

संपादकीय Editorial

The architect of 'economic freedom'

The architect of India's 'economic freedom', the Prime Minister of the country for 10 consecutive years, the architect of many 'milestone' schemes, the great economist Dr. Manmohan Singh has passed away. He lived a full life of 92 years and gave the country 'second independence', what more could have been done in one life? Therefore, his demise is his earthly destiny. India was an independent country, but the dreams and economic dimensions of the average Indian were not relatively free. We were a poor and debt-ridden country. However, today we are a developing country and have set the goal of becoming 'developed'. In 1991, India's foreign exchange reserves were only one billion dollars, so there was a severe crisis of imports. The then Chandrashekhar government had to mortgage 46.91 tonnes of gold in the banks of England and Japan to raise 400 million dollars for the import of petroleum and fertilizers. At that time, Congress Prime Minister Narasimha Rao appointed Dr. Manmohan Singh as the Finance Minister and with that economic liberalization started writing the chapter of India's 'second independence'. However, Prime Minister Rao rejected the draft of Dr. Singh's first budget. His expectations were out of the box. Economic challenges were placed before Dr. Singh and in a very short time, he prepared such a budget that freed India's 'economic destiny' from crises and shortages. The economy was opened up. The doors of the country were opened for foreign investors and companies. Dr. Singh used to say - Why should India be afraid of anyone? We have reached such a stage of development where instead of being afraid of foreigners, we should welcome them. Our entrepreneurs are no less than anyone. We have full faith in our industrialists.' Ultimately, within two years of the phase of economic liberalization that was started by that budget of July 24, 1991, the foreign exchange reserves increased to 10 billion dollars, i.e. 10 times more. The era of license and inspector raj ended and automatic route for foreign direct investment was created in 34 sectors. Many restrictions on companies were lifted. Controllership on corporate capital issues was abolished and SEBI was given constitutional powers. Tax exemption under Section 80HHC of Income Tax Act was also announced for software export. The economic reforms initiated by Dr. Manmohan Singh as Finance Minister were also continued by the government of Prime Minister Atal Bihari Vajpayee, as a result of which India became the 'economic superpower' of the world. Today, on the basis of those economic reforms, India is the 5th largest economy of the world and the foreign exchange reserves are more than 650 billion dollars. In fact, Dr. Manmohan Singh was not only the architect of India's 'economic freedom', but also an angel, because a single person cannot play the wide range of responsibilities and roles from International Monetary Fund, World Bank, Economic Advisor in the Government of India, Governor of Reserve Bank to Prime Minister. He was certainly a rare personality. As Prime Minister, Dr. Singh implemented many 'milestone' schemes. Who can forget that legacy and democratic thinking? Prime Minister Singh made a law for compulsory, free education for children aged 6-14 years. In view of government transparency and accountability, he made the 'Right to Information' law. He gave legal form to food security. He implemented the 'MGNREGA' law which guarantees more or less 100 days of employment in a year. Salute to him.

Credibility of Parliament in danger, questions being raised on the relevance of legislature

Questions are being raised from all sides on the relevance of legislature and its related institutions. The reason is that now instead of debates in the Parliament, there is uproar. When the House does not function, how will work be done there? This feeling is rapidly taking root in the common people that now there is no proper debate on any subject in the Parliament. 'Enmity should be strong, but there should be a scope that when we become friends, we should not be embarrassed...' Nowadays, I feel like reciting this verse of the famous poet Bashir Badr again and again. The reason is the atmosphere of political bitterness. The way foul language is being used openly inside and outside the Parliament is sad. The life of but it should be done with dignified disagreement, words in the Parliament will have to and dialogue, and not waste atmosphere of the country's population. Keeping in mind the will have to live up to it by round development of the this, the reputation of the tarnished. Questions are relevance of the legislature. The reason is that now uproar in the Parliament. to be adjourned repeatedly work be done when the truth is that the members who create ruckus in the Parliament have got the green signal from the leaders of their party. They are told to keep sloganeering in the House and not let the work be done. If you are aware of the functioning of the court, then you will know that there the lawyers fight cases against each other from morning till evening. There are heated debates between them, but at lunch and then breakfast time, everyone sits and gossips. There is no bitterness between them. Parliament members can also learn something from such lawyers. Just a few days ago, a motivational speaker and scholar of Hindu religious texts was saying in a seminar that it is absolutely not right to consider someone as an enemy or to have enmity with them in life. You can consider yourself a better person only from the day you do not have any bitterness against anyone, but in Parliament, there is a feeling of enmity between the ruling party and the opposition. Now this feeling has started appearing outside the Parliament as well. Sometimes it is very painful that now memorable speeches are not heard in Parliament. There was a time when meaningful discussions used to take place in Parliament and members used to give pithy speeches. We have had many brilliant MPs, who have made significant contributions with their eloquence, logical ability and parliamentary knowledge. Who can forget the speeches given by Atal Bihari Vajpayee in Parliament. He is known for his poems and speeches. Dr. Ram Manohar Lohia also used to put forth his views boldly on issues of critical style and social justice. Madhu Limaye is remembered again and again. He used to ask sharp questions during Question Hour. He was a powerful speaker. George Fernandes was also in the same league. He was vocal for social justice and the rights of the poor. Apart from this, there have been many other MPs who have enriched the Indian Parliament with their sharpness. Once the famous cricket commentator Venkat Sundaram was telling that his father, an educationist, PM Sundaram used to tell him in his childhood that he should read the proceedings of the Parliament carefully in the newspapers. Reading them will help in understanding the situation of the country and the world. Would any parent today tell his children to read the news related to the proceedings of the Parliament or watch the proceedings on TV? The reason is very clear that not only has the level of debate in the Parliament fallen, but there is a situation of war there. Parliament cannot function only by quarreling and making false allegations against each other. Last week, a shameful incident took place in the Parliament premises when two MPs got injured in a scuffle. An investigation is going on as to who pushed whom, but the push was given, that is why one MP's head got injured? Despite all the disagreements in the Parliament, it is necessary to have debate, controversy and dialogue on matters of national interest. What will happen if there is no debate on matters of national importance in parliamentary democracy? Today, this feeling is rapidly taking root among the common people of the country that nothing happens in the Parliament as per the rules and the Constitution. Members go there only to create a ruckus. It should be understood that the importance of the Parliament and its credibility are being questioned. This is a dangerous sign for democracy. Now the country watches the ruckus-creators directly on TV. The TV broadcast of the proceedings of the Parliament was started in the hope that this would raise the level of the proceedings of the Parliament, but now the opposite is happening.



