

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

चतुर्थ नवरात्री

कृष्णान्डा

सुरासम्पूर्णक लशं
रूधिराप्लुतमेव च।
दधाना हस्तपद्माभ्यां
कृष्णान्डा शुभदास्तुमे॥



माता दुर्गा के चौथे स्वरूप का नाम कृष्णान्डा है। अपनी मंद, हल्की हंसी द्वारा ब्रह्मांड को उत्पन्न करने के कारण इनका नाम कृष्णान्डा पड़ा। नवरात्रों में चौथे दिन कृष्णान्डा देवी के स्वरूप की उपासना की जाती है। इस दिन साधक का मन अनाहज चक्र में स्थित होता है। अतः पवित्र मन से पूजा-उपासना के कार्य में लगना चाहिए। मां की उपासना मनुष्य को स्वाभाविक रूप से भवसागर से पार उतारने के लिए सुगम और श्रेयस्कर मार्ग है। माता कृष्णान्डा की उपासना मनुष्य को आधिपत्याधियों से विमुक्त करके उसे सुख, समृद्धि और उन्नति की ओर ले जाती है। अतः अपनी लौकिक, परलौकिक उन्नति चाहने वालों को कृष्णान्डा की उपासना में हमेशा तत्पर रहना चाहिए।

डमरू बजाकर प्रधानमंत्री ने लोगों ईदगाह पहुंचे अखिलेश, मुबारकबाद दी... लखनऊ से अयोध्या तक मनाया गया त्यौहार

लोकसभा चुनाव 2024 की आचार संहिता लगने के बाद यह दूसरा मौका है जब प्रधानमंत्री मोदी उत्तराखंड पहुंचे हैं। ऋषिकेश के आईडीपीएल खेल मैदान में डमरू बजाकर उनके चुनावी जनसभा को संबोधित किया। पीएम मोदी ने कहा कि मैं जब भी उत्तराखंड आता हूँ पुरानी यादें ताज़ा करता हूँ। प्रधानमंत्री के संबोधन शुरू करते ही मोदी-मोदी के नारे गुंजने लगे। जिस पर पीएम मोदी ने मुस्कराते हुए कहा कि तमिलनाडु में भी लोग कह रहे फिर एक बार मोदी सरकार। उत्साह 19 अप्रैल तक रखना- प्रधानमंत्री पीएम ने कहा कि देश में ऐसी सरकार है जिसने 10 साल कई काम किए। आतंकियों को घर में घुस कर मारा जाता है। ये मोदी की मजबूत सरकार है। महिलाओं को लोक व विधानसभा में आरक्षण दिया। वन रैंक वन पेंशन का लाभ दिया। उत्तराखंड में भी साढ़े तीन करोड़ से अधिक पूर्व सैनिकों को मिला है। संबोधन के दौरान मोदी-मोदी के नारे लगने पर प्रधानमंत्री ने कहा कि ये उत्साह 19 अप्रैल तक रखना है। पीएम मोदी ने कहा कि मोदी सरकार ना होती तो वन रैंक वन पेंशन



कभी लागू ना होता। कांग्रेस की कमजोर सरकार सीमा पर आधुनिक इन्फ्रास्ट्रक्चर नहीं बना पाई। आज सीमाओं पर सड़कें चकाचक हैं प्रधानमंत्री ने कहा कि पर्यटन और चारधाम यात्रा का उत्तराखंड को विकसित करने में बड़ा योगदान है। कहा कि पर्यटकों का उत्तराखंड में पहुंचना आसान होना चाहिए। इसके लिए रोड कनेक्टिविटी बढ़ाई जा रही है। पीएम मोदी ने कहा कि यहाँ ऋषिकेश कर्णप्रयाग रेल लाइन पर तेजी से काम हो रहा है। दिल्ली से देहरादून की दूरी सिमट रही है। उत्तराखंड के सीमावर्ती गांव को कांग्रेस अतिम गांव कहती थी, हमने उसे पहला गांव बनाकर विकास किया है। आदि कैलाश के लिए हेलिकॉप्टर सेवा शुरू हो गई है। चारधाम यात्रा को भी सुगम बनाने की ओर सरकार काम कर रही है। यह सब इसलिए हो रहा भाजपा की नीयत सही है। जब नीयत सही होती है तो नतीजे भी सही मिलते हैं।

ईद का त्यौहार पूरे देश में हर्षोल्लास के साथ मनाया जा रहा है। बृहस्पतिवार सुबह प्रदेश के अलग-अलग जिलों की मस्जिदों में मुस्लिम समाज के लोगों ने नमाज पढ़ी और मुल्क की तरक्की व अमन के लिए दुआ मांगी। इस अवसर पर सुरक्षा के व्यापक प्रबंध किए गए थे। सर्वेदनशील स्थानों पर सीसीटीवी कैमरे लगाकर निगरानी की जा रही है। ईद के अवसर पर सपा अध्यक्ष अखिलेश यादव भी लखनऊ स्थित ईदगाह पहुंचे और सभी को मुबारकबाद दी। उन्होंने कहा कि आज ईद के मौके पर मैं अपनी तरफ से आप सभी को बहुत-बहुत मुबारकबाद देना चाहता हूँ... ये त्यौहार जहाँ हम एक-दूसरे के गले मिलते हैं, सेवइयां खाकर एक-दूसरे का मुंह मीठा करते हैं, यही हमारे देश की खूबसूरती रही है... हम एक-दूसरे का सम्मान करें और एक-दूसरे को मोहब्बत की नजर से देखें, मैं इसी उम्मीद के साथ आप सभी को ईद की बहुत-बहुत मुबारकबाद देता हूँ... लखनऊ में ऐशबाग ईदगाह और टीले वाली मस्जिद पर बड़ी संख्या में मुस्लिम समुदाय के लोग एकत्र हुए और नमाज पढ़ने के बाद एक-दूसरे के गले लगकर बधाई दी। ऐशबाग ईदगाह में सुबह 10 बजे सबसे



