





संपादकीय

Editorial

# Heroes in a Child's Mind

If we recognize the eras that preceded us, future journeys will be pleasant. In Himachal, numerous political courts were established to embellish education, where attendance only confirmed buildings. It's not that many successful individuals became recognized during their studies, but we tied a series of degrees to the banner of government employment. We either became a state of employees or, through mental weakness, began to reach the shrine of government employment. The history of education before us chose minority beliefs, government employment, or parental agreement. Similarly, Himachal became an example, and a generation embraced such degrees, becoming entangled in the alluring allure of government jobs and the mirage of their own potential. Meanwhile, schools and colleges produced students who, far beyond the formality of degrees, began to excel in various fields, reaching the horizon of success. Do we remember how a young person from which college reached the film industry? How someone spent their college days in a musical environment? Take Mohit Chauhan, when did music resonate beneath the pine trees on the Dharamshala college campus, or did the evidence of the Dhauladhars convince? When Preity Zinta entered the film world in the balmy atmosphere of Shimla, her college friends felt proud. When Vikram Batra rose from the academic environment of Palampur to carve a name for himself on the border, who would have imagined that this child, beyond the march of degrees, would use the color of his blood to inscribe the nation? The point is that there should be a tradition of understanding the passion that grows in educational institutions, and remembering the young people who set out to make history. The previous government started a tradition of remembering the faces that emerged from schools, but it was not completed. Therefore, all educational institutions that have passed half a century or more should study their history. We create idioms of personality development in the immediate sense, while the human history around us is full of inspiration. If every college has produced writers, journalists, bureaucrats, officials, singers, and athletes, the educational institution should chronicle their achievements in golden letters. The annual school celebrations, accustomed to the glamorousness, should also include a glimpse of the bright future. The time has come to free Himachal's talent from the yoke of a mindset that maintains an atmosphere of impossible expectations from the government. If the boat of life sails in one direction, toward one goal, the whirlpools will only be ignored, not conquered. In schools, every child possesses a "heroic mind." Their creativity is sealed with parental locks, school curriculum signatures, and the gaps in political goals. Surprisingly, even universities continue to accommodate political pomp. In order to bring a dawn of hope, the study practices, the direction of thinking, the research vision, and the dawn of hope to Himachal, the expressions of educational campuses must change. The state's Language and Culture Department should publish books designed to cultivate heroism in children. If literature focused on the state's old schools and colleges, and on the history of ancient cities and villages, emerges, we can enhance the children's determination and decisiveness in our school of pride, transcending known experiences. For example, if we stage plays on heroes like Zorabar Singh, Bazir Ram Singh Pathania, or Pahari Gandhi Kanshi Ram, or include successful figures from Himachal in textbooks, it will surely create an atmosphere of hope and inspiration.

# Time to Improve Labor Productivity

These reforms represent a decisive shift towards a simpler, flexible, and inclusive labor market. If implemented correctly, they will undoubtedly accelerate the formalization of jobs, improve productivity, and ultimately increase the manufacturing sector's contribution to GDP growth, while creating a safety net for globally competitive large enterprises and employees. India's labor productivity remains among the lowest globally. 29 outdated labor laws were replaced by four new codes. The reforms will increase formal employment and ease of doing business. Expanding productive capacity is the foundation of economic growth. This productivity depends on a combination of factors such as capital, technology, and labor force. Labor is a crucial component. Labor ensures the utilization of other resources. Without adequate labor force participation, other resources such as capital and technology are not sufficiently effective in achieving the desired goals. Examining productive capacity, according to the International Labor Organization (ILO), India's labor productivity is US\$8 per working hour. Whereas, on this scale, Luxembourg, the world leader, has a labor productivity of \$146 per hour, Ireland \$143, Norway \$93, and Singapore \$74. India's labor productivity is among the lowest among G-20 countries. Even middle-income and emerging economies like Mexico and Brazil produce many times more per working hour than India. India ranks among the countries with a working average of 46-48 hours a week, exceeding even China and Japan. As a result, despite very low wages, the Indian economy suffers due to extremely limited production per worker. India is less competitive on this front than rivals like Bangladesh, Vietnam, and China. To improve this situation, the Modi government initiated labor reforms last November. Previously, the country had 29 labor laws, which were fraught with complexities. These laws, steeped in colonial work culture, were not adapting to the times. These included 1,436 provisions, 181 forms, eight different registrations, and 31 reporting criteria. This hindered ease of doing business and deprived workers of the necessary protections. Now, these 29 laws have been consolidated into four labor codes: the Code on Wages (2019), the Code on Industrial Relations (2020), the Code on Social Security (2020), and the Code on Occupational Safety, Health, and Working Conditions (2020), which came into effect on November 21st. These reforms simplify compliance, standardize definitions, and expand coverage, while also implementing structural changes to address the realities of the growing working population. These reforms also incorporate the emerging gig economy. It is hoped that these labor reforms will transform work culture and balance worker safety and productivity. In essence, labor reforms will play a significant role in boosting productivity in several ways, including encouraging formal employment through clear employment conditions. A single registration, license, and return process will enhance ease of doing business and eliminate bureaucratic bottlenecks. Reduced compliance burdens will help companies focus on business activities and reduce costs. The organized nature of employment will also facilitate human resource planning and better utilization. The extension of medical care, sickness cash assistance, maternity coverage, and disability assistance benefits under the Employees' State Insurance Corporation (ESIC) and Provident Fund to workers operating in informal, gig, and similar sectors is a landmark change under the Social Security Code. Similarly, mandatory health checkups, regulated working hours, safety features, and incentives based on gender equality standards will boost worker morale and productivity. While the scope for women to work in night shifts will expand opportunities for them, recognition as permanent employees after a certain period will instill a sense of security in workers. The Industrial Relations Code provides flexibility, especially to manufacturing, hospitality, and small enterprises, in hiring and adjusting workers as per their needs. This will facilitate operations without unnecessary burden. However, this rule applies only if the number of employees in an enterprise is 300 or less. States also have the scope to amend this rule. Due to numerous barriers in the old system, key sectors like textiles, leather, and food processing in India were unable to compete in global markets. This situation may now change. To maximize the benefits of these reforms, states will also need to take measures at their own level. For example, Uttar Pradesh, Bihar, Bengal, and Odisha may increase the standard number of workers to 300, as these states are riding the wave of industrialization and have a high number of job seekers. Despite the potential benefits, trade unions have criticized these reforms. They argue that they will reduce job security and collective bargaining power, leaving employees dependent on the whims of employers. In reality, formalization of labor and improved job security can only lead to the detriment of the workforce. Confidence among workers and consumers will improve, and discretionary spending is expected to boost consumption by approximately ₹75,000 crore. These reforms represent a decisive shift towards a simple, flexible, and inclusive labor market, and if implemented correctly, will certainly accelerate the formalization of jobs, improve productivity, and ultimately increase the contribution of the manufacturing sector to GDP growth, while creating a safety net for globally competitive large enterprises and employees.

