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भारत सरकार से रजिस्टर्ड
RNI No.UPBIL/2021/83001

राष्ट्रीय हिंदी अंग्रेजी समाचार पत्र

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

मनमोहन सिंह के निधन से देश में शोक की लहर: शाह से लेकर सोनिया तक, घर जाकर किया पूर्व PM को नमन

पूर्व प्रधानमंत्री डॉ. मनमोहन सिंह गुरुवार को दुनिया को अलविदा कह गए। उनके निधन से पूरे देश में शोक की लहर है। पीएम मोदी और राहुल गांधी समेत कई नेता पूर्व पीएम सिंह को श्रद्धांजलि अर्पित करने उनके आवास पर पहुंचे। भारत के पूर्व प्रधानमंत्री डॉ. मनमोहन सिंह गुरुवार को 92 साल की उम्र में दुनिया को अलविदा कह गए। उनके निधन की खबर से पूरे देश में शोक की लहर है। सोनिया गांधी, राहुल गांधी और प्रियंका गांधी वाड़ा समेत कांग्रेस के कई वरिष्ठ नेता दिवंगत पूर्व प्रधानमंत्री



मनमोहन सिंह के आवास पर पहुंचे। वहीं, प्रधानमंत्री नरेंद्र मोदी, केंद्रीय गृह मंत्री अमित शाह, केंद्रीय मंत्री जेपी नड्डा भी श्रद्धांजलि देने उनके आवास पर पहुंचे। इस दौरान मनमोहन सिंह की पत्नी गुरशरण कौर

2024 को नई दिल्ली के एम्स अस्पताल में निधन के बाद 26 दिसंबर, 2024 से एक जनवरी, 2025 तक पूरे देश में सात दिवसीय राजकीय शोक की घोषणा की है। इस दौरान, उन सभी स्थानों पर राष्ट्रीय ध्वज

मोदी ने डॉ. मनमोहन सिंह को दी श्रद्धांजलि प्रधानमंत्री नरेंद्र मोदी पूर्व पीएम मनमोहन सिंह को श्रद्धांजलि दी। इससे पहले उन्होंने शोक संदेश में कहा, पूर्व पीएम मनमोहन सिंह का जीवन देशवासियों के लिए

रिजर्व बैंक के गवर्नर के रूप में सेवाएं दीं। पूर्व पीएम पीवी नरसिम्हा राव की सरकार में वित्त मंत्री रहे और देश में आर्थिक उदारीकरण की नींव रखी। जनता के प्रति, देश के विकास के प्रति उनका जो समर्पण था, उसे हमेशा बहुत सम्मान से देखा जाएगा। डॉ. मनमोहन सिंह का जीवन ईमानदारी, सादगी का प्रतीक था। उनकी सौम्यता, बौद्धिकता उनके जीवन की पहचान रही। मुझे याद है, जब राज्यसभा में उनका कार्यकाल समाप्त हुआ था तो मैंने कहा था कि उनका बतौर सांसद समर्पण सीखने लायक है। उच्च पदों पर रहने के बावजूद अपनी जड़ों को कभी नहीं भूले। वे सभी के लिए सहज उपलब्ध रहे। जब मैं मुख्यमंत्री था तो मनमोहन सिंह के साथ राष्ट्रीय और अंतरराष्ट्रीय मुद्दों पर खुले मन से चर्चा होती थी। दिल्ली आने के बाद भी उनसे



आंखों से श्रद्धा-सुमन अर्पित की। राजघाट के पास होगा अंतिम संस्कार बत्ता दें, पूर्व प्रधानमंत्री डॉ. मनमोहन सिंह का पार्थिव शरीर कल 28 दिसंबर को कांग्रेस मुख्यालय लाया जाएगा, जहां लोग उन्हें

लोकसभा में नेता विपक्ष राहुल गांधी ने पूर्व पीएम मनमोहन सिंह के आवास पहुंचकर उन्हें पुष्पांजलि अर्पित की। जेपी नड्डा ने भी पहुंचे पूर्व पीएम सिंह के आवास पर इसके अलावा, केंद्रीय मंत्री जेपी नड्डा ने भी पूर्व

सोनिया गांधी, प्रियंका गांधी वाड़ा और केसी वेणुगोपाल तथा पार्टी के अन्य नेता दिवंगत पूर्व प्रधानमंत्री डॉ. मनमोहन सिंह के आवास पर मौजूद हैं। कांग्रेस के वरिष्ठ नेताओं ने शुक्रवार को पूर्व प्रधानमंत्री मनमोहन सिंह के

संक्षिप्त समाचार

पूर्व पीएम मनमोहन सिंह के निधन पर यूपी में भी सात दिन का राजकीय शोक, जारी किया गया आदेश

