम्हा राव के नेतृत्व वाली सरकार में भारत के वित्त मंत्री भी रहे थे।

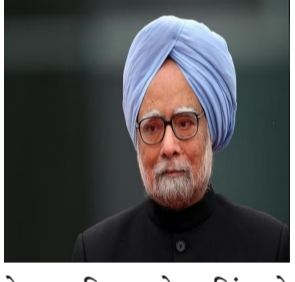
संजय गांधी अस्पताल प्रकरण पर बोलीं स्मृति ईरानी, अपना मुनाफा बंद होने पर रो रहे गांधी खानदान के लोग

लखनऊ में आयोजित रोजगार मेले में नियुक्ति पत्र वितरण किया। इस मौके पर अपने संबोधन में उन्होंने कहा कि आज जिनको नियुक्ति पत्र मिले हैं वो लोग आम लोगों की उम्मीदों पर खरे उतरें। तकनीकी के इस दौर में आम आदमी को इस डेस्क से दूसरी डेस्क भटकना पड़े। हाल में हुए जी 20 में प्रधानमंत्री नरेंद्र मोदी ने यह कर दिखाया है कि किस तरह हर स्तर के अधिकारी, कर्मचारी को साथ लेकर चला जाए। आज यहां डाक विभाग ने भी कई विभागों के समन्वय से यह कार्यक्रम किया है। उन्होंने कहा कि अधिकारी, आम आदमी से सरलता से बर्ताव करें। नागरिक को मालिक और खुद को सेवक समझें। इसमें बहुत सारे ऐसे लोग आए हैं जो प्राइवेट नौकरी छोड़कर देश सेवा के लिए आए हैं। ऐसे में भारत का उज्ज्वल भविष्य आप पर निर्भर करता है। नए भारत में महिलाएं उत्साह से भरी हुई हैं। केंद्रीय मंत्री ने कहा कि भविष्य के निर्माता अपनी सार्थकता, सहजता और सरलता से आगे बढ़ें। उन्होंने कहा कि गणेश वंदना के समय, पीएम मोदी ने नए संसद भवन में 33 फीसदी महिला आरक्षण बिल पास कराकर एक नए भारत की शुरुवात की है। आज महिला उत्साह और उमंग से भरी हुई है। देश में हर वर्ग बढ़ रहा है पीएम मोदी के नेतृत्व में विधायक जय देवी ने कहा कि

प्रधानमंत्री नरेंद्र मोदी काफी काम कर रहे हैं और हर क्षेत्र और वर्ग को आगे बढ़ा रहे हैं। विधायक नीरज बोरा ने कहा कि पिछले 9 साल में देश ने काफी प्रगति की। भारत विश्व की पांच बड़ी अर्थव्यवस्था के शामिल हुआ है। हमारे प्रधानमंत्री और मुख्यमंत्री चाहते हैं कि युवा उद्यमी बनें, वह रोजगार देने वाला बनें। उन्होंने कहा कि स्मृति ईरानी ने अमेठी में काफी विकास कार्य किए हैं। वहां की तस्वीर बदली है। सीएम योगी ने प्रदेश के बारे में लोगों की अवधारणा बदली है। जहां पहले यहां निवेशक आने से कतराते थे वहीं यहां निवेशक अब आने के लिए आतुर हैं।



ने कहा कि मनमोहन सिंह को जन्मदिन की शुभकामनाएं। हम उनकी लंबी उम्र और अच्छे स्वास्थ्य की कामना करते हैं। सादगी और गरिमा का उदाहरण मनमोहन सिंह को जन्मदिन की शुभकामनाएं। हम उनकी लंबी उम्र और अच्छे स्वास्थ्य की कामना करते हैं। सादगी और गरिमा का उदाहरण मनमोहन सिंह को जन्मदिन की शुभकामनाएं। हम उनकी लंबी उम्र और अच्छे स्वास्थ्य की कामना करते हैं। सादगी और गरिमा का उदाहरण