बड़ी जमात से ईद उल फ़ित्र की नमाज अदा की गई। यहाँ पर मौलाना खालिद रशीद फरंगी महली और टीले वाली मस्जिद में ईद की नमाज मौलाना शाह फजलुल मन्ज़ान रहमानी ने अदा करवाई। लखनऊ के ऐशबाग ईदगाह में सबसे बड़ी जमात से ईद उल फ़ित्र की नमाज अदा की गई। यहाँ पर मौलाना खालिद रशीद फरंगी महली और टीले वाली मस्जिद में ईद की नमाज मौलाना शाह फजलुल मन्ज़ान रहमानी ने अदा करवाई। ईद का त्यौहार आज अमेठी में बड़े ही धूमधाम से मनाया जा रहा है। अमेठी के जामा मस्जिद पर हजारों लोगों ने एक साथ ईद की नमाज पढ़ी। उसके बाद सभी ने एक दूसरे के गले मिलकर ईद की बधाई दी। वहीं, सुरक्षा के लिए मस्जिदों के बाहर अर्ध सैनिक बलों के अलावा स्थानीय पुलिस भी तैनात रही। नमाज के दौरान सीसीटीवी

महेंद्रगढ़ में ईद के दिन स्कूल बस पलटी: छह बच्चों की मौत व 15 घायल, राष्ट्रपति व पीएम मोदी ने जताया दुःख

महेंद्रगढ़ में स्कूल बस पलटने से हड़कप मच गया है। इस भीषण हादसे में छह बच्चों की मौत हो गई और 15 गंभीर रूप से घायल हो गए। हादसे का कारण वाहन को ओवरटेक करना बताया जा रहा है। महेंद्रगढ़ के कनीना के गांव उहानी के पास स्कूल बस पलटने से भीषण सड़क हादसा हो गया। इस दुर्घटना में छह बच्चों की मौत हो गई और 15 गंभीर रूप से घायल हो गए। सूचना मिलने पर मौके पर पहुंची पुलिस मामले की जांच कर रही है। प्रधानमंत्री नरेंद्र मोदी ने दुर्घटना पर दुःख जताते हुए कहा कि हरियाणा के महेंद्रगढ़ में हुआ बस हादसा अत्यंत पीड़ादायक है। मेरी शोक-संवेदनाएं उन सभी परिवारों के साथ हैं, जिन्होंने इस दुर्घटना में अपने बच्चों को खोया है। इसके साथ ही मैं सभी घायल बच्चों के शीघ्र स्वस्थ होने की कामना करता हूँ। राज्य सरकार की देखरेख में स्थानीय प्रशासन पीड़ितों और उनके परिजनों की हरसंभव सहायता में जुटा है। राष्ट्रपति द्रौपदी मुर्मू ने हादसे पर दुःख जताते हुए कहा कि हरियाणा के महेंद्रगढ़ जिले में स्कूल बस दुर्घटना में अनेक मासूम बच्चों की मृत्यु का समाचार हृदय



विदारक है। ईश्वर शोक संतप्त माता-पिता एवं परिजनों को यह क्रूर आघात सहने की शक्ति प्रदान करें। मैं घायल हुए बच्चों के शीघ्र स्वस्थ होने की कामना करती हूँ। हरियाणा की शिक्षा मंत्री सीमा त्रिखा ने निजी अस्पताल में पहुंच कर 12 छात्रों का हाल-चाल जाना। इस दौरान उन्होंने सीमा त्रिखा ने कहा कि निजी स्कूल संचालक को नियमों का पालन करना चाहिए। मंत्री ने कहा कि ड्राइवर के साथ-साथ स्कूल के प्रिंसिपल व मालिक के खिलाफ एफआईआर दर्ज की जाएगी। उन्होंने कहा कि ईद के अवकाश के दिन स्कूल खेलना गंभीर बात है। इसको लेकर प्रदेश के सभी शिक्षा अधिकारी को कार्रवाई के निर्देश दिए गए हैं। कहा कि नियमों का उल्लंघन करने वाले स्कूलों के खिलाफ की कड़ी कार्रवाई जाएगी। हादसे को लेकर उपायुक्त ने कहा कि प्रशासन की तरफ से घायलों की हरसंभव मदद की जा रही है। उन्होंने बताया कि प्रशासन की निगरानी में बेहतर उपचार हो रहा है। इस साथ ही डीसी ने स्कूल प्रशासन पर कार्रवाई करने की बात कही है। वहीं, बताया कि