पूर्व प्रधानमंत्री डॉ. मनमोहन सिंह के निधन पर उत्तर प्रदेश में सात दिनों के लिए राजकीय अवकाश घोषित किया गया है। इस संबंध में आदेश जारी कर दिया गया है। देश के पूर्व प्रधानमंत्री डॉ. मनमोहन सिंह के निधन पर उत्तर प्रदेश में भी सात दिनों के लिए राजकीय शोक की घोषणा की गई है। जो कि 26 दिसंबर से प्रारंभ होकर एक जनवरी तक चलेगा। इस संबंध में आदेश जारी कर दिए गए हैं। इस दौरान राष्ट्रीय ध्वज आधा झुका रहेगा और राज्य सरकार की ओर से किसी मनोरंजक कार्यक्रम का आयोजन नहीं किया जाएगा। पूर्व प्रधानमंत्री डॉ. मनमोहन सिंह का 92 साल की उम्र में दिल्ली के एम्स में बृहस्पतिवार की रात निधन हो गया। उन्हें उम्र संबंधी दिक्कतों की वजह से गुरुवार रात 8-06 बजे भर्ती कराया गया था। रात 9-51 बजे उन्हें मृत घोषित कर दिया गया। मनमोहन सिंह प्रखर अर्थशास्त्री थे। 1991 में देश में शुरू किए गए आर्थिक उदारीकरण के वे शिल्पकार रहे। 2004 से 2014 तक वे प्रधानमंत्री रहे। उनके निधन से देशभर में शोक की लहर है। केंद्र सरकार ने कल ही सात दिन का राष्ट्रीय शोक घोषित कर दिया था। शुक्रवार को यूपी सरकार ने भी सात दिन का राजकीय शोक घोषित कर दिया। मनमोहन सिंह का पूरा राजनीतिक सफर-1954-62 पंजाब विश्वविद्यालय से अर्थशास्त्र में स्नातकोत्तर उपाधि प्राप्त की। 1957-62 कैम्ब्रिज विश्वविद्यालय से इकॉनॉमिक्स टिपोस (तीन वर्षीय डिग्री प्रोग्राम)। 1962-67 ऑक्सफोर्ड विश्वविद्यालय से अर्थशास्त्र में डी.फिल।



मौजूद रहें। सात दिवसीय राजकीय शोक की घोषणा केंद्र सरकार ने पूर्व प्रधानमंत्री मनमोहन सिंह के 26 दिसंबर,

आधा झुका रहेगा, जहां इसे पारंपरिक रूप से फहराया जाता है और सभी आधिकारिक कार्यक्रम स्थगित रहेंगे। पीएम

प्रेरणा स्रोत रहा। एक अर्थशास्त्री के रूप में उन्होंने अलग-अलग स्तर पर भारत सरकार में सेवाएं दीं। उन्होंने

ने भी दी श्रद्धांजलि केंद्रीय गृह मंत्री अमित शाह पूर्व प्रधानमंत्री मनमोहन सिंह को श्रद्धांजलि देने उनके आवास पहुंचे हैं। उन्होंने नम



श्रद्धांजलि देंगे। उनका अंतिम संस्कार राजघाट के पास किया जाएगा। राहुल गांधी ने पूर्व पीएम मनमोहन सिंह को पुष्पांजलि अर्पित की-

प्रधानमंत्री डॉ. मनमोहन सिंह को श्रद्धांजलि दी। सोनिया गांधी और प्रियंका गांधी वाड़ा पूर्व पीएम डॉ. मनमोहन सिंह के आवास पहुंचे कांग्रेस सांसद

निधन पर शोक व्यक्त किया और कहा कि राष्ट्र के लिए उनके योगदान को लंबे समय तक याद रखा जाएगा।

‘उनका जीवन ईमानदारी, सादगी का प्रतीक’, मनमोहन सिंह को याद कर भावुक हुए पीएम मोदी



और एक ऐसा नेता के तौर पर याद रखे जाएंगे, जिन्होंने खुद को सुधारों के प्रति समर्पित कर दिया। उन्होंने खुद को सुधारों के प्रति समर्पित कर दिया। उन्होंने अलग-अलग पदों पर अपने सेवाएं दीं और देश की विकास यात्रा में अहम योगदान दिया। उन्होंने रिजर्व बैंक के गवर्नर के रूप में सेवाएं दीं। पूर्व पीएम पीवी नरसिम्हा राव की सरकार में वित्त मंत्री रहे और देश में आर्थिक उदारीकरण की नींव रखी। पीएम मोदी ने कहा कि जनता के प्रति, देश के विकास के प्रति उनका जो समर्पण था, उसे हमेशा बहुत सम्मान से देखा जाएगा। डॉ. मनमोहन सिंह का जीवन ईमानदारी, सादगी का प्रतीक था। उनकी सौम्यता, बौद्धिकता उनके जीवन की पहचान रही। मुझे याद है, जब राज्यसभा में उनका कार्यकाल समाप्त हुआ था तो मैंने कहा था कि उनका बतौर सांसद समर्पण सीखने लायक है। प्रधानमंत्री ने कहा उच्च पदों पर रहने के बावजूद मनमोहन सिंह अपनी जड़ों को कभी नहीं भूले। वे सभी के लिए सहज उपलब्ध रहे। जब मैं मुख्यमंत्री था तो मनमोहन सिंह के साथ राष्ट्रीय और अंतरराष्ट्रीय मुद्दों पर खुले मन से चर्चा होती थी। दिल्ली आने के बाद भी उनसे समय-समय पर चर्चा होती थी, वो चर्चाएं और मुलाकातें मुझे हमेशा याद रहेंगी। आज इस कठिन घड़ी में मैं उनके परिवार के प्रति संवेदनाएं अर्पित करता हूँ।

