

संपादकीय Editorial**Faith in tourism**

As soon as Navratri was about to arrive, the devotees proved the arrangements at the Jwalamukhi temple useless. As the number of visits to the big temples became smaller in the list of weekend tourism, the claim that five crore tourists are waiting in Himachal was ruined. We shout about system and system without understanding the reasons, while nothing is happening either in the vision of the plan or in the structure of the future. The effort to fill the hands of hotels with all tourism is so dominant that every side of power also sees its name in government hotels. The temple certainly came in the sights of every government, but the government announcements kept occupying the revenue card. Temples were buildings until devotees were tourists. Now they are more tourists and less devotees. The number of visitors to the big temples of Himachal increased, but the number of visitors did not increase. The reasons are as many in Jwalaji as they are in Chintpurni, Deyotsiddh or any other temple complex. We incurred expenses to study South Indian temples, but even after preparing the report, we learned nothing. In such a situation, questions are seen not only in the chaos of the temple premises but also in every journey on the road. We hear praise of big destinations in all the announcements and projects of tourism, but we are not yet able to know that about 80 percent of the tourists in Himachal come either as temple pilgrims or religious tourism has taken them to destination tourism. Neither tourism bridges were seen nor was any effort made to make religious places a permanent pillar of the economy. If the government wants to see tourism in large numbers tomorrow, then first of all it will have to establish master plan and governing bodies of temple complexes and religious cities. It will be possible to give the shape of religious tourism to temple tourism only if a central temple trust and temple development authority is formed for this. If proper utilization of temple income is given priority and disciplined attention, it will not only lead to desired urban development but will also generate economic growth. The question is not of revolution, but of changing the scenario. If we accept the importance of tourism in the power of temples, then the character of the schemes will change. Till now the political and administrative view on temple income has been only for exploitation, whereas these have to be developed in the form of circuits. In the vicious cycle of income and expenditure, neither administrative reforms nor capacity was expanded in the temples. For example, if Jwalaji temple is to be developed as a religious centre, then a comprehensive urban development plan will have to be prepared. By streamlining the area of the temple complex from eight to ten kilometers, parking, entertainment, business and places related to religious beliefs can be clubbed together. The Samadhi of Dhyanu Bhakta at Nadaun can be added along with the Jwalaji temple complex, while heritage villages like Garli-Paragpur can also come within its periphery and add to the diverse facilities. Along with the Jwalaji complex, water sports and an art center can be expanded in the Beas river. To increase the income of the temples, till now only the coins offered by the devotees have been counted, whereas the economy will increase only by taking forward the activities of religious places and infrastructure construction. As Culture Minister, Mukesh Agnihotri helped Chintpurni temple earn two crore rupees in income just by conducting VIP darshan, then with many such solutions, Himachal can increase the economy centered on half a dozen religious places to five crore rupees, provided the policy makers of Shimla are interested in tourism. Understand faith in temples. Till now the income of the temples has not been utilized properly, whereas the expenditure based on it should promote.

Issue: Negligence in spending the annual budget, jails becoming home to diseases; It is important to focus on improving the system