Fake medicines, there should be no formality in the name of campaign

This is not the case right now and this is why cases of recovery of fake medicines keep coming up from time to time. In the recent past, fake medicines have been recovered on such a large scale in different parts of the country that it does not seem that those who make them have any fear. It is not only worrying that many popular medicines are made in fake form. Preparation to launch a campaign against fake medicines is the need of the no formality is done in the name should be such that along with manufacture and sale of fake strict punishment. This will help not the case right now and this medicines keep coming up from medicines have been recovered of the country that it does not any fear. It is not only worrying in fake form. It is also a matter able to sell fake medicines. government hospitals. This is medicines have access to the it has also come to light that have been found to be fake. samples of medicines of the found to be of low quality. Low medicines. It cannot be ignored medicines were found to be of medicines were found to be fake. There is no justification for government-licensed drug companies to make low quality medicines. The bitter truth is that this is happening. This means that the drug manufacturing companies are neither being monitored properly nor the quality of the medicines made by them is being tested as per the rules and regulations. There is no use of rules and regulations and monitoring system which are not proving to be effective and which are not affecting the health of those who manufacture and sell fake or substandard medicines. It should be noted that in the past, serious questions have been raised in other countries on the quality of medicines manufactured in India. In some such cases, action had to be taken against the accused companies. At a time when India is being seen as the pharmacy of the world, it should be ensured that the manufacture and sale of fake as well as substandard medicines stops. Fake and substandard medicines not only put the lives of patients in danger, but they also work to shake the trust of the common people on the government system.



आकांक्षा लगने लगी थी बोरिंग तो लिव इन पार्टनर ने उस्तरा से गला रेतकर छुड़ा लिया पीछा आकांक्षा पहले पति के संपर्क में थी, जानकारी पर हुआ था हंगामा