पीएम मोदी ने कहा कि मनमोहन सिंह का जीवन भावी पीढ़ियों के लिए उदाहरण है कि किस तरह से वे सभी चुनौतियों से पार पाकर ऊंचाई पर पहुंच सकते हैं। पूर्व प्रधानमंत्री मनमोहन सिंह के निधन से पूरे देश में शोक की लहर है। देश में सात दिन के राष्ट्रीय शोक का एलान किया गया है। प्रधानमंत्री नरेंद्र मोदी ने मनमोहन सिंह के आवास जाकर पूर्व पीएम के प्रति श्रद्धा सुमन अर्पित किए। इसके बाद प्रधानमंत्री मोदी ने एक शोक संदेश जारी किया और पूर्व पीएम को याद किया। पीएम मोदी ने कहा कि पूर्व पीएम मनमोहन सिंह से निधन से हम सभी दुखी हैं। उनका जाना देश के लिए बड़ा झटका है। मनमोहन सिंह का जीवन भावी पीढ़ियों के लिए उदाहरण है कि किस तरह से वे सभी चुनौतियों से पार पाकर ऊंचाई पर पहुंच सकते हैं। प्रधानमंत्री ने कहा कि वह हमेशा एक ईमानदार नेता, एक महान अर्थशास्त्री

सीएम योगी सहित नेताओं ने पूर्व पीएम को दी श्रद्धांजलि, अखिलेश ने इस तरह किया याद

मुख्यमंत्री योगी आदित्यनाथ सहित यूपी के नेताओं ने पूर्व प्रधानमंत्री डॉक्टर मनमोहन सिंह के निधन पर शोक जाहिर करते हुए उन्हें विनम्र श्रद्धांजलि दी है। देश के पूर्व प्रधानमंत्री और दुनिया के प्रख्यात अर्थशास्त्री डॉ. मनमोहन सिंह का बृहस्पतिवार को दिल्ली के एम्स अस्पताल में निधन हो गया। उनके निधन पर सात दिन का राष्ट्रीय शोक घोषित किया गया है। पूर्व पीएम के निधन पर यूपी के मुख्यमंत्री योगी आदित्यनाथ प्रख्यात अर्थशास्त्री अत्यंत दुःखद एवं क्षति है। वित्त मंत्री देश की शासन निर्वहन किया। उन्हें प्रार्थना है कि उनके शोकाकुल अथाह दुःख सहन शांति! अखिलेश यादव बोले, उनका निधन एक अपूरणीय क्षति-संपा अध्यक्ष अखिलेश यादव ने एक्स पर कहा कि सत्य और सौम्य व्यक्तित्व के धनी महान अर्थशास्त्री भूतपूर्व प्रधानमंत्री मनमोहन सिंह जी का निधन एक अंतरराष्ट्रीय अपूरणीय क्षति है। भावभीनी श्रद्धांजलि! भाजपा नेता अदिति सिंह बोलीं, आज पूरा देश उन्हें दे रहा श्रद्धांजलि-पूर्व कांग्रेसी व भाजपा की वर्तमान नेता अदिति सिंह ने कहा कि पूर्व प्रधानमंत्री डॉ. मनमोहन सिंह का निधन देश के लिए एक दुःखद समाचार है... उनके द्वारा किए गए आर्थिक सुधारों ने देश को बदलने का काम किया है... वे एक सादगी पसंद व्यक्ति थे... आज राजनीति से हटकर सारा देश उन्हें श्रद्धांजलि दे रहा है। मायावती बोलीं - उन्होंने अर्थव्यवस्था के सुधार में खास योगदान दिया-बसपा सुप्रीमो मायावती ने कहा कि देश के पूर्व प्रधानमंत्री डॉ. मनमोहन सिंह का आज रात निधन होने की खबर अति-दुःखद है। भारत की अर्थव्यवस्था के सुधार में उनका खास योगदान रहा। वे नेक इंसान थे। उनके परिवार व सभी चाहने वालों के प्रति मेरी गहरी संवेदना। कांग्रेस प्रदेश अध्यक्ष बोले- देश सदैव उनका ऋणी रहेगा- कांग्रेस के प्रदेश अध्यक्ष अजय राय ने कहा कि सियासत में सादगी के प्रतीक पूर्व प्रधानमंत्री डॉ. मनमोहन सिंह जी ने दुनिया को अलविदा कह दिया। यह सूचना बेहद पीड़ादायक है। आर्थिक सुधार, परमाणु समझौता और मनरेगा जैसी योजनाएं उनके दूरदर्शी और देश को समृद्धि के शिखर पर ले जाने वाली सोच का ही परिणाम थीं। यह देश उनके योगदान का सदैव ऋणी रहेगा। भावभीनी श्रद्धांजलि।



संपादकीय Editorial

Pre-budget discussion

Prime Minister Modi has started the pre-budget discussion, so his focus is on the economic growth rate of 7-8 percent. Despite global challenges, uncertainties and geopolitical tensions, the pace and growth of the economy should be such that the target of 'developed India' can be achieved in 2047. At present, the growth rate is somewhat backward, but India is at the first place in the world in this context. Very soon, India's economy can overtake Japan and come to the fourth place. The Prime Minister believes that the target of 2047 can be achieved only when the mindsets related to the economy change. Finance Minister Nirmala Sitharaman and the leadership of Niti Aayog as well as many economists were also involved in this discussion of the Prime Minister.