Keeping a large number of prisoners together in jails beyond their capacity increases the possibility of diseases spreading among each other. The hellish conditions created by keeping prisoners beyond their capacity in Indian jails not only violate the rules of the United Nations, Rather, it is also a violation of human rights. This pain has been expressed not by any human rights activist, but by Praveen Kumari Singh, Director (SR) under the Home Ministry herself, in a circular issued on May 9, 2011 to the Principal Secretaries of Home and Prisons and Police Chiefs of all the states. Concern has been continuously expressed in the Parliament over the condition of jails. Due to more number of prisoners being kept together in jails than their capacity, there is a greater possibility of diseases spreading among each other. The health problems of people in prisons arise due to human rights violations, lack of health services, and absence of justice-based alternatives. The physical infrastructure of prisons, the risk of overcrowding and the frequent movement of prisoners increase the risk of spread of diseases such as TB. The jails of India, which has the largest population in the world, are also full. Prisoners in India are five times more likely to contract tuberculosis (TB) than the general population, according to a global study published in the Lancet Public Health journal. A study published in the July, 2023 edition of the journal found that there were 1,076 cases of TB per 1 lakh prisoners in India's prisons. Researchers found a direct correlation between tuberculosis incidence rates nationally and overcrowding in prisons. According to experts, the number of tuberculosis (TB) patients is high in jails due to overcrowding and lack of ventilation. In a study published in the International Journal of Infectious Diseases in 2017, researchers studied the system of TB treatment and testing in Indian prisons, and found that only 18 percent of diagnosis or treatment, 54 percent of treatment and timely There was a system of investigation only in 60 percent of the jails. According to the 'Prison Statistics India Report-2022' of the National Crime Records Bureau, on December 31, 2022, a total of 5,73,220 people were incarcerated in the jails of India, while a total of 1,330 jails in the country had The capacity was only 4,36,266 prisoners. If seen this way, 131.4 percent more prisoners were kept in these jails than their capacity. Some states like Odisha, Andhra Pradesh, Tamil Nadu, Telangana, Manipur and Nagaland had less prisoners than their capacity, while in some states like Uttarakhand, Uttar Pradesh, Delhi, Maharashtra and Jammu and Kashmir, prisoners are crammed like sheep. . In the jails of a peaceful and small state like Uttarakhand, as of January 31, 2024, 6,603 prisoners were lodged against the total capacity of 3,461 prisoners. About 75 percent of these prisoners were undertrials. According to the said jail statistics, out of all the prisoners lodged in jails, only 1,33,415 prisoners were convicted and the remaining 4,34,302 were undertrial prisoners. Among these undertrial prisoners, there are many who have been serving their sentence in jails for more than five years even before being proven guilty by the court. According to information given by Union Minister of State for Home Ajay Mishra in the Lok Sabha on February 6, 2024, there are 33,980 undertrial prisoners for two to three years, 25,869 undertrial prisoners for three to five years and 11,448 undertrial prisoners for more than five years in Indian jails. Were waiting for. Some of them may be innocent and some may get less punishment, but they are already serving a sentence without any reason. In these overcrowded jails, there is not only a lack of normal human facilities, but there is also a severe lack of health facilities, due to which the prisoners keep dying in the jails. According to prison statistics, there were 1,995 deaths in the country's prisons in the year 2022, of which 1,773 were natural and 159 unnatural deaths, including suicides. Natural deaths included diseases such as tuberculosis. The total budget for Indian prisons in the year 2022-23 was Rs 8,725 crore, out of which only Rs 7,781.9 crore could be spent. Therefore, attention should also be paid to improving the system of jails.

Manthan: Will children become an election issue? It is necessary to skill the youth population for demographic dividend.