मुरादाबाद- उत्तराखंड की काशीपुर निवासी अंजली उर्फ आकांक्षा की हत्या किसी और ने नहीं बल्कि उसके लिव इन पार्टनर मोहित सैनी ने अपने दोस्त के साथ मिलकर की थी। भोजपुर थाना पुलिस ने दोनों हत्यारोपियों को गिरफ्तार कर ब्लाइंड मर्डर का खुलासा किया। दोनों को कोर्ट में पेश किया गया। जहां से उन्हें जेल भेज दिया गया। शनिवार को पुलिस लाइन में प्रेसवार्ता कर एसपी सिटी कुंवर खुलासा किया। एसपी देहात ने बताया कि बीते बुधवार को भोजपुर सड़क किनारे महिला का शव लावारिस हालत में मिला था। पुलिस थै। जिसकी मदद से उत्तराखंड के उधमसिंह नगर के काशीपुर थाना अपनी बेटे अंजली उर्फ आकांक्षा के रूप में की। पिता भूरा ने इस साथी के खिलाफ हत्या की रिपोर्ट दर्ज कराई थी। केस दर्ज कराते पति बताया था। एसपी देहात ने बताया कि शनिवार को एसएचओ उसके साथी ओमकार शर्मा निवासी बंगला गांव नागफनी को गिरफ्तार पुलिस ने कड़ाई से पूछताछ की तो मोहित ने हत्या करने की बात आकांक्षा के साथ बिना शादी किए रह रहा था। आकांक्षा अपने पीछा छुड़ाने के लिए हत्या कर दी। एसपी देहात के अनुसार आरोपियों आलाकल्ल उस्तरा बरामद किया गया है। अवैध संबंधों में खटास कि पूछताछ में मोहित ने बताया कि वह बीकॉम प्रथम वर्ष का छात्र है। अंजली उर्फ आकांक्षा अपने पति सहाम के साथ उसके यहां किराये था और यहां बहुत कम आता था। उसी दौरान मोहित और आकांक्षा 2023 को आकांक्षा से झगड़ा करने के बाद वह उसे छोड़कर चला पास किराये पर कमरा दिला दिया। वहां उसके साथ लिव इन में रहने जिले के आईटीआई थाना क्षेत्र के न्यू केशवपुरम में किराये पर रहने सहाम से पहले एक और पति शोएब था, जिससे उसे तीन साल की रिश्ते देखने लगे थे इसलिए वह खुद भी आकांक्षा से पीछा छुड़ाना चाहता था। इसीलिए उसने आकांक्षा को रास्ते से हटाने का फैसला किया और उसकी हत्या कर दी। दोस्त ने पकड़ा हाथ, आरोपी ने खुद गर्दन पर चलाया उस्तरा-एसपी अमरिंदर सिंह ने बताया कि हत्यारोपी मोहित ने 10 दिन पहले काशीपुर के छतारी चौराहा फ्लाईओवर के नीचे से उस्तरा खरीदा था। फिर 23 दिसंबर को ट्रेन से मुरादाबाद आया और यहां नागफनी के बंगला गांव सोनू नर्सरी के पास रहने वाले अपने दोस्त ओमकार शर्मा से मिलकर हत्या करने की योजना बनाकर लौट गया। अगले दिन वह फिर मुरादाबाद आया और कॉल करके ओमकार को स्टेशन पर बुलाया। बाद में शाम को ट्रेन से काशीपुर पहुंच गया। वहां से शराब खरीदी और आकांक्षा के साथ शराब पी। प्लानिंग के तहत रात करीब ढाई बजे उठा और आकांक्षा को बहाने से बाइक से लेकर तीनों मुरादाबाद के लिए निकल पड़े। बाद में भोजपुर थाना क्षेत्र में जहांगीरपुर के पास पहुंचने पर बहाने ने मोहित ने बाइक रोक ली। बाद में ओमकार ने आकांक्षा के हाथ पकड़ लिए और उसने उस्तरा से आकांक्षा का गला रेत दिया।



निगम प्रशासन ने तोड़ी माफियाओं की कम्बर, अभियान चलाकर 900 करोड़ की संपत्ति को कराया कब्जा मुक्त

मुरादाबाद- विशेष अभियान चलाकर निगम प्रशासन ने भूमाफियाओं की कम्बर तोड़ते हुए नगर निगम की 900 करोड़ की संपत्ति को कब्जा मुक्त कराया है। अब तक नगर निगम ने 17 संपत्तियों को



कब्जा मुक्त कराया है। इनमें कई भवन और भूमि शामिल है। सरकारी जमीनों पर लंबे वक्त से कब्जा करके बैठे लोगों पर निगम की कार्रवाई जारी है। नगर निगम की ओर से जून के महीने से संपत्तियों को कब्जा मुक्त कराया जाने का अभियान शुरू किया गया था। तब से लेकर अब तक नगर निगम के द्वारा 899.25 करोड़ रुपए की संपत्ति को कब्जा मुक्त कराया जा चुका है। निगम ने इस अभियान की शुरुआत सिविल लाइंस कंपनी बाग स्थित लगभग 8 करोड़ रुपए के बने भवन को कब्जा मुक्त कराने के साथ की थी। लगभग 400 वर्ग मीटर के इस भवन का आवंटन शहर के पहले मेयर हुमायूं कदीर के नाम पर था। आवंटन की सीमा खत्म होने के बाद यहां पर कब्जा था जिसे नगर निगम ने वापस लेने की कार्रवाई की थी। इसके बाद इसी क्रम में बड़ी कार्रवाई करते हुए टाइटस स्कूल परिसर की जमीन को नगर निगम ने कब्जा मुक्त कराया था। नगर आयुक्त दिव्यांशु पटेल ने बताया कि कब्जा मुक्त सरकारी जमीनों का इस्तेमाल विकास कार्यों के लिए होगा। उन्होंने बताया कि 300 करोड़ की संपत्ति को अभी कब्जा मुक्त कराया जाना बाकी है। बीते 6 महीने में कई कब्जे खाली कराए गए हैं। कुछ प्रमुख संपत्तियां हैं जैसे टाइटस स्कूल, कटघर थाने के बगल की जमीन, मुरादाबाद के पहले मेयर हुमायूं कदीर का शासकीय आवास भी खाली कराया गया है। ये अभियान लगातार जारी रहेगा। अभी बीपीएस स्कूल की जमीन खाली कराई गई थी उसमें इंडोर स्टेडियम, टाइटस स्कूल पर कन्वेक्शन सेंटर मैरिज हॉल, कटघर थाना के बाजू वाली जमीन पर पीपीपी मॉडल पर मल्टीलेवल पार्किंग और मैरिज हॉल बना रहे हैं।

