

संपादकीय Editorial

Why so much tension over Ram?

We are surprised and questioning our own conscience. Why can't we celebrate Ram Navami with ease and harmony? Why does it become necessary to seek permission from the High Court for Ram Navami procession and other events? Why has Mamata Banerjee's government in West Bengal been creating hurdles during Ram Navami? Mamata is also a Hindu. Ram belongs to her too. Ram belongs to every creature in the entire universe. Ram is an incarnate man. Mamata Banerjee has been worshipping Maa Kali and Durga. Then why does the proclamation of 'Jai Shri Ram' seem like an abuse to her and she starts losing her temper? Why are government restrictions imposed on Ram Navami events year after year? The Constitution has also granted the fundamental right of 'religious freedom' to Hindus, Ram-devotees. Is organising Ram's procession and celebrating the festival with faith also a crime or sin? Mamata Banerjee is the Chief Minister of Bengal, hence she is the public representative of every citizen, the constitutional guardian. As a government, it is their responsibility to ensure that the average citizen can celebrate his festivals with joy and enthusiasm, but not only in Bengal, but also in states like Bihar, UP, Maharashtra and Jharkhand, on the day of Ram Navami, a dreadful tension prevailed in the name of Ram. Security guards were put in place. 'High alert' had to be declared in 42 districts of UP and 10 sensitive districts of West Bengal. Why has the Sambhal region of UP become the 'Kurukshetra of communalism'? Security forces and police had to take out 'flag marches' in the Howrah area of Bengal and many cities of UP, guards and barricades were put in place at every nook and corner. Drones were used, CCTV surveillance had to be done as well. Was it the day of 'Ram Navami' festival or was there a fear of a terrorist attack? These security cordons did not seem comfortable. After all, what were the reasons for such widespread tension? Has religious tolerance ended in the country? Why are situations of communal conflict like Holi vs Alvida Juma, Navratri vs Eid ki Namaaz being created? Are the governments themselves failing? Or are the governments themselves creating riot-like situations? How long will this continue in the country? In Bengal, the Mamata government has been imposing bans on Hindu festivals like Ram Navami, Durga Puja, Hanuman Jayanti in the past years too. Ultimately one has to resort to the court. Mamata Banerjee has alleged that the central government is instigating riots. It is making humans fight humans. In response to this, the Leader of Opposition in the Bengal Assembly, Shubhendu Adhikari, called upon BJP and Hindu workers to roam around the city all day with a saffron flag on their car or bike. Flags of one's identity should also be put up on shops. Such statements can prove to be provocative. It was claimed that thousands of processions will be taken out and Shri Ram Mahotsav will be organized at about 5000 places. The administration and the court have instructed that no one will participate in the procession with weapons. Has Ram Navami been celebrated with weapons? Actually, both Mamata and BJP are playing the game of polarizing the vote bank and ultimately winning the elections. It is estimated that about 1.5 crore Hindus participated in the processions. These events could have been symbolic as well. However, if Hindu-Muslim conflicts start taking place in the country, then this situation is not good for the all-round development of India. Parties should avoid polarization.

Heat wave taking the form of a disaster is not only a physical crisis but also a serious issue for socio-economic conditions.

If we want to avoid the heat wave, then efforts will have to be made to make the environment environment friendly at the town-village level because the rising temperature is having a harmful effect on the health system. In the government or private sector, working hours will have to be planned till 10 am and then from 5 pm in the evening. Greenery will have to be increased in the country and water sources will have to be conserved. This time the heat has started showing its effect in the beginning of April itself. Many state governments have issued warnings regarding heat wave, but in them there is more emphasis on the arrangements in the hospital for treatment after heat wave. To deal with the heat wave, the National Disaster Management Authority (NDMA) has issued an advisory to all the states and asked them to make an action plan to deal with it. Although such plans are made every year. Despite this, people die. A standing committee of the Union Home Ministry has suggested that heat wave should also be included in the newly emerging disasters. The committee says that in the ten years after 2013, 10,635 people died due to heat stroke in the country and now its effect is becoming widespread. Between 2020 and 2022, the number of deaths due to heat stroke in the country increased from 530 to 730. Heat wave not only causes physical distress to humans, but it also has a socio-economic adverse effect on the lower class, people working in the open such as traffic police, gig-workers, street-rickshaw pullers as well as farmers and laborers. Heat wave is usually caused by stagnant air. High pressure systems move air downward. This downward flowing air acts like a cap. It collects hot air at one place. Without wind, it cannot rain. The growing concrete jungles in cities are also increasing the lethality of these hot winds. There is no way to prevent hot air from getting hotter. The average temperature of the human body is 37 degrees Celsius. When the outside temperature is more than 40 and there is absolutely no moisture in the air, it turns into a deadly heat wave. Five years ago, the 'Climate Change Assessment Report' of the Union Ministry of Earth Sciences warned that by the end of 2100, the heat waves or hot winds blowing in India during summer (April-June) may increase three to four times. Their average duration is also estimated to double. Although the effect of heat wave will increase in the entire country, but its impact will be more severe in the densely populated areas of the Ganges river basin. It has been warned that due to increasing heat and less rainfall in monsoon during the last six decades, the number of drought-affected areas in the country is increasing. It is worrying that the drought-affected area is increasing by 1.3 percent per decade. Apart from this, the Climate Transparency Report, 2022, prepared in collaboration with international organizations, says that due to the severe heat in 2021, there was a loss of about Rs 13 lakh crore in the service, manufacturing, farming and construction sectors in India. Due to the increase in heat, 167 billion hours of potential labour was lost, which is 39 percent more than in 1999. According to this report, if the temperature increases by one and a half percent, the loss caused by floods every year can increase by 49 percent. At the same time, the devastation caused by cyclones will also increase. In the same sequence, the Lancet Countdown report says that the number of deaths due to extreme heat in India increased by 55 percent between the years 2000-04 and 2017-21. Last year, the Food and Agriculture Organization of the United Nations conducted a survey among one lakh people in India and said that due to heat/heat, poor families suffer five percent more economic loss than the rich. Financially well-off people adapt their work according to the increasing temperature, while the poor are not able to do so. Despite this, why have we not yet been able to make any suitable action plan to avoid heat? The Ahmedabad Municipal Corporation opens all its gardens for street vendors and other open workers from one to five in the day. This gives those working in the open the opportunity to stay under the shade of trees during the peak of the heat wave. Recently, street traders in Mumbai have also demanded the opening of such parks. This is a small experiment in which the existing structure helps in avoiding the heat wave without any additional cost. In some cities of Odisha, green transparent shades have been installed on traffic red lights, which provides some relief to two-wheeler drivers. Apart from this, opening as many public drinking water stalls as possible can also give a big fight to the heat wave. It is certain that the way the weather is changing, we have to face irregular and extreme forms of weather such as increase in temperature. If we want to avoid the heat wave, then efforts will have to be made to make the environment environmentally friendly at the town-village level, because the increasing temperature is having a harmful effect on the health system. In the government or private sector, working hours will have to be planned till 10 am and then from 5 pm in the evening. Along with the provision of sheds, fans etc. for the hardworking people who are forced to work in the open, it is also necessary to have a plan for better health care. Greenery will have to be increased in the country and water sources will have to be conserved.