# Signs of a Shift in Maharashtra Politics

If the two factions of the NCP fail to unite due to conflicting political ambitions, the Ajit faction is more likely to merge with the BJP sooner or later, as its 41 MLAs will want to return to the Assembly by winning the next election, requiring the support of a major party or leader. Ajit Pawar's death has created a deep void in Maharashtra politics. The possibility of the two NCP factions uniting has increased. Sharad Pawar faces the future of his family and party. Ajit Pawar's passing has once again underscored the truth of life: humanity is helpless in the face of destiny. The man who earned the title of "Dada" in Maharashtra politics through his name and work, after his death in a plane crash, became known as a "clock." Coincidentally, the "clock" is the election symbol of Ajit's Nationalist Congress Party (NCP). Ajit holds the record for having served as the most Deputy Chief Ministers in the country, six times. His love for power also led to a separation between him and his uncle, Sharad Pawar, whose hand he held in politics. After a dismal performance in the Lok Sabha elections, Ajit's NCP surprised everyone with a strong showing in the assembly elections. They outperformed his uncle Sharad Pawar's party, but politics is a game of infinite possibilities. Meanwhile, the two factions had begun to draw closer. In some recent civic elections, they contested the elections in alliance, and there were plans to contest the upcoming district panchayat elections together. Therefore, the major question in political circles is whether the Pawar family and the two factions of the NCP will unite after Ajit's death. After Sharad Pawar, who was active in national politics, handed over Maharashtra politics to Ajit, he was considered the political successor. However, with the increasing political activism of his daughter Supriya Sule, the nephew's ambitions began to clash. This conflict first surfaced when Devendra Fadnavis was suddenly sworn in as Chief Minister and Ajit Pawar as Deputy Chief Minister at the Raj Bhavan in 2019. That government lasted only about 82 hours, but appointing Ajit as Deputy Chief Minister from the NCP quota in the alternative government formed under Uddhav Thackeray's leadership sent the message that the cracks within the Pawar family had been healed. This euphoria lasted only until a split in the Shiv Sena led to the formation of a new government under the leadership of Eknath Shinde by the BJP. The government had a majority in the Assembly, yet Ajit Pawar broke away from the NCP and became Deputy Chief Minister. Ajit's love for power, along with the BJP's distrust of Shinde, were significant factors at the root of this. Despite winning 132 seats in the 288-member Assembly in the 2024 elections, the BJP formed a coalition government, appointing Shinde and Ajit as Deputy Chief Ministers. In fact, the BJP used the relatively reliable Ajit as a check on the overly ambitious Shinde. Now that Ajit Pawar is gone, the question is: will the Fadnavis government's equations change? Clearly, the correct answer to both these questions will depend on the Pawar family's politics. Those familiar with the Pawar family and its political landscape believe that given the marginalization of Maratha politics in the last assembly elections, both factions of the NCP have no option but unity to regain their lost prestige. Better family understanding would undoubtedly be helpful, but a division of political power is inevitable. Why wouldn't the family of a nephew who defeated his uncle in the assembly elections want a share of political power? The BJP would naturally have no strategic problem in appointing Ajit's wife Sunetra or one of his two sons, Parth and Jai, as Deputy Chief Minister, but how long will that arrangement last without charismatic leadership? While there are certainly leaders like Praful Patel and Sunil Tatkare, when the Lok Sabha and Assembly elections are held in 2029, the Ajit faction of the NCP will need a winning face. In this situation, Sharad Pawar, in the twilight of his life, will have to strike a logical balance between the family's power ambitions. The most important will be the leadership of a united NCP. Sharad Pawar, assuming the role of guiding force himself, could find a way to achieve unity by entrusting Delhi politics to his daughter and Maharashtra's political successor chosen by Ajit's family. However, charting the political path of a united NCP will be another major challenge. Will the elderly Pawar abandon his allure with the opposition front INDIAN and join the NDA to establish his nephew's family and daughter in power politics? In any case, there's hardly anyone in the BJP's top leadership with whom Pawar doesn't have direct contact and communication. Pawar is even known as a "power player." If a united NCP joins the NDA, it will not only end the BJP's dependence on Eknath Shinde, a master power broker in Maharashtra, but also make it easier to secure a majority on its own by winning a majority of seats in the country's second largest state in the upcoming Lok Sabha elections. If the two factions of the NCP fail to unite due to clashing political ambitions, the Ajit faction is more likely to merge with the BJP sooner or later, as its 41 MLAs will want to return to the Assembly in the next elections, requiring the support of a major party or leader.