सिंह के योगदान की सराहना वहीं, कांग्रेस के पूर्व अध्यक्ष राहुल गांधी ने भी राष्ट्र निर्माण में मनमोहन सिंह के योगदान की सराहना की। उन्होंने सोशल मीडिया एक्स पर कहा, 'पूर्व प्रधानमंत्री डॉ. मनमोहन सिंह की ईमानदारी, राष्ट्र निर्माण और जनता के आर्थिक उत्थान के प्रति अटूट प्रतिबद्धता हमेशा मेरे लिए एक प्रेरणा रहेगी।' उन्होंने आगे कहा कि जन्मदिन पर उनके अच्छे स्वास्थ्य और खुशहाली की कामना करता हूँ। धैर्य और विनम्रता का पाठ सिखाया पार्टी महासचिव प्रियंका गांधी वाड़ा ने भी इस अवसर पर मनमोहन सिंह को बधाई दी। उन्होंने कहा कि मनमोहन सिंह को जन्मदिन की बहुत-बहुत शुभकामनाएं। एक नेता के रूप में, उन्होंने राजनीति में धैर्य और विनम्रता का पाठ सिखाया। एक प्रधानमंत्री के रूप में, उनकी ईमानदारी, साहस, दूरदृष्टि और बुद्धिमत्ता ने देश को आत्म-विश्वास और गर्व के साथ 21वीं सदी में आगे बढ़ने का मार्ग प्रशस्त किया। वाड़ा ने कहा कि उनके लिए हमेशा ही सम्मान रहेगा।

देश के विकास में सिंह के योगदान की सराहना कांग्रेस महासचिव जयराम रमेश ने कहा कि आज डॉ. मनमोहन सिंह 91 साल के हो गए। वह हमेशा अनुग्रह, संयम, विनम्रता और गरिमा का प्रतीक रहे हैं। वहीं, कांग्रेस नेता दिग्विजय सिंह ने मनमोहन सिंह को भारत के आर्थिक सुधारों का वास्तुकार बताया। इसके अलावा, कांग्रेस के कई अन्य नेताओं ने पूर्व प्रधानमंत्री को जन्मदिन की बधाई दी और देश के विकास में उनके योगदान की सराहना की।

संपादकीय Editorial

Employment questions

Unemployment and inflation are the most important national issues in India. The irony is that most mandates are not decided on these issues. Nowadays there is a lot of talk about women's reservation. General reservation is also such a sensitive issue. Employment is more important than reservation, so that women do not remain 'unpaid workers' from generation to generation and the average Indian can become self-reliant. Nowadays, whenever the Prime Minister of the country Modi lays the foundation stone of a cricket stadium or inaugurates 'Yashobhoomi' event complex or goes to any exhibition, he claims to increase employment everywhere. Big highways and expressways are also being built in the country, obviously they will also generate employment. In parallel with their construction, other economic activities also increase. Of course, the growth rate of our economy is around 8 percent, but its average per capita growth is only around 4.5 percent. After the Corona global pandemic, India's economy has made a very fast and positive comeback, hence in 2021-22, not only was the GDP about Rs 150 lakh crore and was also 9 percent more than last year, but it was also at the pre-Corona level. Also crossed. The economics of GDP are somewhat different, which the common man cannot understand, hence there are deep contradictions between the rate of economic growth and general employment. Many unanswered questions also remain implicit. Political powers do not answer them.

Employment is another issue that is not being fully addressed despite all the positive economic growth. There are different interpretations and stories of employment, job and self-employment in our country. It is clear from the data of various reports of the Government of India that there has been a return of flexibility or employment in the job market. Apart from governments, bumper employment opportunities are also being advertised in the private sector, but these opportunities for women and young graduates have lagged behind the overall economy. After the Corona epidemic, the rate of male and female workers has increased, but this employment data has been in the headlines only superficially. If working conditions have improved, then apparently the unemployment rate should go down, but even today the national rate is swinging between 7-8 percent. The unemployment rate in 2021-22 was about 6.6 percent, which was about 2 percent less than in 2019-20, but female employment was showing an increase. What kind of anomaly was this? A report suggests that there has been a structural decline in women's employment. In contradiction to this, it was said that the self-employment trends of women have increased. This self-employment was 'unpaid' and an option to 'quit' because of the poor conditions of jobs and employment in the market. It was also concluded that the monthly income of women has increased compared to 2019-20 and 2020-21. This should also be seen in the context of inflation. Interestingly, the monthly income of Rs 12089 in 2021-22 was about 2 percent less than the average monthly income of 2017-18. How is this possible? Does the person's income increase or decrease from year to year?

To increase the monthly income of women in different states, governments of political parties make their financial policies accordingly. Some announce to distribute Rs 1500, some Rs 2000 and Rs 2500 for free. It cannot be called regular income, because sometimes the free money is received and sometimes the governments forget it. Despite such lollipops, the pressure to increase women's participation in the country's labor force remains, but it is not happening. Youth unemployment is a worrying concern, which sometimes takes the form of anarchy.

Shreyas Iyer: Teammates compare him with Virender Sehwag, his bat runs at the number three position of Virat Kohli.