शादी का झांसा देकर स्मार्ट सिटी प्रोजेक्ट के टीम लीडर ने किया रेप

मुरादाबाद- सिविल लाइंस की रहने वाली एक युवती को शादी का झांसा देकर स्मार्ट सिटी प्रोजेक्ट के टीम लीडर सज्जाद अली खान ने कई बार दुष्कर्म किया। आरोप है कि आरोपी ने उससे दो लाख रुपये भी लिए। दबाव बनाने पर शादी करने से इनकार कर दिया। वरिष्ठ पुलिस अधीक्षक सतपाल अंतिल के आदेश पर पुलिस ने आरोपी के खिलाफ रिपोर्ट दर्ज कर ली है। साथ ही पुलिस ने आरोपी को गिरफ्तार कर कोर्ट में पेश किया। जहां से उसे जेल भेज दिया गया था। क्षेत्र की रहने वाली युवती ने बताया कि वह एक चश्मे के शोरूम पर काम करती है। आरोप है कि शोरूम पर एक जनवरी को आरोपी आंगनबाड़ी केंद्र मीलांगज कोठी गया बिहार निवासी सज्जाद अली खान चश्मा बनवाने के लिए आया और उसका नंबर ले लिया। आरोपी ने खुद को अविवाहित होने की बात कहकर उससे बातचीत शुरू कर दी। बाद में पता चला कि सज्जाद स्मार्ट सिटी प्रोजेक्ट के टीम लीडर के पद पर तैनात है। पीड़िता के घरवाले भी उसके निकाह करने के लिए लड़के की तलाश कर रहे थे। जिस पर आरोपी उसके घर वालों से मिलकर शादी करने के लिए तैयार हो गया। उसके बाद झांसे में लेकर समय-समय पर घुमाने ले जाता था। आरोप है कि इस बीच उसने उसके मर्जी के बगैर कई बार उसके साथ जबरन अवैध संबंध बनाए। विरोध करने पर उसने शादी करने का आश्वासन दिया। इतना ही नहीं आरोपी ने जुलाई में एक फ्लैट वसंत कुंज कालोनी द्वारिका दिल्ली में खरीदा। उसके बाद आरोपी ने उससे दो लाख रुपये लिया। जिसे आज तक वापस नहीं किया। आरोपी पहले से था शादीशुदा- आरोप है कि सज्जाद अली खान ने 24 नवंबर को रजामंदी से निकाह किया। जिसमें सज्जाद अली खान की मां, छोटा भाई और बहन समेत उसके दो बच्चे निकाह में सम्मिलित होने के लिए मुरादाबाद आए। सभी कार्यक्रम पूर्ण होकर निकाह हो गया और 25 नवंबर को लोग बिहार वापस चले गए। पति सज्जाद अली खान के साथ उक्त स्थान पर निवास करने लगी। सज्जाद अली कुछ दिन बाद छुप-छुप कर अपने घर फोन पर बात करता था। शक होने पर जानकारी की तो पता चला कि सज्जाद की एक पत्नी रुखसार व दो बच्चे जायरा व रूहान हैं। जोकि बिहार में रहते हैं। आरोपी बात-बात पर शारीरिक और मानसिक रूप से प्रताड़ित करने लगा। आरोपी ने कहा, तुम्हें तड़पा-तड़पा कर मार डालूंगा-पीड़िता ने बताया कि आरोपी ने एक दिन उस पर चाकू से हमला कर दिया। हालांकि, वह किसी तरह से खुद को बचा पाई। आरोपी ने कहा कि मुझे तो तुझे गर्भवती करना था सो मैंने कर दिया अब तुम मेरे बच्चे की मां बनेगी और मैं तुम्हें तड़पा-तड़पा कर मार डालूंगा। साथ ही वीडियो बनाकर वायरल करने की धमकी दी। सिविल लाइंस थाना प्रभारी मनीष सक्सेना ने बताया कि आरोपी के खिलाफ रिपोर्ट दर्ज कर उसे गिरफ्तार कर लिया गया है।

संक्षिप्त समाचार

पहले फेसबुक से दोस्ती कर बढ़ाई नजदीकियां...फिर डेढ़ साल तक किया युवती से रेप आरोपी लगातार देता रहा शादी का झांसा, चार के खिलाफ रिपोर्ट

