



## संपादकीय Editorial

Death in the  
College's Precinct

The walls are screaming, a crime slipped through the black fists of a college, and the broken hands of the police. Dharamshala College's procession rallied in the funeral procession of a student. A hundred excuses will be found for the student's death, but all mirrors are shattering. Numerous complaints must have been made to the college administration, and to the police, too. Why a daughter's plea collapsed, no one knows. Death itself has spoken, and the videos floating on social media reveal restless tears in every eye. This is not a small incident; it is a horrific end to a student's life. Thousands of questions, and now thousands of lawyers, too, but the social causes of this crime remain. Did the ominous shadow of caste-based harassment linger in the college, or did a teacher forget their dignity? Was a ragging class being conducted throughout the campus? Was the police's clowning around the online complaint on December 20th sincere, or should we accept that it was forbidden to register a crime in a gathering on the police grounds at that time? We don't know what truth is based on which a daughter's family sees Ravana's Lanka all around them, but there seems to be no reason to deny the statements the girl made before her death. Social media is investigating this case with great force, so now a case has been filed, and the issue has shifted from the streets to the opposition's. If the helpless pages of a life are scattered in a college or destroyed in the eyes of the law, then neither the society nor the country is in good shape. If a student's present is unsafe in the vicinity of a college, or if the entire campus becomes a wasteland and causes extreme mental anguish, then our account is not justice. The college may wash its hands off the fact that its eyes saw nothing, its ears heard nothing, but the student's personality has passed through its path, through its gaze. Based on the allegations that have now surfaced, the list of crimes is growing longer, and the sections used to prosecute crimes are becoming stricter. Were the college streets caste-based? Were the students involved in ragging protected, and were any teachers complicit in their despicable actions? What exactly happened, and what continues to happen? You fear protecting your daughter's honor, but your hands smell of death. We cursed last year for natural disasters, but another disaster was organized crime on the college campus. This heartbreaking incident has many facets and reveals many sores. Here, the respected Vikas is enraged, and the literacy rate is languishing in the caves of the Stone Age. The daughter's video bears witness to her. Therefore, she embraced death before the cost of judgment, so that no other daughter would have to sacrifice her honor like her. Now, decisions will be made at the crossroads, politics will decide, society will also decide, while the police will be lenient on the law, but this daughter's death will continue to raise new questions. Even if punishment is meted out, a daughter's soul will remain in pain during this journey. The college student's story, emerging from its shroud, reveals that the cause of this death is linked to our system. The first system is degrading us in the eyes of society, the second is degrading the educational system, and the third is struggling between whether to escape the state's law and order or protect ourselves. When injustice is all around, which wolf can we protect ourselves from? Many hands appear to be involved in the death of the Dharamshala student, yet how can we, the noble, find even a single story of this atrocity? A death, at the threshold of justice, bears witness in its own video. Let's see how we can overcome this situation and find flaws in whose hands.