As far as Shreyas Iyer's batting order is concerned, whenever he has got a chance to bat at number three position, he has scored well. His score card at number three position is something like this: 9, 88, 65, 54, 63, 44, 80, 49, 82, 3, 105 runs i.e. Shreyas Iyer also likes to play in this position. Till now there was criticism regarding the selection of Shreyas Iyer who was included in the Cricket World Cup team. Questions were being raised on his fitness, but Shreyas Iyer has silenced the critics by scoring a century against Australia in Indore, but an interesting fact here is that Shreyas Iyer batted as the number three batsman in Indore and scored 90 balls. But scored 105 runs. Also, was the man of the match. In earlier matches, Shreyas was coming to bat at number four or five. Is the number three position a good luck charm for batsmen? Because currently India's great batsman Virat Kohli bats in this position. Everyone knows what his records are? Will Shreyas Iyer get a chance to bat further at number three? This question is a bit complicated. A look at his journey from Under-19 to Team India till now - Shreyas Iyer, who is going to celebrate his 29th birthday on 6th December, had joined Team India from Under-19. Although he is originally from Tamil Nadu, he learned A, B, C, D of cricket in Mumbai. Former Indian player Praveen Amre had recognized the talent of Shreyas Iyer. Under the supervision of Praveen Amre, Shreyas achieved excellence in batting. Shreyas Iyer's early fellow cricketers used to compare him with explosive batsman Virender Sehwag, because Shreyas is also a player who takes risks and scores runs very fast. Shreyas also captained Delhi Capitals in the Indian Premier League (IPL). However, due to injuries recently he has been away from cricket and Team India. Iyer's score at number 3 - As far as Shreyas Iyer's batting order is concerned, whenever he has got a chance to bat at number three position, he has scored well. His score card at number three position is something like this: 9, 88, 65, 54, 63, 44, 80, 49, 82, 3, 105 runs i.e. Shreyas Iyer also likes to play in this position. However, the problem facing Shreyas Iyer is that he will be able to play in this position in the World Cup only if Virat Kohli is rested. It seems difficult for this to happen in the World Cup. As far as Shreyas Iyer's international cricket records are concerned, he represents Team India in all three formats of cricket, Test, ODI and T-20. First of all, in November 2017, he played his first T-20 match against New Zealand. India won that match. However, Shreyas Iyer did not get a chance to bat. The very next month in December 2017, he was also included in the ODI team. In his first ODI against Sri Lanka, Shreyas scored 9 runs while playing at number 3 position, but Shreyas Iyer had to wait a long time to join the Test team. He was included in the Test squad against New Zealand in November 2021. In his very first Test match, Shreyas Iyer played a century inning of 105 runs and in the second innings also he scored 65 runs. Iyer has played so many matches - Shreyas Iyer has so far represented India in 10 Tests, 46 ODIs and 49 T20s. He has scored one century, 666 runs with 5 half-centuries in Test, three centuries in 46 matches in ODI, 1753 runs with 14 half-centuries and 1043 runs with 7 half-centuries in T-20. By the way, Shreyas Iyer can also bowl offbreak and legbreak googly with his straight hand. It is a different matter that he has not got many opportunities to bowl and he has not been able to take any wicket till now. Probably, considering Shreyas' good average of 46.13 and strike rate of 97.55 in ODIs, he has been given a chance in the World Cup team. What wonders will this batsman be able to do for Team India and how much chance will he get in the World Cup? This will be known soon, but the way Shreyas Iyer's form has also returned, it is a good news for Team India. Now most of the players of the team have returned to form and are fully prepared for the World Cup.

Every visitor, not a tourist-1

One week passes every year in the culture of tourism, but in the understanding of this industry it is not a journey. If tourism starts fixing itself a few days, a few months in a year, then we will just keep doing gimmicks on its platform. The soul of tourism encompasses 24-hour experiences, activities and labour. The tourist understands the message of every country, every region and every place. If the tourist is on an international journey, then the purpose of inviting him to India becomes bigger. In such a situation, Himachal has to first make itself a destination in the country and then fulfill India's dream on the international platform. Of course, there have been some quantitative achievements in this regard and due to which international tourists are coming to the state, but efforts should be made to make the reasons for coming more positive and to take the category of tourists to the high end. Along with practical research on tourism in Himachal, commercial review of its trends is necessary. This is not just a bouquet of promotional material or fixed attractions, but a system of prioritizing the needs of the tourism sector. Even though the picture of tourism in Himachal is happy in the statistics, the economy derived from it is not getting the required strength. By June this year, the number of tourism arrivals in Himachal has reached one crore, which may exceed the peak of 196 lakh in 2017. The thing to note is that every person coming to Himachal is being counted as a tourist, whereas unwanted elements are included in this number.