# बजट से गृहिणियों की उम्मीदें, रसोई से लेकर जेवर तक राहत की आस

मुरादाबाद । महंगाई की तेज रफ्तार ने गृहिणियों की चुनौती बढ़ा दी है। सीमित आय में घर का बजट संभालना पहले ही कठिन था, लेकिन बीते कुछ वर्षों में अरहर की दाल से लेकर ब्रेड-बटर तक लगभग हर जरूरी चीज के दाम बढ़ने से गए हैं। 1 फरवरी को पेश होने वाले बजट उम्मीदें हैं। बेटी-बेटे की शादी के लिए सोना-प्राथमिकता में हमेशा रहा है, लेकिन वर्तमान खरीदारी से कतरा रहे हैं। मध्यम वर्गीय आमदनी जितनी नहीं बढ़ रही, उससे कहीं गया है। गृहिणियों का मानना है कि बजट में को सीधे राहत देने वाले प्रावधान होने चाहिए। बहाल करना, बिजली दरों में कटौती और सस्ता करना समय की मांग है। गृहिणियों जैन ने कहा कि महीने का बजट बनाते समय आता है। गैस और राशन सस्ता हो जाए तो शुभी कसेरा ने बताया कि महंगाई इतनी बढ़ मुश्किल है। बजट से उम्मीद है कि महिलाओं जाएंगे। रोहिणी कंसल के मुताबिक बिजली बढ़ रहे हैं। इन पर राहत मिले तो घर चलाना अग्रवाल ने बताया कि सोना-चांदी के दाम सुनकर खरीदारी टालनी पड़ रही है। बजट में राहत मिले तो परिवारों को सहूलियत होगी।



हालात और मुश्किल हो से महिलाओं को खास चांदी खरीदना लोगों की में इनके दाम सुनते ही लोग परिवारों का कहना है कि ज्यादा महंगाई का बोझ बढ़ महिलाओं और मध्यम वर्ग रसोई गैस पर सब्सिडी आवश्यक खाद्य पदार्थों को की राय गृहिणी कल्पना पहले रसोई का खर्च सामने बड़ी राहत मिलेगी। गृहिणी गई है कि बचत करना के लिए ठोस कदम उठाए और गैस के बिल लगातार आसान होगा। शीनम

## नवीन फल-सब्जी मंडी में आढ़ती व ठेला पटरी विक्रेता आमने-सामने

मुरादाबाद । नवीन फल व सब्जी मंडी में शुक्रवार को उस समय तनाव की स्थिति बन गई, जब आढ़ती और ठेला-पटरी पर फल-सब्जी बेचने वाले आमने-सामने आ गए। मंडी परिसर के मुख्य मार्ग को खाली कराने के लिए दोनों पक्षों के सब्जियों को फेंक कर धरना प्रदर्शन सब्जी बेचने वालों द्वारा रास्ता अवरुद्ध कार्यालय के बाहर सब्जियां फेंककर गए। आढ़तियों का कहना था कि मंडी के कारण उनके व्यापार पर प्रतिकूल असर जाने में परेशानी हो रही है। फल सब्जी संगठनों के आढ़ती मंडी सचिव कार्यालय के खिलाफ नारेबाजी की। नाराज के बोरे कार्यालय के बाहर फेंक दिया, मच गई आढ़तियों के विरोध के जवाब वाली महिलाएं भी मंडी सचिव कार्यालय के खिलाफ नारेबाजी शुरू कर दी। करीब आमने-सामने डटे रहे। स्थिति बिगड़ती मौके पर बुलाया। पुलिस ने दोनों पक्षों कोई भी पक्ष मानने को तैयार नहीं हुआ। कार्यालय से बाहर आए और बताया कि मंडी परिसर में केवल थोक विक्रेताओं को ही व्यापार करने की अनुमति है, जबकि फुटकर विक्रेताओं द्वारा मंडी में कारोबार करना नियमों के खिलाफ है। इस दौरान अध्यक्ष प्रीतम सिंह, राजकुमार सैनी, विनोद शर्मा, दिनेश पाल सिंह, नंद किशोर, धर्मपाल सैनी, मोहम्मद अली, अनुज सैनी, तीरथ सैनी, मेवाराम सैनी, कलू प्रधान, राहुल शंखधर आदि धरना प्रदर्शन में शामिल रहे। पुलिस ने ठेला-पटरी विक्रेताओं को मंडी परिसर से हटवाया और इसके बाद आढ़तियों ने धरना किया। जिसके बाद स्थिति सामान्य हुई। मंडी सचिव संजीव कुमार ने बताया कि मंडी में केवल थोक फल-सब्जी व्यापार के लिए ही लाइसेंस दिए जाते हैं। मंडी समिति की सड़कों पर फुटकर विक्रेताओं ने कब्जा कर रखा था, जिससे आवागमन में परेशानी हो रही थी। कई बार अनाउसमेंट करकर उन्हें हटने के लिए कहा गया, लेकिन असर नहीं हुआ। आढ़तियों के धरने के बाद पुलिस की मदद से ठेला-पटरी विक्रेताओं को बाहर कराया गया।