Only the young population can bring the so-called demographic dividend. This will be realized only when Indian children grow up to be educated, skilled and healthy. This will make them more capable and prepared to deal with the uncertain and ruthless competitive world. Common citizens should raise these issues before the elections. India is ready for the Lok Sabha elections and the election process has already started. Political pundits will also tell about the mood of the country, distribution of seats and prospects of the candidates etc. It appears that the government led by Prime Minister Narendra Modi will return to power at any cost. But in the meantime we also have to ask ourselves some questions. As ordinary citizens, we should pause and ask a fundamental question about what we can expect. Being a common Indian citizen and parent, my answer would be that which ensures a better future for the children. I am talking about absolutely normal children, whose parents neither have much money nor contacts with influential people. Why is this relevant? The short answer is that without paying attention to children, it is not possible to quickly fulfill India's dreams and aspirations. The children of the rich always find their way and they will do so no matter who comes to power. They have many options in many countries. My concern is for the remaining children who lack the resources to fulfill their dreams. Raghuram Rajan, former governor of the Reserve Bank of India, and Rohit Lamba, professor of economics at Pennsylvania State University, write in their recent book Breaking the Mold Reimagining India's Economic Future that despite its impressive economic growth, India has to grapple with childhood challenges. Used to be. It doesn't matter what you think of these authors though. You may also disagree with his global outlook, but the relevant things he has said about the future of India are important. Rajan and Lamba write in the chapter titled 'The Childhood Challenge' that India's challenges begin at the very beginning with mother and child nutrition. Many children in our country are born underweight and remain malnourished in the early years of their lives. The problem of enrollment of children in primary schools has been resolved to a great extent, but their condition in terms of learning is very poor. The combination of poor early health and learning conditions hampers the cognitive and physical development of our children. This limits what they can achieve in later life. These authors say that a child two places below the World Health Organization (WHO) standard is considered a dwarf, who is short in height compared to his age. In 2020, despite three decades of strong economic growth, 35 percent of our children under five years of age were stunted. Being an Indian, the question that comes to mind is how some neighboring and poor African countries in the sub-Saharan region like Tanzania, Liberia and Senegal are doing better than us. The author points out that many influential policy experts in India argue that genetics give Indian children a different growth pattern i.e. a different pattern of height for age. But Rajan and Lamba point to a surprising fact. They say that the genes of the people of Sri Lanka are probably similar, yet their level of stunting is lower than that of Indians. At the same time, studies have found that South Asian children living in America and Britain are stunted within one generation. Reach the average height of their peers. Therefore the authors believe that the idea of genetics is not completely correct. He says we really need to review what pregnant women and children are eating across different social and economic groups. It is an undeniable fact that chronic malnutrition in childhood can reduce the intellectual and functional level of an adult person. There is also a risk of diseases and heart disease. Certainly extreme poverty has reduced in India. In recent years, the Modi government's scheme to provide free food grains to 80 crore people has stopped starvation in the country. Despite this, what could be the reason for such a large number of malnourished children? The reason for this is not paying enough attention to the eating patterns and habits of pregnant and lactating women and infants. A large number of children and women in India suffer from anemia. Middle class people are also included in this. Therefore, we should talk about these issues with the political parties coming to seek votes. The reality of educational quality comes to light from the data of 'The Annual Status of Education Report (ASER)' released in the year 2023. This report focuses on rural India. More than half of children aged 14 to 18 were having difficulty dividing three-digit numbers by one digit. Only 43.3 percent children of this age group were able to solve the questions correctly. This skill is usually expected in third and fourth grade. Only a little more than half (57.3 percent) of the children can read English sentences. This picture is at the national level. There are huge disparities between states and districts. Many argue that these are normal and non-political issues. But what could be more important than the future of Indian children and the demographic dividend? Only the young population can bring the so-called demographic dividend. This will be realized only when Indian children grow up to be educated, skilled and healthy. This will prepare them to deal with the uncertain and ruthless competitive world. Common citizens should raise these issues before the elections. Those seeking votes should also listen to this and tell what their action plan is and what will be its time limit. But what could be more important than the future of Indian children and the demographic dividend? Only the young population can bring the so-called demographic dividend. This will be realized only when Indian children grow up to be educated, skilled and healthy. This will prepare them to deal with the uncertain and ruthless competitive world. Common citizens should raise these issues before the elections. Those seeking votes should also listen to this and tell what their action plan is and what will be its time limit. But what could be more important than the future of Indian children and the demographic dividend? Only the young population can bring the so-called demographic dividend. This will be realized only when Indian children grow up to be educated, skilled and healthy. This will prepare them to deal with the uncertain and ruthless competitive world. 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More than 4 crore people are victims of blindness, doctor told two basic mantras to keep eyes healthy

Eyes are a gift of God with the help of which we are able to enjoy the beautiful sights around the world. However, in the last one or two decades, many types of eye related diseases are being seen increasing rapidly. Not only this, the risk of various eye-related problems such as premature wear of spectacles, poor vision and even blindness in serious situations has increased among young people. Health experts say, this is a matter of serious concern for the whole world, which should be given special attention. World Health Day is celebrated every year on April 7