मुरादाबाद- फेसबुक पर दोस्ती के बाद रामपुर के युवक ने अमरोहा की युवती को प्रेमजाल में फंसा लिया। शादी का झांसा देकर उसके साथ दुष्कर्म किया। आरोप है कि ब्लैकमेल करके उसने डेढ़ साल तक शोषण किया। बहाने से मुरादाबाद रेलवे स्टेशन पर बुलाकर अभद्रता की। कोतवाली पुलिस पकड़ कर ले गई तो समझौते के लिए धमकी दिलवाने लगा। पीड़िता की शिकायत पर डीआईजी के आदेश से कोतवाली पुलिस ने तीन नामजद समेत चार आरोपियों के खिलाफ रिपोर्ट दर्ज कर ली है। अमरोहा जिले के नगर कोतवाली क्षेत्र निवासी युवती ने बीते दिनों डीआईजी को शिकायती पत्र देकर बताया कि फेसबुक पर करीब दो साल पहले उसका संपर्क रामपुर के गांव रसूलपुर निवासी आमिर अहमद से हुआ। बातचीत के दौरान नजदीकियां बढ़ी तो आरोपी आमिर ने पीड़िता को विश्वास में लेकर अपने पास बुलाया। बाद में उसे नैनीताल, अजमेर और रामपुर में अपने दोस्त के घर भी साथ ले गया। पीड़िता के अनुसार बाद में आरोपी ने एक दिन उसके साथ जबरन दुष्कर्म किया। उसने विरोध करते हुए फटकार लगाई तो गलती मानने लगा। बाद में यह कहकर ब्लैकमेल करने लगा कि वह आत्महत्या करके तुम्हें और तुम्हारे परिवार को फंसवा देगा। पीड़िता के अनुसार वह डर गई और आरोपी के खिलाफ शिकायत नहीं की। इसके बाद आरोपी ने पीड़िता से कई बार दुष्कर्म किया। आरोप है कि डेढ़ साल से वह पीड़िता को पोशान कर रहा है। इतना ही नहीं वह 50 हजार रुपये भी पीड़िता से ऐंट चुका है। पीड़िता का आरोप है कि 7 दिसंबर को आमिर अहमद ने कॉल करके उसे मुरादाबाद रेलवे स्टेशन पर बुलाया। जहां पीड़िता के साथ आमिर अहमद ने अभद्रता की। जिस पर पीड़िता ने 112 पर कॉल करके पुलिस बुला ली। कोतवाली पुलिस आमिर को पकड़ कर ले गई। पीड़िता के अनुसार घटना के अगले ही दिन नादिल और एक अन्य व्यक्ति उसके घर आए और फंसला करने के लिए दबाव बनाने लगे। आरोप है कि आमिर के भाई रईस अहमद ने भी कॉल करके पीड़िता को जान से मारने की धमकी दी। जिसके बाद पीड़िता ने डीआईजी से गुहार लगाई। जहां से एफआईआर के आदेश हुए। कोतवाली थाना प्रभारी जसपाल सिंह ग्वाल ने बताया कि तहरीर के आधार पर आरोपी आमिर, उसके भाई रईस, नादिल और एक अज्ञात के खिलाफ रिपोर्ट दर्ज की गई है। विवेचना में जो भी तथ्य सामने आएगा उसके अनुसार कार्रवाई की जाएगी।

निर्माणधीन पुलिस चौकी की नींव पर महिलाओं ने की पूजा, कहा- अब इलाके में सुरक्षित तरीके से होगी आवाजाही

मुरादाबाद- संभल में जामा मस्जिद के पास पुलिस चौकी निर्माण तेजी से चल रहा है। वहां पर महिलाओं ने दीप जलाकर पूजा की और सुरक्षा का भरोसा जताया। 24 नवंबर को बवाल के बाद प्रशासन ने रातभर काम कर चौकी निर्माण शुरू करवा रहा है। संभल में जामा मस्जिद के पास सुरक्षा के मद्देनजर नई पुलिस चौकी का निर्माण तेज कर दिया गया है। इसके साथ ही मौके पर हिंदू समुदाय की महिलाओं ने चौकी की नींव पर दीप जलाकर विशेष पूजा-अर्चना की। उन्होंने इसे शुभ संकेत बताते हुए क्षेत्र की सुरक्षा और सुख-शांति की कामना की। महिलाओं ने आटे से नक्षत्र बनाकर दीप जलाए और इस पहल को क्षेत्र के लिए सकारात्मक बताया। उनका कहना था कि चौकी के बनने से उन्हें सुरक्षा का एहसास होगा। उन्होंने इसे सुखद बदलाव बताते हुए खुशी जाहिर की और कहा कि अब हमें पुलिस की मौजूदगी से सुरक्षा का भरोसा रहेगा। चौकी निर्माण का कार्य तेजी से आगे बढ़ रहा है। शनिवार रातभर एसपी और अन्य पुलिस अधिकारियों की निगरानी में काम चला। निर्माण स्थल पर सुरक्षा के लिए विशेष लाइटें लगाई गईं और फोंस तैनात की गईं। पीडित शोभित शास्त्री ने वैदिक मंत्रोच्चारण के साथ भूमि पूजन कर चौकी निर्माण की विधिवत शुरुआत कराई। 24 नवंबर के बवाल के बाद बढ़ाई गई सुरक्षा-24 नवंबर को जामा मस्जिद के सर्वे के दौरान हुए बवाल के बाद से ही प्रशासन ने सतर्कता बढ़ाई है। एसपी कृष्ण कुमार विश्नोई ने बताया कि मस्जिद के पास चौकी का निर्माण सुरक्षा व्यवस्था को और मजबूत करने के लिए किया जा रहा है। भूमि विवाद पर उठा सवाल- जिस जमीन पर चौकी बन रही है, उसे लेकर विवाद सामने आया है। स्थानीय लोग उस भूमि को अपनी बताते हुए प्रशासन से अपना दावा पेश कर रहे हैं। दूसरी ओर, वक्फ बोर्ड का दावा है कि यह जमीन मस्जिद की है। प्रशासन ने दस्तावेजों की जांच के बाद जमीन का कुछ हिस्सा छोड़कर चौकी का निर्माण शुरू कराया