Apart from the growth rate, the focus of the discussion was that if a 'tariff war' breaks out between America and China, then what should be India's strategy? India should prepare such plans that we can take advantage of those situations and gather opportunities. At present, economic experts have suggested that we have to focus on issues like job creation, skill development, increasing agricultural productivity, attracting investment and increasing exports. Unemployment is a major problem in India, which creates different tensions. Farmers are also agitated because even today they are financially poor and are also facing the crisis of crop trade. Agriculture contributes more than 17 percent to the country's GDP. One concern about the economic growth rate came to the fore that the growth in the July-September quarter was 5.4 percent, which is the lowest in seven quarters. Obviously, the 'alarm bells' must have rung among the policy makers! Experts also discussed the economic growth rate and the extent of some reforms. The economic decline that has emerged has alerted many agencies including the Reserve Bank of India. However, RBI's recent report says that private consumption and rural demand will increase after the half of the current financial year. The figures of the festive season economy will also be clear, as a result of which the growth rate will improve. However, experts suggest that reforms are necessary in the agriculture sector and taxation sector. Prices in the areas of tomato, onion and potato should be stable. Farmers should also get the benefit of these crops. Suggestions were also given to formulate strategies related to climate change and energy transition. Issues related to trade and export were also discussed. Experts gave suggestions on free trade agreements, tariff strategy, internationalization of rupee etc. Especially suggestions were given to deepen vocational training for employment and create dignity of labour. This worrying aspect also came to the fore that the share of insurance sector in GDP has shrunk to only 3.7 percent. It has been continuously decreasing for the last two years. In the disclosure made to the media after the discussion, employment opportunities and creating more and more jobs were prominent. Private prosperity, private demand and consumption and ultimately the market are linked to it. Only they can increase the growth rate of an economy. However, despite all the activities, India will remain some distance away from the 5 trillion dollar economy for the time being. If India reaches even 4.5 trillion dollars, it will be the fourth largest economy in the world.

River Linking Campaign, Ken-Betwa will benefit lakhs of people

When a project starts late, not only does its cost increase but there is unnecessary delay in providing relief to the people who will benefit from it. This leads to disappointment in them. It is not right that a multipurpose project gets shelved due to change of power. Unfortunately, this happens often in our country. The foundation stone of the Ken-Betwa river linking project by the Prime Minister is to give impetus to an ambitious project. This project will benefit lakhs of people of Bundelkhand region of Madhya Pradesh and Uttar Pradesh. This project will help in overcoming the crisis of irrigation water along with drinking water. Apart from this, it will also produce electricity. It is satisfying that this project, which will bring happiness and prosperity in the lives of lakhs of people, finally moved forward, but it should be considered why there was so much delay in its launch? The idea of linking Ken and Betwa rivers was conceived long ago, but it remained under consideration for a long time and the then governments could not take any concrete decision on it. Pointing this out, the Prime Minister rightly said that the attitude of the Congress governments was the root cause of the delay in such projects. It cannot be ignored that the Vajpayee government had formulated the plan for the river linking campaign about 20 years ago. It is entirely appropriate that the project to link the Ken-Betwa rivers was given the green signal on his birth anniversary. It would have been better if this project had not been delayed. At least now it should be ensured that this project is completed within the stipulated time. When a project starts late, not only does its cost increase, but there is also unnecessary delay in providing relief to the people who will benefit from it. This leads to disappointment among them. It is not right that a multi-purpose project is shelved due to change of power. Unfortunately, this often happens in our country. With the change of governments, either the proposed schemes are neglected or there is direct opposition to them. Sometimes, environment friendly organizations stand against it. No doubt, environment should be taken care of while giving a concrete shape to any project, but it is also not right to insist that no tree should be cut and no one should face displacement. Development and anti-public welfare politics should not be done in the name of protecting the environment. This politics was not introduced only in the case of linking Ken-Betwa rivers. This happened in the case of taking forward many other projects as well. It would be good if a resolution is taken now that this should not happen in the case of any project in future. National and regional parties will have to establish a consensus on this so that political differences do not come in the way of development work.

