

प्रसारित क्षेत्र-बरेली, पीलीभीत, बदायूं, कासगंज, एटा, अलीगढ़, संभल, श्रावस्ती, अलीगढ़ और उत्तराखंड

पीएम मोदी बोले- द्वारका एक्सप्रेसवे से बदलेगा लोगों का जीवन, दिल्ली-एनसीआर की राह होगी आसान

प्रधानमंत्री नरेंद्र मोदी ने सोमवार को गुरुग्राम में देश भर में लगभग एक लाख करोड़ रुपये की 112 बड़ी राष्ट्रीय राजमार्ग परियोजनाओं का उद्घाटन और शिलान्यास किया। प्रधानमंत्री नरेंद्र मोदी ने कहा कि देश में जिस गति से विकास हो रहा है उससे कांग्रेस और इंडिया गठबंधन डरे हुए हैं। जब मैं विकासपरियोजनाओं का उद्घाटन करता हूँ, तो वे इसे चुनावी रणनीति कहते हैं। नकारात्मकता और केवल नकारात्मकता ही कांग्रेस की असली विशेषता है। पीएम मोदी ने कहा कि देश में हो रहे लाखों करोड़ रुपये के इन विकास कार्यों से सबसे ज्यादा दिक्कत सिर्फ कांग्रेस और उसके घमंडिया गठबंधन को है। उनकी



नींद हराम हो गई है। इसलिए वो लोग कह रहे हैं कि मोदी चुनाव के कारण लाखों करोड़ रुपये के काम कर रहा है। 10 वर्षों में देश इतना बदल गया, लेकिन कांग्रेस और उसके दोस्तों का चश्मा नहीं बदला। इनके चश्मों का नंबर आज भी वही है। पीएम मोदी ने कहा कि देश में तेजी से हो रहा इन्फ्रास्ट्रक्चर निर्माण का काम, भारत को उतनी ही तेजी से दुनिया की तीसरी सबसे बड़ी आर्थिक ताकत भी बनाएगा। पीएम मोदी ने कहा कि मनोहर लाल के कुशल नेतृत्व में विकसित हरियाणा लगातार विकसित भारत के निर्माण के सपने को साकार करने में मदद कर रहा है। 21वीं सदी का भारत बड़ी सोच वाला भारत है। 21वीं सदी का भारत बड़े लक्ष्यों का भारत है। आज का भारत प्रगति की रफ्तार से कोई समझौता नहीं कर सकता। पीएम मोदी ने कहा कि आज जहाँ द्वारका एक्सप्रेस-वे का निर्माण हुआ है, एक समय था, जब शाम ढलने के बाद लोग इधर आने से बचते थे। टैक्सी ड्राइवर भी मना कर देते थे कि इधर नहीं आना है। इस पूरे इलाके को असुरक्षित समझा जाता था। लेकिन आज

जानते और समझते हैं। मैं छोटा नहीं सोच सकता, न ही मैं छोटे सपने देखता हूँ, न ही मैं छोटे संकल्प लेता हूँ। मैं जो भी चाहता हूँ, वह बड़ा चाहता हूँ। मुझे जो चाहिए विराट चाहिए, विशाल चाहिए और तेज गति से चाहिए, क्योंकि 2047 में मुझे देश को विकसित भारत के रूप में देखना है। आपके बच्चों के सुनहरे भविष्य के लिए जी-जान से जुटे रहना है। पीएम मोदी ने कहा कि 21वीं सदी का भारत बड़े विज्ञान का भारत है। ये बड़े लक्ष्यों का भारत है। आज का भारत प्रगति की रफ्तार से कोई समझौता नहीं कर सकता। पीएम मोदी ने कहा कि आज जहाँ द्वारका एक्सप्रेस-वे का निर्माण हुआ है, एक समय था, जब शाम ढलने के बाद लोग इधर आने से बचते थे। टैक्सी ड्राइवर भी मना कर देते थे कि इधर नहीं आना है। इस पूरे इलाके को असुरक्षित समझा जाता था। लेकिन आज

कई बड़ी कंपनियां यहाँ आकर अपने प्रोजेक्ट लगा रही हैं। ये इलाका ह्यूब्रके सबसे तेजी से विकसित हो रहे इलाकों में शामिल हो रहा है। पीएम मोदी ने कहा कि आज यहाँ देशभर के लिए 1 लाख करोड़ रुपये से ज्यादा की 100 से अधिक परियोजनाओं का लोकार्पण या शिलान्यास हो रहा है... सभी राज्यों के करोड़ों नागरिकों को इतनी सारी विकास परियोजनाओं के लिए बहुत-बहुत बधाई देता हूँ। पीएम मोदी ने कहा कि 2024 के अभी तीन महीने भी पूरे नहीं हुए हैं, और इतने कम समय में 10 लाख करोड़ रुपये की परियोजनाओं का शिलान्यास और लोकार्पण हो चुका है। ये सिर्फ वो प्रोजेक्ट्स हैं, जिसमें मैं खुद शामिल हुआ हूँ। इसके अलावा मेरे मुख्यमंत्रियों और मंत्रियों ने भी विकास परियोजनाओं का शिलान्यास और लोकार्पण किया है। पीएम मोदी ने कहा कि मुझे खुशी है कि आज मुझे

