

संपादकीय Editorial

Counterfeit coins of science emptiness

Here the coins of reality turned out to be counterfeit, we had tossed them only to our advantage. 66 senior secondary schools of the state turned out to be zero in science laboratories, because we had to show the medal of science. The surprising thing is that in Himachal, development for medals and in the history of medals, the budget is completely destroyed. These 66 science centers did not close just like that, but they have been rejected by our need, our knowledge, our concern and our arrogance. The same science center is losing in the premises of the central university and will lose more in the future. These aspects of education are the rude and selfish politicians, who play institute-institute like football. Now medical colleges have started losing and if there is doubt, then ask why the wings of the medical university are hurt? Why have all the engineering colleges been ruined in the trouble of the technical university, why have B.Ed colleges left education helpless. These placards will one day become coffins, how long will you keep the desire alive in fake attire. In the face of shamelessness, if possible, after ten years, ask why those who evicted the Central University from Dharamshala had built the tombs of education. We not only see the tombs of science and the coffins of planning in 66 schools, but we can also choose the tombs of knowledge and study there. The surprising thing is that in these very schools, 201 lecturers were caught relaxing in the science study rooms. Whom to praise and whom to choose as the trust of the department. As schools are closing, instead of the reasons for this, even today the society is looking for a reason to save them. It is announced from the pillars of politics that useless schools are also the trust of the environment. This war is not easy and the most difficult thing is to keep one's own conduct disciplined. If 66 science senior secondary schools can prove to be useless, then it does not mean that there was any fault of education. Here our resolution and model have lost. Here the desire of the parents and the demand of the employment market have also lost. One subject in schools should be focused on employment information, understanding of the environment, the possibilities of rural economy and new possibilities of self-employment. Our schools are not so proficient that they can connect language knowledge with the values ??of practical life. If the curriculum is taught to make children proficient on employment possibilities in retail marketing till class 12, then the direction will be decided by schooling itself. Our children have been seated in science classes for the last few decades, but a scientific outlook has not been developed. Later, in agricultural and horticultural universities too, instead of a scientific outlook, a craving for departmental jobs was created. This is the reason why Himachal is a silent spectator state in the era of start-ups and innovation. Even today, the message of our problems or prosperity is linked to government jobs instead of scientific zeal. Recently, Hariman Sharma of Bilaspur was awarded the Padma Shri award in the field of horticulture, but this is his personal success. Neither any school, nor any college, nor Palampur-Solan University has the capability or will have in the future to produce a Hariman Sharma. On the other hand, many job opportunities in government services in India have nothing to do with science, so we need top-notch senior secondary schools that can teach subjects like history, geography, economics, sociology, fine arts, theatre and similar arts. Children are now bored of studying medicine and engineering.

Rising temperature poses a threat, will have adverse effects on people's health and economy