Obviously, if every arrival is counted for tourism, then the desired economy cannot be estimated from this industry. Take Goa for example, where only 2.5 lakh foreign tourists came from December to January and only 81 lakh tourists of all types are expected in the year. On the other hand, so far in 2022-23, 348 charter flights have landed at Goa's international airport through which 1.4 lakh tourists arrived. All these tourists represent a particularly influential category, which makes Goa a favorite destination for high-end tourists. There is no such strength in the number of tourists coming to Himachal till June. The budget of tourists coming to Goa is many times higher than that of tourists coming to Himachal because they spend on higher level facilities during their longer stay. The recognition of tourists and tourism in Himachal is currently at a low level. For example, 80 percent of the tourists come as a stopover on a religious journey and their gatherings are such a moonlight affair for a few days, which is less than the daily expenditure of an ordinary Himachali. In the langar tradition of Chintpurni or other religious places, free food is often available to religious tourists and accommodation arrangements are also made without any expense. Along with this, in the tradition of truck and tractor tourism, a lot of groups come, but on a tour of one or two days, this is a caravan which also takes its kitchen with it. In such a situation, by bearing the burden of 80 percent tourists, Himachal is only collecting the figures of Shraddha in tourism and not making any significant contribution in the economy. Of course, there may be a boom in temple income or business in religious towns, but according to statistics, religious tourism is not being exploited. For this, there should be a separate policy, management and original thinking of temple tourism. There is a need to promote gift centers and gift and prasad industry along with temples. Obviously, if every arrival is counted for tourism, then the desired economy cannot be estimated from this industry. Take Goa for example, where only 2.5 lakh foreign tourists came from December to January and only 81 lakh tourists of all types are expected in the year. On the other hand, so far in 2022-23, 348 charter flights have landed at Goa's international airport through which 1.4 lakh tourists arrived. All these tourists represent a particularly influential category, which makes Goa a favorite destination for high-end tourists. There is no such strength in the number of tourists coming to Himachal till June. The budget of tourists coming to Goa is many times higher than that of tourists coming to Himachal because they spend on higher level facilities during their longer stay. The recognition of tourists and tourism in Himachal is currently at a low level. For example, 80 percent of the tourists come as a stopover on a religious journey and their gatherings are such a moonlight affair for a few days, which is less than the daily expenditure of an ordinary Himachali. In the langar tradition of Chintpurni or other religious places, free food is often available to religious tourists and accommodation arrangements are also made without any expense. Along with this, in the tradition of truck and tractor tourism, a lot of groups come, but on a tour of one or two days, this is a caravan which also takes its kitchen with it. In such a situation, by bearing the burden of 80 percent tourists, Himachal is only collecting the figures of Shraddha in tourism and not making any significant contribution in the economy.

Why tuition-coaching industry is flourishing, flaws in education-examination system are preparing fertile ground for them

The steering group of the curriculum prepared by NCERT in the year 2005 was also headed by Prof. It was Yashpal who did it. Then many changes were made in the structure, content and method of teaching and examination system of books. With time, the number of participants in various examinations increased and the tension of competition also increased rapidly. The condition of government schools went from bad to worse. This is from 1991. Well-known writer RK Narayan gave a historic speech focusing on education in the Rajya Sabha. The theme of the speech was to reduce the burden of school bags on students. It discussed the unnecessary stress placed on students due to the extended curriculum. That statement was discussed nationwide. Government of India, famous scientist and educationist Prof. Under the chairmanship of Yashpal, a committee was formed to reduce the burden of school bags which submitted its report in 1993. The most important recommendation in it was that more stress than the burden of the bag comes from not being able to understand what was taught. The committee had also enumerated the reasons for the same.

People with this blood group have a higher risk of heart diseases, do you also have this blood group? If you are a diabetic patient then eat these 6 types of foods for breakfast, blood sugar level will remain under control.