Priority of research and development, India's entry in global supply chain is strong

By increasing investment in R&D, India can not only solve domestic problems but can also become a medium to solve complex global issues. This will also help in attracting foreign investment. It is also important in technological sovereignty. Remember that a campaign like Atmanirbhar Bharat can be successful only by indigenous technological development in areas like defense, space, electronics and pharma. China's far-sighted thinking has played an important role in its amazing progress. China started investing in research and development i.e. R&D long ago. The ability it acquired to produce competitive products at low cost made it the leader in the global manufacturing market. China started moving from a system of state-owned enterprises to an innovation-centric economy. The result of this came in the form of giant companies like Huawei, Alibaba and BID. The list of such companies seems endless. China spends 2.6 percent of its GDP on R&D, which shows how serious it is about materializing its ambitious plans for the future. India has also made a lot of progress on this front during the last decade, but it is still inadequate compared to global competitors in terms of investment and production. India is investing only 0.64 to 0.7 percent of its GDP on R&D. China has already been mentioned above, while the US also spends 3.47 percent of its GDP on R&D. Both these economies are much bigger than India, so one can easily guess how huge the total amount would be. It is clear that limited investment in this important item is affecting India's prospects. Despite limited investment, if we look at the performance, India has left its mark on the global innovation scene.

India, which was ranked 81st in 2015 in the list of 133 countries in the Global Innovation Index, reached 39th position in 2024. This remarkable improvement in performance reflects India's expanding digital infrastructure, better connectivity between academia and industry, and a rapidly growing startup ecosystem. However, financial commitments are not matching this progress as expected. In such a situation, the private sector will have to increase investment. Private investment in R&D is currently around 36.4 percent in terms of GDP, whereas in large economies like the US and China, this contribution of the private sector is in the range of 75 to 77 percent. In such a situation, it is not possible to achieve favorable results in the case of industrial revolution without the active participation of the private sector. Union Commerce and Industry Minister Piyush Goyal has recently shown the right mirror to the Indian startup ecosystem by comparing it with China. His concern over the attitude of the Indian ecosystem is justified.

Even though there are more than 1.5 lakh registered startups in India, most of these are related to e-commerce, food delivery and gig economy. In comparison, China's emphasis is on deep-tech, AI and hardware innovation and the creation of indigenous tech giants. India's relative backwardness in this is not only related to aspirations but also structural. The industry does not get the required number of workers, lack of resources for research and development and limited patent capital do not generate the risk-taking capacity that is required for real innovation and long-term investment. In such a situation, Goyal's comment 'Will we continue to make ice cream and chips' may seem a bit harsh, but there is a deep meaning hidden in it. To change the situation, we will have to set our priorities and give them a concrete form. Increasing investment in R&D by the public and private sectors will be the first step in this. We have to ensure that investment in R&D accelerates long-term economic growth. It should increase innovation, become the basis for the emergence of new industries, increase productivity and create high-level jobs. In an economy like India, this can be a catalyst for high growth. Investment in R&D is also necessary to improve global competitiveness. On the basis of technological innovation, Indian companies can increase their penetration in high-profit international market sectors like pharma, electronics, green energy and AI. In the absence of a strong R&D structure, India will depend on foreign technologies and fall behind in the global supply chain. The usefulness of R&D investment in solving challenges ranging from healthcare to climate change and food security to clean energy is also not hidden from anyone. While government investment will be useful in public systems and national missions, private sector investment will be beneficial in affordable and scope-enhancing innovations. By increasing investment in R&D, India can not only solve domestic problems, but will also become a medium to solve complicated global issues. This will also help in attracting foreign investment. It is also important in technological sovereignty. Remember that only indigenous technological development in areas like defense, space, electronics and pharma can make a campaign like Atmanirbhar Bharat successful. Development of domestic R&D capabilities not only reduces dependence on imports but also acts as a shield to protect the economy from external shocks. It will also increase national capabilities in science and technology. This also forms the basis of academic excellence. At a time when US President Donald Trump has sounded the bugle of tariff war, this disaster of a kind has brought new opportunities for India. While Trump has imposed higher import duty on India's major competitor countries, he has given some concessions to India in comparison. In such a situation, if India can increase its share in the global supply chain by increasing its capabilities, then the key to this lies in increasing investment in research and development. For India, increasing this investment is no longer an option but an imperative.