समाचार मिला है। जिसमें बच्चों के निधन और कुछ बच्चों के घायल होने की हृदय विदारक सूचना है। ईश्वर से प्रार्थना करता हूँ कि मृतक बच्चों की आत्मा को शान्ति प्रदान करें और घायलों को जल्द स्वस्थ करें। भगवान से प्रार्थना है कि बच्चों के परिवार को ये अपार पीड़ा सहने की शक्ति दे। केंद्रीय मंत्री अमित शाह ने जताया दुःख-केंद्रीय मंत्री अमित शाह ने कहा कि हरियाणा के महेंद्रगढ़ में स्कूल बस का दुर्घटनाग्रस्त होना बेहद दुःखद है। मेरी संवेदनाएं मृतक बच्चों के शोक संतप्त परिजनों के साथ हैं। ईश्वर उन्हें यह दुःख सहने की शक्ति प्रदान करें। स्थानीय प्रशासन के द्वारा घायल बच्चों को सहायता पहुंचाई जा रही है। उनके शीघ्र स्वस्थ होने की कामना करता हूँ। एक निजी स्कूल बस के दुर्घटनाग्रस्त होने से घायल हुए एक छात्र का कहना है कि ड्राइवर नशे में था और उसने स्पीड 120 कर रखी थी, जिससे संतुलन बिगड़ गया और ये बड़ा हादसा हो गया। सीएम नाचब सैनी ने कहा कि महेंद्रगढ़ के कनीना में स्कूल बस के दुर्घटनाग्रस्त होने से आहत हूँ। मेरी संवेदनाएं उन शोक संतप्त परिवारों के साथ हैं जिन्होंने अपने मासूम बच्चे खोए हैं। स्थानीय प्रशासन घायलों की सहायता के लिए मुस्तेद है। सभी घायलों के शीघ्र स्वस्थ होने की कामना करता हूँ। पूर्व सीएम मनोहर लाल ने कहा कि कनीना में स्कूल बस के दुर्घटनाग्रस्त होने का दुःखद समाचार प्राप्त हुआ। जिसमें कुछ बच्चों की असामयिक मृत्यु होने और कुछ के घायल होने की सूचना है। मैं सभी शोकसंतप्त परिवारों के प्रति अपनी गहरी संवेदना प्रकट करता हूँ और घायल बच्चों के शीघ्र स्वस्थ होने की कामना करता हूँ। हरियाणा भाजपा के प्रभारी बिप्लव कुमार देव ने कहा कि महेंद्रगढ़ के कनीना में स्कूल बस के दुर्घटनाग्रस्त होने के कारण कुछ बच्चों की असामयिक मृत्यु होने और कुछ के घायल होने का समाचार अत्यंत दुःखद है। मैं सभी शोकाकुल परिजनों के प्रति अपनी गहरी संवेदना प्रकट करता हूँ और माता त्रिपुरसुन्दरी से घायल बच्चों के शीघ्र स्वस्थ होने की कामना करता हूँ। कांग्रेस नेता किरण चौधरी ने कहा कि महेंद्रगढ़ के कनीना में एक निजी स्कूलों की बस की दुर्घटना की दुःखद खबर मिली है। इस हादसे में जिन मासूमों की मौत हुई है उनके परिजनों के साथ हमारा गहरी सहानुभूति और संवेदना है, भगवान परिवार को इस दुःखद घड़ी को सहन करने की हिम्मत

प्रदान करें। इसके साथ ही हादसे में जो घायल हैं भगवान उन्हें जल्द स्वस्थ करें ये कामना करती हूँ। इस मामले में प्रशासन जांच करवाकर दोषियों पर सख्त कार्रवाई करें। पूर्व सीएम भूपेंद्र सिंह हुड्डा ने कहा कि नारनौल के उहानी के पास स्कूल बस के दुर्भाग्यपूर्ण हादसे में कई बच्चों की दुःखद मृत्यु और कई बच्चों के घायल होने की खबर पीड़ादायक है। इस हादसे में अपने बच्चों को खोने वाले परिजनों के प्रति मैं गहरी संवेदनाएं प्रकट करता हूँ। ईश्वर से प्रार्थना है कि बस दुर्घटना में घायल बच्चे जल्द से जल्द स्वस्थ हों। राज्यसभा सदस्य दीपेंद्र हुड्डा ने कहा कि नारनौल के उहानी गांव के पास हुई स्कूल बस दुर्घटना में कई बच्चों की दुःखद मृत्यु और कई बच्चों के घायल होने का समाचार सुनकर मन विचलित है। ईश्वर से प्रार्थना है कि इस हादसे में घायल बच्चों को जल्द स्वास्थ्य लाभ प्रदान करें। राज्य सरकार व स्थानीय प्रशासन से अनुरोध है कि पीड़ित परिवारों एवं सभी घायलों को मुफ्त उपचार सहित हर संभव मदद मुहैया कराए। इस दुर्घटना को देखते हुए आज के अपने चुनाव प्रचार कार्यक्रम को मैं स्थगित कर रहा हूँ।

संपादकीय Editorial

What a superpower-like standard of living?