# Understand the suffering of Northeast India, and create a sense of belonging is a national duty.

The death of Tripura student Angel Chakma in Dehradun has highlighted the problems faced by the people of Northeast India. The article criticizes the politicization of the incident and highlights the historical struggles of the Chakma community. It mentions the Modi government's efforts for the development of the Northeast and calls for concrete steps to promote national unity and understanding, so that the youth of the Northeast can feel a sense of belonging. Angel Chakma's death highlights the problems of the Northeast. It highlights the historical struggles and discrimination faced by the Chakma community. It calls for national unity and belonging towards the Northeast. The heartbreaking incident of Tripura student Angel Chakma's death in an attack by some goons in Dehradun has sparked strong reactions across the country. Social organizations and leaders of the Northeast are deeply angered by this incident. I am currently in Agartala, the capital of Tripura, to meet Angel Chakma's family. This incident has raised some questions. The way some people are playing vulture politics on this incident and exploiting the unfortunate tragedy for the upcoming elections in Assam and other regions, there is a fear that it will increase the toxicity in society. The deceased was a promising young man from the Chakma community. The Chakma are originally from Chittagong, Buddhists, and peace-loving people. Due to Pandit Nehru's misgovernance, Chittagong, despite being a non-Muslim, Hindu, and Buddhist majority state, was allowed to go to East Pakistan, today's Bangladesh. Thousands of Chakmas were massacred. They had to come to India for refuge, but were rejected by India's Christian-dominated northeastern states. In the 1990s, Christian student organizations in Mizoram burned Chakma homes and pushed them across the Tripura border. At that time, the Rashtriya Swayamsevak Sangh (RSS) sent hundreds of truckloads of relief supplies to the Chakmas. Those who are politicizing Angel Chakma's murder today have never helped the Chakmas in their time of need. The Chakma people number only 5.5 lakh people across India, living primarily in Mizoram, Assam, Meghalaya, Arunachal Pradesh, Tripura, and West Bengal. Where they live in Christian-majority states, they face discrimination. Their areas lack roads and schools lack teachers. The names of Chakma villages have even been changed, forcing them to send their children to Dehradun, Delhi, and Bengaluru for education. Northeast India is a region of heroic and intelligent youth, blessed with natural beauty, and known by Ram Manohar Lohia as Yaksha Pradesh. Eight states share 5,000 km of borders with China, Tibet, Myanmar, Bangladesh, Bhutan, and Nepal. The largest number of banned organizations are active in the northeastern states. Before the Modi government came to power, railways and airports were nonexistent in states other than Assam. In the 2024-25 budget, the Ministry of Development of the Northeast's budget was increased by 74.4 percent. Compared to 2014-15, the total budget for the Northeast under the Modi government increased by 179 percent. Airports, highways, the Itanagar-Delhi Rajdhani Express, and improved education and sports facilities have all expanded endlessly, but this has only further exasperated India's enemies. Conspiracies to separate the Northeast from India were hatched during the British era under the name of Crown Colony. During the British era, the Assam Muslim League, led by Sadullah, issued an appeal to young people to have more children and campaigned to send more Muslims to Assam. A conspiracy was hatched to make Assam and Northeast India part of East Pakistan. Angel Chakma's family is patriotic and Buddhist. Due to the environment, there is a strange trend in some families to adopt Western names, hence the names Michael and Angel. This is the time to stand with the youth of the Northeast in every situation, and making them feel a sense of belonging should be a national duty. The Northeast has produced brave soldiers, world-record-setting athletes, singers, and outstanding stars in science and hospitality, all of whom have become a testament to patriotism for India. Their deep devotion to the Indian tricolor is so profound that they could teach us patriotism. But how many people from North India visit Northeast India? How many have even a basic knowledge of its beautiful places, great men, rivers, and mountains? How many can name a festival here? How many can pronounce even two of its names correctly? The Northeast is not just a place of strategic importance. Indians are blood brothers here. India's first sunrise occurs here. Its costumes and festivals are the most beautiful and captivating. Its students are the creators of the future of India. They risk their lives to fight the country's enemies. Their languages ??are like melodious music. They gave up brave freedom fighters like Rani Gaidinliu, U Tirot (Tirath) Singh, and Maniram Dewan. They have sacrificed their lives in every campaign to protect India, from the Kargil conflict onwards. They are not Chinkis or Momos, but the crown jewels of Mother India, the builders of a new India. To foster a sense of belonging toward them, schools in all states should have courses on Northeast India. Wherever there are large numbers of students from Northeast India, a separate Northeast police cell should be established, headed by an officer with ties to the Northeast, and police and administrative officials should be trained. Practice classes should be established to provide accurate information about the Northeast. The Lal Bahadur Shastri Institute of Administration in Mussoorie should offer a special course on Northeast India, and new officers should be given a two-month tour of the Northeast. Above all, parents should discuss the Northeast with their children in their families and plan to spend their holidays not in Malaysia, Singapore, or Europe, but in Manipur, Arunachal Pradesh, Tripura, and Meghalaya. National unity is woven not through speeches or budgets, but through the warmth of hearts and the threads of mutual brotherhood. The rhetoric of racial attacks tears apart this fabric of unity. The true tribute to that promising student would be to swiftly punish Angel Chakma's killers and prevent the recurrence of such heinous crimes against humanity.

# Clean water becomes a legal right, over 200 million cases in 17 years

India faces a serious crisis of contaminated drinking water, with over 200 million cases of waterborne diseases and over 50,000 deaths recorded since 2005. The recent incident in Indore highlights administrative failure, poor coordination, and a lack of independent regulation. This is a national crisis, not a local oversight. Safe drinking water needs to be made a constitutional obligation and a legal right. India has over 200 million cases of waterborne diseases. Incidents like the one in Indore are the result of administrative failure and lack of coordination. Making safe drinking water a legal right is essential. India has learned to measure its environmental crises. Air pollution is measured daily through the Air Quality Index. Heatwaves and floods dominate public discourse, but when drinking water becomes life-threatening, the response is dangerously late, limited, and short-lived. The recent deaths from contaminated drinking water in the Bhagirathpura area of ??Indore are not an exception but a symptom of a deeper administrative failure. The Indore incident is part of a series of similar tragedies that have occurred in various parts of the country. A recent jaundice outbreak in Gujarat's Mahisagar district was linked to contaminated borewells and municipal water sources. In Tiruvallur, Tamil Nadu, people were hospitalized after drinking contaminated tap water. A 2014 hepatitis outbreak in Sambalpur, Odisha, infected over 3,900 people and resulted in approximately 36 deaths. Unsafe drinking water in India is not a local phenomenon but a recurring crisis. The scale of this crisis is alarming. Between 2005 and 2022, India recorded over 209.8 million cases of major waterborne diseases such as acute diarrhea, typhoid, viral hepatitis, and cholera, resulting in over 50,000 deaths. Furthermore, according to NITI Aayog's Composite Water Management Index, approximately 200,000 people die each year due to inadequate access to safe drinking water. Despite this, water quality never becomes the political priority that other environmental indicators are. India ranks 120th out of 122 countries on the Global Water Quality Index. It is estimated that approximately 70 percent of the country's water sources are contaminated. Diseases caused by contaminated water create a vicious cycle of lost working days, rising medical costs, and declining labor productivity. According to the Ministry of Water Supply and Sanitation, this affects 37.7 million people and results in a loss of approximately 73 million working days each year. The root cause of these outbreaks is often not the water source itself, but the journey it takes from source to tap. In many cities, reports indicate that sewer water is mixing with drinking water pipelines. This is a well-known failure of urban governance. Municipal departments often operate in close collaboration. Road construction agencies excavate without coordinating with the water and sewerage departments. The lack of accurate and shared maps of underground utilities leads to heavy machinery breaking drinking water pipes and damaging sewer lines. This allows sewage wastewater to enter water pipes, and the problem becomes apparent only after casualties have already occurred. This lack of coordination is exacerbated by the implementation of urban infrastructure programs. Often, new pipelines are laid while the existing, leaking, and dilapidated network system underneath is not adequately addressed. India is promoting urbanization, but it has neglected safety protocols, continuous monitoring, and institutional accountability. The water sector's biggest shortcoming is the lack of independent regulation. State Electricity Regulatory Commissions were established in the power sector to separate service delivery and regulation and enforce standards. There is no similar system in urban water supply. The municipality supplies water, conducts testing, and determines whether everything is ok. This means that the potential polluter and the regulator are often the same entity. Without an independent regulator, regulations are not strictly enforced, nor are mistakes punished. Water testing results are hidden from the public, and pollution is only recognized when people begin to fall ill or die. Therefore, the government resorts to post-incident repairs rather than pre-emptive measures. This regulatory weakness is also linked to a legal vacuum. While India has ensured statutory rights like the right to food, safe drinking water remains an "implied" right, derived from a judicial interpretation of the right to life under Article 21 of the Constitution, rather than any enforceable law with clear service standards. Immediate measures after an accident are not enough to address the contaminated drinking water crisis. What is needed is a system that can prevent problems before they arise. This requires proper mapping of underground pipelines, separation of water suppliers and inspections.