द्वारका एक्सप्रेस-वे देश को समर्पित करने का अवसर मिला है। इस प्रोजेक्ट पर 9,000 करोड़ रुपये खर्च हुए हैं। आज से दिल्ली और हरियाणा के बीच परिवहन का अनुभव हमेशा के लिए बदल जाएगा। ये आधुनिक एक्सप्रेसवे न सिर्फ गाड़ियों में, बल्कि दिल्ली NCR के लोगों की जिंदगी में भी गियर शिफ्ट करेगा। पीएम मोदी ने कहा कि पहले की सरकारें छोटी सी कोई योजना बनाकर, छोटा सा कोई कार्यक्रम करके उसकी डुगडुगी पांच साल तक पीटते रहते थे। वहीं भाजपा सरकार जिस रफ्तार से काम कर रही है, उसमें शिलान्यास और लोकार्पण के लिए समय और दिन कम पड़ रहे हैं। प्रधानमंत्री नरेंद्र मोदी ने गुरुग्राम में द्वारका एक्सप्रेसवे समेत 144 सड़क परियोजनाओं का लोकार्पण एवं शिलान्यास किया। इस दौरान हरियाणा के मुख्यमंत्री मनोहर लाल खट्टर और केंद्रीय मंत्री नितिन गडकरी भी मौजूद रहे।

अखिलेश यादव बोले- इलेक्शन बॉन्ड खरीदने वालों की सूची सार्वजनिक की जाए

सपा अध्यक्ष अखिलेश यादव ने कहा कि जनता को भी बताया जाना चाहिए कि इलेक्शन बॉन्ड किन लोगों ने खरीदे हैं। उन लोगों के नाम सार्वजनिक किए जाने चाहिए। सुप्रीम कोर्ट ने इलेक्शन बॉन्ड को लेकर स्टेट बैंक ऑफ इंडिया को फटकार लगाई है और खरीदारों की सूची मंगलवार को सौंपने का आदेश दिया है। इस पर सपा अध्यक्ष अखिलेश यादव ने जवाब दिया है कि बॉन्ड खरीदने वालों की सूची जनता को पता चल पाएगी या नहीं ये बड़ा सवाल है। उन्होंने मजाकिया अंदाज में कहा कि हमें तो कम चंदा मिला... ज्यादा मिलना चाहिए था। उन्होंने कहा कि सर्वाधिक चंदा भाजपा को मिला और भाजपा को पता है कि किन लोगों ने बॉन्ड खरीदे अब जनता को पता चलना चाहिए।



अखिलेश यादव सोमवार को मीडिया को संबोधित कर रहे थे। अखिलेश यादव ने आगामी लोकसभा चुनाव की तैयारियों को लेकर कहा कि सपा ने सबसे पहले गठबंधन किया। सबसे पहले प्रत्याशियों की सूची जारी की है। सबसे पहले प्रचार अभियान शुरू किया है और अब जीत की सूचना भी सबसे पहले सपा प्रत्याशियों की ही

आएगी। उन्होंने कहा कि भाजपा का सबका साथ सबका विकास का नारा झूठा है। यह चुनाव लोकतंत्र और संविधान को बचाने का है। लोकसभा चुनाव में एक तरफ जनता है और दूसरी तरफ कुछ भाजपाई हैं। उन्होंने भाजपा के नारे अबकी बार 400 पार पर कहा कि आप लोग ठीक तरह से सुनते नहीं हैं। वो कहते हैं कि अबकी बार 400 पर हार है।

संक्षिप्त समाचार

नए कानून के तहत न हो चुनाव आयुक्त की नियुक्ति, सुप्रीम कोर्ट में याचिका दायर कर की गई मांग

कांग्रेस नेता जया ठाकुर की तरफ से यह याचिका अरुण गोयल के चुनाव आयुक्त पद से अचानक इस्तीफा देने के बाद डाली गई है। चुनाव आयोग में फिलहाल आयुक्तों के तीन पदों में से दो पद खाली हैं। निर्वाचन आयोग में रिक्त पड़े चुनाव आयुक्त दो पदों को भरने के लिए जल्द ही प्रधानमंत्री नरेंद्र मोदी के नेतृत्व में बैठक होने वाली है। इस बीच सुप्रीम कोर्ट में इसे लेकर एक याचिका दाखिल की गई है। इसमें मांग की गई है कि केंद्र सरकार नए कानून चुनाव आयुक्त (सेवा की शर्तों और व्यवसाय का संचालन) अधिनियम, 2023 के तहत चुनाव आयुक्त की नियुक्ति न होने दे। कांग्रेस नेता जया ठाकुर की तरफ से यह याचिका अरुण गोयल के चुनाव आयुक्त पद से अचानक इस्तीफा देने के बाद डाली गई है। चुनाव आयोग में फिलहाल आयुक्तों के तीन पदों में से दो पद खाली हैं। सिर्फ मुख्य चुनाव आयुक्त राजीव कुमार ही निर्वाचन आयोग में इकलौती सदस्य रह गए हैं। इससे पहले अनूप पांडे फरवरी में चुनाव आयुक्त पद से रिटायर हुए। याचिका में क्या है मांग? जया ठाकुर ने अपने आवेदन में कहा कि चुनाव आयुक्तों की नियुक्ति को लेकर सुप्रीम कोर्ट में उनकी याचिका लंबित है। इस पर 12 जनवरी को सुप्रीम कोर्ट की तरफ से नोटिस जारी किया गया था। एक सदस्य अरुण गोयल ने इस्तीफा दे दिया।

यूपी को 3666 करोड़ की विकास परियोजनाओं की सौगाम, सीएम योगी बोले- लखनऊ सहित पूरे प्रदेश की बदलेगी तस्वीर