with the aim of increasing awareness among people about the rapidly increasing health problems and educating them about prevention of diseases. In this article, we will discuss about the increasing eye problems - blindness. Will you be aware about the risks of blindness? Statistics show that the problem of near-sightedness loss is increasing among the aged 50 years and above, although these problems do not occur at younger ages. It has also increased among the population above 50 years. According to the data, in the year 2020, about 43.3 million people worldwide were suffering from moderate and severe vision loss. Health experts say that it is important for everyone to pay attention to eye problems and take precautions to prevent them. What is the expert's opinion? In the conversation, senior ophthalmologist Dr. Surabhi Chaudhary says, vision loss is a problem affecting the quality of life. Problems can be diagnosed and their risks prevented through timely quality eye care and testing. If problems like cataract, glaucoma, dry eyes are taken care of in the beginning, then its serious side effects and the problem of blindness caused by it can be prevented. Disturbances in lifestyle and diet can be the main reason for increasing eye problems, along with keeping it right from an early age, two measures can help in reducing the risk of serious eye-related problems and blindness to a great extent. Lifestyle And take care of diet- Dr. says, by keeping lifestyle and diet right, you can keep not only your eyes but also your entire body healthy. Including colorful vegetables and fruits in the diet is very important for eye health. The American Academy of Ophthalmology (AAO) says dark green leafy vegetables provide nutrients like lutein and zeaxanthin, which reduce the risk of chronic eye diseases. Apart from this, doing regular exercise and staying away from smoking is very important for better eye health. Get your eyes checked regularly - Dr. Surbhi says, if eye problems are diagnosed and treated in time, then there is no risk of any serious problem. can be reduced, therefore it is important that you keep getting your eyes checked by a specialist annually, even if you do not have any kind of problem. These precautions can be helpful in preventing any problems from occurring in the future. It is important for everyone, from children to the elderly, to pay serious attention to eye health.



For the first time, H5N1 infection spread from cows and cows to humans, scientists said - it is more deadly than corona

More than four years have passed since the Corona epidemic that started in December 2019, although scientists are not clear about how long it will continue. It is being said in some studies that the corona virus is undergoing mutation from time to time due to which there is a constant threat of new variants. In such a situation, it is important for all people to continue taking precautions to prevent infection. Although due to vaccination and herd immunity, serious cases of infection are now being seen less, but Covid-19 and the health risks caused by it still remain a cause of great concern. For example, the threat of Corona is not over yet, meanwhile

scientists in a recent report have alerted people about another highly infectious disease A m e r i c a . Recently, experts have issued an alert after cases of bird flu or avian influenza (H5N1) were reported in some cattle in America. The risk of H 5 N 1 infection is considered a serious pathogen and fatal for humans. Not only this, but scientists say that H 5 N 1 infection in humans can be many times more deadly than corona. Bird flu is more dangerous than Corona - American scientists said - Bird flu has the potential to cause a devastating epidemic which can be 100 times more dangerous than Covid. While scientists around the world are busy preparing to fight the unknown Disease X, the increasing cases of H5N1 in humans have raised concerns. The US Centers for Disease Control and Prevention (CDC) released a report on its website detailing the outbreak of highly pathogenic avian influenza virus in Texas and advising people to remain alert. Infection from infected cows to humans - According to the CDC report, the person found infected in Texas probably worked with cows infected with the bird flu virus. This is the first time that this virus has been found in cows and this is also the first case of bird flu spreading from cow to human. Regarding the report of investigation of the infected person, CDC experts said that genome sequencing of influenza virus was done in the patient. The virus seen in this person's body is almost identical to that found in cows and birds in Texas. Alert regarding H5N1 infection - It is noteworthy that in earlier reports also, health experts have been saying that any case of H5N1 can be worrying because it is very dangerous for humans. At present there is no indication of this virus spreading from one infected person to another. CDC is closely studying this emerging and rapidly developing problem in the United States. Experts said- It is important for people in the affected places to remain alert to prevent this disease. Close contact with wild birds, poultry, other domesticated birds and domestic animals (including cows) should be avoided. To protect yourself from bird flu, keep these things in mind - CDC said that bird flu can have serious health risks, so it is important that you continue to protect yourself from its dangers. For this it is important to keep some things in mind. Avoid unprotected contact with animal feces, bedding, raw milk or materials that may have had contact with suspected birds or other animals. Avoid consuming meat from animals potentially infected with H5N1 bird flu virus infection. Milk should be consumed only after boiling it properly. This may help kill influenza viruses. One should avoid visiting areas where poultry is reared.



These are the major Ram temples of India, visit them on this Ram Navami.