सरदार पटेल की विरासत हड़पना चाहती है भाजपा, उन्होंने ही संघ पर प्रतिबंध लगाया था, खरगे का आरोप

खरगे ने कहा कि कांग्रेस पार्टी संविधान और संविधान निर्माताओं दोनों का सम्मान करती है और जानती है कि इसकी रक्षा कैसे करनी है। उन्होंने कहा, %सरदार पटेल साहब हमारे दिलों में, हमारे विचारों में बसते हैं। हम उनकी विरासत को आगे ले जा रहे मल्लिकार्जुन खरगे ने भाजपा और संघ विरासत हड़पने का आरोप लगाया। और संघ देश के नायकों के खिलाफ अध्यक्ष के अनुसार, सरदार पटेल खिलाफ थी और उन्होंने संघ पर कांग्रेस कार्यसमिति की बैठक हुई। इस दौरान अपने भाषण में सरदार सरकार सांप्रदायिक भेदभाव पैदा के ध्यान भटकाना चाहती है देश के रही साजिश मल्लिकार्जुन खरगे ने कई वर्षों से देश के कई नायकों के साजिश की जा रही है। कांग्रेस पार्टी जा रहा है और ये माहौल वो लोग उपलब्धियों के तौर पर दिखाने के भाजपा-आरएसएस पर हमला करते में उनके योगदान के तौर पर दिखाने नहीं है। उन्होंने यह दिखाने की पटेल और पंडित नेहरू के बीच अच्छे सच्चाई यह है कि वे एक ही सिक्के और दस्तावेज उनके सौहार्दपूर्ण सरदार पटेल ने संघ पर लगाया था



किया कि दोनों के बीच लगभग रोजाना पत्राचार होता था। नेहरू जी सभी मामलों में उनकी सलाह लेते थे। नेहरू जी पटेल साहब का बहुत सम्मान करते थे। अगर उन्हें कोई सलाह लेनी होती तो वे खुद पटेल जी के घर जाते थे। उन्होंने कहा कि पटेल की विचारधारा आरएसएस के विचारों के विपरीत थी और उन्होंने संगठन पर प्रतिबंध भी लगाया था, लेकिन यह हास्यास्पद है कि आज उस संघ के लोग सरदार पटेल की विरासत पर दावा करते हैं। खरगे ने दावा किया कि महात्मा गांधी और सरदार पटेल ने ही बाबा साहब आंबेडकर को संविधान सभा का सदस्य बनाने में महत्वपूर्ण भूमिका निभाई थी। खुद आंबेडकर ने 25 नवंबर, 1949 को संविधान सभा में अपने अंतिम भाषण में कहा था कि %कांग्रेस पार्टी के समर्थन के बिना संविधान नहीं बनाया जा सकता था। लेकिन जब संविधान बनाया गया, तो आरएसएस ने गांधीजी, पंडित नेहरू, डॉ आंबेडकर और कांग्रेस को खूब आलोचना की। उन्होंने रायल्टीला मैदान में संविधान और इन नेताओं के पुतले जलाए। खरगे ने कहा कि %कांग्रेस पार्टी संविधान और संविधान निर्माताओं दोनों का सम्मान करती है और जानती है कि इसकी रक्षा कैसे करनी है। उन्होंने कहा, %सरदार पटेल साहब हमारे दिलों में, हमारे विचारों में बसते हैं। हम उनकी विरासत को आगे ले जा रहे हैं। हमने इसी सोच के साथ अहमदाबाद में सरदार पटेल संग्रहालय में कांग्रेस कार्यसमिति की बैठक आयोजित की है। खरगे ने आगे आरोप लगाया कि आज भाजपा और संघ परिवार के लोग गांधी जी से जुड़ी संस्थाओं पर कब्जा कर रहे हैं और उनके वैचारिक विरोधियों को सौंप रहे हैं।

इंस्टाग्राम पर कमाई का ऐसा लालच...कई लोगों की ले उड़ा लज्जरी कारें, शातिर का तरीका जान पुलिस भी चकरा गई

इंस्टाग्राम के जरिए लोगों की कारें उड़ाने वाले शातिर को पुलिस ने गिरफ्तार किया। आरोपी इस कदर जाल में फंसाता था कि लोग अपनी लज्जरी कारें उसे सौंप देते थे। शातिर कारों से कमाई करता था, तरीका जान पुलिस भी हैरान रह गई। इंस्टाग्राम के जरिए पर ठगी करने वाले गैंग के मंगलवार की सुबह गोकुल निशानदेही पर टीम ने सात साइबर टीम उसके साथी को है। एसएसपी शैलेश कुमार को थाना हाईवे के पत्रा पोखर आशीष ने साइबर थाने में उन्होंने बताया कि थाना गोकुलधाम निवासी वरुण ने का पेज बना रखा है। इसी लोकेश की इनोवा क्रिस्टा प्रत्येक महीने 40 हजार रुपये अभियुक्त वरुण की बातों में इसके बाद उसने अपना मोबाइल फोन बंद कर दिया। उन्होंने बताया। इसके बाद और रिपोर्ट दर्ज कराई। छोटेलाल ने इसे गंभीरता से तलाश में लगा दिया। पुलिस को गोकुल बैराज के पास