प्रधानमंत्री नरेंद्र मोदी ने वरुंचुअल माध्यम से लखनऊ सहित यूपी के लिए 3666 करोड़ रुपये की 206 विकास परियोजनाओं का लोकार्पण व शिलान्यास किया। सीएम योगी ने कहा कि इससे लखनऊ व प्रदेश की तस्वीर बदल जाएगी। मुख्यमंत्री योगी आदित्यनाथ ने कहा कि अटल परियोजनाओं का लोकार्पण प्रदेश की तस्वीर बदल देगा। रक्षा तंत्र को मजबूत करेगा करारणा। प्रधानमंत्री नरेंद्र मोदी 3,666 करोड़ की 206 विकास शिलान्यास किया। इस मौके पर आदित्यनाथ सहित यूपी मुख्यमंत्री ब्रजेश पाठक ने कहा की समस्या खत्म होगी। कानपुर



लिए लखनऊ के अंदर आने की जरूरत नहीं पड़ेगी। इसी तरह पूरे प्रदेश के लोगों को फायदा मिलेगा। उन्होंने कहा कि दुनिया की सबसे चौड़ी सड़क भाजपा सरकार ने बनाई। उन्होंने कहा कि लखनऊ में विकास कार्य की झड़ी लगी है। रक्षामंत्री ने पहले शहीद पथ बनवाया और अब रिंग रोड बनवा दिया है।

मेडिकल यूनिवर्सिटी सहित विभिन्न एवं शिलान्यास लखनऊ सहित पूरे उन्होंने कहा कि यह न सिर्फ देश के बल्कि युवाओं को रोजगार भी उपलब्ध ने सोमवार को वरुंचुअल माध्यम से परियोजनाओं का लोकार्पण व रक्षामंत्री राजनाथ सिंह, मुख्यमंत्री योगी कैबिनेट के कई मंत्री मौजूद थे। उप कि रिंग रोड बनने से लखनऊ में जाम से आने वालों को अयोध्या जाने के

राजस्थान के सीएम भजनलाल ने अपनी कैबिनेट के साथ रामलला के दरबार में लगाई हाजिरी

राजस्थान के मुख्यमंत्री भजन लाल शर्मा ने सोमवार को अपनी कैबिनेट के साथ रामलला के दर्शन किए। राजस्थान के मुख्यमंत्री भजन लाल शर्मा सोमवार को अपनी कैबिनेट के साथ



अयोध्या पहुंचे और रामलला के दरबार में हाजिरी लगाई। मुख्यमंत्री

अपनी कैबिनेट के साथ सोमवार सुबह महर्षि वाल्मीकि एयरपोर्ट पहुंचे। पहली फ्लाइट में मंत्री, विधायक व अधिकारी पहुंचे। दूसरी फ्लाइट से मुख्यमंत्री भजन लाल शर्मा आए।

विधान परिषद चुनाव : एनडीए के 10 और सपा के तीन

प्रत्याशियों ने दाखिल किया नामांकन, अपना दल को एक सीट यूपी में 13 सीटों के लिए हो रहे विधान परिषद चुनाव के लिए भाजपा गठबंधन के 10 और सपा के तीन प्रत्याशी नामांकन दाखिल करेंगे। भाजपा गठबंधन के प्रत्याशियों ने मुख्यमंत्री योगी आदित्यनाथ के नेतृत्व में नामांकन दाखिल किया।



मैं सोमवार को दिन है। भाजपा मुख्यमंत्री योगी में नामांकन दाखिल किया। इस दौरान हरियाणा के मुख्यमंत्री मनोहर लाल खट्टर और केंद्रीय मंत्री नितिन गडकरी भी मौजूद रहे।

एनडीए के सहयोगी दल सुभासपा ने प्रदेश अध्यक्ष पूर्वाचल विच्छेलाल राजभर को उम्मीदवार बनाया है। सपा की ओर से तीन प्रत्याशियों ने नामांकन दाखिल किया। सपा ने बलराम यादव, गुड्डू जमाली और किरण पाल कश्यप को उम्मीदवार बनाया है। ऐसे में विधान परिषद चुनाव होना तय हो गया है। भाजपा प्रत्याशी डॉ. महेंद्र सिंह, विजय बहादुर पाठक, अशोक कटारिया, रामतीर्थ सिंघल, संतोष सिंह, धर्मद सिंह और मोहित बेनीवाल ने सोमवार को नामांकन दाखिल किया। अपना दल एस से आशीष पटेल, रालोद से योगेश चौधरी और सुभासपा से विच्छेलाल राजभर ने नामांकन दाखिल किया। इस मौके पर मुख्यमंत्री योगी आदित्यनाथ, उप मुख्यमंत्री केशव प्रसाद मोर्य, ब्रजेश पाठक और भाजपा प्रदेश अध्यक्ष भूपेंद्र सिंह चौधरी सहित पार्टी के कई पदाधिकारी मौजूद थे।

होली के पहले राज्य कर्मचारियों को बड़ा तोहफा, 4 फीसदी महंगाई भत्ता बढ़ा, 35 लाख को होगा फायदा