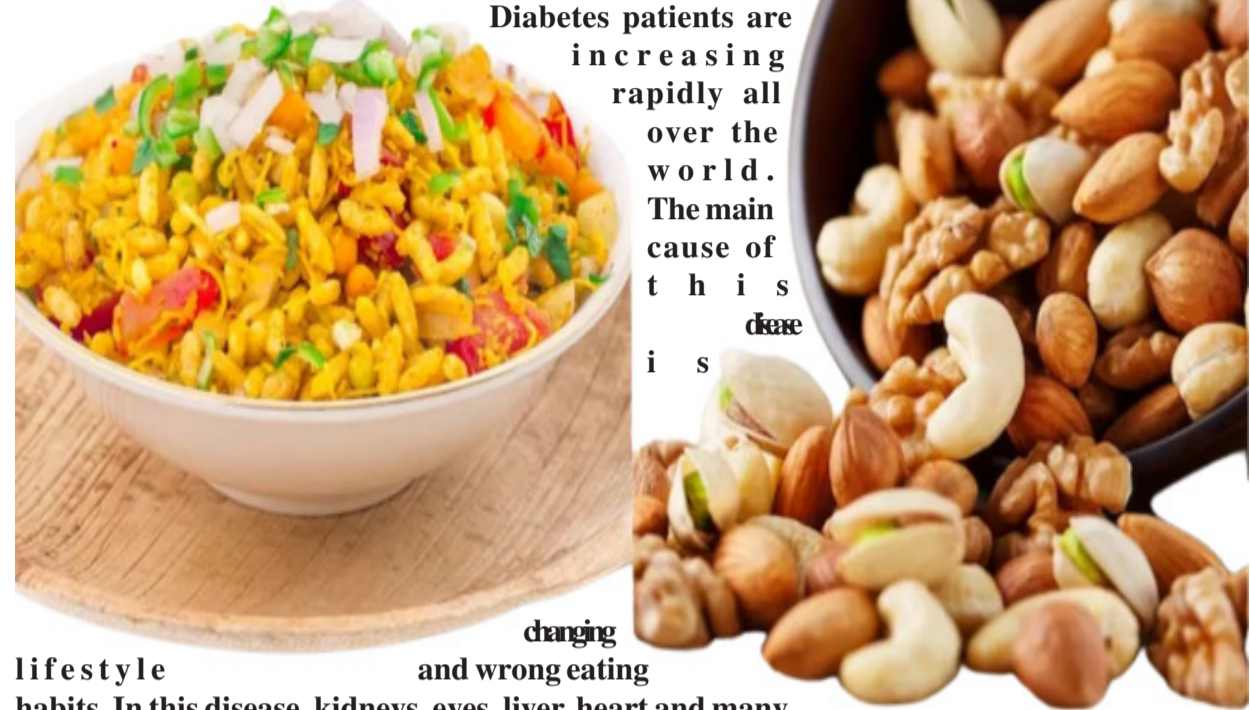
The problem of heart disease, especially heart attack, can be serious, the risk of which is increasing even in young people. According to recent reports, people under the age of 30 are also falling prey to such serious problems, which can also be fatal. Health experts say, all people should be careful about the risks of heart diseases. Recognize its risks in time and get its treatment. Health experts say, some conditions can increase your risk of heart diseases, your blood group can also play an important role in this. Health experts say that people with certain blood groups have a higher risk of heart disease and heart attack. Although



Although this is not certain, such people are advised to take special precautions. Let us know what relation some particular blood groups may have with heart diseases? Blood Group and Risk of Heart Diseases It has always been a big question whether people with certain blood groups may have a higher risk of heart diseases? Health experts say, continuous research is being done on this topic. Research has been alerting people about its risks. The team of researchers found that people with blood groups A and B may have a higher risk of developing dangerous blood clots than people with blood group O. Blood clotting conditions are believed to increase the risk of heart disease and heart attack. Lower risk in people with blood group O Previous research has also suggested a possible link between heart disease and the ABO gene, which is present in people with blood group A, B or AB. Preliminary studies have shown that conditions like air pollution can increase the risk of heart attack and related problems in such patients, for which everyone should take special care and vigilance. In a study of more than four lakh people, experts from the American Heart Association reported that people with blood type O had an 8% higher risk of heart attack and a 10% higher risk of heart failure compared to other people. Risk of high blood pressure - Although it is not that everything is bad for people with type A or B blood group, the team of researchers found that people with type O blood group have a higher risk of high blood pressure than people with type A and B blood group. The risk is reduced by 3%. The lead author of the study and an expert at the University of Groningen in the Netherlands says blood type does not confirm your risk of heart disease, although it does indicate caution. We all need to make continuous efforts to prevent heart diseases, by taking precautions you can reduce your risks.