लिया। पुलिस ने उसकी निशानदेही पर इनोवा क्रिस्टा, ग्रांड विटारा, थार, एसयूवी वेन्यू, अर्टिगा, बोल्लेरो, आई-10 कार, एक मोबाइल और पेन ड्राइव बरामद की। पृष्ठताल में उसने अपने साथी का नाम मध्य प्रदेश के ग्वालियर निवासी सुदम बताया। पुलिस उसकी तलाश में दबिश दे रही है। साथ ही आरोपी के सोशल मीडिया प्लेटफॉर्म के जरिए किए गए धोखाधड़ी के मामलों को खोजने में जुटी है। पुलिस ने मंगलवार को आरोपी को कोर्ट में पेश किया। यहां से उसे जेल भेज दिया। कार को गिरवी रखकर भी कमाता था रुपये एसपी क्राइम अवनरीश कुमार ने बताया कि आरोपी लोगों को किराए पर कार लगाने का लालच देने के बाद फरार हो जाता था। कार को दूसरे जिले और प्रदेश में गिरवी रखकर पैसा कमाता था। लाखों रुपये की कार को वह 4 से 5 लाख रुपये में गिरवी रख देता और एक साल बाद धनराशि ब्याज के साथ लौटाने के बाद गाड़ी लेने की कहता। लज्जरी कार 4 से 5 लाख रुपये में एक साल तक चलाने के लालच में लोग फंस जाते और शातिर को धनराशि दे देते। बताया कि इस तरह वह अब तक सैकड़ों गाड़ियों को गिरवी रखकर पैसा कमा चुका है। उन्होंने बताया कि आरोपी को मध्य प्रदेश एक बार जेल भेज चुकी है। आरोपी के खिलाफ महाराष्ट्र के कासा खडबली ठाणे में भी मुकदमा दर्ज है। इसके अलावा अन्य आपराधिक इतिहास को खंगाला जा रहा है। गिरफ्तार करने वालों में यह टीम रही शामिल -साइबर थाना प्रभारी निरीक्षक छोटेलाल, निरीक्षक प्रमोद कुमार, एसआई आशीष मलिक, जितेंद्र, मोहित चर्मा, हैड कांस्टेबल अनूप कुमार, विशाल कुमार, आरक्षी मयंक यादव की अहम भूमिका रही।

दीपक हत्याकांड: जेल में करवट बदलती रही शिवानी, नहीं खाया खाना, वार्डन को बताई नई बात

पति की हत्यारोपी पत्नी जेल में पहुंचने पर पूरी रात करवट बदलती रही। उसने खाना भी नहीं खाया। कई घंटे बाद जेल वार्डन के समझाने पर मंगलवार दोपहर को दो रोटियां खाईं। उसने बैरक में बंद महिला कैदियों व वार्डन को हत्या की सच्चाई भी बताई। आठ साल पुरानी मोहब्बत उतारने वाली शिवानी की रातों की नींद गायब है। बदलती रही। जोकि सो नहीं सकी और रोती आदर्श नगर में किराए पर रहने वाले रेल कर्म गलाघाट कर हत्या कर दी थी। हत्या को वह रिपोर्ट में उसका झूठ पकड़ा गया और गला घुटने के बाद सोमवार शाम उसका चालान कर कोर्ट सोमवार की शाम शिवानी जेल में दाखिल हो गुमसुम रही। शाम को बैरक में खाना पहुंचा तो सोई भी नहीं मंगलवार की सुबह उसके लिए फिर इनकार कर दिया। इसके बाद बैरक में बंद भी बैरक में पहुंची। उसकी काउंसलिंग की गई। गया, समझाने के बाद बमुश्किल से उसने दो के बाद रो रही है। कह रही है कि पति उसके उसने गला दबाया था। शिवानी ने शाम के समय भी रही थी। हालांकि उसकी काउंसलिंग करते बाद उसने दो रोटी खाई है। - रविंद्र नाथ, जेलरपति दीपक में बीते आठ सालों से प्रेम संबंध थे। हल्दीर थे। परिवार वालों को पांच साल पहले पता चला नहीं था। बाद में दीपक ने अपने परिवार को मनाया शिवानी के परिवार वाले भी मान गए थे। हो गई। अब छह महीने का बेटा भी है। हत्या के बाद दीपक के परिवार वाले मासूम बालक को अपने संग ले गए। ऐसे में शिवानी से बेटा भी दूर हो गया।