Narrow-mindedness again on Hindi, why the opposition of South leaders

It is a fact that despite the opposition to Hindi, the number of Hindi learners in Tamil Nadu has more than doubled in the last 10 years. According to Dakshin Bharat Hindi Prachar Sabha, while the number of Hindi learners in Tamil Nadu was 2.18 lakh in 2009, it increased to 5.90 lakh in 2019. It is clear that there is no need for encouragement for the development of Hindi. Recently, the voice of opposition to Hindi was raised again. It was raised in Parliament when a bill called the Indian Aircraft Bill was introduced. This move of the Central Government was described as an attempt to impose Hindi in non-Hindi speaking states. Earlier, the naming of the Acts related to the Indian Judicial Code was also opposed. The politics of DMK in Tamil Nadu has mainly been centered on opposition to Hindi. Following its example, AIADMK also makes opposition to Hindi a weapon of its politics. Recently, AIADMK passed a resolution saying that naming the laws in Hindi and Sanskrit by the Central Government is indirectly imposing Hindi. Like Tamil Nadu, voices of opposition to Hindi are sometimes heard in Karnataka too. Using words like imposing Hindi is like a phrase for those opposing Hindi, whereas the Hindi language originated not as a language of governance but as a language of public aspirations. Therefore, in the states where it is being opposed more, the governments can erase Hindi from government institutions and name-boxes, but cannot remove the use of Hindi from people's tongues in everyday life. It is a fact that despite the opposition to Hindi, the number of people learning Hindi in Tamil Nadu has more than doubled in the last 10 years. According to Dakshina Bharat Hindi Prachar Sabha, while the number of people learning Hindi in Tamil Nadu was 2.18 lakh in 2009, it increased to 5.90 lakh in 2019. It is clear that there is no need for encouragement for the development of Hindi, because it is making its own place on its own. This also makes it clear that in the states opposing Hindi, it is a sign of narrow-mindedness of the political parties, and not the opposition of the people living there. The political parties of these states try to suppress their failure on the issue of employment in the name of opposition to Hindi. This is exactly the same tendency as some political parties blame EVMs for their defeat in elections. In fact, today, without any government encouragement, Hindi has become the language of public relations even in those states which once opposed it. This expansion of Hindi has happened not due to any government, but due to public concern. Today, it is expanding as a public language, as the language of workers. Those opposing Hindi knowingly or unknowingly advocate strengthening English, which is an imperialist language. If Hindi cannot express their public aspirations, then how can English do so, because language is not just a language, but it is also a living accumulation of social tradition through the proverbs and idioms of those who speak it. Some of the national characters of India like Ram etc. have been described in different languages. This unity shows that even though there are different languages in India, their basic essence is the same. That is why there is a mutual interrelationship in many languages. Therefore, opposing any Indian language is not just supporting English but also destroying our own tradition. This will never be good for the nation, because when languages are lost, not only the language is lost but the history of those who speak it is also lost. Language is a means of knowing the past of any country. Indian languages are not the language of imperialism, but the language of the masses. That is why even without encouragement, these languages are still alive. Hindi speakers should also increase their interaction with other speakers, read their literature and speakers of other languages will also have to connect with Hindi literature not with prejudice but with literature lovers. In this era of identities, language is an important identity. Earlier, language was understood only as a language, but now it is also understood as an identity. Today, language is not only a medium of communication, but is also synonymous with the existence of the speaking group. The status of a group is also determined by its language. Here, no single language has been fully applicable to the whole of India, rather language has been a symbol of a culture of resistance. For example, if the government used Sanskrit, the people used Pali-Prakrit. When the government started using Pali-Prakrit, the people started speaking Apabhramsha. Then when the government started using Persian, the people started speaking Hindi. Thus, here a difference is always visible between the language of the ruler and the language of the people. Hindi language has never been an imperialist language. It is the language of the deprived and the oppressed. It is the language of the common people. It is the expression of people's aspirations. Hindi as a language has a bright future. Therefore, before opposing Hindi, the parties of Tamil Nadu, Karnataka should take the opinion of the common people of their state, so that they can realize their narrow-mindedness and the popularity of Hindi. It is a fact that despite the opposition to Hindi, the number of people learning Hindi in Tamil Nadu has more than doubled in the last 10 years. According to Dakshina Bharat Hindi Prachar Sabha, while the number of people learning Hindi in Tamil Nadu was 2.18 lakh in 2009, it increased to 5.90 lakh in 2019. It is clear that there is no need for encouragement for the development of Hindi, because it is making its own place on its own. 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To keep the heart healthy, There will be no problem in include 6 red fruits in the conceiving, women should diet, the risk of heart start doing these 5 disease will be reduced yogasanas from today itself!

Doctors often recommend including colorful fruits and vegetables in our plate. In such a situation, some red fruits can be very beneficial for your heart. These fruits increase the working capacity of the heart (Fruits for Heart Health) and help in keeping heart disease away. Let's know about these fruits. Anthocyanin is found in red fruits. These fruits help in

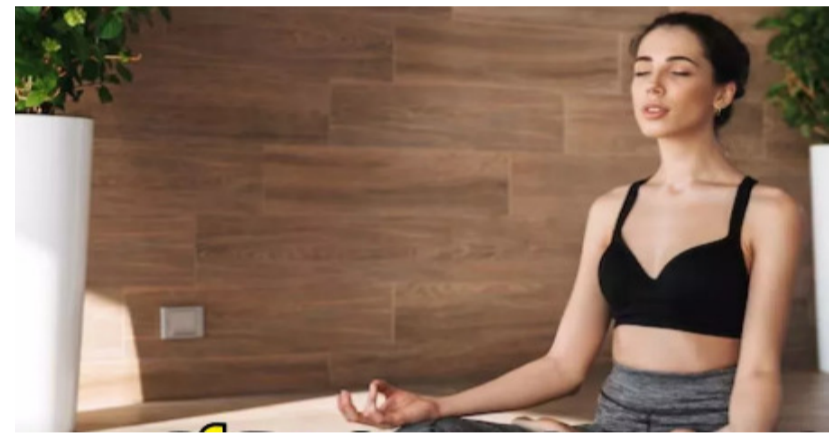


keeping the heart healthy. For heart health, colorful vegetables and fruits should be included in the diet. Red fruits are a treasure trove of nutrition and antioxidants. They are very beneficial for keeping the heart healthy. These fruits are not only delicious, but also protect against heart