The holy festival of Chaitra Navratri is starting from 9th April. Ram Navami is celebrated on the last day of this nine-day festival. This year Ram Navami is being celebrated on 17 April 2024. Ram Navami is the festival of birth anniversary of Lord Shri Ram, the incarnation of Lord Vishnu. On this day, Shri Ram was born in the house of King Dasharatha in Ayodhya. Ayodhya is the birthplace of Ram Ji, from this, during his 14 years of exile, where he killed the Lankan king the occasion of Ram Navami, then you from this, there are many ancient and darshan. Here information is being given Raghunath Temple - The very famous India i.e. Jammu and Kashmir. Devotees Lord Ram is present in this temple along glimpses of the characters of Ramayana in the entire country, where Lord Ram temple in Orchha district of Madhya year. Every day, a guard of honor is given to him. Ramaswamy Temple - Lord Rama is worshiped in the there are statues of Mother Sita and temple in the country, where Shri Ram, Sita ji, Lakshman, Bharat and Shatrughan are present. The carvings of this temple depict famous events that took place according to the epic Ramayana. Kalaram Temple - There is a beautiful temple of Lord Rama in Nashik district of Maharashtra, named Kalaram Temple. During the exile, Lord Shri Ram stayed in Panchavati along with Mother Sita and brother Lakshman. Later Sardar Rangaru Odhekar built a temple at this place. There is a popular story about this that Sardar Rangaru had a dream that there was a black colored idol of Shri Ram in the Godavari river. He took out the idol the very next day and installed it in the temple. Ram Janmabhoomi Temple - Ram ji was born in Ayodhya district of Uttar Pradesh. A grand temple of Shri Ram was built here and the consecration of the temple has been done in the year 2024 itself. People are coming from abroad to visit Ram temple. Here Ram ji is present in child form. On this Ram Navami, you can go to Ram temple in Ayodhya for darshan.



where Ram temple was built after years of struggle. Apart he stayed at many places and reached Lanka via sea route, Ravana. If you want to have darshan of Lord Shri Ram on can go to Ram Janmabhoomi temple located in Ayodhya. Apart grand Ram temples in the country, where you can go for about the most important Ram temples of the country. Raghunath temple of Lord Shri Ram is situated in Northern visiting Vaishno Devi definitely like to visit Raghunath Temple. with Mother Sita and Lakshman ji. Here one can also see and Mahabharata. Raja Ram Temple - This is the only place is worshiped in the form of King Ram. There is his palace-like Pradesh. There is a crowd of devotees here throughout the given to Lord Shri Ram in this temple and a weapon salute is There is a grand temple of Lord Ram in South India also. Ramaswamy temple of Tamil Nadu. In most of the temples, Lakshman ji along with Shri Ram. Ramaswamy is the only

Alia will not be the princess of Gurinder Chaddha's film, fans heart broken by director's revelation

These actresses made their films a hit on their own, the very first movie created havoc at the box office

Gurinder Chadha is a British director of Indian origin. Gurinder is known for her excellent direction. These days Gurinder is in the headlines for her Disney film Indian Princess. Gurinder has made such a revelation regarding this film. Many fans are heartbroken after hearing