संभल जामा मस्जिद के हरिहर मंदिर सांसद बर्क के घर के नजदीक मस्जिद-मामले की आठ को सुनवाई, सर्वे के मदरसों में बिजली चोरी, 60 स्थानों पर दौरान हिंसा में हुई थी पांच की मौत कार्रवाई, मिनी पावर स्टेशन भी मिला

संभल की जामा मस्जिद को हरिहर मंदिर बताए जाने के दावे से जुड़े वाद की सुनवाई चंदौसी में आठ जनवरी को होगी। यह वाद 19 नवंबर 2024 को केला देवी मंदिर के महांत्रष्णिराज



2024 को केला देवी मंदिर के महंत ऋषिराज गिरि अधिवक्ता हरिशंकर जैन सहित आठ लोगों द्वायर किया था। संभल की शाही जामा मस्जिद के हरिहर मंदिर होने के दावे को लेकर दावे किए गए बाद में चंदौसी स्थित सिविल ज़सीनियर डिवीजन आदित्य सिंह के न्यायालय आठ जनवरी को सुनवाई होनी है संभल में 1 नवंबर 2024 को शाही जामा मस्जिद के हरिहर मंदिर होने के दावे को लेकर केला देवी मंदिर महंत ऋषिराज गिरि, अधिवक्ता हरिशंकर जैन समेत जनपद संभल स्थित चंदौसी आदित्य सिंह ने को हुई सुनवाई में सुप्रीम कोर्ट में स्टे को लेकर तारीख 08 जनवरी नियत कर दी थी। डीजीसी जनवरी की तारीख नियत है। वर्हां सुप्रीम कोर्ट में नियत के दौरान हुआ था बवाल- जामा मस्जिद को लेकर डिवीजन की कोर्ट में मस्जिद को हरिहर मंदिर हुंदू पक्ष का कहना था कि मंदिर पृथ्वीराज चौहान काल में मंदिर को तोड़कर बनाई गई थी। हिंदू पक्ष कोर्ट कमिशनर नियुक्त कर दिया था। उसी दिन को सर्वे पूरा नहीं होने के चलते कोर्ट कमिशनर लैंगवर्ह पहुंचे थे। इस सर्वे के दौरान ही बवाल हुआ था तत्त्वम पक्ष का दावा है कि मस्जिद टीले पर बनी थी। सर्वे में संभल की चर्चा के प्रमुख कारण- 19 नवंबर बवाल हुआ- बवाल में विदेशी हथियार चलाए गए और उसका गिरोह सामने आया। शारिक साटा वहने की बात सामने आई। संभल के सांसद ने संभल सांसद के आवास में अवैध निर्माण के महादेव मंदिर के कपाट खुले सरायतरीन में रात कूपों को तलाश कर संवारने का काम शुरू करा

सभल के मुस्लिम इलाकों में बिजला चारों का खुलासा हुआ है। तड़के जलाधिकारों आर पुलिस अधीक्षक ने खुद छापा मारा। यहां एक मिनी पावर स्टेशन मिला। इससे 50-60 घरों को बिजर्लंड

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माँ का किया कत्त्व... फिर रोया भी, कपिल ने बताया हत्या का कारण; पहले भी ये काम कर चुका था कातिल बेटा