disease. These fruits contain vitamins, fiber, minerals and flavonoids, which control blood pressure and keep the heart safe. In such a situation, if you want to keep your heart young for a long time, then you must eat these red fruits. Let's know about some such red fruits, which will help in keeping your heart healthy. Cherry-Cherry contains anthocyanin and potassium, which control blood pressure and strengthen the heart muscles. The antioxidants present in it improve blood circulation and reduce inflammation. Cherry also reduces the risk of heart attack and stroke. You can include it as a snack or in juice. Raspberry Raspberry is rich in fiber and vitamin C, which reduces bad cholesterol (LDL) and keeps blood pressure healthy. It contains potassium and magnesium, which keep blood pressure under control. Raspberry also helps in reducing inflammation and oxidative stress. Eat it with oats, smoothie or yogurt. Strawberry-Strawberry is an excellent source of potassium, flavonoids and polyphenols. It balances cholesterol levels and helps lower blood pressure. The potassium present in it keeps the heart healthy and increases blood circulation. Include it in salad, shake or breakfast. Pomegranate Pomegranate contains a good amount of antioxidants, fiber and vitamins, which prevent plaque formation in blood vessels. It controls blood pressure and keeps the heart arteries clean. Pomegranate reduces the risk of heart attack by improving blood circulation. It can be eaten in the form of juice or grains. Apple-Red apples contain fiber (pectin) and flavonoids, which control cholesterol and improve heart health. Eat it raw or in salad. Tomato-Tomato contains lycopene, potassium and vitamin C, which help keep the heart healthy. It reduces bad cholesterol and increases the working capacity of blood vessels. Include it in salad, soup or vegetable.

The problem of infertility is increasing in both men and women. Due to lifestyle and eating habits, many such conditions occur which have a direct impact on the fertility of women. In such a situation, some yogasanas suggested by experts (Yoga Poses to Boost Fertility) can help a lot in boosting fertility in women. Let's know about these yogasanas. Fertility can be affected in women due to many reasons. Doing yoga keeps the reproductive organs healthy. Some yogasanas improve the blood flow of reproductive organs. Air pollution, unhealthy lifestyle, stress and medical conditions like PCOS affect the fertility of women. In such a situation, including yoga in your daily routine can be very beneficial to boost fertility. Doing yoga is very beneficial for your health, but it can be of special importance for women, because it boosts their fertility (How to Boost Fertility). Women who do yoga regularly have better fertility than other women and the chances of conception also increase. Dr. Chanchal Sharma (Director

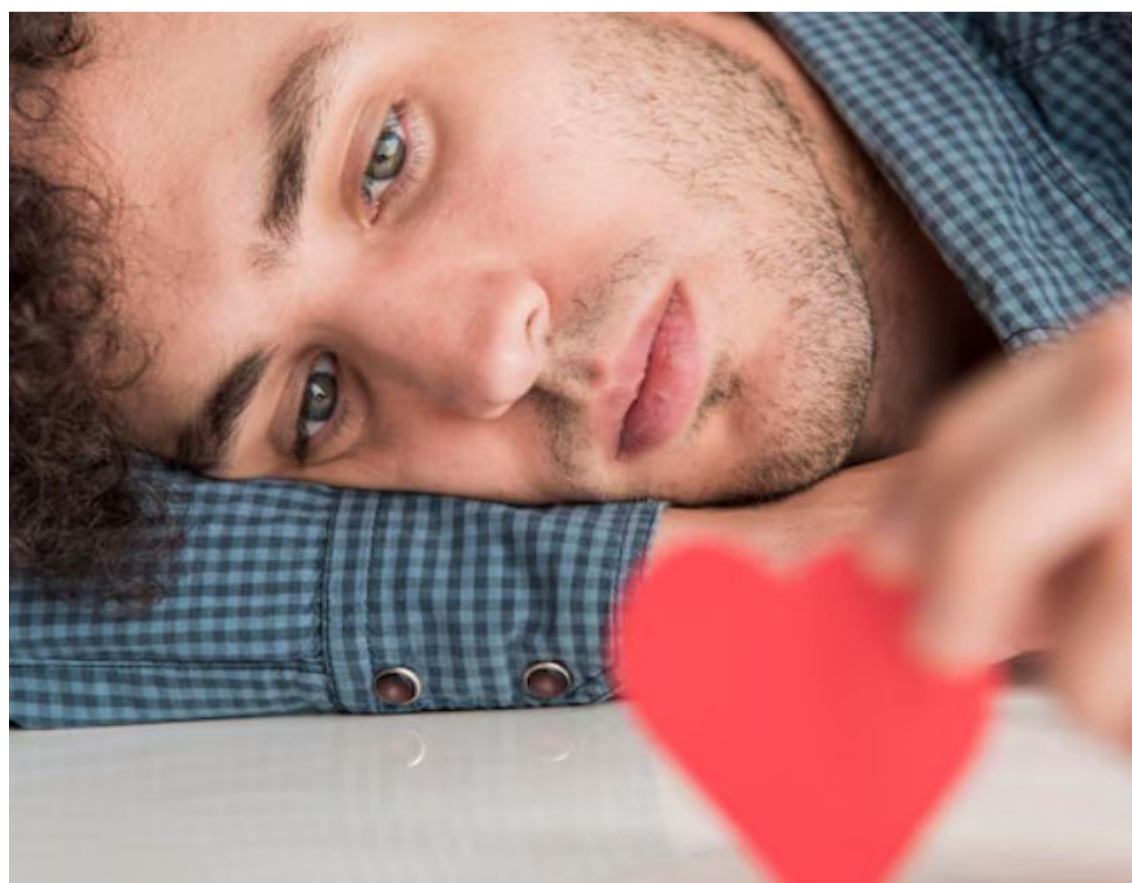
and Gynecologist of Asha Ayurveda) says that some yogasanas (Yoga to Improve Fertility) can help in keeping the reproductive organs of women healthy and boosting fertility. Let's know the names of those yogasanas. Connection between yoga and fertility - Dr. Sharma, while explaining the relationship between yoga and fertility,