Parasites like mosquitoes are being born due to rising temperatures. Traditional medicines are proving ineffective on them. With the increase in heat due to the decrease in moisture on the ground, the risk of forest fires also increases. If the heat continues to increase like this, the days of heatwaves will also increase which will affect the health and economic conditions of a large population of the country. This year, in the first week of February itself, heat started showing its effect in the plains. Keep in mind that the last year was very hot for India, in which the average minimum normal every month. This sweetness of spring should be Pradesh, Chhattisgarh, Uttar temperature is being recorded parts of Vidarbha of Andhra Pradesh, Odisha, normal for the temperature in cross 28 degrees. In the past increased, it was assumed that Nina, but this time La Nina changing mood of the weather strengthening grip of climate international meteorological Change Service, the world's this year was recorded at 0.09 degrees more than the happened when the La Nina Ocean. The biggest reasons for the change in weather from South America to India are the El Nino and La Nina effects. El Nino is related to heat and drought in India and Australia, while La Nina is the carrier of good monsoon. Both these events are related to the coast of faraway Peru (Eastern Pacific) and the eastern coast of Australia (Western Pacific). The speed of the wind takes these effects far. It is important to know here that the sun's rays fall directly on the sea at the equator. This area gets uninterrupted sunlight for 12 hours, due to which the heat of the sun remains on the surface of the earth for a longer time. That is why there is more heat in the Mediterranean region or the Central Pacific region. This affects the temperature of the sea surface. Generally, in normal conditions, the Mediterranean winds blow from east to west and carry the heated sea water towards the eastern sea coast of Australia. Steam is formed from the hot water and clouds are formed from it. As a result, there is good rainfall around the eastern coast. When the hot winds laden with moisture rise up, their moisture is released and they become cold. Then the cold winds blowing from west to east come down on the sea coast of Peru and its surroundings. That is why the hot winds rising from the sea of ??Australia collide with it. The cyclone formed by this is called 'Walker Cyclone'. In El Nino conditions, the westerly winds become weak and the warm water of the sea returns and collects on the coasts of Peru. In this way, the water level of the sea rises up to 90 centimeters. As a result, evaporation takes place and rain clouds are formed. This causes heavy rainfall in Peru, but due to its adverse effect on monsoon winds, drought conditions are created from Australia to India. During the La Nina effect, the storm winds that normally blow from east to west in the Mediterranean region push the warm water of the Peruvian coast towards Australia. Due to this, the water level on the Peruvian coast falls very low, due to which the cold water of the depth of the sea replaces the little warm water. These days La Nina is active, but surprisingly, neither is there rain in India nor is there enough snowfall on the mountains. On the contrary, the temperature is increasing rapidly. If the heat of the weather continues to increase like this, then the biggest loss will be to agriculture. Wheat grains will become weak and gram and mustard crops will also ripen before time. The time for pollination of flowers in apple and litchi trees will be less, due to which the process of formation and ripening of fruits will be affected. If the temperature increases by one degree Celsius, it reduces the income of farmers by 6.2 percent during the Kharif season and by six percent during the Rabi season in unirrigated areas. Similarly, if there is an average decrease of 100 mm in rainfall, the income of farmers falls by 15 percent during the Kharif season and seven percent during the Rabi season. Now this danger is looming. Parasites like mosquitoes are being born due to increasing temperature. Traditional medicines are proving ineffective on them. Due to the decrease in moisture on the earth, the risk of forest fires also increases as the heat increases. If the heat continues to increase like this, the days of heat waves will also increase, which will affect the health and economic conditions of a large population of the country. In such a situation, the government needs to make its policies in accordance with the warming weather. First of all, methods of reducing greenhouse gases should be strictly implemented. Then energy and water conservation should be on priority basis. Finally, an action plan for relief and alternative livelihood for the hardworking people affected by this should be made at the village level.



temperature was recorded above year, on the days when the felt, the mercury rose in Madhya Pradesh etc. and the maximum between 35-38 degrees in some Maharashtra, Telangana, coastal Kerala and Daman-Diu. It is not Delhi and its surrounding areas to few years, when the heat suddenly it was the effect of El Nino or La was ineffective. It is clear that the is pointing towards the change. According to the organization Copernicus Climate average temperature in January 13.23 degrees Celsius, which was hottest January of last year. This effect developed in the Pacific

If Trump takes Russia out of China's camp, US-Russia relations improve, it will be in India's interest