बीच काफी देर तक हंगामा हुआ। किया। मंडी में ठेला लगाकर फल-करने से नाराज आढ़तियों ने मंडी सचिव विरोध प्रदर्शन किया और धरने पर बैठ परिसर में अवैध रूप से लग रहे ठेलों पड़ रहा है और किसानों को भी आने-विक्रेता कल्याण समिति के साथ अन्य के बाहर एकत्र हुए और मंडी प्रशासन आढ़तियों ने टमाटर, आलू और प्याज जिससे कुछ देर के लिए अफरा-तफरी में ठेला-पटरी पर फल-सब्जी बेचने के बाहर धरने पर बैठ गई और आढ़तियों तीन घंटे तक दोनों पक्ष मांगों को लेकर देख मंडी सचिव ने मझोला पुलिस को को समझाने का प्रयास किया, लेकिन पुलिस की मौजूदगी में मंडी सचिव

## मौसम के बदलते रंग से लोग दंग, बढ़ रही बीमारियां

मुरादाबाद । मौसम के रंग से लोग दंग हैं। बारिश, बादल तो कभी सुबह से अच्छी धूप हो रही है। आए दिन बदलते मौसम से लोग बीमार हो रहे हैं। सरकारी और निजी अस्पतालों में वायरल फीवर, सर्दी, जुकाम, पेट में दर्द, सांस फूलने आदि से संबंधित बीमारी के कभी बादल और कोहरे की वजह से सूरज के दर्शन नहीं तो अगले की रहा है। इस सप्ताह हर दिन अलग अलग मौसम से लोग दंग रहे तो सर्दी, जुकाम व अन्य मौसमी बीमारियों की चपेट में लोग आकर व कोहरे के बाद शुक्रवार सुबह से ही चटख धूप निकली। दोपहर में रहा था। तापमान भी हर दिन परिवर्तित हो रहा है। शुक्रवार को न्यूनतम निकल गई थी। 1 फरवरी को फिर बारिश का अनुमान मौसम विभाग बदलते मौसम में डॉक्टरों ने दी सतर्कता बरतने की सलाह- बीते दिनों हुई बारिश के कारण ठंड बढ़ने का असर लोगों की सेहत पर पड़ रहा है। जिला अस्पताल के जनरल फिजिशियन डॉ. आशीष कुमार सिंह ने बताया कि बदलते मौसम में शरीर की रोग प्रतिरोधक क्षमता कमजोर पड़ जाती है, जिससे वायरल संक्रमण का खतरा बढ़ जाता है। उन्होंने कहा कि सुबह ठंड और दिन में धूप के कारण लोग कपड़ों को लेकर लापरवाही बरतते हैं। यही लापरवाही सर्दी-जुकाम, बुखार और सांस से जुड़ी समस्याओं को जन्म देती है। सलाह दी कि सुबह-शाम हल्के गर्म कपड़े जरूर पहनें, पर्याप्त मात्रा में पानी पिएं और तली-भुनी व ठंडी चीजों से परहेज करें। बाल रोग विशेषज्ञ डॉ. एके सिंह ने बताया कि मौसम परिवर्तन का सबसे ज्यादा असर बच्चों पर पड़ता है। उन्होंने कहा कि इन दिनों बच्चों में वायरल फीवर, सर्दी-खांसी और गले के संक्रमण के मामले बढ़ रहे हैं। अभिभावकों को चाहिए कि बच्चों को ठंडी हवा से बचाएं और बाहर का जंक फूड देने से बचें। बच्चों को समय पर पौष्टिक आहार, फल और गुणगुना पानी देना चाहिए। डॉक्टरों का कहना है कि हल्का बुखार, जुकाम या खांसी होने पर लापरवाही न करें। साथ ही नियमित हाथ धोना, साफ-सफाई रखना और पर्याप्त नींद लेना भी बेहद जरूरी है। अगले पांच दिनों का संभावित तापमान- तारीख - अधिकतम तापमान - न्यूनतम तापमान- 31 जनवरी - 20 डिग्री सेल्सियस - 12 डिग्री सेल्सियस 1 फरवरी - 18 डिग्री सेल्सियस - 10 डिग्री सेल्सियस 2 फरवरी - 19 डिग्री सेल्सियस - 10 डिग्री सेल्सियस 3 फरवरी - 20 डिग्री सेल्सियस - 10 डिग्री सेल्सियस 4 फरवरी - 20 डिग्री सेल्सियस - 10 डिग्री सेल्सियस