योगी सरकार ने प्रदेश के कर्मचारियों, शिक्षकों व पेंशनरों को होली से पहले बड़ा तोहफा दिया है। सरकार ने महंगाई भत्ता चार फीसदी बढ़ाने की मंजूरी दे दी है। राज्य सरकार के करीब 35 लाख कर्मचारियों, शिक्षकों और पेंशनरों को चार फीसदी बढ़ा हुआ महंगाई भत्ता मिलेगा। राज्य सरकार ने या मई के वेतन में बढ़ा हुआ महंगाई भत्ता एक जनवरी वृद्धि से सरकार के करोड़ रुपये का इस संबंध में जल्द ही जाएगा होली से पहले कर्मचारियों और पेंशनरों केंद्र सरकार ने पिछले हफ्ते का एलान किया था। इसी के राज्य सरकार भी जल्द इस दिशा को ही राज्य कर्मचारियों को महंगाई भत्ता देने के प्रस्ताव को मंजूरी दे दी गई थी। चार फीसदी की वृद्धि से महंगाई भत्ता 50 फीसदी हो जाएगा। इसका लाभ करीब 11.5 लाख कर्मचारियों, 8 लाख शिक्षकों और 15.5 लाख पेंशनरों को मिलेगा। महंगाई भत्ता अप्रैल में आने वाले मार्च के वेतन या मई में आने वाले अप्रैल के वेतन के साथ जोड़कर दिया जाएगा। चुनाव को देखते हुए माना जा रहा है कि मार्च के वेतन में ही चार फीसदी महंगाई भत्ता जोड़कर दिया जाएगा।



इस पर सहमति दे दी है। अप्रैल डीए दिया जाएगा। बढ़ा हुआ 2014 से मिलेगा। इस खजाने पर करीब 350 अतिरिक्त बोझ पड़ेगा। आदेश जारी किया राज्य सरकार ने अपने को बड़ा तोहफा दिया है। चार फीसदी महंगाई भत्ता देने बाद से ही माना जा रहा था कि में फैसला ले सकती है। एनिवार को ही राज्य कर्मचारियों को महंगाई भत्ता देने के प्रस्ताव को मंजूरी दे दी गई थी। चार फीसदी की वृद्धि से महंगाई भत्ता 50 फीसदी हो जाएगा। इसका लाभ करीब 11.5 लाख कर्मचारियों, 8 लाख शिक्षकों और 15.5 लाख पेंशनरों को मिलेगा। महंगाई भत्ता अप्रैल में आने वाले मार्च के वेतन या मई में आने वाले अप्रैल के वेतन के साथ जोड़कर दिया जाएगा। चुनाव को देखते हुए माना जा रहा है कि मार्च के वेतन में ही चार फीसदी महंगाई भत्ता जोड़कर दिया जाएगा।

संपादकीय Editorial

Doctors from strike to ragging

Either the map was bigger here, or we did not read it. Those who have become doctors in Himachal are on strike and those who are becoming so, their streets are full of mud. Start with the doctors' strike or read the lesson on ragging on the black board of Nahan Medical College. In both circumstances, these examples are uncomfortable from a qualitative point of view. The Medical College of Nahan produced such trainee doctors who stole the subject of ragging from the serious curriculum. What happened practically with the junior doctors may have led to immediate action being taken against the nine trainee doctors, but the question is that even after the Kachru incident, we were not able to protect the educational institutions from such absurdities. To understand its reasons, the investigation gets stuck only on the events, whereas attention should be given to those decisions which do not understand the difference between institutions and political platforms based on power. Both the construction and existence of Nahan Medical College are stuck in the narrow streets of the city. Where perhaps even a good hospital would shy away from expanding its footprint, the walls of the medical college are fighting with its own existence. Why should it not be considered an accident of political thinking that now institutions are being ruined as a result of regionalism? The state is now neither dynamic nor progressive as a whole, rather such institutions are being made pastureland. Here, the Indian Institute of Hotel Management is not established at any tourist destination, whereas the Agricultural University is established somewhere away from agricultural producing areas. Similarly, when the doors opened for private universities, half a dozen opened in the same panchayat area. We had set out to make Solan an education hub, but political priorities ruined the education system. As a result many shutters are on the verge of closure. If this conflict regarding the campus and introduction of the Central University started during the period of Dhumal government, then it remained in question even till the coming of Sukhu government. By entangling education in the web of political competition, we have rendered the real career of the students unclaimed. Now in the race to make every college postgraduate, the achievements will be like ragging. The surprising thing is that when the land of a college like Thural in Kangra gets encroached by flood, then the entire college of Mataur conducts classes on the road. If we do not have institutions to explore careers in education, the uncertainty of these campuses will only desensitize students. Earlier in Himachal, apart from the private universities, one and a half dozen engineering colleges had turned away from the students, so now where will the medical colleges producing around eight hundred doctors every year go? If we evaluate the competition for survival and progress in Nahan Medical College, then the index of Himachal will be understood and if we look at the profession of doctors in the atmosphere of conflict prevailing in hospitals, then the issues of instability will be understood. In both the circumstances, the qualitative aspects of the state's picture are missing, so amidst the insensitivity, neither the government's side nor the role of civil society is visible. During this time a different kind of mercantilism is spreading. That is, private hospitals are snatching away the credibility of government doctors as their alternative, so this situation is creating imbalance. Despite this, there is a continuous increase in OPD numbers in government hospitals and public preference towards the basic principles of medicine is visible. It is clearly visible from the doctors' strike, what level of sensitivity is expected from them.

India's first general election was held under extremely difficult circumstances.