In the past, Nixon was successful in his policy because then Europe also agreed with America. At present, the differences between America and Europe are so deep that even if American pressure on Russia reduces, Russia's economic and technical relations with Europe will remain bitter. Especially until Russia does justice to Ukraine according to Europe. US President Donald Trump has taken some unexpected steps to overcome the years-long rift with Russia and improve relations. This has caused a big stir on the global geopolitical scene. His such unusual initiative has created cracks within the NATO alliance itself. This has made Western countries apprehensive that America is no longer willing to fulfill the expected responsibility towards the defense of Ukraine and Europe. There is an atmosphere of disappointment in European countries due to Trump sidelining Europe in a way and reconciliation with Russian President Vladimir Putin, who is the biggest target of liberals. The other party worried by this change in Trump's attitude is China. Issues like the existence of Ukraine and the outcome of its three-year-long war with Russia are important for the world order, but the more important question is whether America can succeed in getting Russia out of the clutches of China? Ever since Trump has adopted a soft stance with Putin by reversing the policies of the previous Joe Biden administration, some commentators are comparing it to 'Reverse Nixon' i.e. the strategic reversal of the then US President Richard Nixon in the eighth decade of the last century. Nixon had joined hands with Maoist China to counter the Soviet Union. This created a rift in the Russia-China Communist alliance. As a result, America became the winner of the Cold War. On the same lines, it is now believed that Trump is also moving on a different path with the intention of weakening Russia's close friendship with China by reducing tension with it. In this context, US Defense Secretary Pete Hegseth has said, 'America is prioritizing preventing a war with China in the Pacific region, realizing the reality of the problem associated with maintaining military resources in both Europe and Asia, and wants to march from Europe to ensure that the resistance to China in Asia does not fail.' This means that by adopting a positive attitude towards Russia, ending the Ukraine war and handing over the responsibility of Europe's security to European countries, America will try to focus its military and strategic energy against China in the Indo-Pacific. Earlier, the Biden administration had also termed China as America's main rival, but due to the Ukraine war, America got entangled in the security matters of Europe and could not compete with China in Asia. As far as the Ukraine war is concerned, it has benefited China. Due to this, economic sanctions and pressure of Western countries on Russia increased, due to which Russia became highly dependent on China. In this situation, Moscow and Beijing had declared 'unlimited friendship'. Under the 'New Cold War', China and Russia had started fighting against America by forming a strong united front and this gave new wings to China's global ambitions and morale. The second advantage of the Ukraine war to China was that America's attention was focused on its allies in Europe. Due to this, American allies who were afraid of China's expansionism in Asia were not getting enough material and help. Although the security of the Atlantic and Pacific regions are interrelated issues, but America declaring Russia a dangerous enemy was giving China a lot of freedom and convenience to do as it pleases in Asia. It is in America's interest to keep Russia away from the Chinese clutches and to deal strictly with China, but it is not easy to give concrete shape to this policy. American Vice President JD Vance has claimed that Russia is at a loss in becoming China's 'step child' or 'younger brother', but in the same context he has admitted that there are strong economic relations between Russia and China, which cannot be broken suddenly. Even if the US removes all economic sanctions and technical restrictions imposed on Russia and also signs contracts for the development of Russia's mineral wealth, Putin may still be apprehensive that these will not be permanent measures. The reason is that if Trump's successor, who was banned for four years, revives the Western liberal ideology and adopts the policy of reining in Russia, then Russia will have to face the consequences. In the past, Nixon was successful in his policy because then Europe also agreed with the US. At present, the differences between the US and Europe are so deep that even if the US pressure on Russia reduces,

Not one or two, there are 8 benefits of eating strawberries, it is also beneficial for diabetes patients