का गला घोटकर जीवन साथी को मौत के घाट जेल में आने के बाद शिवानी पूरी रात करवट रही बिजनीर जनपद के नजीबाबाद में मोहल्ला दीपक कुमार की शुकवार को पत्नी शिवानी ने हार्ट अटैक से होना बताती रही। मगर पोस्टमार्टम से मौत होना आया पुलिस ने 36 घंटे तक पूछताछ में पेश किया गया। जहां से उसे जेल भेज दिया। गई। जेल जाने के बाद वह महिला बैरक में उसने खाने से इनकार कर दिया। रातभर वह नाश्ते में चाय और चना भेजा गया। मगर उसने अन्य महिलाओं ने उसे समझाया। जेल वार्डन इसके बाद मंगलवार दोपहर उसे खाना दिया रोटी खाई। बताया जा रहा है कि जेल में आने साथ मारपीट करता था। झगड़ा होने पर ही कुछ नहीं खाया था। रातभर भी सोई नहीं। रो हुए समझाया जा रहा है। दोपहर में समझाने के ही नहीं, बेटे का भी झूठ गया साथ शिवानी और में कॉलेज में पढ़ते हुए दोनों के संबंध हो गए थे। दोनों के परिवार शुरुआत में शादी के राजी और उसकी सरकारी नौकरी लगने के बाद आखिरकार जनवरी 2024 में दोनों की शादी

संक्षिप्त समाचार

हत्या के प्रकरण से संबंधित दो नफर अभियुक्त गिरफ्तार

क्यूँ न लिखूँ सच- शैलेंद्र कुमार पांडेय

बहराइच/पुलिस अधीक्षक महोदय राम नारायण सिंह जनपद बहराइच द्वारा अपराध एवं अपराधियों के विरुद्ध चलाए गए अभियान में गिरफ्तारी हेतु टीम गठित करके अभियान को सफल बनाने हेतु दिए निर्देश के क्रम



में श्रीमान अपर पुलिस अधीक्षक महोदय ग्रामीण दुर्गा प्रसाद तिवारी व क्षेत्र अधिकारी महोदय महसी डी के श्रीवास्तव के निर्देश में थाना अध्यक्ष संजय कुमार सिंह के कुशल नेतृत्व में मु. आ. सा. 77/25 धारा 103 (1) 352 /351 3/3(5) ब्रह्म से संबंधित अभियुक्त गण सचिव अवस्थी पुत्र चिंताम अवस्थी मृत्युंजय अवस्थी पुत्र महजोत अवस्थी शिवम अवस्थी पुत्र महीप अवस्थी निवासीगढ़ सिपहिया युयुती थाना हरदी जनपद बहराइच द्वारा दिनांक 04/04 /2025 को राजन उर्फ धनु अवस्थी पुत्र स्वर्गीय रामानुजन निवासी सिपहिया प्युली थाना हरदी जनपद बहराइच को गोली मारकर घायल कर दिया गया था जिसकी मृत्यु दिनांक 5.4.2025 को दौराने इलाज केजीएमयू लखनऊ में हो गई थी अभियुक्त मृत्युंजय स्वास्थ्य पुत्र महजोत अवस्थी पुत्र मु. आ. स.84/25 धारा 3/25 आमर्श एक्ट थाना इकोना जनपद श्रावस्ती पुलिस द्वारा भागते समय गिरफ्तार किया गया है एवं अभियुक्त गण सचिव अवस्थी पुत्र चिंताम अवस्थी नंबर दो शिवम अवस्थी पुत्र महीप अवस्थी निवासी गण हरदी जनपद बहराइच को थाना हरदी पुलिस टीम द्वारा रमवापुर मोड़ के पास गिरफ्तार कर मा. न्यायालय बहराइच रवाना किया

पत्नी ने मारा थप्पड़, बोली-तेरा चेहरा नहीं देखना...जाकर मर जा, ससुराल से घर लौटे युवक ने दी जान

शाहजहांपुर में ससुराल से घर लौटे युवक ने फंदा लगाकर आत्महत्या कर ली। मृतक के पिता ने बहू और उसके मायके वालों पर गंभीर आरोप लगाए हैं। पुलिस मामले की जांच कर रही है। शाहजहांपुर के रोजा थाना क्षेत्र के लोधीपुर मोहल्ला निवासी 24 वर्षीय निशांत ने सोमवार रात कमरे में दुपट्टे से फंदे से लटककर जान दे दी। जानकारी होने पर परिजनों ने दरवाजा तोड़कर उसे फंदे से नीचे उतारा, लेकिन तब तक उसकी सांसें थम चुकी थीं। सूचना पर पहुंची पुलिस ने शव को पोस्टमॉर्टम के लिए भेजा। परिजनों ने बताया कि निशांत की साली का सोमवार को दिन में तिलक का कार्यक्रम था। निशांत की पत्नी अंजू तीन-चार दिन पहले ही अपने मायके सिंधौली के सकुलिया गांव चली गई थी। सोमवार सुबह निशांत अपनी ससुराल गया। वहां से साली का तिलक चढ़ाने के लिए निशांत बंडा के मुरादपुर गांव गया। कार्यक्रम से लौटने के बाद निशांत का