मुरादाबाद में मां की हत्या करने वाला आरोपी बेटा रोते हुए की वजह भी बताई है मुरादाबाद में पाकबड़ा पुलिस ने मां कि पहले भी कपिल गुस्से में आकर अपनी मां को मामूल पहले से खराब था। पाकबड़ा थाना क्षेत्र के उमरी गांव शुक्रवार की दोपहर गला धोंटकर हत्या कर दी थी। शनिवार पुलिस तक पहुंची। पुलिस की पूछताछ के दौरान आरोपी मांग रहा था। मां ने पैसे देने से इनकार किया तो उसने गुस्से निवासी सावित्री (50) के पति ऋषिपाल की 2016 में सात बीघा जमीन पत्नी सावित्री के नाम दर्ज हो गई थी कर चुकी थीं। कपिल मजदूरी करता था और अपनी पत्नी के साथ ही रहता था। वह शराब पीने का भी आदि था दबाव बना रहा था, जबकि मां सावित्री इसके लिए तैया



दबाव बना रहा था, जबकि मा सावित्री इसके लिए तथा तीनों बच्चों को लेकर सिविल लाइंस के गौतमनगर स्थित एक सकर हत्या कर दी। इसके बाद पत्नी और बहन को कॉल होने का ड्रामा करता रहा। शनिवार सुबह जब आरोपी का की गला कसकर हत्या करने की पुष्टि हुई। पुलिस ने साले पैसे नहीं मिलने पर गुस्से में आकर घटना को अंजाम दे लगा। पुलिस ने आरोपी को कोर्ट में पेश किया। कोर्ट के अविवाद के दौरान मारता पीटता था मुरादाबाद में बेटी ने की सैनी (35) ने अपनी मां सावित्री देवी (55) की गला धोंकरीब साढ़े सात बजे महिला की बेटी और अन्य रिशेदार अकर लिया है एसपी सिटी कुमार रण विजय सिंह ने बताया इकलौते बेटे कपिल, पुत्रवधु ललिता, पोते वैधव, दीपांशी सात बीघा जमीन थी। पति की मृत्यु के बाद यह जमीन से जमीन बेचने से इन्कार कर दिया था। इसी बात को लेकर दे। दो दिन पहले कपिल की पत्नी ललिता अपने बेटे और दोपहर ढाई बजे उसने फिर से अपनी मां पर दबाव बनाया। पत्नी और बहन को कॉल कर बताया कि जमीन से गिरकर पहुंची और फोरेंसिक टीम भी मौके पर बुला ली गई। एसपी है।

## पक्षियों की चहचहाहट से गूंज रहा डॉ. जावेद का घर-आंगन

मुरादाबाद। पारिस्थितिकी तंत्र में पक्षियों की भूमिका बहुत महत्वपूर्ण द्वारा स्थापित राष्ट्रीय पक्षी दिवस, जंगली और कैद में पक्षियों कुंदरकी के गांव लालपुर गंगवारी निवासी डॉ. मुहम्मद जावेद केवल इंसानों की चिकित्सा के लिए तत्पर रहते हैं बल्कि घायल संरक्षित करने में तल्लीन रहते हैं। उन्होंने कई बार घायल पक्षियों का आंगन पक्षियों की चहचहाहट से गूंजता है। वह हर तिथि भी प्रेरणा मिलती है। उनके घर पर प्रतिदिन पक्षी दाना खाने आ डालने में देरी हो जाए तो मैना कमरे के अंदर तक स्वयं दाना ढूँढ़ता है। अंगन में अक्सर दिखाया गया कबूतर, गौरव्या, मैना, धोबन चिड़िया, नीलकंठ इत्यादि पक्षियों का दौरान डॉ मुहम्मद जावेद पेड़ों पर पानी के बर्तन लटकाते हैं अंगन सकें। खेतों पर रहने वाले पक्षी भी उनसे घुल मिल गये हैं अंगन आदि उन्हें पहचानते हैं और देखकर आवाज भी निकालते हैं। पक्षियों कि पक्षी हमारे पारिस्थितिकीय के लिए अहम हैं। वह मानते हैं कि उन्हें देने का अधिकार है।



य पक्षी दिवस मनाया जाता है। एवियन वेलफेयर एसोसिएशन कल्याण को बढ़ावा देता है। मुरादाबाद जनपद के ब्लॉक पक्षियों के कल्याण के लिए निरंतर प्रयासरत हैं। वह न पक्षियों को भी चिकित्सीय सुविधा दिलाने और उन्हें को बचा कर ठीक होने पर जंगल में छोड़ा है। उनके घर पक्षियों के लिए दाना डालते हैं। जिसे देखकर दूसरों को हैं और बिना खतरे के घर के भीतर तक घुस आते हैं। दाना आ जाती हैं। उन्होंने घर के आंगन में पक्षियों के आश्रय के देते हैं गोरैया, धोबन, नीलकंठ उनके पैतृक घर के आंगन अक्सर दिखते हैं घुल मिल गये हैं पक्षी- भीषण गर्मी के उनमें नियमित रूप से पानी भरते हैं जिससे पक्षी पानी पी उनसे डरते नहीं हैं। तोते, जल कौये, तटहरी, जल मुर्गी के संरक्षण में जागरूकता महत्वपूर्ण- डॉ जावेद कहते हैं