As the general election season is in full swing, the guarantee that Prime Minister Modi is giving to the country is that during his third term, India will become the third economic superpower of the world. The Prime Minister is assuring the nation that he is working 24 hours a day, seven days a week, to fulfill the resolve of 'Developed India' in 2047. At present, India is the 5th largest economy in the world after America, China, Japan and Germany. America's economy is more than 25 trillion dollars and China's economy is more than 19 trillion dollars. India's GDP is around \$3.8 trillion, while Japan and Germany's GDP is more than \$4 trillion. Considering the pace at which the economic growth rate of Indian GDP is progressing, by 2028 it can become the third economic superpower, leaving behind Japan and Germany. India was the 10th economy in the world during the UPA government. Jumping from there to become the 5th superpower is a great achievement. It is the citizens and industries of India who have achieved this beautiful, glorious place. Our average growth rate in 2014-15 was 5.9 percent, while during 2023-24 it has been less than 6.8 percent. We do not want to compare the growth rates during the tenures of different governments. It is also a situational situation that the growth rate keeps increasing or decreasing. During the global pandemic Corona virus, our economic growth rate sank to negative. India has come out of those circumstances and has remained firm on being the 5th superpower. If the growth rates of Japan and Germany remain close to the current level, then India can soon achieve the position of third largest economy, but as important as the expansion of the economy, the issue of what will be the average standard of living of India is also important. Is? Is the standard of living of the average Indian like that of a superpower? India's per capita GDP is \$2500, which is much less than China's \$13,000. To put the situation and context in 1990, India's per capita GDP was \$369, while China was lagging behind us with \$348. Today China's economy is so advanced that India cannot even imagine touching it. After all, how China has gone so far ahead of us in three decades is a question worth pondering. The goal will not be achieved merely by raising slogans of 'Developed India'. Which Prime Minister will be accountable to the country in 2047? Will he carry forward the ideological line of the current Prime Minister? If different political parties are represented, no one will necessarily recognize the goal of 'developed India'. There are many questions. Today elections can be won on this slogan, but it is a question of the basic development of the country. If India has to become a 'developed nation' in the coming two decades and these decades should be India's decades in terms of the global economy, then India will have to achieve the target of per capita GDP of \$10,000 at today's prices. These are more or less expectations. According to the World Bank definition, India is currently a 'lower middle income' country, while China is an 'upper middle income' country. China is almost on the verge of becoming a 'developed nation'. It is possible that India's GDP may be \$25-30 trillion in 2047 and the per capita income may also be much higher, but the standards of living are completely different. What is the life expectancy and how much is being spent on health? However, the destination is still far away.

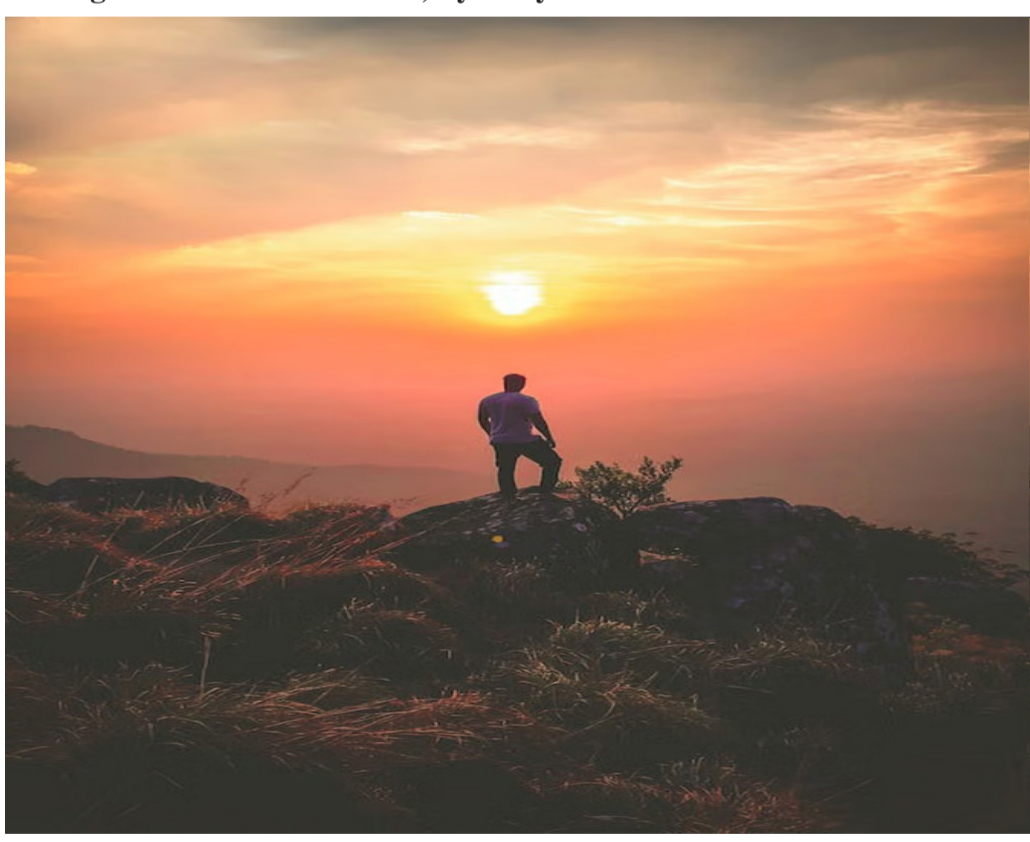
Expenditure Budget: Challenges of Electoral Economics, Is Public Spending Really an Issue?