मरीज इलाज के लिए पहुंच रहे हैं। मौसम भी मनमौजी हो रहा है। कभी बारिश, तो दिन चटख धूप जो दोपहर में सहने लायक नहीं रह रही है। तापमान भी असंतुलित चल इसके चलते बीमारियों ने लोगों को जकड़ा। तापमान में असंतुलन के चलते बुखार, सरकारी व निजी अस्पतालों में इलाज के लिए पहुंच रहे हैं। गुरुवार को बादल छाए रहने कड़ी धूप सहने लायक नहीं थी। स्वेटर व जैकेट पहनने के बाद धूप में रहना मुश्किल हो तापमान 10 और अधिकतम 19 डिग्री सेल्सियस रहा। सुबह हल्का कोहरा के बाद धूप की ओर से जताया गया है। हालांकि अन्य दिनों में कोहरा और ठंड का अनुमान है।

## मौसम के बदलते रंग से लोग दंग, बढ़ रही बीमारियां

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## संक्षिप्त समाचार

### रिश्ता शर्मसार: पिता ने बेटी को बनाया हवस का शिकार, बचने के लिए पापी बोला-प्राइवेट पार्ट में लगा खूंटा

20 जनवरी की रात बड़ी बेटी बगल में चल रहे महिला संगीत में गई थी। घर में 10 वर्षीय बेटा और 13 वर्षीय बेटी थे। रात में पिता घर पहुंचा और नाबालिग बेटी के साथ दुष्कर्म किया। रक्तस्राव होने पर 13 वर्षीय बेटी अपनी बड़ी बहन के पास पहुंची और पूरी घटना बताई लेकिन पिता ने खूंटा लगने की बात कहकर टाल दिया। कलियुगी पिता ने रात में घर में नाबालिग बेटी को अकेला पाकर उसके साथ दुष्कर्म किया। दुष्कर्म के बाद अत्यधिक रक्तस्राव होने पर पिता चोट लगने की बात कहकर टहलाता रहा। बेटी ने जब अपनी दादी से शिकायत की तो दादी ने पुलिस के पास जाकर शिकायत दर्ज कराई। मेडिकल रिपोर्ट में भी दुष्कर्म की पुष्टि हुई है। पुलिस ने आरोपी पर पॉक्सो सहित कई धाराओं में प्राथमिकी दर्ज कर आरोपी को गिरफ्तार कर जेल भेज दिया है। आरोपी के हैं पांच बच्चे, 2023 में हो चुकी पत्नी की मौत- पुलिस के अनुसार पटवाई क्षेत्र में एक व्यक्ति के पांच बच्चे हैं, जिसमें तीन लड़कियां और दो लड़के हैं। उसकी पत्नी की मौत वर्ष 2023 में हो गई थी। 23 वर्षीय बेटी और 21 वर्षीय बेटा दादी व अपने ताऊ के साथ रहते हैं। 18 व 13 वर्षीय बेटी और 10 वर्षीय बेटा पिता के साथ रहते हैं। अकेली पाकर बनाया बेटी को हवस का शिकार- 20 जनवरी की रात बड़ी बेटी बगल में चल रहे महिला संगीत में गई थी। घर में 10 वर्षीय बेटा और 13 वर्षीय बेटी थे। रात में पिता घर पहुंचा और नाबालिग बेटी के साथ दुष्कर्म किया। रक्तस्राव होने पर 13 वर्षीय बेटी अपनी बड़ी बहन के पास पहुंची और पूरी घटना बताई लेकिन पिता ने खूंटा लगने की बात कहकर टाल दिया। इसके बाद उसे अस्पताल लेकर पहुंचा। यहां उसका इलाज कराया। दादी को बताई मासूम ने आपबीती- दो दिन बाद छोटी बेटी ने पिता के साथ रहने से मना कर दिया और दादी के घर चली गई। उसने पूरी घटना दादी को बताई। दादी ने पुलिस से शिकायत की। एसपी अनुराग सिंह ने बताया कि पिता के खिलाफ पॉक्सो एक्ट में मुकदमा दर्ज किया गया था। इसके बाद से वह फरार हो गया था। शुक्रवार को पुलिस ने उसे गिरफ्तार कर जेल भेज दिया है। नाबालिग की मेडिकल रिपोर्ट में दुष्कर्म की पुष्टि हुई है।