Healthy Snacks For Diabetics: Nowadays, due to changing lifestyle and wrong eating habits, people are suffering from many serious diseases. One of these is diabetes. This is an incurable disease but blood sugar level can be controlled by changing healthy diet and lifestyle. In this article we will tell you some healthy breakfast options for diabetes patients. Spinach has a low glycemic index. Lentils are rich in protein and fiber. Diabetic patients can eat grilled cheese as breakfast. Diabetes patients are increasing rapidly all over the world. The main cause of this disease is changing lifestyle and wrong eating habits. In this disease, kidneys, eyes, liver, heart and many other organs become weak. There is no cure for diabetes, but according to health experts, blood sugar levels can be normalized by changing diet and lifestyle. Breakfast is most important for diabetic patients. If you are also worried about increasing sugar, then definitely include these things in breakfast. Spinach leaf chaat – Spinach has a low glycemic index. Eating this improves the blood sugar level in the body. Spinach leaf chaat can be a healthy option for diabetic patients. You can eat it as breakfast. You can make it easily at home with handy ingredients. Masoor dal cheela- cheela is very popular in Indian breakfast. Masoor dal cheela can prove beneficial for diabetic patients. The glycemic index of this lentil is low, which is helpful in controlling sugar. Apart from this, this pulse is rich in protein and fiber. Make a paste of this lentil and prepare the solution, add finely chopped capsicum, tomato, onion and salt to it, make this cheela in less oil. Roasted nuts- Nuts are a treasure trove of nutrients. They are rich in unsaturated fat, calcium and many vitamins. If you are a diabetic patient, then eating roasted nuts for breakfast can be beneficial for you. Grilled Paneer- Many types of dishes are made using paneer, but grilled paneer is a good option for sugar patients. You can eat it as a snack. It has a low glycemic index and is also low in carbs, which helps control blood sugar levels. Idli- Idli is a very light and healthy breakfast. It is also advisable to include idli in the weight loss diet. Idli made from millet, ragi or jowar flour is nutritious in diabetes. Bhelpuri- Who would not like to eat delicious Bhelpuri? Sugar patients can also taste this snack. You can make it at home in less time. Bhelpuri is made from puffed rice, onion, tomato, pappi, roasted gram dal, coriander leaves etc.

Diabetes patients are increasing rapidly all over the world. The main cause of this disease is changing lifestyle and wrong eating habits. In this disease, kidneys, eyes, liver, heart and many other organs become weak. There is no cure for diabetes, but according to health experts, blood sugar levels can be normalized by changing diet and lifestyle. Breakfast is most important for diabetic patients. If you are also worried about increasing sugar, then definitely include these things in breakfast. Spinach leaf chaat – Spinach has a low glycemic index. Eating this improves the blood sugar level in the body. Spinach leaf chaat can be a healthy option for diabetic patients. You can eat it as breakfast. You can make it easily at home with handy ingredients. Masoor dal cheela- cheela is very popular in Indian breakfast. Masoor dal cheela can prove beneficial for diabetic patients. The glycemic index of this lentil is low, which is helpful in controlling sugar. Apart from this, this pulse is rich in protein and fiber. Make a paste of this lentil and prepare the solution, add finely chopped capsicum, tomato, onion and salt to it, make this cheela in less oil. Roasted nuts- Nuts are a treasure trove of nutrients. They are rich in unsaturated fat, calcium and many vitamins. If you are a diabetic patient, then eating roasted nuts for breakfast can be beneficial for you. Grilled Paneer- Many types of dishes are made using paneer, but grilled paneer is a good option for sugar patients. You can eat it as a snack. It has a low glycemic index and is also low in carbs, which helps control blood sugar levels. Idli- Idli is a very light and healthy breakfast. It is also advisable to include idli in the weight loss diet. Idli made from millet, ragi or jowar flour is nutritious in diabetes. Bhelpuri- Who would not like to eat delicious Bhelpuri? Sugar patients can also taste this snack. You can make it at home in less time. Bhelpuri is made from puffed rice, onion, tomato, pappi, roasted gram dal, coriander leaves etc.



Dubai is best for family trip, many activities are free for children

Dubai with Kids World class attractions, beautiful and tall buildings and many fun and adventurous activities make Dubai a perfect family holiday destination. Where everyone from adults to children can enjoy. If you are planning to come here then do not miss exploring some of the places here. Dubai is best for family vacation. What are the best places to visit in Dubai? Apart from sightseeing, there are also many options for food and drinks in Dubai. Dubai means tall buildings, clean beaches, big cars running on the roads and a lot. Dubai is called the city of dreams. Dubai is known for its unique and the world's tallest 163-storey building Burj at once. There are many options here for a provision for that too. If you are planning than Dubai, especially with children. Let us children. Dubai Mall- Dubai is a great malls here, but the most famous is Dubai your trip to Dubai with children from Dubai completely, you can come here and enjoy Dubai Mall only. So first visit Burj Khalifa, drinks along with shopping in the mall. tastes of India and abroad. Dubai Aquarium- Aquarium and Underwater Zoo. In this 65,000 marine creatures, which is really birds will be an experience for children. If while roaming around in the mall. Ski Dubai- Despite being in a hot city like Dubai, you adults can fully enjoy by coming here. The temperature of Ski Dubai built in Emirates Mall is kept at minus 2 degrees. It is not possible to stay here even for seconds without warm clothes. This place, built on approximately 22,500 square meters, is not only a paradise for adventure lovers, it also has lots of options for children's enjoyment. As the name suggests, Ski Dubai, so do not miss the opportunity to come here and ski. Where there is an opportunity to ski with complete safety and if you do not want to ski, then you can enjoy roaming in the snow park. There is also a show of penguins in the evening, which is a very special attraction here, so do not miss the opportunity to experience it. 3D Blacklight Minigolf – Another activity you can enjoy while coming here with children is 3D Blacklight Minigolf. This experience will also be very different and fun for them. You can also take a shot in this minigolf with the children. So instead of Thailand, Mauritius, Maldives or Bali, plan for Dubai with your children if you want to make their first trip memorable.