क्यूँ न लिखूँ सच

स्वामी, मुद्रक, प्रकाशक नरेश राज शर्मा द्वारा एण्ट्राप्रिंटेड, ए-11, असासलपुरा, लंगड़े की पुलिया, मुरादाबाद-244001 (उत्तर प्रदेश) से छपवाकर कार्यालय म.नं. 210 खा सीतापुरी, डबलफाटक जनपद-मुरादाबाद (उत्तर प्रदेश) से प्रकाशित एवं वितरित किया।

संपादक - नरेश राज शर्मा
मो. 9027776991
RNI NO- UPBIL/2021/83001

इस अंक में प्रकाशित समस्त समाचारों के चयन एवं सम्पादन हेतु पीआरबी एक्ट के अन्तर्गत उत्तरदायी होंगे तथा समस्त विवाद मुरादाबाद न्यायालय के अधीन होंगे।

क्यूँ न लिखूँ सच समाचार पत्र में सभी पद अवैतनिक है

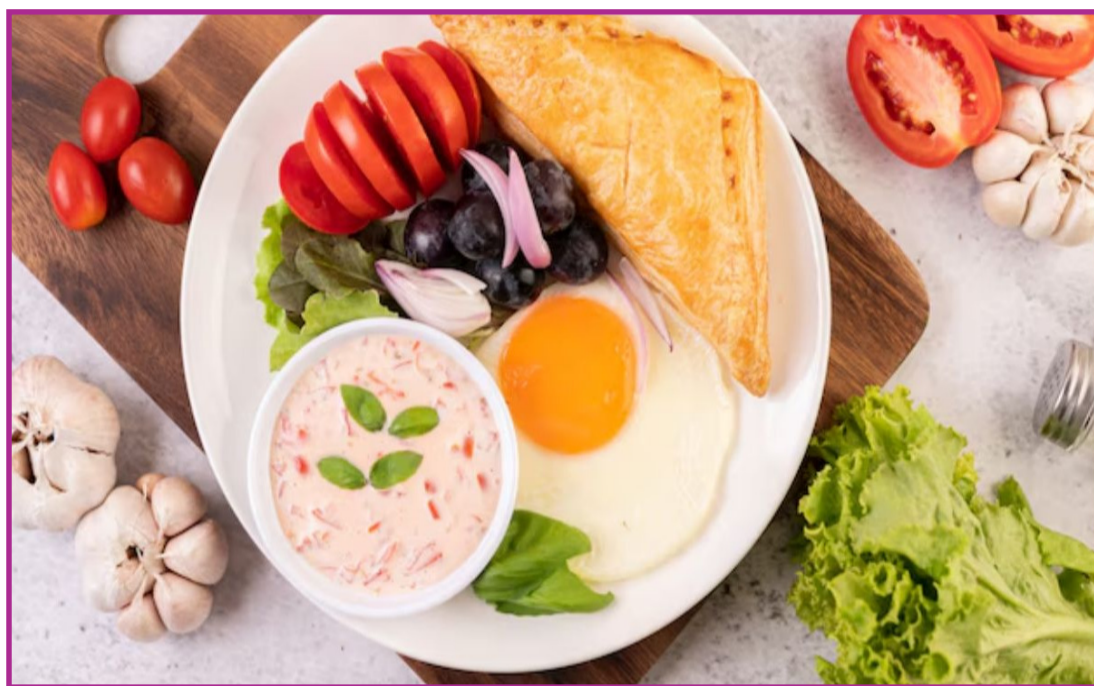
When you see these changes in the body, understand that there is a deficiency of Vitamin B12, start eating these things immediately

It is also important to take a healthy diet to stay healthy. When you take a healthy diet, you remain healthy but when there are changes in your food, then you start lacking Vitamin B12. In such a situation, it is important that you have a very good diet. Try to wake up in the morning and have breakfast every day and get enough sleep. Vitamin B12 is an important nutrient that is essential for our body. This vitamin helps in providing energy to our body, keeping the nerves healthy, and formation of red blood cells. When there is a deficiency of Vitamin B12 in our body, we may have to face many problems. In such a situation, it is important for you that when you see changes in the body, understand that there is a deficiency of Vitamin B12 in your body. Here we are going to tell you some changes which can happen due to the deficiency of Vitamin B12 in our body. Fatigue and weakness Due to the deficiency of Vitamin B12, we may feel tired and weak. In such a situation, if you have regular fatigue and weakness, then you may be suffering from a deficiency of vitamin B12. Due to fatigue, you keep falling ill and you do not feel like doing any work. Jaundice is also a sign- If you have jaundice, which we also call jaundice, then understand that there is a deficiency of vitamin B12. Many times there can be a deficiency in our body due to vitamin B12. Whenever you have jaundice, you should also get a body checkup of your body so that you know what is lacking in the body. Pain starts in the nerves Pain in the nerves is also a sign of this. Let us tell you that due to deficiency of vitamin B12, there can be pain in our nerves. Due to deficiency of vitamin B12, we may have mental problems, such as stress, anxiety, and depression. At the same time, due to deficiency of vitamin B12, there may be a deficiency of red blood cells in our body. You will have to eat these things to get rid of the deficiency- Meat and fish: Meat and fish are good sources of vitamin B12. Dairy products: Dairy products, such as milk, cheese, and yogurt are good sources of vitamin B12. Eggs: Eggs are good sources of vitamin B12. Vitamin B12-fortified foods: Some foods, such as soy milk and cereals are fortified with vitamin B12. Vitamin B12 tablets: If we have vitamin B12 deficiency, we can take vitamin B12 tablets. But for this we should consult our doctor.