Given the country's vast size, diverse population and complex socio-political landscape, conducting the first general elections in India in 1951-52 was indeed a very important task. At that time, due to severe lack of roads, setting up polling stations in remote rural areas, delivering election material and ensuring security was a difficult task. In this era of extreme science and technology, the elections were conducted by a three-member Election Commission equipped with extensive powers and resources. Due to many shortcomings in the elections, a lot of improvements still need to be made for fair and free elections. But imagine how a single-member Election Commission, despite lack of resources and experience, would have conducted the first general elections of the world's largest democratic republic in 1951-52. This was truly the biggest event in the democratic history of the world. An important milestone in democratic history – Given the country's vast size, diverse population and complex socio-political landscape, holding the first general elections in India in 1951-52 was indeed a very important task. At that time, setting up polling stations, delivering election materials and ensuring security in remote rural areas were a difficult task due to severe lack of roads. Most Indians were illiterate and unfamiliar with the concept of voting. Extensive voter education campaigns were necessary to explain the voting process and participation. The infrastructure of newly independent India was severely underdeveloped in 1951-52. Limited communication and administrative facilities posed significant challenges in conducting nationwide elections. India's diverse population included people from different religious backgrounds. Ensuring fair representation and managing potential conflicts required careful planning and implementation. Despite these challenges, the Election Commission of India, under the leadership of Chief Election Commissioner Sukumar Sen, successfully conducted the elections. It was the world's largest democratic exercise at that time, with more than 17.3 crore people participating. This election is widely considered an important milestone in the democratic history of India. The first general elections were held in four phases - Sukumar Sen, the first Chief Election Commissioner of the Election Commission of India, formed on 25 January 1950 under Article 324 of the Constitution, was appointed on 21 March 1950. He faced the daunting challenge of conducting free and fair elections in the world's largest and most diverse country. Despite these challenges, the Commission successfully conducted the first general elections in 1951-52. Even at that time, India was the second country in the world after China in terms of population. Therefore, India was the largest democratic country in the world in terms of population. Amidst the toughest challenges, the Election Commission announced general elections for the Lok Sabha and three types of assemblies on 15 October 1951 in four phases. The first phase of elections was held on 25 October 1951, the second on 31 October, the third on 6 November and the fourth phase on 15 November 1951. The results of the elections were declared on 21 February 1952. In this way the entire election process was completed in March 1952. About 17.3 crore voters (44.99 percent) participated in it. The Indian National Congress won the election by a huge margin. At that time, elections were held on 489 out of 496 Lok Sabha seats, out of which Nehru-led Indian National Congress got 384 seats, Ajay Ghosh-led Communist Party of India got 16 seats and Jayaprakash Narayan's Socialist Party got 12 seats. First Radio Broadcast - Sukumar Sen, the first Election Commissioner of India, addressed the nation on All India Radio about the first elections on 21 March 1951. In this address, along with appealing to the Indians to participate freely and fearlessly in the election process, he also enumerated the very difficult challenges before the Commission. Among these challenges, along with lack of resources, the complexity of delimitation was also mentioned earlier. Because at that time elections were to be held for three types of assemblies along with the Lok Sabha and in the Lok Sabha too, seats were not reserved separately for Scheduled Castes and Tribes, instead there was a system of double voting in the same constituencies on the basis of the population of these castes. There were 496 seats in the Lok Sabha. At that time, the Constitution had a maximum of 500 seats for the Lok Sabha and at that time, 496 seats were fixed. According to the Constitution, members of Jammu and Kashmir and Andaman and Nicobar were to be nominated by the President and for the rest of India, MPs were to be elected by adult voting. At that time, 204 seats of Rajya Sabha were fixed which were to be filled from all three types of states. For Rajya Sabha, 12 members from the fields of literature, science, art and social service were to be nominated by the President. Of the 204 members, 190 were to be elected from the states by proportional representation (except Jammu and Kashmir) and 10 members were to be elected from Part-C states by adult franchise. Four members were to be nominated by the President from Jammu and Kashmir. There were 28 three types of states. At the time of the first general elections, there were 28 three types of states in the country. These 9 states of Part-A include Assam, Bihar, Bombay, Madhya Pradesh (erstwhile Central Provinces), Uttar Pradesh (erstwhile United Province), West Bengal, La, Madras, Orissa and Punjab were included. Even during the British era, these states used to be entire provinces under the Governor. 8 states of Part-B category - Similarly, the number of Part-B states was 8, which included Hyderabad, Jammu and Kashmir, Madhya Pradesh, Mysore, Patiala and East Punjab. States Union (PEPSU), Rajasthan, Saurashtra and Travancore-Cochin. These were all princely states in which the head of state, cabinet and MLAs were to be formed after the elections. Of these Part-B states, Hyderabad, Jammu and Kashmir, PEPSU and Rajasthan had no legislature. Apart from the special situation of Jammu and Kashmir, in the rest the democratic process was to start after the elections. Part-C states including Delhi - 11 Part-C states were directly administered by the Government of India. These were called Part-C states instead of Union Territories. These included Ajmer, Bhopal, Bilaspur, Coorg, Delhi, Himachal Pradesh, Kutch or Kutch, Manipur, Tripura, Vindhya Pradesh and Andaman and Nicobar Islands. Only 7 states had Legislative Councils - along with the Lok Sabha, different types of Conducting elections was also a complex challenge. At that time 7 states had bicameral legislatures. Along with the Assembly, elections for Legislative Councils were also to be held. Such states included the states of Bihar, Bombay, Madras, Punjab, Uttar Pradesh, West Bengal and Mysore. These included 72 seats in the Legislative Councils of Bihar, Bombay, Madras, and Uttar Pradesh, 51 seats in the Legislative Council of West Bengal and 40 seats in the Legislative Councils of Punjab and Mysore. The elections for these councils were to be partly through election and nomination. Unequal ratio of MPs to MLAs – Earlier in the delimitation of general elections, a constituency of Lok Sabha was fixed at a maximum population of 7.50 lakh and minimum of 5 lakh. But this standard of population was not applicable to Part-C states. Because these states were small and less populated. At that time, there were 430 seats in the Uttar Pradesh Legislative Assembly and 86 seats in the Lok Sabha. Similarly, 375 seats in the Madras Assembly and 75 seats in the Lok Sabha were fixed. The delimitation at that time was also not uniform. In Uttar Pradesh, one Lok Sabha member was fixed at five times the number of MLAs. Whereas there was one MP for every 6 MLAs of Bihar. In the states of Bombay, Orissa, Punjab, West Bengal and Hyderabad, there was one MP for every 7 MLAs and in Madhya Pradesh, Rajasthan, there was one MP for every 8 MLAs. Similarly, in Assam, Mysore, Travancore, Kochi, one MP was fixed for every 9 MLAs, in Saurashtra, one MP was fixed for every 10 MLAs and in Peppasu, one MP was fixed for every 12 MLAs. Selection of two MPs on some seats - Initially, with the simultaneous elections of the State Assemblies and the Lok Sabha, at that time the reserved seats for Scheduled Castes and Tribes were not separate, but the reservation system along with the general seats was for 10 years. . In this way, in some seats in Part A and B category states, along with general category candidates, reserved candidates were also in the fray and voters had to elect two MPs on the same seat. But this system was not there in Part C states. 8 states of Part-B category - Similarly, the number of Part-B states was 8, which included Hyderabad, Jammu and Kashmir, Madhya Pradesh, Mysore, Patiala and East Punjab. States Union (PEPSU), Rajasthan, Saurashtra and Travancore-Cochin. 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Ramadan 2024: To avoid diabetes becoming a problem during Ramadan, keep these 5 things in mind