उस के ससुराल वालों से कि सौ बात को ले कर विवाद हो गया। आरोप है कि निशांत की उसकी ससुराल वालों ने पिटाई कर दी। इस के बाद निशांत देर शाम घर लौट आया। कमरे में जाकर उसने दरवाजा बंद कर लिया और फंदे से लटककर जान दे दी। अंदर से कोई आहट नहीं हुई तब परिवार वालों ने निशांत को आवाज लगाई, लेकिन कोई जवाब नहीं मिला। परिजन दरवाजा तोड़कर अंदर गए तो देखा कि निशांत पंखे के कुंडे से लटका हुआ था। परिजनों ने बताया कि वह तीन भाइयों में सबसे बड़ा था। उसकी एक बहन है। आरोप-मुझे तेरा चेहरा नहीं देखना, जाकर मर जा... पिता कौशलेंद्र कुमार ने थाने में दी तहरीर में बताया कि बेटे निशांत की उसकी ससुरालियों ने बहुत बेइज्जती की है। उसके साथ मारपीट की। बेटे ने बताया कि जब यह बात पत्नी को बताई तो उसने भी बेइज्जती की। थप्पड़ मार दिया। कहा कि मुझे तेरा चेहरा नहीं देखना, जाकर मर जा... ससुराल वाले बोले- आत्महत्या कर लो, नहीं तो तुम्हें मार देंगे। पिता ने बताया कि बेटे ने अपनी पीठ पर चोट के निशान भी उन्हें दिखाए। परिजनों ने बताया कि निशांत को उसकी ससुराल वाले बहुत परेशान करते थे। शादी में दी बाइक ले गए थे, जो वापस नहीं कर रहे थे। बेटे से रुपये की डिमांड करते थे। छोटे भाई के पास होने पर निशांत खुश था पोस्टमॉर्टम हाउस पर निशांत का भाई अंकित रो पड़ा। उसने बताया कि सोमवार सुबह भाई को बताया था कि वह 11वीं में पास हो गया है। इसको लेकर भाई काफी खुश था। भाई ने मिटाई बांटने के लिए कहा था। रोजा थाना प्रभारी राजीव कुमार ने बताया कि निशांत के शव का पोस्टमॉर्टम कराया गया है। परिजनों ने ससुराल वालों पर उल्पीड़न का आरोप लगाया है। पोस्टमॉर्टम रिपोर्ट और तहरीर के आधार पर मामले की जांच कर कार्यवाही की जाएगी।

If you are also eating too many almonds to sharpen your brain, then there can be 4 major health problems

What will happen if you eat just one raw onion every day throughout the summer? Its 7 benefits will surprise you

Eating almonds daily is considered good for health. However, excess of anything always causes harm. Similarly, almonds are also there. Excessive consumption of almonds can cause digestive problems (Almonds Side Effects). It contains a good amount of fiber. So if you eat too many almonds, be careful.



Almonds can also harm health. Excess of anything is harmful for health. Excessive consumption of it can cause many problems. Almonds provide many benefits to the body. Even today people recommend eating cashews and almonds to improve health. Almonds rich in nutrients help in keeping the body fit and keeping many diseases away. There are many benefits of eating almonds, from sharpening the brain to making the heart healthy.

It contains nutrients like protein, fiber, vitamin E, magnesium and healthy fats which give energy to the body and sharpen the mind. As it is said that excess of anything can be harmful for your health. Same is the case with almonds. If something has benefits, then it will also have some disadvantages. If you eat almonds in limited quantity, then it gives only benefits to health, but excessive consumption of it can cause many problems. Today in this article, we are going to tell you about the disadvantages of eating more almonds than required. Let us know in detail- Digestive problems Almonds are high in fiber. If you start eating 15-20 almonds instead of 5-6 almonds a day, then it can affect your digestive system. This can cause problems like gas, bloating, indigestion and cramps. Risk of weight gain Almonds are rich in healthy fats. Their calories are also very high. Eating too many almonds accumulates extra calories in the body, which can lead to weight gain. If you are trying to lose weight, eat almonds in limited quantities. Kidney Stones Almonds contain oxalate and eating too many almonds increases the level of oxalate, which can accumulate in the kidney and cause kidney stones. Therefore, it is advisable to consume almonds in limited quantities. Possibility of allergy Some people are allergic to nuts. Eating almonds can be dangerous for such people. This can cause problems like skin rashes, itching, swelling, difficulty in breathing or stomach pain. If you are allergic to nuts, it would be better to stay away from almonds. How many almonds should you eat in a day? - To stay healthy, you must eat about 5 to 6 almonds in a day. Almonds should always be eaten after soaking them in water. You can get double benefit from this.

Onion is a vegetable found in almost every Indian kitchen. Everyone eats it with great fondness. If you eat one onion daily during the summer days, then you will get many benefits from it. Without it, the taste of many dishes seems tasteless. Today we have told you about raw onion

in summer. Raw onion is great to include in the diet. Onion has a cooling effect, it protects from heat stroke. No vegetable or dal tastes tasty without onion. The summer season has started. In summer, one has to take extra care of health. Actually, many diseases can surround us in summer. In such a situation, the body needs more nutrition. People include juicy fruits, seasonal vegetables in the diet. With this, they can take care of their health to some extent. It is said that one should drink four to five liters of water during summer days. This will keep your body hydrated. But do you know that eating onions can also provide many health benefits? Onion is beneficial in many ways from the health point of view. You must have often heard people say that eating onions especially in summers protects against heat stroke. Some people also believe that keeping onions in the pocket can also protect against heat stroke. However, the truth is that instead of keeping it in the pocket, eating onions in raw or cooked form provides many benefits to the body. Let us know about their benefits in detail- Onions are rich in nutrients. Sulfur, fiber, potassium, calcium, vitamin B and C are found in good quantities. Apart from this, onions contain many such nutrients which can be helpful in reducing the cholesterol level in the body. Protect from heat stroke: The risk of heat stroke increases in summer. In such a situation, raw onion keeps the body temperature balanced and helps in preventing heat stroke. You can also eat it as a salad. Provides coolness to the body Onion contains natural cooling elements, which reduce the heat of the body. This keeps you fresh throughout the day. Helpful in digestion Raw onion contains a good amount of fiber. It improves digestion and also provides relief from problems like constipation. Strengthens immunity The antioxidants and vitamin-C present in onion strengthen the body's immunity, which keeps you away from diseases occurring in the summer season. Also beneficial for skin and hair Raw onion can also be very beneficial in making the skin glowing and strengthening the hair. The sulfur present in it is beneficial for both skin and hair. Controls blood sugar Raw onion can help control insulin levels, which can be beneficial for diabetes patients. How to include it in the diet: As a salad, mix it with curd with lemon and salt, grind it with garlic in chutney like raita and eat it in the form of raw slices.