Another exciting place for children in Dubai Mall is the underwater aquarium and zoo, you get a chance to see about amazing. Seeing and knowing different species of animals and you can't buy a ticket for it, you can still get a good view of it Ski Dubai is one of the most spectacular places in the city. can still enjoy the cold weather. Not only children but also

Archana Puran Singh's love story is very interesting, she ran away in the middle of the night and got married for the second time.

Archana Puran Singh is celebrating her 61st birthday today on 26th September. Archana Puran Singh does not need any identity. He has created his own identity by working in



Bollywood films and TV shows. Archana has worked in more than 100 films and TV serials. Along with this, she also serves as a judge in many comedy shows. She was seen as a judge for the first time in 'Comedy Circus'. These days she is seen in 'The Kapil Sharma Show'. In this show, he was signed in place of Navjot Singh Sidhu. Archana made her Bollywood debut in the year 1987 with the film 'Jalwa'. In this film, she was seen opposite actor Naseeruddin Shah. Apart from this, he has done many great films like 'Agneepath', 'Raja Hindustani', 'Pyaar Ka Rog', 'Kuch Kuch Hota Hai', 'Saudagar', 'Shola Aur Shabnam', 'Baaz' and 'Aashiq Awara'. Archana brings life to the character with her brilliant acting. However, Archana was most liked by the audience in the role of Miss Briganza in the film 'Kuch Kuch Hota Hai'. Archana appeared in the TV show 'Wah Kya Scene Hai' in the year 1993. Along with this, she also appeared in an important role in 'Shriman Shrimati', which was liked a lot by the audience. Apart from this, he has also directed shows like 'Jaane Bhi Do Paro' and 'Nehle Pe Dehla'. Archana has also been a good judge. Archana Puran Singh has hosted many shows with her husband Parmeet Sethi. Which includes shows like 'Jhalak Dikhla Jaa' and 'Kaho Na Yaar Hai'. Apart from her films and shows, Archana was also the subject of much discussion about her personal life. Archana Puran Singh's first marriage was unsuccessful, after which she lost faith in love and marriage. Archana met Parmeet Sethi at an event and both became friends. Their friendship gradually turned into love. Archana and Parmeet got married in the year 1992. Archana and Parmeet eloped in the middle of the night and got married. Archana Singh had told about her marriage that at around 12 o'clock in the night both of them were searching for a Pandit for marriage. Both of them had found a Pandit, but the Pandit said that marriage does not happen like this, there will be an auspicious time for it. Archana and Parmeet then gave them the money and the next morning at 11 o'clock both of them got married.

Is Pooja Hegde marrying a cricketer? Know what is the whole truth

Pooja Hegde, one of the beautiful actresses who has created a stir from Bollywood to South films, is going to get married soon. How much truth is there in this and who is the bridegroom, let us tell you. Pooja Hegde, mark in the industry with his talent. soon. However, how much truth is from Mumbai. However, no such Earlier, several other reports had continuously doing rounds of affair career. The actress said, 'What my career. I don't pay has been seen with big stars of fan following, he is Pooja Hegde stir from let us tell you. any identity. He new phase in groom? A official Earlier, Pooja that she such