Election expenditure is a very small amount in the total expenditure budget of the Government of India, which is approximately Rs 45 lakh crore. Therefore, it is important to consider whether public spending on elections is really an issue. The process of elections for the eighteenth Lok Sabha has started and the first phase of voting is also going to take place in a few days. Candidates contesting elections with political parties are busy campaigning vigorously. Often, during election days, concern is raised about election expenditure and with the argument of increasing election expenditure, 'one nation, one election' is also being considered. As far as election expenditure is concerned, the direct public financial cost of conducting elections varies considerably globally and electoral costs vary between countries and even within countries. In general terms, the public expenditure by the Central Government on various elections in our country has increased at the rate of 19.98 percent per year. Statistics show that the cost of public expenditure of the central government on elections in the year 2017-18 was Rs 1322.22 crore, which has increased to Rs 2724.26 crore in the budget allocation for the year 2024-25. The highest level of public cost on elections so far has been recorded in the year 2022-23, which was Rs 3775.42 crore. This election expenditure includes six major items, which are as follows - expenditure on election officers, expenditure on preparation and printing of voter list, expenditure on conduct of elections to Lok Sabha and State/Union Territory Legislative Assemblies, Legislative Council Expenditure to be incurred, expenditure to be incurred for conduct of Panchayat/Local Body elections, etc. and other election related expenses. As is clear from these broad items of public expenditure, these are mainly administrative expenses incurred by the Central Government for conducting elections. Election expenditure is a very small amount in the total expenditure budget of the Government of India, which is approximately Rs 45 lakh crore. Therefore, it is important to consider whether public spending on elections is really an issue. Let us now consider the economics of elections also. From the announcement of elections by the Election Commission to the formation of the new government after the elections, there is an unexpected increase in the expenses of the candidates contesting the elections. Increased election-related spending by candidates is often considered to boost consumption spending in the short run. The benefits of election spending on the consumer market in the short run vary and its economic impact depends on a number of factors, including the electoral nature of competition between different political parties. However, the nature of electoral competition has long-term effects on public finances. After the elections, the political party that wins and forms the government, the public policies initiated by that government have a wide impact on public expenditure. Such expenditure has long-term implications for growth, fiscal balance and human development. A very interesting example of a pre-poll promise translating into a large public spending commitment in recent years is the Mahatma Gandhi National Rural Employment Guarantee (MNREGA) Act. We will find many examples of such pre-poll promises which have not only increased public expenditure but also created new public policies. According to the first article of the Indian Constitution, there is a union of different states. Therefore, the electoral competition of national elections and state elections in a federal country should be different, especially when the role of the national government is very different from that of the state governments. However, in our own country India, the promises made by political parties fail to make this distinction. It is also difficult to understand this difference from political promises. Election promises, both at the Center and in the states, largely focus on redistributive spending to benefit households. Redistributive expenditure is that which is related to the equitable distribution of resources, hence in this matter the states are also dependent on the Center to some extent. As a result, the problem that arises is that after the elections, there arises a functional conflict in the responsibilities of the Central and State Governments. It can also be understood that the central and state governments work to provide the same type of service or facility. The division of resources and responsibilities between the Center and the states is clear in the Constitution. Given the constitutional division of resources, most redistributive spending on health, rural development and agriculture occurs at the state level. Ideally, state elections should be fought on such redistribution issues. Restoration of law and order is also a state subject. Therefore, state elections should be fought on the issues of law and order and governance. Whereas national elections should ideally be fought at an all India level on national issues such as infrastructure development, railways, defense and foreign affairs. But the reality in our country is completely different. However, this also cannot be said that national election promises have no role in addressing key redistributive concerns. What this basically means is that if the responsibilities assigned by the Constitution are included as fundamental principles in the election manifesto by the political parties, However, this also cannot be said that national election promises have no role in addressing key redistributive concerns. What this basically means is that if the responsibilities assigned by the Constitution are given a place as fundamental principles in the election manifesto by the political parties, then when the government is formed after the elections, the focus will be on fulfilling the election promises and There will be no problem in fulfilling such promises.

Issue: In the era of climate change, discussion on 'Natural Bond' is necessary, when will we commit?

In the current crisis of climate change, when will we commit to the bond we have with nature? There is a huge shortage of natural resources in our country as per the population. Our country has 18 percent of the world's population, but we have only 2.4 percent of global land, two percent of forests and only four percent of clean water. In the future, as population pressure increases, these resources will further decrease. At the rate we are using natural resources now, by the year 2030 we will need 25 times more natural resources. Ecological threats are increasing, this

According to there is a 25 conflict in the there is a similar will increase by biodiversity, it is feared that also been India loses an year due to of Rs. This is meeting the (SDGs) has 121st position. a need for is this natural taking from in the same bond. If we Nature is not a with full due



under the principle of co-existence. Nature is the basis of our life, but forgetting to repay its debt, we are running towards luxuries. What kind of earth will we hand over to our future generations? The Corona pandemic crisis has taught us what real wealth is. Man cannot progress by ignoring nature. There is no concrete policy or action plan in the country so far to combat climate change and the displacement caused by it and to provide social security to the affected people. This is why, according to an estimate, 4.5 crore people will be forced to migrate from their homes by 2050 due to climate disasters in India alone. In an era of climate change, the number of people migrating as a result of extreme weather events will triple the current number. The Global Climate Risk Index, 2021, an annual ranking by research group Germanwatch, places India among the top 10 countries most affected by climate change. Scientists say that due to the increasing global temperature, food prices are expected to increase by 3.2 percent annually by 2035. Not only this, it can also adversely affect the yield of crops. Scientists believe that due to changes in climate, the food plate of a common man may become more expensive. These days, preparations for the Lok Sabha elections are going on in full swing in the country. But what effect the rising global temperature and climate change will have on people's lives, and what action plan do political parties have to deal with it, is not the issue of this election debate. If seen seriously, this election is also very harmful from the environmental point of view. Therefore we cannot include the democratic structure of our country under green democracy. In the current climate change era, it is necessary that initiatives be taken to make the country a green democratic system, and indiscriminate exploitation of natural resources should be stopped. Development at the cost of environmental destruction will ultimately lead us to destruction. Therefore, there is a need to be alert in time and commit to the conservation of natural resources.