## आशीष बनकर युवती से दोस्ती, धर्म परिवर्तन और निकाह का बना रहा था दबाव, शाहरुख को भेजा जेल

इंस्टाग्राम पर फर्जी आईडी बनाकर से युवती से दोस्ती के बाद ब्लैकमेल करने के आरोपी शाहरुख को पुलिस ने गिरफ्तार कर लिया है। उस पर धर्म परिवर्तन कर निकाह करने के लिए दबाव डालने का भी आरोप है। कटघर थाना क्षेत्र में आशीष बनकर युवती से दोस्ती कर उसके साथ दुष्कर्म करने वाले आरोपी शाहरुख को पुलिस ने शुक्रवार की दोपहर बाद कोर्ट में पेश किया, जहां से आरोपी को जेल भेज दिया गया है। सिविल लाइंस थाना में रहने वाली महिला ने बृहस्पतिवार की रात कटघर थाने में रिपोर्ट दर्ज कराई थी। जिसमें उसने बताया कि उसकी बेटी ने इंस्टाग्राम पर आईडी बना रखी है। करीब दो साल पहले अमरोहा के गजरोला थाना क्षेत्र के धनौरा निवासी शाहरुख ने आशीष नाम से इंस्टाग्राम पर फर्जी आईडी बनाकर उसकी बेटी से दोस्ती कर ली। आरोपी ने उसके साथ दुष्कर्म किया और वीडियो बनाकर ब्लैकमेल किया। बृहस्पतिवार की शाम आरोपी ने पीड़िता को कटघर क्षेत्र में बुला लिया और उसके साथ दुष्कर्म किया। वीडियो वायरल करने की धमकी देकर धर्म परिवर्तन कर निकाह करने के लिए दबाव भी बनाया। एसपी सिटी कुमार रणविजय सिंह ने बताया कि शुक्रवार को पुलिस ने आरोपी शाहरुख को कोर्ट में पेश किया जहां से उसे भेज दिया गया है।

हिंदी अंग्रेजी दैनिक समाचार पत्र

दैनिक क्यूँ न लिखूँ सच

को आवश्यकता है उत्तर प्रदेश .  
उत्तराखंड मध्य प्रदेश ,दिल्ली  
.बिहार पंजाब छत्तीसगढ़ राजस्थान  
आदि सभी राज्यों से रिपोर्टर,जिला  
ब्यूरो विज्ञापन प्रतिनिधि की

सम्पर्क करें-9027776991

क्यूँ न लिखूँ सच

स्वामी, मुद्रक, प्रकाशक नरेश राज शर्मा द्वारा ए0एच0प्रिंटर, ए-11, असातपुरा, 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 सम्पादक हेतु पीआरबी एक्ट के अन्तर्गत उत्तरदायी होंगे तथा समस्त विवाद मुरादाबाद न्यायालय के अधीन होंगे।

इयूँ न लिखूँ सच समाचार पत्र में सभी पद अवैतनिक है







दैनिक अखबार क्यों न लिखूँ सच  
को जिला एवं तहसील स्तर पर  
ब्योरो संवाददाता व विज्ञापन  
प्रतिनिधि चाहिए

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## छात्राओं को मानसिक व शारीरिक तैयारी



# A weight-loss keto diet can lead to fatty liver disease, a new study reveals.

According to a new study, the keto diet may be effective for weight loss, but long-term adherence can increase fatty liver and blood sugar problems. Researchers at the University of Utah Health found in a 9-month study on rats that sensitivity. Let's explore this in detail. The keto accumulation in the liver. Following the keto doctor before adopting the keto diet is essential. loss. This diet is known for its ability to reduce by scientists at the University of Utah Health research, although the keto diet prevents disease and blood sugar-related problems. experiment on rats to understand the long-term different diets for nine months: Standard keto carbohydrate diet Low-fat and balanced keto diet did not gain weight (which was a good This is medically known as "hepatic steatosis," liver disease. The researchers also found that those of female rats. Why does fat accumulate study, explained the reason behind this in that fat is bound to end up somewhere in the eventually in your liver, causing liver damage. diet also affected the body's ability to regulate sugar levels: Initially, the mice's fasting glucose and insulin levels remained low. Later, when these mice were given carbohydrates again, their blood sugar levels suddenly increased rapidly and did not come down. Scientists believe that long-term high-fat diets put pressure on the pancreas' beta cells, which produce insulin. Excessive fat causes these cells to function poorly. However, it's a relief that when the rats were removed from the keto diet, their problem began to improve somewhat. What if you're on a keto diet? This study clearly shows that being lean isn't necessarily a sign of good health. If you're considering or already following a keto diet, heed these expert advice: Consult a doctor: Always talk to your doctor before following any diet long-term. Keep up with the testing: Get your liver function and sugar levels checked regularly. Balance is key: Avoid a diet high in saturated fat. Consider whether a balanced diet might be safer and more sustainable for you. This study on rats suggests that while the keto diet can help control weight, it may cause liver inflammation and diabetes in the long term. Therefore, until more research is available in humans, it's wise to adopt this diet with caution and under medical supervision.



# Have you ever tasted ginger pudding? If not, take note of its easy recipe.

Are you bored with carrot and moong pudding? Then give ginger pudding a try this time. It's as delicious as it is easy to make at home. So today, we bring you a step-by-step recipe for ginger pudding, which you can follow and make mention of pudding makes many people's mouths this time, ginger pudding is perfect for this. Ginger beneficial for health. The warmth of ginger and the for making this pudding at home. Ingredients Fresh (can be increased or decreased according to taste) grams Almonds - 100 grams Green cardamom - 5-6 3-4 drops Chopped almonds - 50 grams for ginger thoroughly and peel it. Leave it in water for mixer grinder. This improves the texture of the halwa water. Step 2: Heating the ghee: Heat 4 to 5 cardamom and fry for a few seconds. Then, set it cup of milk to the ginger paste and simmer over low ginger's flavor. When the ginger begins to smell step is done correctly. Step 4: Adding Sugar - After stir continuously. This will add some moisture to the completely dissolved and the paste should begin to bubble. Step 5: Adding Khoya and Almonds - After the sugar has dissolved, add the khoya and almonds to the halwa. This enhances the flavor and makes it look attractive. Continue cooking over low heat, stirring constantly, until the halwa begins to change color. Step 6: Cook the halwa thoroughly - If you feel your halwa is burning, add a few drops of milk and ghee and continue to fry until all the milk and ghee are absorbed. Step 7: The halwa is ready to serve - When the halwa is golden brown, add saffron and kewra water and turn off the heat. The ginger halwa is ready. You can garnish it with chopped almonds and serve it hot.