Strawberry is a juicy fruit which is red or pink in colour. People like its slightly sour-sweet taste a lot, but do you know that not only its taste but its properties are also amazing. Eating strawberries gives many health benefits, knowing about which you will be surprised. Let's know why eating strawberries is beneficial. Anti-oxidants are found in strawberries. It is also a good source of vitamin-C. Eating strawberries also benefits the skin a lot. Strawberry is a tasty and healthy fruit, which is no less than a "superfood". It is a small, juicy, red colored berry, which is known for its unique taste and healthy properties. Strawberry is mostly cultivated in cold areas and it is grown the most in America and Europe. In India, it is cultivated mainly in Himachal Pradesh, Uttarakhand, Jammu and Kashmir and some parts of Maharashtra. Strawberries are rich in vitamin C, fiber, antioxidants and minerals, which benefit the whole health. Then what are you waiting for, let's know about some of its best benefits. What are the benefits of eating strawberries? Strengthens the immune system - Strawberries are rich in vitamin C, which helps in increasing the body's ability to fight diseases. It helps in protecting against cold and cough and other seasonal diseases. Makes the skin glowing and youthful - The antioxidants, vitamin-C and ellagic acid present in it protect the skin cells from free radicals. It helps in reducing wrinkles, lightening blemishes and improving the skin. Keeps the heart healthy - Strawberries contain a good amount of potassium and antioxidants, which keep cholesterol under control and reduce the risk of heart diseases. It also helps in controlling blood pressure. Beneficial for the digestive system - Being rich in fiber, strawberries improve digestion and are helpful in relieving constipation. It keeps the stomach light and digestion fine. Helpful in weight loss- Strawberries are low in calories and high in fiber, which helps in weight loss. It keeps the stomach full for a long time and prevents overeating. Improves eyesight- Vitamin C and antioxidants present in it help in keeping the eyes healthy. It helps in reducing the risk of cataract and other eye diseases. Helpful in preventing cancer- Strawberries contain ellagic acid and other antioxidants, which help in preventing the growth of cancer cells in the body. It protects the body from diseases by detoxifying it. Controls blood sugar level- Its glycemic index is low, which helps in controlling blood sugar level. It is a safe and healthy fruit for diabetes patients.

To increase concentration, do these 4 breathing exercises after waking up in the morning, stress and anxiety will also go away

Does your mind also start wandering here and there every now and then? Is it difficult to maintain focus on any one task? If yes, then it may be that your concentration power is weak. Productivity also decreases due to lack of concentration on work. Therefore, we are going to tell you 4 such breathing exercises (Breathing Exercises for concentration) which will help in

**i n c r e a s i n g
c o n c e n t r a t i o n .** There can be a lot of trouble due to low concentration power. Due to this, productivity can also decrease. Some breathing exercises can help in increasing concentration. In today's fast-paced world, maintaining concentration (How to Improve Focus) has become a big challenge. Be it



studies, work, or any creative work, the ability to focus helps in improving our performance. In such a situation, breathing techniques (breathing exercises) can prove to be an effective solution. These techniques not only reduce stress, but also help in increasing focus by calming the mind. Let's know about 4 such effective breathing exercises (Breathing Exercises for concentration). Deep Breathing Deep breathing is one of the easiest and effective techniques. To do this, first sit in a comfortable position. Close your eyes and breathe slowly through the nose. Try to fill the breath up to the stomach, so that your stomach expands. Then exhale slowly through the mouth. Repeat this process 5-10 times. This technique increases the flow of oxygen to the brain, which improves focus and mental clarity. Alternate Nasal Breathing Nadi Shodhan Pranayama is an old technique of yoga, which helps to calm the mind and increase focus. To do this, first sit comfortably and close the right nostril with the thumb of your right hand. Inhale through the left nostril and then close the left nostril with a finger and exhale through the right nostril. After this, inhale through the right nostril and exhale through the left. Repeat this process for 5-10 minutes. This technique balances both parts of the brain, which increases focus. 4-7-8 Breathing Technique 4-7-8 breathing technique is very effective for reducing stress and calming the mind. To do this, first sit comfortably and place the tip of the tongue behind the upper teeth. Now inhale through the nose and count to 4 in the mind. Then hold the breath and count to 7. After this, exhale through the mouth and count to 8. Repeat this process 4-5 times. This technique helps in calming the mind and increasing focus. Bhramari Pranayama- Bhramari Pranayama is a technique that helps to calm the mind and increase concentration. To do this, sit comfortably and close your eyes. Now place the fingers of both your hands on the eyes and close the ears with the thumb. After this, take a deep breath through the nose and exhale through the mouth while pronouncing "Om". Repeat this process 5-7 times. This technique calms the nerves of the brain and increases focus.

Does your child argue over every little thing? Then make him obedient in these 7 ways, he will understand the difference between right and wrong

If the child has started answering back and does not listen to anything, then handle him with love and patience. Instead of getting angry, stay calm and explain to him what is right and wrong. Praise him for his good behavior and be a good example yourself. Positive changes can be brought in the child's behavior with the right communication, love and understanding.