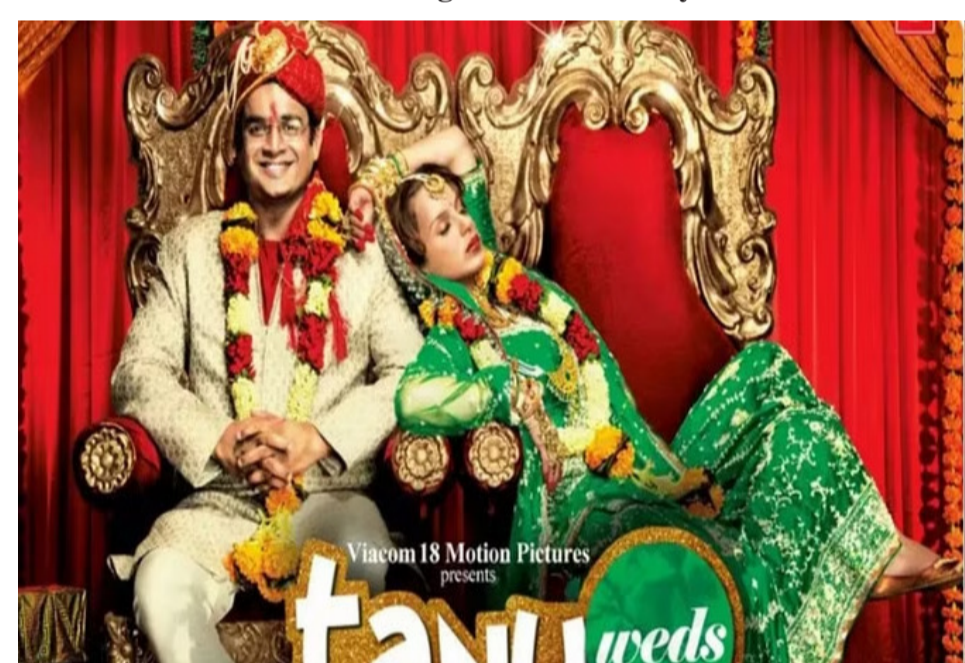


this. Director Gurinder Chadha has termed the news of Alia Bhatt being in his Disney film Indian Princess as completely wrong. Gurinder said that he has not yet finalized any actress for the film. Regarding the film, Gurinder also said that the script of the film has not been completed yet. He said this because everywhere there is talk of casting Alia Bhatt in the princess role in Gurinder's film. Denying this, the director has revealed that Alia Bhatt will not be a part of his Disney Princess. Alia's fans are very angry after hearing this. Because when the news came on social media that Alia will come on screen as a Disney princess. Alia's fans were very happy with this news, but after Gurinder's revelation, the fans have become very sad. Alia Bhatt is a successful heroine- Alia Bhatt is one of the successful actresses of Bollywood. He keeps getting praise for his excellent work in every film. Apart from being a great actress, Alia is also a great singer. He has not only acted brilliantly in many films but has also sung brilliant songs. Alia has 84 million followers on Instagram. Now that it has become clear that Gurinder will not be Princess Alia in the Disney film, the fans of the actress are heartbroken. Gurinder Chadha's disclosure - Giving information on his social media account, Gurinder wrote, "This is not true." Don't know from where this thing started. Work on the script of the film is still going on. Alia and I met for some other reason. I attended his Met Gala event." This Disney film has been announced in the year 2022. The producer-director of this film is Gurinder Chadha. The names of the cast of the film have not been decided yet. Upcoming films of Alia Bhatt - Talking about Alia Bhatt's work front, the actress will soon be seen in the film 'Jigra'. The shooting of this film is almost over. This film will be released on 27 September 2024. Apart from this, Alia will be seen with Ranveer Singh in the film 'Baiju Bawra'. Apart from this, Alia will also be a part of YRF's Spy Universe. Alia will be seen with actors Vicky Kaushal and Ranbir Kapoor in director Sanjay Leela Bhansali's film 'Love and War'.

Kareena Kapoor, Tabu and Kriti Sanon starrer 'Crew' is performing brilliantly at the box office. The film took a great opening at the box office on the very first day and is continuously earning huge profits. Even before this, many films starring actresses in lead roles have earned excellent opening on the first day. Let us tell you about those films. The first name in this list



is of the film 'Veere Di Wedding' released in the year 2018. The film stars Sonam Kapoor,