संक्षिप्त समाचार

हैलो...दो सिम कार्ड  
चलाते हो, तुम्हारे नंबर पर  
कश्मीर में FIR हुई है

बिलासपुर स्थित डाम कॉलोनी निवासी प्रवीण कुमार ने रविवार दोपहर कोतवाली पुलिस को तहरीर दी। उन्होंने बताया कि सुबह ७-३९ बजे उनके फोन पर अनजान नंबर से कॉल आई। कॉल करने वाले व्यक्ति ने खुद को बॉम्बे हेडक्लार्टर से बताया। उसने प्रवीण से कहा कि वह दो सिम कार्ड चला रहे हैं, जिनमें से एक नंबर पर कश्मीर में मुकदमा चल रहा है। जब प्रवीण ने कश्मीर जाने से इनकार किया, तो कॉलर ने वीडियो कॉल के माध्यम से उनका आधार कार्ड, स्थायी पता और बैंक खाते की पूरी जानकारी ले ली। प्रवीण कुमार इस घटना से काफी परेशान हैं। उन्होंने पुलिस से अनुरोध किया है कि उनकी गोपनीय जानकारी का दुरुपयोग न हो, इसके लिए मामले की जांच कर उचित कार्रवाई की जाए। प्रभारी निरीक्षक बलवान सिंह ने बताया कि प्रास तहरीर के आधार पर मामले की जांच शुरू कर दी गई है। जांच पूरी होने के बाद आगे की कार्रवाई की जाएगी।

घर में है गैस गीजर तो रहे  
सावधान, बिना वेंटीलेशन  
बाथरूम में चलाना जानलेवा

सर्दी के मौसम में बिजली का बिल कम करने के चक्र में गैस के गीजर इस्तेमाल कर रहे हैं। होशियार रहें गैस का गीजर चलाते समय एहतियात बरतें। क्योंकि बंद बाथरूम में गैस गीजर चलाकर नहाते समय बनने वाली कार्बन मोनोऑक्साइड जानलेवा हो सकती है। बाथरूम में अगर गैस गीजर लगा रखा है तब बाथरूम में रोशनदान होना जरूरी है। जिला अस्पताल के मुख्य चिकित्सा अधीक्षक बताते हैं कि बाथरूम में रोशनदान नहीं होने से गीजर चलाने पर ऑक्सीजन की कमी होने लगती है कड़ाके की सर्दी में ठंडे पानी से नहाना बड़ी समस्या है इसलिए अधिकांश लोग गरम पानी से नहाते हैं। लकड़ियों के चूल्हे पर पानी गरम करने का ज्ञान चला गया है



जेनाना देता नहीं है। अब लोग अपने-अपने बाथरूम में बिजली और गैस के गीजर से पानी गर्म करते हैं। बिजली महंगी होने के कारण लोगों बिजली के गीजर से पानी गर्म करना बंद कर दिया है अब गैस के गीजर का इस्तेमाल ज्यादा किया जा रहा है। लेकिन बाथरूम में लगा गैस गीजर जानलेवा भी साबित हो सकता है ऐसे कई मामले सामने आ चुके हैं, जिनमें लोगों ने जान गंवाई है। इसके लिए बाथरूम में एक रोशनदान का होना जरूरी है। चेस्ट स्पेशलिस्ट डॉ. डीके वर्मा बताते हैं कि बाथरूम में गीजर चलाने से रक्त में ऑक्सीजन का स्तर कम होने का फेफड़ों पर सीधा असर पड़ता है। जिससे सांस लेने में दिक्कत होने लगती है और चारों ओर से बंद बाथरूम में नहाते समय दम घुट जाता है और नहाने वाले की मौत तक हो जाती है बरेली और शाहजहांपुर में हो चुकी है गैस गीजर से मौत-गैस गीजर चलाकर नहाने में बरेली और शाहजहांपुर में युवकों की मौत हो चुकी है। जबकि खटकान निवासी शरीफ और मोरी गेट निवासी राम करन गैस का गीजर चलाने के दौरान बेहोश होकर गिर गए थे। इतेफाक से घरवालों को गिरने की आवाज आई तब उन्होंने बाथरूम के पास जाकर चिल्हना शुरू किया शरीफ-शरीफ लेकिन, बाथरूम से कोई आवाज नहीं आने पर परिजन घबरा गए और उन्होंने बाथरूम का दरवाजा तोड़ दिया। शरीफ बाथरूम के फर्श पर बेहोश हुआ पड़ा था। परिजन उसे अस्पताल ले गए जहां उसका उपचार हुआ और ऑक्सीजन दी गई इसके बाद उसकी हालत में सुधार हुआ। मुख्य चिकित्सा अधीक्षक जिला अस्पताल डॉ. बीसी सक्सेना ने बताया कि गैस गीजर से बाथरूम में ऑक्सीजन की कमी होने लगती है और कार्बन मोनोऑक्साइड गैस बनती है। जिसकी गंध और रंग महसूस नहीं होता है। बाथरूम में कोई रोशनदान नहीं होने से दम घुटने लगता है। सांस के जरिए कार्बन मोनोऑक्साइड फेफड़ों तक पहुंच जाती है जिसके कारण जान चली जाती है।