said that yoga has no direct connection with fertility, but according to Ayurveda, the role of yogasana is very important in improving your pregnancy. Therefore, women who want to become mothers should definitely do yoga. Nowadays people's lifestyle has become such that they have more desk jobs and sit all day, which affects their health. Stress also affects fertility, so yoga becomes very important. When a woman is under stress, the amount of cortisol in her body increases. Increased levels of cortisol can cause miscarriage. Therefore, yoga should be done to reduce stress. According to a report, women who take less stress are more likely to get pregnant during ovulation days than other women. Regular yoga practice keeps women's hormones balanced, so periods are regular and pregnancy also becomes easy. Nowadays, due to many reasons, cases of infertility have also started increasing. A major reason for this is stress. Due to stress, you may also have problems like depression, anxiety. Regular yoga practice reduces stress and you are able to focus on any work. There are some yogasanas that strengthen your reproductive organs, which helps in a healthy pregnancy. Yogasanas to boost fertility- Supta Baddha Konasana- This increases blood flow in your lower abdomen. Lie on your back, bend your knees and move them from one side to the other and repeat it in the same way. Baddha Konasana- This strengthens your pelvic muscles. Sitting on the ground, bend both legs and take them near the pelvic area and move them like butterfly wings. It is also called Butterfly Asana. Balasana- This improves blood circulation and nervous system inside your stomach. Sitting on the ground on your knees, take both hands forward and try to keep the face close to the ground. Bhujangasana- Lie down on your stomach and bring your hands to the sides of your chest, then slowly lift your upper body upwards with the help of your hands. Take a deep breath while lifting up and exhale while bending down. Utkata Konasana- Open both your legs according to the diameter of your hips, then sit down a little in a squat position and move your hands one by one to both sides. This helps in stress, depression and anxiety management.

Men get these 5 lessons only after their heartbreak, before that it is very difficult to understand the value of love

Society often expects men to suppress their emotions, in such a situation the pain of heartbreak keeps eating them inside. In such a situation, do you know that after heartbreak, men get many important lessons related to love? Lessons) help them to become a better person. Let's find out. Everyone in life goes through the other. Men come to know the real value of love after men understand even after being cheated. Heartbreak is a difficult chapter of life. During this time, a person often feels lost, as if his happiness is tied to someone else, but this pain of heartbreak usually teaches many important lessons. This lesson is even deeper than anyone else because it exists within us. The start realizing that true happiness does not depend on outside world can give us happiness for a few moments, through self-satisfaction. Come, in this article, we will tell Heartbreak) which men understand only after being society, men are expected to keep their feelings hidden, but understand their feelings but also learn to accept them. beautiful part of being human and there is no benefit in After heartbreak, men come to know many new things weaknesses and strengths. They understand what things life. This self-introspection helps them to take better the importance of relationships After heartbreak, men have They understand that a true relationship is not based only trust, respect and understanding. 4) Accessibility- after heartbreak men have to learn accessibility. They in life and they have to learn to face every situation. 5) makes men realize that true happiness does not depend on oneself. They understand that one does not need others to understand the value of true love?- It is difficult to



Why is it so difficult to understand the value of heartbreak because a person immersed in love does not realize his weaknesses and flaws. They only see the good qualities of their partner and think that this relationship will last forever, but when the relationship breaks, they realize their mistakes and regret that they had invested so much in this relationship.

Before the release of Baby John, What happened! Fans were shocked to see Angelina Jolie in such a condition, the bulging veins on her hand worried her

Varun Dhawan Top OTT Movies Despite being a star kid, Varun Dhawan has won the hearts of fans with his acting. Soon he will be seen in the action thriller film Baby John, which is produced by Atlee. Before the release of Baby John, you can easily watch these top-5 movies of Varun's career on OTT. Varun Dhawan will be seen in Baby John- Varun's career shone with these films-Watch his brilliant films on OTT



Varun Dhawan, son of veteran Hindi cinema director David Dhawan, is also a great actor apart from being a star kid. With his debut film Student of the Year, made under the banner of producer Karan Johar's Dharma Productions, he proved that he is full of acting skills. In the coming time, he will be seen in the film Baby John. Whose producer is Atlee, director of Shah Rukh Khan's mega blockbuster film Jawaan, which came last year. Before Baby John, you must watch these 5 films of Varun's career on OTT. Dilwale - Varun Dhawan was seen with Shah Rukh Khan in director Rohit Shetty's action thriller film Dilwale. This movie collected 148 crores at the box office. You can stream this film sitting at home on the OTT platform Netflix. Judwaa 2 In the year 2017, Varun Dhawan was seen in Judwaa 2, the sequel of superstar Salman Khan's cult movie Judwaa. Varun easily won the hearts of fans with his double role in this movie made under Sajid Nadiadwala Production House and according to the report of Bollywood Hungama, his movie did a business of 138 crores at the box office. You can watch Judwaa 2 on the OTT platform Disney Plus Hotstar. Badrinath Ki Dulhania - Varun Dhawan's pairing with actress Alia Bhatt looks very good. Before Judwaa 2, Varun was seen with Alia in Badrinath Ki Dulhania. This romantic comedy film of his has been successful in doing a business of 116 crores at the box office and this film is available on Amazon Prime Video on OTT. ABCD 2 - Varun Dhawan romanced actress Shraddha Kapoor in ABCD 2. This film of his managed to earn more than 105 crores at the box office. If you want to watch this movie on OTT, then you will find Varun's ABCD 2 on the OTT platform Netflix. Badlapur - The film Badlapur proved to be a turning point for Varun Dhawan's acting career. Varun won everyone's heart with his intense look and strong acting in this movie, due to which the low budget film Badlapur was successful in earning 50 crores at the box office. On OTT, this film can be enjoyed on Jio Cinema.