The month of Ramadan is sacred for Muslims. This time it is starting from March 11. Since in Islam religion there is a tradition of fasting this entire month. In such a situation, if you are



which you will be able to worship God without any problem. The month of Ramadan is very sacred in the Muslim community. Diabetic patients should take special care of their health during the days of Ramadan. Quitting eating and drinking has a significant impact on the blood sugar level. What is the importance of the month of Ramadan in the religion of Islam? You must know about this. This time this Pak month will start from March 11, 2024 and will continue till April 9, 2024. In such a situation, if you have diabetes and are going to fast, then you must know these 5 things to keep your health healthy and blood sugar under control. Take care of fiber during Sehri - You should consume fiber during Sehri. One should consume plenty of things. This can help you maintain blood sugar. Let us tell you, the body takes more time to digest fiber rich foods, in such a situation the blood sugar level in the body does not increase suddenly. Checking blood sugar during fasting - Iftar in the evening after sunset and before sunrise in the morning. Anything can be eaten or drunk only at the time of Suhoor i.e. Sehri. In such a situation, blood sugar can go up and down. Therefore, it is important that you keep testing it from time to time. Drink herbal tea made from cinnamon - You can also consume herbal tea made from cinnamon before sunrise. Let us tell you that it proves to be very helpful in keeping the insulin level normal, this has also been confirmed in many researches. Apart from this, it can also reduce frequent hunger pangs. Be physically active - If you are a diabetic patient and are going to fast, then know that it is very important for you to be physically active. If you feel weak, you can also try some yoga asanas, like Dhanurasana, Balasana and Mandukasana. You will easily get detailed information related to this on the internet. Get enough sleep - If you are a diabetic patient, then you should not compromise on sleep under any circumstances during fasting days. Doing this can prove harmful for your health. Be it children or adults, everyone should take 7 to 8 hours of sleep daily. This will not only improve your digestion, but you will also be able to keep your blood sugar under control.

Include Selenium Rich Foods in your diet, it will protect you from many serious diseases like heart attack and cancer.

The body needs many nutrients like vitamins and minerals to remain healthy. Nowadays, there is a risk of diseases ranging from heart attack to cancer due to wrong eating habits. In such a situation, have you ever heard about selenium rich diet? Let us tell you how to consume years needs about many things like important to take is a risk of very helpful for many health you from major According to men require 34Ug day. According to selenium when the need 20 more in pregnant important to diseases. These cheese - it is a good micrograms of its deficiency in can also include selenium. Many people like to eat eggs, so let us tell you that their consumption is considered very important to overcome the deficiency of selenium in the body. Talking about one egg, 15 micrograms of selenium is found in it. Spinach - Selenium is also found in good quantity in leafy green vegetables like spinach. 11 micrograms of selenium is found in 200 grams of spinach. In such a situation, by including all these things in your diet, you can maintain the healthy level of iodine in the body.



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Are you also facing stress due to infertility, then these tips can prove helpful in overcoming it.

The problem of infertility has more impact on the mental health of women than the physical one. Today millions of women around the world are affected by this problem. There are many types of misconceptions in the society regarding this, due to which many times women are not able to talk about it openly and keep facing stress, then these tips can prove to be helpful in getting out of it. According to statistics, about 53.08% to 64% of women in the world are % of women are facing infertility. Due to infertility, women also become victims of stress and depression. These tips can prove helpful in recovering from stress. Millions of women around the world are suffering from infertility. Which also affects their mental health. Due to