## क्युँ न लिखूँ सच

स्वामी, मुद्रक, प्रकाशक नरेश राज शर्मा द्वारा ए०एच०प्रिंटर्स, ए-११, असालतपुरा, लंगड़े की पुलिया, मुगादाबाद-२४४००१ (उत्तर प्रदेश) से छपवाकर कार्यालय म.न. २१० खा सीतापुरी, डबलफाटक जनपाट-मुगादाबाद (उत्तर प्रदेश) से प्रकाशित गर्व लिखित किया।

## संपादक - नरेश राज शर्मा

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इस अंक में प्रकाशित समस्त समाचारों के चयन एवं सम्पादक हेतु पीआरबी एक्ट के अन्तर्गत उत्तराधारी होंगे तथा समस्त

विवाद मुरादाबाद न्यायालय के अधीन होंगे।

ज्यूँ न लिखूँ सच समाचार पत्र में सभी पद अवैतनि







# What yoga poses can you do after lunch to help digest food easily?

If you struggle with digestion, this article describes some yoga poses. Often, after lunch, you experience problems like heaviness, gas, or constipation. This problem is especially prevalent during the winter season, as movement is inverted yoga poses can put pressure on the some specific yoga poses that can be done digestion, lighten the stomach, and activate heaviness, cramps, and gas. In this article, daily after lunch to maintain a healthy and most effective yoga pose to do on your knees and rest your stomach on hands on your knees. Sitting in this posture food faster. Furthermore, Vajrasana digestive system. Regular practice provides Shashankasana - Shashankasana is a you sit on your knees, rest your forehead controlledly. This posture applies gentle circulation. This accelerates digestion and constipation. Shashankasana is safe to do 10- Sukhasana, deep and controlled breathing practice, you inhale slowly through your the abdominal muscles and increases reduces heaviness or gas in the stomach. Doing this for 5-10 minutes is sufficient. Ardha Matsyendrasana – In Ardha Matsyendrasana, you sit on your knees, rest your forehead controlledly. This gentle torsion activates the digestive system and helps digest food quickly. Keep your back straight and your breathing normal while doing this. This asana stretches the abdominal muscles and intestines, which reduces gas and constipation. It can be done gently about 10-15 minutes after eating.



limited. In such circumstances, performing heavy or stomach and increase discomfort. However, there are immediately or shortly after lunch. These poses improve metabolism. Regular practice can relieve post-lunch we will discuss some simple yoga poses that you can do stomach. Vajrasana - Vajrasana is considered the safest immediately after eating. In this asana, you sit straight your heels. Always keep your back straight and your puts gentle pressure on the abdomen, which helps digest activates metabolism and improves blood flow in the relief from stomach heaviness, gas, and indigestion. relaxing and light digestive yoga posture. In this posture, and hands on the ground, and breathe slowly and pressure to the stomach and intestines, increasing blood provides relief from stomach cramps, gas, or 15 minutes after eating. Sukhasana - Sitting straight in is very beneficial for digestion after eating. In this nose and exhale slowly. Deep breathing gently massages intestinal activity. This helps digest food quickly and