official cricketer. Earlier, several other reports

who has created a stir from Bollywood to South films, is going to get married soon. How much truth is there in this and who is the bridegroom, let us tell you. Pooja Hegde, one of the beautiful actresses who has created a stir from Bollywood to South films, does not need any identity. He has made his mark in the industry with his talent. Amidst all this, a new report states that Pooja is preparing for a new phase in her personal life, as she is going to get married there in this and who is the groom? A recent media report has claimed that Pooja Hegde is all set to marry a cricketer. official confirmation has been made regarding this. Well, this is not the first time that Pooja's name is linked to a cricketer. claimed that Pooja Hegde was in a relationship with a cricketer from Karnataka. Now Pooja Hegde has reacted to the news. Pooja Hegde recently claimed during a media interaction that she is single and currently her entire focus is on her can I say about this? I keep reading such news about myself. I am single. I like being single. I am currently focusing on attention to these rumours. Let us tell you that Pooja has made her mark in the industry with her talent. The actress in films like Radhe Shyam, Beast, Housefull 4. Apart from films, Pooja is also very active on social media. In terms ahead of many stars. The actress often shares her photos on Instagram. Fans also eagerly wait for his posts. Is marrying a cricketer? Know what is the whole truth Pooja Hegde, one of the beautiful actresses who has created a Bollywood to South films, is going to get married soon. How much truth is there in this and who is the bridegroom, Pooja Hegde, one of the beautiful actresses who has created a stir from Bollywood to South films, does not need has made his mark in the industry with his talent. Amidst all this, a new report states that Pooja is preparing for a her personal life, as she is going to get married soon. However, how much truth is there in this and who is the recent media report has claimed that Pooja Hegde is all set to marry a cricketer from Mumbai. However, no such confirmation has been made regarding this. Well, this is not the first time that Pooja's name is linked to a cricketer. several other reports had claimed that Pooja Hegde was in a relationship with a cricketer from Karnataka. Now Hegde has reacted to the continuously doing rounds of affair news. Pooja Hegde recently claimed during a media interaction is single and currently her entire focus is on her career. The actress said, 'What can I say about this? I keep reading news about myself. I am single. I like being single. I am currently focusing on my career. I don't pay attention to these rumours. Let us tell you that Pooja has made her mark in the industry with her talent. The actress has been seen with big stars in films like Radhe Shyam, Beast, Housefull 4. Apart from films, Pooja is also very active on social media. In terms of fan following, he is ahead of many stars. The actress often shares her photos on Instagram. Fans also eagerly wait for his posts. Is Pooja Hegde marrying a cricketer? Know what is the whole truth beautiful actresses who has created a stir from Bollywood to South films, is going to get married soon. How much truth is there in this and who is the bridegroom, let us tell you. Pooja Hegde, one of the beautiful actresses who has created a stir from Bollywood to South films, does not need any identity. He has made his mark in the industry with his talent. Amidst all this, a new report states that Pooja is preparing for a new phase in her personal life, she is going to get married soon. However, how much truth is there in this and who is the groom? A recent media report has claimed that Pooja Hegde is all set to marry a cricketer from Mumbai. However, no such confirmation has been made regarding this. Well, this is not the first time that Pooja's name is linked to a had claimed that Pooja Hegde was in a relationship with a cricketer from Karnataka.

The teaser of 'Animal' will be of so many minutes, only a glimpse of Ranbir Kapoor will be seen.

Ranbir Kapoor is in the headlines these days for his film 'Animal'. Fans are also very excited about this film of the actor. Ranbir Kapoor will be seen in a completely different avatar in this film directed by Sandeep Reddy Vanga. His first look poster from the film has been released long ago, in which he is seen in a powerful look. Now the audience is eagerly waiting



for the teaser of this film, which is going to be released this week. Information regarding the time period of the teaser has been revealed. The teaser of the film 'Animal' starring stars like Ranbir Kapoor, Anil Kapoor, Bobby Deol, Trupti Dimri and Rashmika Mandanna is going to be released on September 28. It is being said that the teaser will be of two minutes and 29 seconds. The teaser is going to be action packed. It is also being said that only Ranbir Kapoor will be shown in action scenes in the teaser of the film. The rest of the cast of the film will be seen in the trailer. 'Animal' is said to be a gangster drama film. Ranbir Kapoor will be seen in the lead role in the film. It is being said that the story of the film is based on the strained relationship between father and son. Anil Kapoor will be seen in the role of Ranbir Kapoor's father in the film. Meanwhile, Rashmika Mandanna will be seen opposite Ranbir Kapoor in the film. Earlier this film was scheduled to release on August 11. But, due to the work of the film not being completed, its release was postponed. According to Sandeep Reddy Vanga, 'The reason for not releasing the film on August 11 was its quality. Its post-production work could not be completed. There are seven songs in this film. If seven songs are made in five languages, this number comes to 35. It takes time to make 35 songs with different lyrics and different singers. Let us tell you that 'Animal' will now hit the theaters on December 1. This film will compete with Vicky Kaushal's 'Sam Bahadur' at the box office. Talking about the work front, after 'Animal', Ranbir also has 'Brahmastra: Part 2' in the pipeline.