Let's know some effective ways understand children and make starts answering back, then it without being strict, with the understand what is right and listening to elders has become days. This behavior of the child and the process of expressing is happening continuously, it situation, it is not necessary to rather it is necessary to understand and being article we will tell you about Listen to the child and listen to him carefully instead expressing some of his troubles, feelings and discuss them with value his words. Be calm and retort becomes frustrating for you to remain calm. If you react best way is to explain to the limits- Explain to the child done at home. Tell them that Also explain to the child what Encourage positive behavior your advice, praise him. Words understood this" motivate the



to explain to the child. It is very difficult to them understand. Especially if the child becomes more difficult. In such a situation, help of some tips, you can make them wrong. Children answering back and not a common challenge for many parents these can be a part of their increasing self-reliance their opinion. However, when this behavior can take the form of indiscipline. In such a be strict every time to discipline children, communicate with them by showing patient. In such a situation, today in this some effective ways to solve this problem- understand- When the child replies back, of reacting immediately. He may be dissatisfaction or anger. Understand his him. This will make the child feel that you restrained yourself The child's anger or the parents, but still it is very important for in anger, it can worsen the situation. The child with a calm voice and patience. Set clearly what kind of behavior should be using rude language or retorting is wrong. the consequences can be if he does this. When the child behaves decently or accepts like "Well done" or "I am glad you child to adopt positive behavior. Punishment

is not necessary every time Punishment is not the solution every time. So instead of punishing, talk to the child and explain to him the impact of his behavior. For example, if he speaks in anger, explain to him that it can hurt others and spoil relationships. Be a role model yourself - Children learn by watching their parents. If they see you talking to others respectfully and patiently, the child will also learn the same. Give the right direction to their energy - Put the child's energy into some positive activity. Keep him busy in sports, creative projects or any hobby, so that he can express his feelings properly.

'New injuries used to show up after going home', it was not easy for Vicky Kaushal to become 'Chhava', sweated it out in 8 hours of hard work

Vicky Kaushal starrer film Chhava is making a splash at the box office. A different sense of happiness is seen on the faces of the audience coming out of the theatres after watching the movie. Today we are talking about the challenges actor Vicky Kaushal



had to face to become a Chhava on the big screen. Chhava movie is making record-breaking earnings at the box office. It was not easy for Vicky to become a Chhava on the big screen. The actor has worked very hard for this character. Chhava's name has been included in the list of the most successful films of Vicky Kaushal's career. Through this, the actor has also broken the records of many hit stars' movies. Vicky has brilliantly played the role of Maratha warrior Chhatrapati Sambhaji Maharaj on the big screen. He did a great job of sword fighting, horse riding and encouraging his army. Perhaps you will also be surprised that Vicky Kaushal prepared himself to do all this. For this, he gained weight and sweated for hours. Let us know how the actor's journey of becoming a Chhava has been and what new things he trained for this character. Chhava's journey was not easy for Vicky - Laxman Utekar's directed film is not only making money in India but also worldwide. Within 13 days, the film has set new records of collection. The special thing is that this movie is also beating hit films in terms of daily earnings. In such a situation, it becomes more interesting to know to what extent Vicky Kaushal has worked hard to show himself as Chhatrapati Sambhaji Maharaj on the big screen. Maddock Films has shared the behind the scenes video of Chhava. In this, the lead actor of the film Vicky himself tells that becoming a Chhava on the big screen was not easy for him at all. For this role, the actor went to the gym and gained weight and prepared for horse riding and sword fighting for 6 months. Apart from this, he sweated for 8 hours every day. Did Vicky go home injured from the film set? - Vicky Kaushal also revealed that after fighting the war by wielding the sword on the film set, his body used to feel tired and the marks of the sword were clearly visible on his body. When Vicky finally prepared himself for this character, Laxman Utekar said that 'I have found my child.' How did you like Vicky's acting in the film? Vicky Kaushal has fulfilled the requirements of the character brilliantly. The courage he showed in front of Aurangzeb is commendable. Apart from this, his acting has been amazing overall. The work of Akshay Khanna and Ashutosh Rana is also being appreciated.