Hollywood's veteran actress Angelina Jolie has come into the limelight due to her recent appearance. Fans are shocked to see the 49-year-old actress. Her latest photos are going viral on social media. For some time, she was in the news for her divorce with her ex-husband Brad Pitt. Know about her. Angelina Jolie in the news for divorce from Brad Pitt Fans worried about Angelina Jolie's health- People shocked by Angelina Jolie's latest photos Hollywood's beautiful actress Angelina Jolie always gets into the limelight for some reason or the other. Sometimes she makes headlines for her divorce and controversy with ex-husband Brad Pitt and



sometimes for her films. However, at this time she has come into the discussion for her latest appearance. 49-year-old Angelina Jolie is counted among the most beautiful actresses in the world. Her fitness is also unmatched. But her recent photos have upset the fans on social media. The reason for this is her health and latest photos. Veins visible in Angelina Jolie's hands - Actually, in her latest biopic Maria, Angelina Jolie won the hearts of the audience with her brilliant performance. Amidst the promotion of her film, she was spotted on the red carpet of a recent event, where people got upset after seeing her. Fans got upset after seeing Angelina's thin face in a golden color dress and the veins protruding in her hands. Some people say that she is going through a stressful phase due to the difficult divorce going on with her ex-husband Brad Pitt. Angelina Jolie's fans are worried, while some people are calling it Angelina Jolie's tough diet. Not only this, people are even giving diet tips on social media to look like Angelina Jolie. Some people are trolling the actress badly and calling her a vampire. Some fans are advising her to fix her diet. Angelina Jolie's divorce from husband- Angelina Jolie has been in the news for some time regarding her divorce from ex-husband Brad Pitt. First there was a dispute over their divorce and then both went to court in the \$ 500 million winery case. Not only this, there are also reports that Brad Pitt's relationship with the children is not good. Both separated in 2016, but legally both are not separated. Angelina Jolie Work Front- Angelina Jolie's recent biopic Maria has been released, which is based on opera singer Maria Callas. Angelina's film, released on Netflix on December 11, is being liked a lot. The actress' performance is also praiseworthy.

Alia Bhatt's Jigra and sometimes Nayanthara-Dhanush's verbal war, entertainment industry surrounded by these 5 controversies

Only a few days are left for 2024 to end. This year, a lot of new things were seen in the entertainment world, be it the earnings of films or the controversy related to them. Sometimes an artist went viral for his statement, while someone got into legal trouble with his co-stars. Today we are going to tell you about the 5 big controversies of this year. These 5 big controversies happened this year, sometimes the ticket sales of Alia Bhatt's film Jigra and sometimes the Hema Committee report made shocking revelations. The year 2024 was in the name of films released in theaters and some artists of the records of earning at the box office, some their release. This year, the pan India big budget movies also failed miserably. controversies of the entertainment world time.Hema Committee Report from Committee Report of the Malayalam film safety of female actresses. It talked about exploitation and abuse such as immoral out, there was a stir in the industry. After many shocking facts also came to light. found included in it.Kangana Ranaut's Kangana Ranaut's film Emergency. The country's former Prime Minister Indira was a lot of controversy about the film as group approached the High Court over community. Later, the makers of this film had the censor board.Jigra-Alia Bhatt's film had a tough competition at the box office 'Vicky Vidya Ka Woh Wala Video'. collection of 'Jigra'. A debate broke out Divya Khosla over the box office collection collection of 'Jigra' in which she said that post, 'Jigra' producer Karan Johar was a copy of her movie Savi.Debate between Nayanthara-Dhanush-Nayanthara's documentary 'Nayanthara: Beyond the Fairytale' was released on Netflix on 18 November. In this documentary, references were made through many films and videos. Dhanush had also sent a legal notice to the actress regarding this. The actress also responded to this in her social media post. Actually this matter was related to copyright, for which the actor had demanded Rs 10 crore from Nayanthara, because BTS footage of his production 'Naanum Rowdy Dhan' was shown in the documentary without permission. 'Pushpa 2' stampede - Many of you must be aware of the ruckus going on regarding 'Pushpa 2'. On December 4, during the premiere of the film, a stampede in Sandhya Theater led to the death of a woman named Revathi and her 8-year-old son was seriously injured, who is currently admitted in the hospital. A few days after this incident, the actor was also arrested. However, later he got bail from the court. Currently, Hyderabad Police is investigating the matter and the actor was also questioned for 3 hours yesterday. On the other hand, some people also pelted stones at the actor's house, after which he sent his children to a safe place.