will create an environment of instability. the Institute for Economics and Peace, if percent threat to food security, the risk of country will increase by 36 percent and if water shortage, then the incidents of conflict 18 percent. From the point of view of there are four hotspots in our country, but 90 percent of the area of these places has reduced. According to the United Nations, average of seven billion US dollars every natural disasters. There is an economic loss why in the last five years, India's ranking in UN's Sustainable Development Goals declined. In the year 2022, India was at In view of all these incidents, today there is commitment towards natural bonds. What bond? Whatever we have taken or are nature till now, we should return to nature proportion, this commitment is a natural cannot repay, we are debtors of this nature. financial institution, which gives us loans diligence. This entire universe operates

Summer Diet Plan: Change your diet in the changing season, give such diet to everyone from children to the elderly.

You are a mother, wife and daughter-in-law. It is your responsibility to take care of everyone's health and now summer has also started. In such a situation, you will have to make changes in your eating habits keeping everyone's health in mind, but how? As the weather changes, it becomes even more important to take care of your health. Therefore, everyone should make necessary changes in their eating habits at this time. In today's busy life, there is a need to be more conscious about health. In such a situation, by including exercise in your daily routine and nutrients in your diet, you can keep your body healthy by increasing your immunity. Generally, the temperature increases significantly during the summer season, due to which many

problems like vomiting, diarrhea and light and easily digestible food. follow a seasonal diet, because it phytochemicals that benefit health. naturally cleanse and heal the body. health, hence include fresh and home-at all. Along with this, also keep some to high temperature in summer, due to which the risk of dehydration supply through proper eating habits. water, mango panna, wood apple help in maintaining proper levels of out of the house, drink water only and have any problem of dehydration. get more amount of nutrients in body and you remain healthy. vegetables, which are a good source we need more water and fruits and Therefore, more fruits and vegetables good to consume watermelon, At the same time, among the keep the body hydrated but also



dehydration arise, hence in this season one should eat Consuming cold liquids is more beneficial. You should contains vitamins, minerals, enzymes, antioxidants and Apart from this, seasonal foods also have the ability to Consuming canned food items is always harmful for made food items in your diet and do not eat stale food important things in mind. Need to stay hydrated - Due excessive amount of water gets released from our body, increases. Therefore, it is necessary to maintain water For this, consume lemon juice, lassi, thandai, coconut sherbet etc. in liquids. These home-made drinks also vitamins in your body. Apart from this, while going keep a water bottle with you. With this you will never Consumption of fruits and vegetables – You should summer food. This provides proper nutrition to the Summer usually increases the supply of fruits and of vitamins, minerals and other nutrients. In summer vegetables also supply this need in abundance. should be consumed in this season. Among fruits, it is cucumber, banana, orange, mango and coconut water. vegetables, tomatoes, carrots, capsicum etc. not only provide essential nutrients. Diet plan for energy - In

summer, we need more energy, so that we can complete our daily activities. . For this, it is important to consume energetic drinks and a balanced diet. It is better to divide the day's diet into parts according to time and take food at the right time, so that you will get enough energy throughout the day as per your need. This diet plan controls the blood sugar level in your body. Millets like jowar, barley and ragi are useful in providing energy and improving the digestive system. Among these, ragi and barley keep the body cool in summer. These grains are rich in important compounds like vitamins, polyphenols, phytochemicals and nutrients like dietary fiber and have very low glycemic index, which is considered ideal for blood sugar. Even though gram is not kept in the category of coarse grains. , but it is considered in the category of coarse grains only. Consuming gram or sattu keeps the body cool. In this way, these grains help in strengthening the immunity by protecting the body from many diseases, hence you should keep consuming them in summers. Milk products - In summers, cool milk and milk products, such as Keep consuming curd, buttermilk and lassi. Along with keeping your body cool, they strengthen the immune system by increasing the good bacteria. In summer, children, elderly people and people working in the sun are more adversely affected. Strong sunlight can cause deficiency of water and salt in the body, which causes problems like dehydration, fatigue and low blood pressure. People of all age groups should take care of themselves in summer, because due to increase in temperature and heat, our body goes under stress, which can promote irritability, insomnia, skin sensitivity and vitamin-mineral deficiency. Therefore, you should be fully aware of what changes should be made in the diet of people of different age groups. In the plate of small children: To supply maximum nutrients to the body of children, many types of colorful vegetables should be included in their diet. Include fruits and vegetables. Suitable sources of protein for small children are milk, curd, cheese, eggs and pulses etc., hence include them in their diet. Also keep feeding them dry fruits, so that they can get nutrients in abundance. Children should be encouraged to consume healthy grains such as porridge, rice, rotis and especially coarse grains from an early age, as it is essential for their mental and physical development to get adequate nutrients as they grow older. Adolescents/youth and middle age protein meat, fish, Be sure to give them eggs, pulses, soya, milk products like curd and cheese. Due to this there will be no shortage of protein in their body. Apart from this, include green leafy vegetables and fruits to supply nutritional elements. For fiber and vitamins, it is most important to include grains, such as brown rice, wheat and other coarse grains, such as jowar, millet, barley, ragi, etc. in their diet. For the elderly - People of this age need protein. Include protein sources for fulfillment, such as skimmed milk, curd, raita, buttermilk, cottage cheese, eggs and shelled pulses. Include a variety of seasonal fruits and green vegetables and include grains, such as rice, oatmeal and other grains, for vitamins, minerals and fiber. For them, dinner should be especially light and easily digestible. If possible, make them eat khichdi two-three times a week during this time. What not to eat – Consumption of spicy things should be reduced during the summer season. Do not eat heavy, fried, acidic and stale food. Chaat-chutney, sour foods and khoya dishes sold in the market are often the main causes of food poisoning. Along with this, to protect the body from dehydration in the summer season, avoid excess consumption of tea, coffee or alcohol and also stay away from packaged sugar mixed juices available in the market. Thus, by choosing the right diet in summer, you can make your life healthy and energetic.