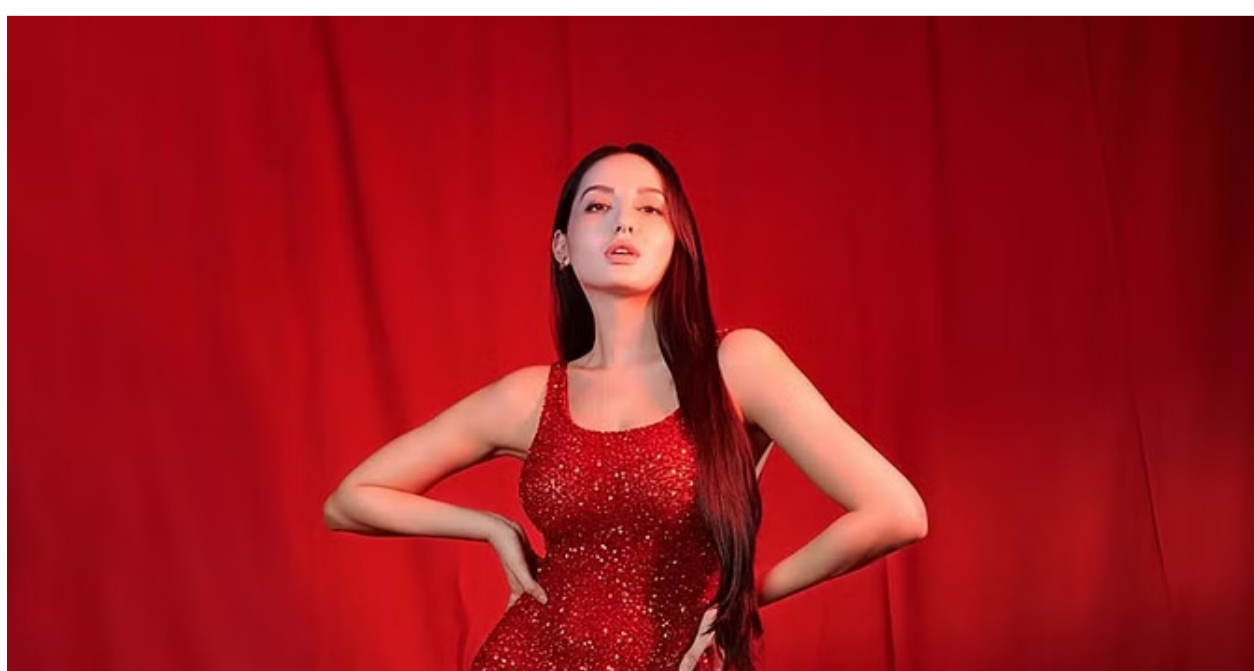


Kareena Kapoor and Swara Bhaskar in lead roles. According to media reports, this film had an opening of Rs 10.42 crore at the box office on the first day. The next name in the list is the 2016 film 'Dear Zindagi'. Alia Bhatt was in the lead role in the film. Dear Zindagi had taken an opening of 8.62 crores on the first day. Priyanka

Chopra Jonas starrer 'Mary Kom' is also included in this list. This film based on the life of boxer Mary Kom was released in the year 2014. The film took an opening of Rs 8.32 crore on the first day. Kangana Ranaut starrer film 'Tanu Weds Manu' is also included in this list. In the year 2011, this film was a superhit at the box office, taking an opening of Rs 8.61 crore on the first day at the box office.

Nora Fatehi wants to sit on the producer's chair after acting? The actress expressed her desire

Nora Fatehi has worked in many films. He has also created his own identity as a dancer. Now her eyes are towards becoming a film producer. Nora Fatehi is not in need of any identity in Bollywood today. Nora, who has made her mark in the film industry as a dancer, is one of everyone's favorite actresses today. Nora was recently seen in the film 'Madgaon Express'. Nora revealed about her work in an interview. work. How does she handle things - During a media interaction, Nora asked how she handles all her work, work in the morning. I work at night'. achieve her dreams. It is the result of this artist today. Showed interest in film ambition is that apart from dancing and . I am more fortunate than all those chance to fulfill them, but this did not a chance to do this work. Nora Fatehi film 'Roar: The Tiger of Siberian'. The her acting. Nora won everyone's hearts 'Satyamev Jayate'. Apart from this, the Out of which people still like to watch film - Talking about the film career of Varun Dhawan's film 'Street Dancer Nora's brilliant works. The actress also Supporting Actress for her excellent work in this film. Apart from this, Nora has also been a judge on the dance shows 'Jhalak Dikhhla Jaa' and 'India Best Dancer'.



She told how she maintains coordination in her between acting and dancing? How does she work? talked openly about her work. When Nora was Nora said, "I just work." I am alive for work. I Nora also talked about how she has struggled to hard work that she has become a multi-talented production - The actress said, 'It is my dream, my acting, I can always work as a producer-director. people who have these dreams but do not get a happen with me. I am fortunate that I am getting started her film career in Bollywood with the 2014 actress is known more for her dancing style than with the song 'Dilbar Dilbar' from the film his song 'Saki Saki'. Received Filmfare for this the actress, she has also done excellent work in 3D'. The film 'Batla House' is also included among received the 66th Filmfare Award for Best