quickly at home. Let's learn more about it. The mere water. If you want to try something different and delicious pudding not only tastes amazing, but it's also considered aroma of ghee make it special. Let's learn the easy recipe ginger - 500 grams Ghee - 500 grams Sugar - 500 grams Milk - 500 milliliters Khoya - 500 grams Cream - 125 Black cardamom - 2 Saffron - 4-5 strands Kewra water - garnishing Step 1: Preparing the ginger First, wash the some time to soften it. Then, grate it finely or grind it in a and balances the flavor. Also, add the saffron and kewra tablespoons of ghee in a pan. Heat it lightly. Add the aside for later use. Step 3: Roasting Ginger - Add half a heat until the ginger softens. The milk enhances the fragrant and turns a light golden color, you'll know this the milk has cooked into the ginger paste, add sugar and halwa and enhance its flavor. Ensure the sugar is

# Cancer has vanished! Scientists have achieved a major breakthrough in the treatment of the most dangerous disease.

A new study has shown a major breakthrough in the treatment of pancreatic cancer. Spanish scientists successfully tested a new combination of drugs on mice, which completely eliminated tumors. This discovery raises hope for this serious could pave the way for future clinical trials in humans. cancer. New combination of drugs completely "killer" cancer. Cancer is a serious disease that can strike by their respective names. Pancreatic cancer is one of because it is often detected very late, making it very the prevention of this cancer. A recent study revealed more about this study - New study raises hope - National Academy of Sciences (PNAS), Spanish This experiment found that the tumors were completely to be good news for the treatment of pancreatic ductal previously considered very low, scientists now believe How dangerous is this cancer? - According to statistics, in the world, but its mortality rate is very high. of this cancer were reported worldwide, of which approximately 400,000 patients died. This statistic shows how deadly this disease is. Why is it called a 'silent killer'? - Pancreatic cancer is often called a 'silent killer' because it quietly and stealthily attacks people. This is the biggest challenge with this cancer. The pancreas is hidden deep in our abdomen, making tumors difficult to detect in the early stages. Furthermore, its symptoms, such as gas, indigestion, or mild stomach upset, are quite common, making it difficult to diagnose easily. Symptoms of Pancreatic Cancer If you notice the following symptoms, then be alert immediately - Weight loss without any reason Mild but constant pain in the stomach Loss of appetite or feeling full even after eating a little Excessive fatigue Sudden diabetes after the age of 50 Change in bowel movement Which people are at greater risk Smokers and heavy drinkers Overweight Patients with chronic pancreatitis Family history of pancreatic cancer Elderly people above 60 years of age





# 'Nepo-War' in the Kapoor family! A rift between Shanaya and Janhvi. Who called Maheep Kapoor's daughter a 'stale nepo kid'?

There are reports of a rift between Janhvi Kapoor and Shanaya Kapoor within the Kapoor family. Maheep Kapoor is reportedly upset with Boney Kapoor for not supporting Shanaya's career, while Boney focuses on his producer refused to call Shanaya between Janhvi and Shanaya, rift between Janhvi and Shanaya with Boney Kapoor over calling Shanaya the 'real nepotism Bollywood and the uproar raised many times, and everyone corner of Bollywood. Now, news is Kapoor family have had a rift these coming out. What is this whole and Shanaya Kapoor? - By now Janhvi Kapoor and Khushi has entered Hindi cinema. Shanaya Gustakhiyaan' opposite Vikrant second film, 'Tu Ya Main', with February 14, 2026. Meanwhile, it and Janhvi Kapoor, and media. Is Shanaya angry with Hindustan Times, in a recent



Shanaya Kapoor's mother and Sanjay Kapoor's wife, Maheep Kapoor, was angry with Janhvi's father and brother-in-law, Boney Kapoor. The reason for the resentment was that Boney Kapoor did not help her daughter Shanaya in starting her acting career. This was at a time when Shanaya's first film had not even been released and she was desperately trying to enter Bollywood. According to this Reddit thread, Maheep believed that her uncle, Boney Kapoor, would definitely help her daughter, and Maheep even used the "family card" through her husband Sanjay Kapoor, but things did not work out. Boney Kapoor is more interested in the careers of his daughters, Janhvi and Khushi. Maheep Kapoor upset with Boney Kapoor? - A Reddit user claims that Maheep Kapoor became even more furious when a producer rejected Shanaya, saying she wasn't a "real nepotism kid." The thread claims, "Maheep's temper flared when a top producer who rejected Shanaya said he only wanted "real nepotism kids," not the "leftovers" who have been sitting in the industry's refrigerator since everyone else has taken what they want. Now, Maheep wants her daughter, Shanaya, to be more successful than Janhvi in ??Bollywood." It's now being said that this is the reason for the rift between Janhvi and Shanaya. While it's not a major rivalry, there is a mild friction between the two. A glimpse of this rivalry has also been seen on Shanaya Kapoor's Instagram, where Shanaya's best friends Suhana Khan and Ananya Panday, along with Janhvi's sister Khushi Kapoor, are enthusiastically encouraging her on social media for her upcoming film "Tu Ya Main," while Janhvi hasn't posted anything specific for Shanaya or made any comments. For your information, before entering acting, Shanaya worked as an assistant director on Janhvi's 2020 film "Gunjan Saxena: The Kargil Girl." While it's not known whether this theory on Reddit is true or not, it is certainly being discussed on social media.