Whatever the reason, never skip breakfast, first the effect will be seen on the face and then there will be problems in the whole body

By having breakfast, our body gets the energy which is required to work and participate in activities throughout the day. Apart from this, it helps in strengthening our digestive system, which provides essential nutrients to our body. At the same time, having breakfast helps in controlling our weight as it prevents us from overeating during the day. Make a habit of having a healthy and heavy breakfast in the morning- Include fruits in breakfast- Consume dry fruits in breakfast in the morning People find it very easy to skip breakfast. However, many people skip breakfast in their daily routine. But they do not understand the problems caused by skipping breakfast. As age progresses, then the problems caused by skipping breakfast are known. In such a situation, try never to skip breakfast. Breakfast is very important for the beginning of our day. It provides us with energy and nutrition which is required to work and participate in activities throughout the day. Skipping breakfast can have many negative effects on our body and face. This effect will start appearing on the face Skin problems: Skipping breakfast can cause skin problems, such as acne, wrinkles, and changes in skin color. Once all this starts happening on your face, then the only option for you is to take medicines. Dark circles under the eyes: Skipping breakfast can cause dark circles under the eyes, which are a sign of fatigue and weakness. Breakfast gives a lot of strength in the morning but when you remain hungry for hours, dark circles appear under your eyes. Change in facial complexion: Skipping breakfast can cause a change in the complexion of the face, such as the face may look pale or withered. Along with this, the complexion of the face fades. The glow of the face is completely gone. Problems in the whole body- Lack of energy: Skipping breakfast can cause a lack of energy, due to which you may feel tired and weak. Digestive problems: Skipping breakfast can lead to digestive problems, such as acidity, gas, and stomach pain. Skipping breakfast can also lead to gas in the stomach. Weight gain: Skipping breakfast can lead to weight gain, as you are more likely to eat more during the day. Effects on mental health: Skipping breakfast can also have an impact on mental health, such as stress, anxiety, and depression. Therefore, breakfast should never be skipped. A healthy and balanced breakfast provides you with energy and nutrition for the entire day.



Husband and wife should not do these things in front of children even by mistake, it has a very bad effect

When husband and wife fight in the family, it has a very bad effect on the children. Children feel very depressed by their parents fighting. You do not even realize that it has a lot of effect on your children's health and their career. Therefore, try to limit your fights to your bedroom only. Husband wife Relationship Some things are very important about the relationship between husband and wife in front of small children. But in this era of doing those things in should avoid doing. bad effect on the innocent, whatever children repeat the Therefore, husband such things in front of wife Relationship is a Fighting between negativity in the his parents fighting, Later on, the child all - Abuse between children can make bad words. When children, children to abuses on their other - Insulting children can hurt the forget all the limits in the child is very get mentally happening in front of Husband and wife front of small understand that you have started trying to put the child in a very wrong zone. When a child sees a fight in front of his eyes, he gets mentally disturbed. When he grows up, he even starts hating his family members. To avoid these things, keep these things in mind- Communication: Communication between husband and wife is very important. With this, the differences between the two can be resolved. Respect: Respect is very important in the relationship of husband and wife. With this, the relationship between the two can be strengthened. Love and affection: It is very important to have love and affection between both. Love and affection is an important link between husband and wife. By doing this, you can strengthen the relationship.



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'Someone please explain it to her...' What did Govinda's daughter Tina say about women that made people angry? Ufff, these gestures! Disha Patani got such a bold photoshoot done by lying on the ground, fans are unable to take their eyes off her

Govinda's wife Sunita is known for speaking her mind openly. In the last few days, she has given many such statements which are discussed a lot. In a recent interview, Sunita came with her daughter Tina. During this, Tina has said many things about women's period cramps. What did Tina say about period cramps? I never felt this - Tina- Mother supported the daughter



Bollywood actor Govinda's daughter was recently seen with her mother in an interview. During this, she has given many such statements about period cramps in the conversation, which many women and girls may have problems after hearing. What did Tina say about women?