Pollution can harm the health of the baby and the mother, keep these things in mind for protection

Nothing is more important than health. Therefore, World Health Day (World Health Day 2025) is celebrated every year on 7 April to make people aware about their health. This year's theme focuses on the health of maternal and new born babies. Let's know about a related issue, how pollution can be dangerous during pregnancy. World Health Day is celebrated every year on 7 April. World Health Day will focus on maternal and new born health this year. Pollution can cause harm to the health of the mother and the baby. As you age, you must be realizing this. World Health Day (World Health Day 2025) is celebrated every year on 7 April to make people aware about health. This year the theme of World Health Day (World Health Day 2025) is maternal and new born health. Pregnancy is a time when it is very important to take care of the health of the woman not only for her but also for her unborn child. In such a situation, the pollutants and toxins present in the environment during this time can pose serious risks for both the mother and the child (Pregnancy and pollution). Air pollution, water pollution, harmful chemicals and household toxins can harm the physical and mental health of pregnant women. Let us know about this from Dr. Shilpa Ghosh (Unit Head and Senior Director, Department of Super Specialty Hospital, Dwarka). Air pollution and maternal health Harmful particles present in the air such as nitrogen dioxide (NO2) and sulfur dioxide (SO2) affect the respiratory system of a pregnant woman. These small particles can mix with the blood and reach the placenta, hinder the development of the fetus, increase the risk of preterm delivery, low birth weight and miscarriage. Toxins in water and soil such as lead, arsenic and mercury, which are harmful for a pregnant woman. These metals can accumulate in the body and cause hormonal imbalances, kidney problems and damage to the system. Similarly, pesticides and chemicals present in the soil can get into the food through which can have a negative effect on the baby. Effects of household pollution There are many pollutants present inside the house, such as: Smoke from the kitchen (while cooking) Harmful chemicals present in cleaning products Gases emitted from paints, glues and synthetic scented products All these elements deteriorate the indoor air quality, which can cause problems like asthma, headache and fatigue. Pregnant women are more sensitive to these, as their immunity is weak during this time. Effects on mental health Pollution affects not only physical health, but also mental health. Air pollution can increase stress and anxiety, which can be harmful during pregnancy. Pollution increases the risk of postpartum depression in women. Preventive measures Although it is difficult to avoid pollution completely, the risk can be reduced by taking some precautions - Spend time in places with clean air and stay away from crowded areas. Ventilate the house and use air purifiers. Drink pure water and eat organic foods. Choose natural options (such as lemon, vinegar, etc.) instead of chemical-free cleaning products. Wear a mask when going out, especially on highly polluted days.



प्रेग्नेंसी में कैसे खतरा बन सकता है प्रदूषण?

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Want Desi Humor, Funny Gang and Comedy without Logic? Then don't miss these 5 great movies on OTT

OTT lovers like to watch movies and series sitting at home for entertainment. Everyone likes the comedy genre. Especially when the mood is bad, such movies must be watched. Today we are sharing with you a list of some of the home on the OTT platform (Best Comedy will instantly fix the bad mood. Fans are want to watch a movie for entertainment, the year 2000, many multi-starrer movies comedy. If you want to enjoy Desi style people used to watch such movies more who waits for a picture to come on the TV right. Here we are talking about on which hit films. Phir Hera Pheri The comic timing considered a classic even today. The film This is the reason why the sequel of this this film starring Akshay Kumar and Sunil The mess in which the lead stars of the can force the audience to laugh. Bhagam Bhagam Bhag is often mentioned. The name of Bhagam Bhag of the year comedy genre. In this, laughter and then you can enjoy it on the OTT platform a quest and the fun that happens during without logic, then Dhamaal is perfect for you. This film, released in the year 2007, can be seen on Amazon Prime Video. Bin Bulaye Baraati If you want to watch a desi comedy action film, then watch Bin Bulaye Baraati released in the year 2011. It includes seasoned actors like Rajpal Yadav, Aftab Shivdasani, Shakti Kapoor, Om Puri, Shweta Tiwari, Sanjay Mishra and Gulshan Grover. You can watch this movie at home on the OTT platform Amazon Prime Video. Welcome The pairing of Majnu and Uday Bhai was liked in this film. The strong performances of Nana Patekar and Anil Kapoor made it a classic comic film. Apart from this, the acting of Akshay Kumar and Katrina Kaif also got appreciation from the people. Its name is included in the list of those films which you can watch many times sitting at home. Let us tell you that you can watch it on the OTT platform Netflix.