You will remain energetic throughout the day during fasting, practice these yogasanas daily during Navratri.

Navratri has started from 9th April. Devotees fast during this nine-day festival. Eat fruits for nine days. Summer has started. If you are fasting during this period, drink enough water.



Keep the body hydrated. Apart from this, due to not eating food the body's energy starts decreasing. You can try to keep yourself fresh by eating fruits, but if you want to maintain body energy then you can take help of yoga. Yoga should be done to stay healthy and avoid diseases. Yoga can also provide long-term benefits in keeping the body energetic, fit and active. Know in this article about the yogasanas to be done

during fasting during Navratri. Utkatasana Yoga- Chair Pose or Utkatasana Yoga is considered very helpful in keeping the leg muscles healthy and strong. This yoga is considered very beneficial in pumping blood in the body. According to yoga experts, regular practice of this yoga can be very beneficial in keeping the body active throughout the day. Shalabhasana Yoga- The practice of Shalabhasana Yoga is considered to be the best for energizing the body. Practicing this yoga can be very beneficial in strengthening the back, hamstrings and glutes as well as increasing blood circulation. Practicing this yoga asana for 5-10 minutes daily can help in keeping the body active throughout the day. Practice of Pranayam – Pranayam is considered to be the best exercise for the circulation of energy in the body. By making various types of pranayam a part of your daily routine, you can keep yourself energetic throughout the day. Through Pranayama, the circulation of oxygenated blood in the brain can be increased which can help in curing many types of serious problems. Note: This article has been prepared on the basis of suggestions from yoga experts. To know about the correct position of the asana, you can contact a yoga guru.

If you want to celebrate the festival of Baisakhi then adopt these methods

The festival of Baisakhi is about to come. Baisakhi is a festival celebrated with pomp and joy. This festival is celebrated after the harvest in the month of Vaishakh. This year Baisakhi will be celebrated on 13th April. Although Baisakhi is celebrated all over the country, a different



enthusiasm is seen in Haryana and Punjab on Baisakhi. This day is celebrated as New Year in Sikhism. Pujas are organized at home. Go to Gurudwara and do service there along with recitation. If you are celebrating the festival of Baisakhi this time, then you can make it memorable forever in some special way. Some ways to celebrate the festival of Baisakhi are being told here. Taste the delicious dishes - On the occasion of any festival or festival, there is definitely traditional and delicious

dishes. On the occasion of Baisakhi, you can prepare some delicious dishes at home. Keep lunch or dinner something different and special from the everyday meals. You can make two or more types of sweets at home. Invite friends, close ones and relatives for a feast at home. Path or Langar- Path can be organized on the occasion of Baisakhi. You can conduct the recitation at home with family, relatives and friends or attend the recitation in the Gurudwara. On this occasion, langar is organized at various places, where you can go for service with friends and children. Go to Gurudwara - On the occasion of Baisakhi, you can go to any Gurudwara in the city with family, friends and relatives to pay obeisance. Are. Can recite and serve in Gurudwara. Spend some time in the Gurudwara. Go for a walk – Fairs are organized at many places on the occasion of Baisakhi. You can attend Baisakhi fair with children or family. Baisakhi is on weekend, so you can plan a mini trip and go out for a walk.

'Producers need to invest money in women-oriented films too', Kriti said on the success of Crew

Women and their stories have always been unsafe in Indian cinema, but some actresses and producers often go beyond this try to bring change. Kareena Kapoor, Kriti Sanon and Tabu's film 'Crew' is an example of this. The film is doing very well at the box office. Now recently, in an interview, Kriti said that film directors now need to invest a lot on women-oriented films as well. Kriti said in her recent interview, "A film needs to be made to draw audience to the theatre. It is not very important to play the role of a hero. quite a long time, people have

embracing centric films like male-centric films. They feel that audience will not come to the theater and they get money. However, now times have changed people's thinking has also changed a lot.' Kriti on the achievement of 'Crew' - The actress the achievement of 'Crew' as an important turning point in Hindi cinema. Talking about the success of the film 'Crew', Kriti said, "This is kind of the beginning. I am hoping for at least a change. People don't have a lot of expectations from such films. People have less faith in things. That belief needs to be strong to change. If you invest as much in a film as you do on Donkey, then obviously women-oriented films will also do well at the office." Example of 'Gangubai Kathiawadi' - Talking about Alia Bhatt's 2022 hit 'Gangubai Kathiawadi' directed by Leela Bhansali, Kriti said that this film was also a centric film, but even today people want to watch this a lot. The film was also a success at the box office. now times have changed and people's thinking has also lot.' Kriti said this on the achievement of 'Crew' - The actress achievement of 'Crew' as an important turning point in Hindi cinema. Talking about the success of the film 'Crew', Kriti said, "This is kind of the beginning. I am hoping for at least a change. People don't have a lot of expectations from such films. People have less faith in things. That belief needs to be strong to change. If you invest as much in a film as you do on Donkey, then obviously women-oriented films will also do well at the box office." Example of 'Gangubai Kathiawadi'

What did Kiran Rao say on her divorce from Aamir Khan? Told- How does she keep her son Azad away from the headlines?