Tina said that the problem of period cramps is felt only by the girls of Delhi and Mumbai. She said that this is a psychological issue and in such a situation, people who are not facing this problem also start feeling it after discussing it. I have never felt this - Tina - In an interview given to Hotterfly, Tina said, 'Women of Punjab do not even know when they have menopause because they do not feel it. Due to having a Desi body, I have never felt period pain or cramps. I have heard many girls often talk about cramps. If you eat ghee properly, correct your diet, stay away from useless dieting, sleep well, then things become normal automatically. Many girls feel this more because they start dieting without any reason. Sunita also supported her daughter and said that before taking any decision, consult a doctor. She joked, "Don't blame me later saying that Govinda's wife Sunita asked him to eat one spoon of ghee and he got a blockage in his heart." People criticized Tina - However, people did not like Tina's comment very much. One user wrote, "Oh! Who is she? What nonsense is she saying?" Another commented, "Please educate this girl! Problems happen due to lack of awareness! I am the person who has suffered pain all his life so, for God's sake, stop spreading false news."

When it comes to the bold heroines of B-town, Disha Patani's name is definitely included in this list. Priyanka of MS Dhoni The Untold Story is today in the news on social media for her hotness. Now she has set the internet on fire with her latest photoshoot. Fans are crazy after seeing her pictures. Disha Patani made her debut in 2015- Disha was last seen in Kanguwa Actress's photos went viral- Disha Patani's latest photos went viral

Disha Patani, who left engineering studies 9 years ago and entered the film world, needs no introduction today. Apart from hit films, she has also stolen the limelight with her style statement. She often blows the senses of fans with her bold look. 32-year-old Disha Patani is a beautiful girl from Bareilly. She started her career with modeling and today she is a big name in the acting world as well. But she steals the most limelight with her fashion sense. Her recent photoshoot is the biggest example of this. She has set social media on fire with her latest photos. Disha Patani got a bold photoshoot done-Disha Patani has recently got a beautiful photoshoot done. On December 28, the actress shared a series of beautiful photos on her Instagram account. In the pictures, the actress looks stunning in a red color bodycon short dress. She has kept her look minimal with a necklace and bracelet and wreaked havoc with wine color lipstick. Disha Patani has given killer poses sometimes sitting and sometimes lying on the ground. These pictures of her seem to be of Christmas celebration because a Christmas tree is also visible in the background. These pictures of Disha are going viral on social media. Once again she has raised the temperature of the internet with her boldness. Ex-boyfriend's sister commented- Krishna Shroff, sister of ex-boyfriend Tiger Shroff, has reacted to Disha Patni's latest photoshoot. She has made a heart emoji in the comment. At the same time, best friend Mouni Roy has also commented on Disha's post and called her hot. Fans are also unable to take their eyes off Disha's pictures and are calling her hottest, lovely and elegant. Disha Patni's upcoming films- After making a splash in theaters with Kalki 2898 AD and Kanguva, Disha Patni has started preparing for her upcoming film Welcome To The Jungle. According to reports, Disha Patni's upcoming film Malang 2 can also be released in 2025 in which she will be seen with Aditya Roy Kapur.



Baby John fame Keerthy Suresh got annoyed on saying 'Dosa', told paparazzi, 'My name is Keerthy Dosa...'

South's famous actress Keerthy Suresh is making a lot of headlines these days about Baby John. During an event, the paparazzi called the actress Dosa, after which she angrily explained how to take her correct name. Now this video is going viral on social media and users are trolling the paparazzi for doing this. Keerthy Suresh in the news about Baby John When paparazzi said Dosa, she retaliated like this - Recently married actress Whenever South actors come to Mumbai, often such news is heard that the artist was called Dosa and Idli. A similar incident has happened with Baby John star Keerthy Suresh. Keerthy was spotted outside a restaurant on the occasion of Christmas. During this, she looked a little annoyed after hearing some things from the paparazzi. Let us tell you what the paparazzi said that upset her. Paparazzi called the actress Dosa-Keerthy was spotted in Mumbai on the occasion of Christmas in a denim dress. Outside the event, she was posing for a photo to the paparazzi. Meanwhile, to get her attention, the paparazzi started calling her Kriti. Immediately after this, she corrected them and said, 'Kriti not Kirti.' After this, some paparazzi started calling her 'Dosa'. This is a word that some people use for South actors which is considered quite controversial. On being called Dosa, Kirthi said, 'Keerthy not Dosa, Kirthi Suresh. And I like Dosa.' The actress got married recently Talking about Kirthi Suresh's personal life, she has recently tied the knot. The actress got married to boyfriend Antony Thattil in Goa on December 12. This marriage was done according to Hindu customs. Family members, relatives and close friends were present at the wedding of Keerthy Suresh and Antony Thattil. They got married according to different religions. The actress had confirmed her relationship with Antony a few days ago. She was dating Antony Thattil for the last 15 years. Antony is a businessman living in Dubai. Baby John's collection so far- Baby John, directed by Kalij, was released on 25 December. Apart from Varun Dhawan, Jackie Shroff, Keerthy Suresh, Vamika Gabbi, Sanya Malhotra and Rajpal Yadav are seen in this film. Talking about its box office collection, the film has brought 19.65 crores so far. The story of the film is inspired by famous South actor Thalapathy Vijay's movie Theri. The story of this film revolved around a DCP who changes his life to keep his family safe.