Chhaava snatched the throne of KGF 2! Rocky Bhai's film wiped out in the earnings of the 13th day

Chhaava Box Office Day 13 Based on the drama period film, Chhaava is making a great collection at the box office even on weekdays. On the basis of which, this movie of Vicky

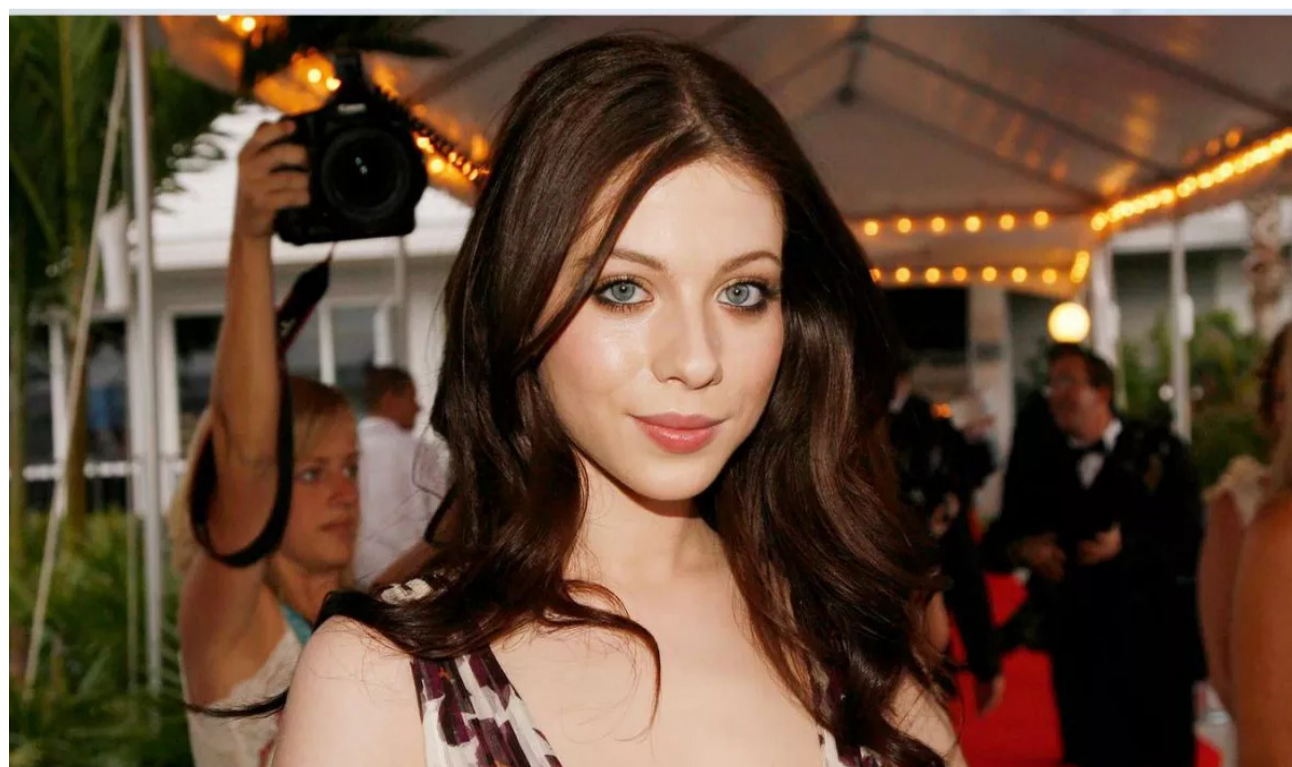


Kaushal is beating big films every day. Now Chhaava has left behind South superstar Yash's blockbuster film KGF Chapter 2 in earnings on the 13th day. Chhaava made a shocking collection on the 13th day - KGF 2's record collapsed - Chhaava's earnings jumped on the second Wednesday Chhaava has created a new history in Hindi cinema with its immense success. Chhaava, which earned at the speed of a bullet train from the first day of its release, will soon complete its second week of release. Even after so much time, there is no reduction in the box office collection of this movie of Vicky Kaushal. On the second Wednesday, there has been a tremendous jump in the earnings of Chhava. Due to which now this movie has defeated South cinema veteran Yash's blockbuster film KGF Chapter 2 in the collection of the 13th day. Chhava beat KGF 2 - Yash's KGF 2 was released in theaters in the year 2022 as a great offering of Kannada cinema. During that time, this movie of Rocky Bhai won the hearts of the audience and did a great business at the box office. According to the report of Saccanilk, on the 13th day of release, KGF 2 had collected more than 14 crores in all languages. But now Vicky Kaushal's Chhava has defeated KGF Chapter 2 in this matter. On the basis of the sequel, Chhava has collected 21 crores at the domestic box office on the 13th day. Which is about 3 crores more than the 12th day. In such a situation, Chhava has set a new record by beating KGF 2. Earlier, Chhava has defeated big South and Hindi cinema films like Bahubali 2, Jawaan, Pushpa and Animal in terms of earnings on a day-wise basis. The way Chhava's collection is going on. On that basis, this movie will be considered to have set a big record at the box office. Chhava will enter the 400 crore club - If the earnings of the 13th day are added, now the net collection of Chhava at the box office has reached close to 400 crores. Soon this movie will enter the 400 club. Let us tell you that Chhava has become the first highest earning film of Vicky Kaushal's career. Not only this, this movie has also gone ahead in terms of drama period films.

'Gossip Girl' Michelle Trachtenberg dies at the age of 39, body found in apartment