best comedy movies which you can watch sitting at Movies on OTT). The best comedy movies on OTT waiting for the sequel. If the mood is bad or if you then everyone's first choice is comedy movies. After have been released, in which you get a full dose of comedy, then you can enjoy these movies. Earlier on TV. Now a thought will come to your mind that channel in today's time. You have thought absolutely OTT platform you can enjoy these comedy genre of the trio of Raju, Shyam and Babu Rao is has received a lot of love from the audience on TV. movie is being discussed these days. You can watch Shetty on the OTT platform Amazon Prime Video. movie get stuck in the greed of doubling the money Bhag Akshay Kumar and Govinda starrer film Anyone's mood can be good after watching this film. 2006 is included in the list of the best films of the uproar go hand in hand. If you want to enjoy it, Amazon Prime Video. Dhamaal Four friends go on this is worth praising. If you want a comedy film without logic, then Dhamaal is perfect for you. This film, released in the year 2007, can be seen on Amazon Prime Video. Bin Bulaye Baraati If you want to watch a desi comedy action film, then watch Bin Bulaye Baraati released in the year 2011. It includes seasoned actors like Rajpal Yadav, Aftab Shivdasani, Shakti Kapoor, Om Puri, Shweta Tiwari, Sanjay Mishra and Gulshan Grover. You can watch this movie at home on the OTT platform Amazon Prime Video. Welcome The pairing of Majnu and Uday Bhai was liked in this film. The strong performances of Nana Patekar and Anil Kapoor made it a classic comic film. Apart from this, the acting of Akshay Kumar and Katrina Kaif also got appreciation from the people. Its name is included in the list of those films which you can watch many times sitting at home. Let us tell you that you can watch it on the OTT platform Netflix.

'This will happen...' Will the trio of friends come together again? Hrithik Roshan gave a hint on 'Zindagi Na Milegi Dobara 2'

Bollywood actor Hrithik Roshan is in the news these days for Krrish 4. Through this, the actor is going to start his career as a director. Cinema lovers are eagerly waiting for the sequel of the actor's film Zindagi Na Milegi Dobara 2. Now the actor himself has given a big update on this movie. Hrithik Roshan will direct Krrish Fans are waiting for the sequel of his other film The actor gave a hint on the second part of Zindagi Na Milegi Dobara When it comes to showing great action and dance in films, Hrithik Roshan's name is taken first. He has worked in many great films on the big screen. He is also known for the superhero franchise Krrish. Recently, Rakesh Roshan informed that Hrithik will take the responsibility of directing his hit franchise film Krrish 4. Fans are eagerly waiting for this. Recently, the actor himself reacted to this and said that he is feeling a little nervous about it. For this he needs the love of the people. Now he has given a big update on the sequel of Zindagi Na Milegi Dobara. Let us know whether the work on the second part of this most awaited film has started or not. Fans love this film of Hrithik Roshan. If cinema lovers get a hint related to the sequel of the film Zindagi Na Milegi Dobara, then their happiness knows no bounds. Recently, the three actors of this film, Hrithik Roshan, Farhan Akhtar and Abhay Deol were seen together. People felt that this time the film will definitely be announced. After this it was revealed that all three had come together for an advertisement. Hrithik Roshan starrer Zindagi Na Milegi Dobara, released in 2011, is still liked on OTT. Fans of this film often watch it for entertainment. Recently, Hrithik Roshan participated in the 'Rangotsav' event organized in Atlanta, America. During this, he talked about the sequel of the film. When he was asked to say one word on the film, he said, 'I will tell it in five words. Freedom from the restrictions of the mind. This is Zindagi Na Milegi Dobara.' What did Hrithik say on the sequel of the film? At the event, fans questioned Hrithik about the sequel of his popular film. In response to this, he smiled and said, 'My instincts are saying that this will happen. I don't know when it will happen. But it will happen.' This video of Hrithik Roshan is going viral on the social media platform X. This hint related to the sequel of the film is enough to increase the excitement of the fans.



Kolkata's Manasi Ghosh became the winner of Indian Idol 15, votes received from the public gave her the title

Manasi Ghosh of Kolkata became the winner of the singing reality show Indian Idol 15. Bengal dominated the top 5 and in the final match, Manasi left behind Subhajit Chakraborty and Sneha Shankar and won the trophy. Manasi got Rs 25 lakh and a car as a prize.



How does it feel to win the trophy?

After the victory, she thanked her parents, guru and audience and expressed her desire to make a career in Mumbai. Manasi Ghosh got 25 lakhs and a car Subhajit and Sneha came second and third in the show Three contestants from Bengal reached the top 5 Kolkata's Manasi Ghosh was declared the winner of the singing reality show Indian Idol 15 on Sunday. Of the top five participants who reached the final, Subhajit Chakraborty of Kharagpur came second while Sneha Shankar of Mumbai came third. There was a tough competition between Manasi, Subhajit and Sneha Shankar in the final, but Manasi was declared the winner on the basis of votes received from the public. She got a cheque of Rs 25 lakh and a car as a prize along with the winner's trophy. Subhajit and Sneha, who were in second and third place, got a cheque of Rs 5 lakh each as a prize. This year, Bengal dominated the final of the show. Three out of the top five participants were from Bengal. Manasi and Subhajit's friendship was before coming on the show and both considered each other as brother and sister in the show. What did Manasi say after winning? After becoming the winner, Manasi said, "I still can't believe that I have won this trophy. I am lucky that I have received so much love from my parents, my guru, the audience and the judges. Right now, a lot is going on in my mind and I am unable to say anything." 24-year-old Manasi was fond of both dance and singing since childhood. However, she chose singing over dancing and proved herself by becoming an Indian Idol. Now she plans to stay in Mumbai to pursue a career in music. Mansi, who idolises Sonu Nigam, dreams of recording a song with him.