## A deficiency in these nutrients can cause excessive cold. What should be done if you feel cold?

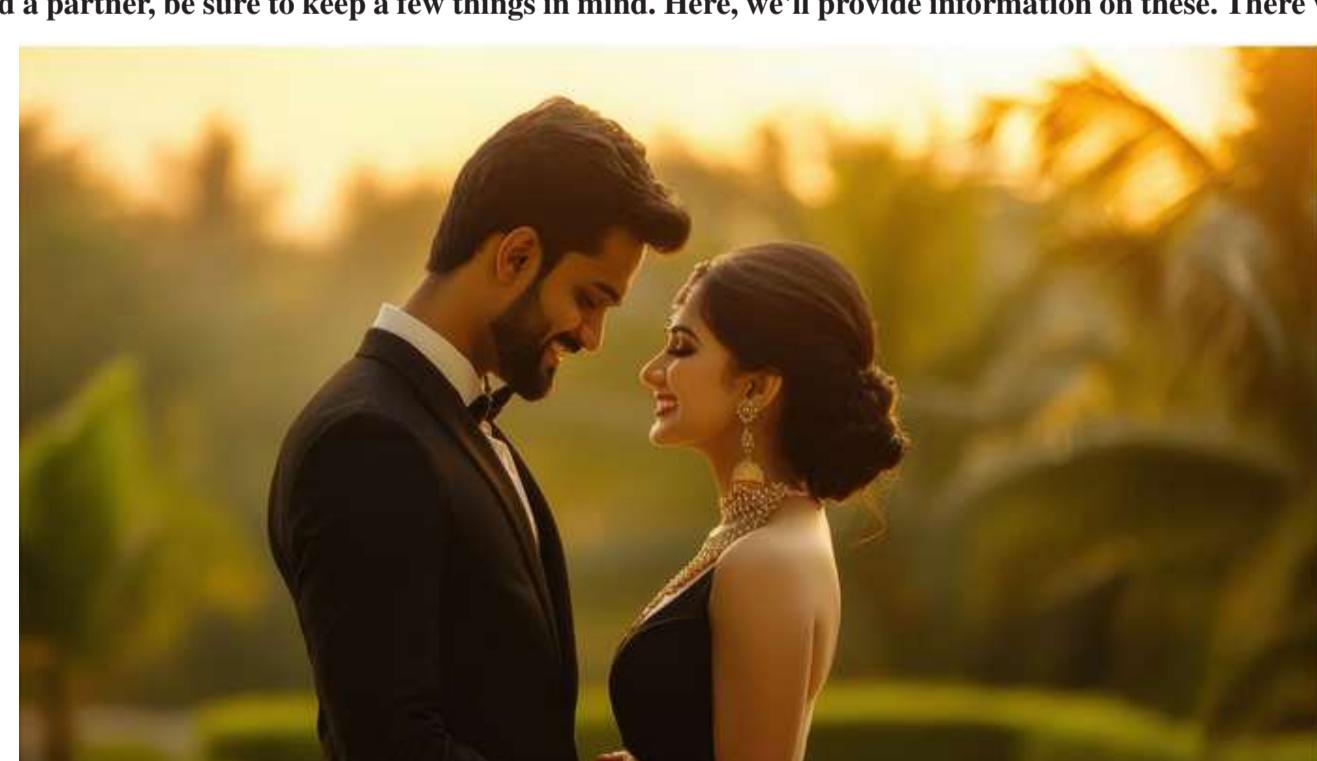
It's common for some people to feel more cold during the winter. While it's normal to feel cold during this season, excessive coldness can be a sign of nutritional deficiencies. Let's explore this in detail in this article. Feeling cold that some people, even while sitting in feel chilly inside even after wearing temperature, but rather a sign of a complex thermoregulation system to vitamins and minerals. When these affected and metabolism slows down. enough heat, making it feel colder than anemia or thyroid problems. Therefore, and activate your body's internal and Vitamin B12 Deficiency - Iron cold. Iron produces hemoglobin, which cold-sensitive. Furthermore, vitamin coldness in the hands and feet. muscle contraction and energy do immediately if you feel extremely exercise or stretching. Physical activity immediately. Also, drink a glass of empty stomach, as the body naturally important dietary changes: Include in your diet for internal warmth. Increase your intake of garlic and ginger, as these dilate blood vessels and improve blood circulation. If the problem persists despite your diet, consult a doctor and get a blood test to determine your exact nutritional status. Preventive measures: Don't ignore feeling too cold, as this can also be a sign of weakened immunity. Get adequate sleep at night and reduce stress, as mental fatigue also reduces the body's ability to tolerate temperature. Through a balanced diet rich in nutrients and regular yoga, you can strengthen your biological heating, allowing you to withstand extreme cold without falling ill.



during the winter is normal, but have you ever noticed the same room, feel much colder than others? If you warm clothing, it's not just an effect of the external nutritional deficiency within your body. Our body uses maintain internal temperature, which requires specific nutrients are deficient in the body, blood circulation is This can lead to the body being unable to produce normal. This condition can often be associated with to avoid extreme cold, it's essential to improve your diet heating system instead of relying solely on a heater. Iron deficiency is the most common cause of feeling extremely carries oxygen to cells; a deficiency can make the body B12 deficiency affects nerves, causing numbness and Magnesium and folate also play an important role in production needed to keep the body warm. What to cold? If you suddenly feel extremely cold, try light increases blood circulation, which helps warm the body lukewarm water or ginger tea immediately. Avoid an generates internal heat when digesting food. Make these warming foods like jaggery, peanuts, dates, and millet

## Using a matrimonial site for marriage? Don't ignore these tips

If you're using a matrimonial site to find a partner, be sure to keep a few things in mind. Here, we'll provide information on these. There was a time when distant relatives were the most common matchmakers, but in today's easier than ever. Many people now use However, it's crucial to be cautious profile is trustworthy, so careful person requires not only reviewing their also understanding their personality, profile should be completely accurate matrimonial site wisely can make Choose the right site: Before starting matrimonial site, it's important to sites have better profile verification, Therefore, always choose platforms of users. This helps avoid fake profiles. first identity, so fill it out with complete information such as education, background. Incomplete or incorrect and lead to problems later on. Put safety information when communicating on such as mobile number, address, bank Report any suspicious behavior clear expectations - Determine your priorities in a partner in advance, such as education, career, lifestyle, and family considerations. This can help avoid mismatches and make it easier to choose the right person. Have real conversations - Don't rely solely on chat. Over time, engage in conversation via phone or video calls to better understand the other person's thinking, behavior, and personality. If you feel that chatting can help clarify things, then just chat.



# Former Bigg Boss contestant Nitibha Kaul gets engaged, shares candid photos with her fiancé

Bigg Boss 10 contestant Nitibha Kaul, who appeared on Manveer Gujjar and Swami Om's season, is about to embark on a new life. She recently got engaged to her Germany-based boyfriend, sharing dreamy pictures of the being romantic with her fiancé. Bigg Boss fiancé - Nitibha Kaul was living in a long- Kaul, who appeared on Bigg Boss season beautiful photos of the engagement. Along revealed that she said yes to this favorite contestant on social media after engagement below: Boyfriend proposed of the engagement on Instagram, in for her too. In the video, Nitibha Kaul is venue. Her boyfriend went on his knees which she immediately said yes. In the easiest yes I have ever said." She also photos - Along with the proposal video, intimate photos with her boyfriend. In the photo, her fiancé is down on one knee. the series of photos, Nitibha Kaul wrote asked me to be his forever. After years of tears, and living in different countries it." Expressing her love for her fiancé, Nitibha further wrote, "He proposed to me exactly as I had dreamed. This surprise, this ring, especially the man who always made me feel like the luckiest girl alive. I can't wait for our next chapter together." I'm still processing that now that I'm engaged."