Bollywood actor Aamir Khan and his ex-wife Kiran Rao made headlines after announcing their divorce. Kiran Rao was in the news recently for her film 'Laapta Ladies'. Both of them were seen promoting this film together while raising their son Azad together. After divorce, Aamir and Kiran became good friends and are raising their son together. Kiran recently told why it was important for her to make her divorce public and what was the reason behind keeping Azad away from the limelight. Kiran Rao revealed the reason behind making her divorce public and said, 'It was a necessary decision, as we realize it in some ways. You know you're in the public eye. You are living your life very publicly. What we were doing was completely legal and morally right. In such a situation, it is better to talk openly about it. At the same time, we thought that we should not let people guess about it. He said, 'When it comes to the personal life of any celebrity, how come some people start trolling. Even after you say it, people start explaining its meaning. But when you don't do that, it becomes very easy for people to say nonsense. We have seen how big celebrities are dragged when they are going through troubles and bad times. At the same time, Aamir and Kiran have taken many steps to keep their son Azad away from the limelight. Talking about this, Kiran Rao said, 'Azad is also like this. I have told them that if people ask you for a photo and you agree then say yes and if you don't agree, say no. When we go to the airport, we ask him for a photo, sometimes he says yes, sometimes he says no. It is noteworthy that Aamir Khan and Kiran Rao saw each other after 15 years of marriage. Had decided to separate from. Both of them got married in 2005. At the same time, in July 2021, Aamir and Kiran had announced their divorce.



'Audiences will like Maidaan', claims Sunil Shetty, wishes the film team by sharing the post

The film 'Maidan' based on the life of coach Syed Abdul Rahim, who showed the golden era of Indian football, is being discussed everywhere. Recently, the makers of the film had screened the film, which was attended by many big Bollywood celebrities. In this sequence, recently, actor Sunil Shetty has shared a post and wished the team of the film all the best. Let us know what the actor has said. Sunil Shetty had written a lovely note on his ex-handle dedicating it



to the entire team of 'Maidan'. He shared the poster of the film, in which Ajay Devgan is seen with a bag and an umbrella in his hand. In this note, he gave a glowing review of the film and also claimed that the film will also get a positive response from the audience. Apart from this, he has congratulated director Amit Ravindranath Sharma and producer Boney Kapoor. Sunil Shetty extended his best wishes - He wrote, "Hey AJ! Rumor on the street is that you knocked it out of the park with the field! Hearing some great reviews! Many congratulations to Ajay, Boney sir and Amit Sharma! #Maidan will be a hit at the box office. Responding to his post, Boney Kapoor said, "Thank you Sunil Shetty for your good wishes." These actors will be seen Ajay Devgan, Janhvi Kapoor, Arjun Kapoor, Sanya Malhotra, Mannara Chopra, Javed Akhtar, wife Shabana Azmi, Archana Gautam and others were present at the star-studded screening of Maidan. Maidaan is a historical period drama based on the era of 1951-1962 and is based on the life of Indian football coach Syed Abdul Rahim. Directed by Amit Ravindranath Sharma, the film also stars Priyamani, Gajraj Rao, Rudranil Ghosh, Madhur Mittal and others in lead roles.

Raveena Tandon reached Trimbakeshwar temple with daughter Rasha, shared pictures on social media

Actress Ravani Tandon along with daughter Rasha Thadani visited Trimbakeshwar Shiv Temple and Shri Ghrishneshwar Temple on Wednesday. After darshan, the actress offered prayers. Raveena shared pictures of the temple darshan on social media. Raveena Tandon



has shared pictures from her official Instagram account. In these, she is seen in matching clothes with her daughter. Raveena has written the caption with the pictures, 'Om Namah Shivay'. It was a pleasant experience visiting Trimbakeshwar Shiv Temple and Shri Ghrishneshwar Temple. In the pictures shared, Raveena Tandon is seen sitting in a car in the first picture. In the picture, Raveena has applied Tripund on her forehead and she is smiling. In another picture she is standing in front of the temple with her daughter Rasha. Both mother and daughter are seen in traditional attire. Raveena and Rasha are looking very beautiful in the pictures. Raveena Tandon is often seen spending time with her daughter. She often visits religious places with her daughter. Apart from this, recently Raveena attended Taylor Swift's function with daughter Rasha, whose pictures and videos she shared with the fans. Talking about work front, the actress was recently seen in the film 'Patna Shukla'. This courtroom drama series was released on OTT. In this, Raveena Tandon was seen in the role of a lawyer. In the film, the actress is seen fighting for the truth while also managing her family. This film was produced by Arbaaz Khan.