# Bhumi Pednekar's crime thriller is caught in a quagmire of confusion, with each murder scene sure to leave you terrified.

Bhumi Pednekar's dark crime thriller, "Daldal," released on Amazon Prime Video on January 30th. The film revolves around a serial killer and Bhumi Pednekar's character, ACP Rita Ferreira. Let's find out how the crime Prime Video. Bhumi Pednekar's masterful stuck? Bhumi Pednekar's dark crime investigation. This crime thriller, starring situations, heartbreaking murders, and review. What is the story of the series? - Daldal depicts the struggles of Mumbai's Pednekar), who is caught between Rita begins an investigation that brings her battling a media trial. The show explores and family struggles while trying to keep related to gender-based crimes, child workplace sexism. Daldal Web Series is its blend of psychology and crime, criminal mind. The series begins with a in which she rescues several girls trapped receives a promotion and becomes a becoming DCP, her first case is a murder, a serial killer uses the same methods to kill flashbacks from Rita's life are shown, in determined to murder the person in front began with human trafficking, later addresses issues like serial murders and patriarchy. Making a series interesting with so many crimes is a difficult task, which is why the series sometimes becomes a bit slow and boring. The story becomes confusing and feels exhausting even before the climax. Bhumi and Samara anchor the story - While the cinematography is good, the story concept is good, and the supporting actors, including Bhumi Pednekar, deliver good performances, the story fails to capture the plot. Bhumi Pednekar plays DCP Rita Ferreira well, while Samara also surprises with her performance. The murder scenes in the series are spine-chilling, with some even forcing you to close your eyes. However, such a unique and innovative idea required compelling storytelling, which falls short. Should I watch it or not? - If you're a fan of dark crime thrillers and are interested in psychological themes, this is a must-see. The series is streaming on Prime Video.



thriller is in this review. "Daldal" is streaming on acting - in which quagmire did the web series get thriller "Daldal" explores social realities amidst an Bhumi Pednekar, is filled with psychological suspense. Let's find out how the web series is in this Director Amrit Raj Gupta's crime-thriller series newly appointed DCP Rita Ferreira (Bhumi criminal investigation and the regrets of her past. face to face with a ruthless serial killer, while also the inner world of police officers who juggle personal the city safe. Daldal touches upon numerous issues abuse, human trafficking, toxic parenting, and Review: The most striking feature of Daldal's story showing how childhood trauma can give rise to a raid by Bhumi Pednekar's character, Rita Ferreira, in human trafficking. After solving this case, she Deputy Commissioner of Police (DCP). Upon not a simple one, but a serial murder case in which different people. However, before the murders, which she is going through mental trauma and is of her, which is quite confusing. This story, which

# Rani Mukerji countered AR Rahman's statement, saying, "Bollywood is the most..."

Rani Mukerji has disagreed with AR Rahman's accusations of communal discrimination in Bollywood. She said that in her 30-year career, she has never experienced such a thing and that Bollywood is the most secular place. Rani plays Shivani Roy in Mardaani 3, releasing AR Rahman's statement? AR Rahman was Rahman had said that communal and that because of this, he has not been able said that power has now shifted from the completed 30 years in the industry - now this matter. In an interview with DD News, discrimination in her three-decade-long place, and I completely believe in that. There here. In my 30 years in the industry, I have industry; it has made me who I am today." Bollywood? Rani further said, "I am Your work is your identity, and ultimately, succeeds. For me, Bollywood is one of the was questioned about lobbying in the herself away from such things. What did AR network, AR Rahman shed light on his struggles. He said, "I'm not looking for work. I want work to come to me; my hard work and people who aren't creative have the power to make decisions, and this may have been a communal issue, but not for me. I heard from someone else that they had booked you, but then the industry hired five of its own musicians. I said, 'Wow, great! Now I can relax and spend time with my family.'"



said that only merit matters here. Rani Mukerji on January 30th. What did the actress say about recently in the news for one of his comments. AR discrimination exists in the Bollywood industry to find work for the last eight years. The singer hands of creative people. Rani Mukerji has Mardaani 3 actress Rani Mukerji has reacted to the actress said that she had never faced such career. She said, "Bollywood is the most secular is no discrimination based on caste or religion never experienced anything like that. I love this What did Rani Mukerji say about lobbying in speaking from my heart. Here, merit matters. what the audience connects with survives and most secular and wonderful places." When Rani industry, she refused to answer, saying she keeps Rahman say? In an interview with BBC Asian Rahman should earn me money. I think it's a bad omen for me to wander around looking for work... These days, people who aren't creative have the power to make decisions, and this may have been a communal issue, but not for me. I heard from someone else that they had booked you, but then the industry hired five of its own musicians. I said, 'Wow, great! Now I can relax and spend time with my family.'"