Michelle Trachtenberg Death A very bad news is coming out at this time about Michelle Trachtenberg, one of the famous Hollywood actresses. Michelle, who made a place in the hearts of fans with shows like Gossip Girl (Gossip Girl Movie) and many great films, has died at the age of 39. The body of the actress has been found in a luxurious apartment in New York. Michelle

Trachtenberg was a famous Hollywood of 39 - Michelle was famous for these Hollywood cinema at this time. Famous passed away. After the news of the death of has been a sensation in the entertainment is no longer among us. According to the Trachtenberg has been found in a luxurious investigation in the matter. However, the revealed yet. Gossip Girl Michelle who started her acting career as a child and TV world. According to the BBC on 26 February. Michelle lived in her luxury Park South, New York. Her dead body has Michelle Trachtenberg has caused a wave A mountain of grief has fallen on her family police, it has been learned that her death circumstances. However, nothing is clear yet Michelle Trachtenberg looked very changed expressed concern about her health. There transplant done. Michelle will be and fans are mourning the death of Michelle



actress, said goodbye to the world at the age movies. Very bad news is coming out from actress Michelle Christine Trachtenberg has the actress at the age of just 39 came out, there world. No one is able to believe that Michelle information received, the body of Michelle apartment in New York. Police have started cause of the actress' death has not been Trachtenberg dies - Michelle Trachtenberg, artist, was one of the veteran actresses of films report, the news of her death has come to light apartment at One Columbus Place in Central now been found here. The sudden death of of mourning in the Hollywood cinema world. and fans. After the initial investigation by the has not happened under any suspicious about the cause of death. For the past time, in her posts on Instagram, due to which fans is also news that she also got her liver remembered for these movies- Many celebs Trachtenberg on social media. Her saying

goodbye to the world in this way is being considered a big setback for Hollywood. If we look at Michelle's acting career, she started acting in childhood through a TV ad. After this, she gained popularity with her brilliant performance in the English film industry and on the small screen between the 1990s and 2000s. Her major films and TV shows are as follows- List of films- Melissa- Inspector Gadget Euro Trip Black Christmas Cop Out Sexy Evil Genius TV Shows- Law and Order Space Case Buffy the Vampire Slayer Six Feet Under Gossip Girl Let us tell you that Michelle will be remembered for her brilliant contribution in the Spiral film for the last time.