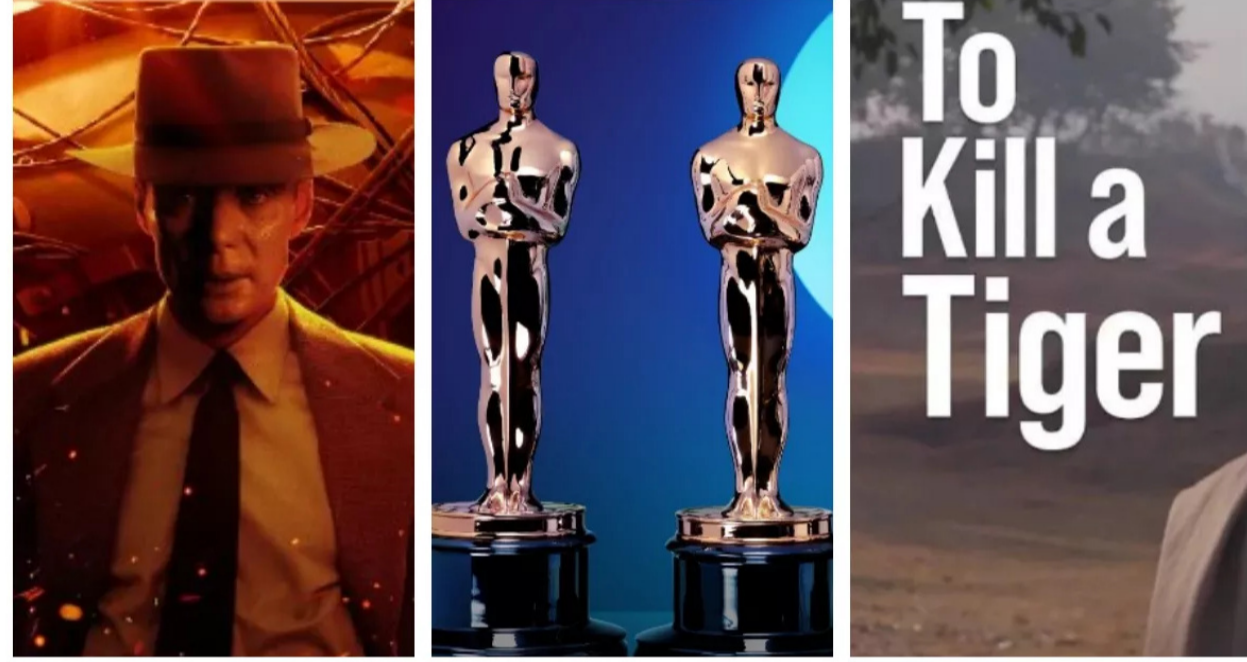


the problem of infertility, women feel isolated in the society, due to which they become victims of stress. Women have to face more problems due to lack of social thinking and support related to infertility. According to statistics, about 53.08% to 64% women in the world are facing infertility. Some suggestions given by experts can prove helpful to

women in overcoming this challenge and empowering themselves. Know about it. Accepting the circumstances - Women suffering from reproductive problems are also struggling with anxiety, stress and feelings of isolation, so to deal with this, it is important to understand that infertility is not only a women's problem and for this, it is necessary to take care of yourself. It is not right to consider him guilty. Infertility is also found in men. Therefore, it is important to provide emotional support to each other and not to hesitate in seeking help from a doctor. Communication is important - To deal with infertility, it is very important to have open communication between couples. Talking about the problems and emotions related to infertility strengthens their bond and they face this challenge together. Support from friends, family or support groups also proves to be very helpful during difficult times. Getting modern medical help - Dr Manika Singh, Consultant, Birla Fertility and IVF, Lucknow says, 'Advances in medical science have made infertility treatment easier. It has made it possible to conceive. Modern treatments like fertility enhancing drugs, intrauterine insemination (IUI), in vitro fertilization (IVF) have removed the obstacles to pregnancy. A doctor's consultation is necessary to know about all the treatment options and choose the right method of treatment for you. Women wishing to become mothers should consult a doctor regardless of social pressure or talk. Lifestyle and Self-Care: Amidst doctor visits, treatment and physical and emotional pressure, it is important for women to pay attention to self-care. For this, balanced diet, regular exercise and stress control are required. These changes in lifestyle have a positive impact on fertility. Activities like meditation and yoga also prove to be very effective in reducing stress.

When and where will be the live streaming of Oscar 2024 in India, note down the date and time

There have been nominations for the Oscar Awards, which are among the most prestigious awards in the world. Now waiting for the announcement of the winners. Oppenheimer has received the most nominations in the nomination category at the 96th Academy Awards. Know in this report when and where the Oscar Awards to be held in Los Angeles can be seen in India today. 'Oppenheimer' received the highest number of nominations for Oscar. When



and where can we watch it in India? Oscar Award will be presented in three rounds. The eyes of the whole world are fixed on the Oscar Award (Oscar 2024), one of the most prestigious awards in the world. Apart from the personalities nominated in it, fans also wait for the telecast of this show. This year's Academy Awards will be announced shortly from now. The 96th Academy Awards will be announced in America tonight. At the same time, when and where you can watch the live telecast of Oscar in India, let us tell you. Where will it be held? This year's Oscar Award-Oscar 2024 will be held at the Dolby Theater in California. This awards show will be held there on March 10, which will be hosted by Jimmy Kimmel. There will be a red carpet ceremony on March 10. After this the names of the winners will be announced. Apart from this, the names of the presenters will also be announced. When and where will you be able to watch Oscars in India? - After being held in California on March 10, you will be able to watch this show in India on Monday, March 11. The show will start at 4 am in India. It will be telecast live on OTT platform Disney Plus Hotstar. Oscar Awards will be presented in three rounds. Oscar Awards will be presented in three rounds. For this, the presenters have also been divided into three rounds. The first set includes Michelle Pfeiffer, Zendaya, Nicolas Cage, Al Pacino, Mahershala Ali, Brendan Fraser, Jamie Lee Curtis, Matthew McConaughey, Jessica Long, Lupita Nyong'o, Kay Hwi Kwan, Michelle Yeoh, and Sam Rockwell. At the same time, for the second set, the names of Chris Hemsworth, Dwayne Johnson, Regina King, Jennifer Lawrence, Rita Morino, John Mullally are included. Emily Blunt, Cynthia Ario, America Ferrara, Ryan Gosling, Ariana Grande, Ben Kingsley will be the presenters of the third round. 'Oppenheimer' received the most nominations - The nominations for this year's Oscars were announced on January 23. 'Oppenheimer' has received the maximum number of nominations. This film has been nominated in a total of 13 categories. Apart from this, many more films including 'Barbie', 'Poor Things', 'Killers of the Flower Moon' have been nominated. Apart from this, Indian-origin Canadian filmmaker Nisha Pahuja's 'To Kill a Tiger' has also been nominated.