10 fame Nitibha Kaul shares romantic photos with her distance relationship. Social media influencer Nitibha 10, has got engaged to her long-time boyfriend, sharing with the photos, Nitibha Kaul posted a video and relationship very easily. Fans are congratulating their seeing this post. See the beautiful photos of their on his knees - Nitibha Kaul has posted a very cute video which the actress told that this proposal was a surprise blindfolded and is walking towards the decorated and asked her if she would be together forever, after Instagram caption, Nitibha Kaul said, "This was the added a ring emoji. Nitibha Kaul shared intimate the former Bigg Boss contestant also shared several first photo, she is kissing him, while in the second Another photo of the two is quite intimate. Sharing in the caption, "On this beautiful occasion, my love late-night phone calls, farewells at the airport, countless beyond each other's time, every moment was worth

## Superstar Rajesh Khanna was forced to work in a B-grade film, having acted in bold scenes with a heroine 35 years younger than him.

The career of Bollywood's first superstar, Rajesh Khanna, has been full of ups and downs. There was a time when he was forced to work in a B-grade film. Rajesh Khanna was forced to work in a B-grade film. It is said that or ordinary people. A similar Bollywood's first superstar. During his were back-to-back hits, and he topped over his mind, and he began to feel no filmmaker wanted to work with film. Which film did he work in? There shooting forced filmmakers to look for back to back. Then, Rajesh Khanna wealthy businessman who marries a with her. She begins an affair, which man appears who claims to be the same and remained in the news for this Love Story, often described as a B- his much younger co-star, Laila Khan. became infamous for its intimate scenes at the end of his career, the film was considered a money-making effort. Some critics found the story weak, but Khanna's presence was commendable. The actress was murdered: The film's lead actress, Laila Khan, and her family were brutally murdered in 2011. Years later, the case received significant media attention and was linked to the film. In his career, Rajesh Khanna starred in films such as Aakhri Raat, Bandhan, Ittefaq, Bawarchi, Haathi Mere Saathi, Namak Haram, Avatar, Aradhana, Anand, Kati Patang, Do Raaste, Amar Prem, and Safar.



no one can stand against time, whether they are superstars experience occurred in the life of Rajesh Khanna, considered heyday, millions of women were smitten with him, his films the list of filmmakers. But a time came when success took arrogant, and his films began to flop. There was a time when him, and then, at the age of 60, he had to work in a B-grade came a time when Rajesh Khanna's lax attitude towards other options. At one point, Rajesh Khanna's films flopped worked in a B-grade film. In it, Khanna played the role of a young woman, but due to asthma, he is unable to be intimate leads to complications, and she is presumed dead, but later a person. Which film was it? This film was full of bold scenes reason. We are talking about the 2008 film Wafa: A Deadly grade or low-budget film, which featured bold scenes with He struggled considerably in his later career, and the film and the tragic murder of its lead actress years later. Released

## Who did Tara Sutaria set out to kill amid the kiss controversy? The actress's toxic look with a gun went viral.

Tara Sutaria was in the news for her kiss controversy with AP Dhillon. She faced severe trolling on social media. Now, a look of Tara Sutaria has surfaced that has shocked everyone. Tara Sutaria's toxic look has surfaced. Tara was severely trolled for her relationship with AP Dhillon - Tara Sutaria claimed paid PR. B-town's glamorous queen, Tara Sutaria, is not only a brilliant actress but also possesses a strong vocal range. She sang the song "Thodi Si Daru" with Punjabi singer AP Dhillon. She also captivated the audience with this song at a recent concert, but became embroiled in controversy. Some videos circulated on social media showing Tara Sutaria kissing AP Dhillon, but the truth was something else. Tara later called it a paid PR stunt against her and slammed the trolls. Amid this controversy, Tara shared her toxic look on social media. Tara Sutaria holding a gun - Tara Sutaria shared a post on her Instagram account in which she is seen holding a gun. She appears bloodthirsty, with anger and tears in her eyes. Wearing a black strapless dress and short curly hair, Tara Sutaria looks killer. The gun in her hand is creating a thrill. Tara Sutaria in a toxic look - Let us tell you that this killer look of Tara Sutaria is from her upcoming film Toxic. Tara plays Rebecca in the Yash starrer movie. Tara's look from Yash's film has been revealed on January 3, 2026. When is Toxic releasing? Before Tara Sutaria, the looks of Kiara Advani, Huma Qureshi, and Nayanthara were revealed from Yash's Toxic. Now, Tara's look has impressed fans. The film, which stars Yash in the lead role, is releasing in theaters on March 19, 2026. Yash's birthday is on January 8, 2026. It is expected that the teaser or trailer of the film may also be shared on the same day.