The magic of Heeramandi's heroines worked in the finale of Miss World 2024, they stole the show by walking the ramp on the song 'Sakal Ban'.

Sanjay Leela Bhansali's upcoming web series Heeramandi is in the news these days. The first song of the series Sakal Ban has been released recently. The heroines of Hiramandi are promoting the series vigorously. The heroines of the series promoted their song Sakal Ban on the stage of Miss World 2024 finale. During this, everyone walked the ramp in royal style.



Hiramandi shines in the finale of Miss World 2024 Heroines showed royal style on the stage of Miss World and stole the limelight by walking the ramp on the song Sakal Ban. Hiramandi is the much awaited series of the year 2024. It is directed by Sanjay Leela Bhansali. He is going to debut on OTT with the series. Recently, the first song of the series Sakal Ban has been released. Through this series, Sanjay Leela Bhansali will tell the story of Hiramandi, one of the famous places of Pakistan. Actresses like Sonakshi Sinha, Manisha Koirala, Richa Chadha, Aditi Hydari, Sharmin Sehgal and Sanjeeda Sheikh are playing important roles in it. Everyone is leaving no stone unturned in promoting the series. Hiramandi heroines showed their magic on the ramp - Yesterday, the first song of Hiramandi, Sakal Ban, was released, which is sung by Raja Hassan. There was also the Miss World 2024 finale on 9 March. In such a situation, the heroines of Hiramandi promoted their song on the stage of Miss World. Dressed in all royal clothes, she was seen doing a spectacular ramp walk on the song of Sakal Ban. Its video has also surfaced on social media. Shown in royal attire - In the clip, all the actresses including Sonakshi Sinha, Manisha Koirala and Richa Chadha can be seen in royal attire walking the ramp on the song Sakal Ban. All the actresses are looking very beautiful in Hiramandi look. While Manisha showed her style in yellow saree, the rest showed royal style wearing lehenga and sharara. Sharing this video, the makers wrote, "Beauty beyond limits! Walk with the gems of Heeramandi, the stars of Miss World 2024. Celebrate the arrival of spring on the global stage with sakal buns." When will Heeramandi release? Sanjay Leela Bhansali's web series Heeramandi will be released on OTT platform Netflix this year. The date has not been announced yet. Some time ago the teaser of the series was released, which was very much liked. The song is also garnering applause from the people. Now just waiting for the series.

Documentary To Kill A Tiger released, Sambhavna Seth left 'Aam Aadmi Party'

To Kill A Tiger is nominated for Oscar 2024 this time. This documentary, directed by Nisha Pahuja, has now been released on OTT a few hours before the Oscars begin. Apart from this, Sambhavna Seth had joined Aam Aadmi Party in January last year. Now he has left this party. The actress has given this information by sharing a post on social media. The documentary film nominated for the 96th Academy Awards was in the headlines since the release of its trailer. Everyone was waiting for its release. Now Sambhavna Seth had joined Aam Aadmi Party in January last year. Now he has left this party. To Kill film 'To Kill a Tiger' directed by Nisha Pahuja has been in documentary film has been nominated for Best Documentary days ago its trailer was released, which was liked by everyone. its release. In such a situation, now this film has been released. Pankaj Tripathi starrer film 'Main Atal Hoon', one of the released in theaters in January this year. In this movie he Bihari Vajpayee. Critics praised the actor a lot after seeing film could not do much at the box office. Sambhavna Seth had joined the Aam Aadmi Party in January last year. the party by Aam Aadmi Party's Rajya Sabha MP Sanjay party. The actress has given this information by sharing a longer be a part of it. She is taking exit from this. These are become the 'Best Director' - Academy Awards is one of the

most prestigious award ceremonies in the world, on which the eyes of the whole world are fixed. The 96th Academy Awards will be held on March 10 at the Dolby Theater in California. This time there is a competition among many excellent film directors to become the best director. Manisha Koirala was called a useless actress. Manisha Koirala is a famous actress of the cinema world, who has worked in films like Dil Se, Man, Akele Hum Akele Tum, Lajja, Indian, Has worked in many great films like Mehbooba. Soon she will be seen in the web series Heeramandi with Sanjay Leela Bhansali.



Awards was in the headlines since the release of its trailer. this film has been streamed. Apart from this, TV actress Party in January last year. Now he has left this party. To Kill film 'To Kill a Tiger' directed by Nisha Pahuja has been in documentary film has been nominated for Best Documentary days ago its trailer was released, which was liked by everyone. its release. In such a situation, now this film has been released. Pankaj Tripathi starrer film 'Main Atal Hoon', one of the released in theaters in January this year. In this movie he Bihari Vajpayee. Critics praised the actor a lot after seeing film could not do much at the box office. Sambhavna Seth had joined the Aam Aadmi Party in January last year. the party by Aam Aadmi Party's Rajya Sabha MP Sanjay party. The actress has given this information by sharing a longer be a part of it. She is taking exit from this. These are become the 'Best Director' - Academy Awards is one of the