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SUNNY NEWS

WE BELIEVE IN FREEDOM OF SPEECH

November 1-30, 2024

Vol. 20, Issue - 5

Pages : 4

₹ 1.

Page No. 1

THE AMERICAN RESURGENCE



Adv. Sivasankaran A.V. - The much awaited American presidential elections is over and in a month's time, Mr. Donald Trump is expected to

assume office paving way for the reemergence of true democracy, whether the Deep State likes it or not the world looks forward to America for the protection of democracy, human rights, and environment. There is no other nation which has inspired the world to protect the sanctity of democratic values despite the fact that there were internal troubles and squabbles within America, the land of the Bill of Rights. Providence has saved the life of Donald Trump and the disgruntled

groups may continue with their agenda. Controversial issues are plenty and the sailing will not be smooth for anybody in the presidential chair. Well begun is half done and the proposal to appoint Jr. Kennedy in charge of health affairs is a welcome sign but not without discontentment from pharma and vaccine lobbies. The appointment is also salutary in the wake of the ragging war in Ukraine and in the Israel-Gaza, Lebanon conflict.

(... Contd... on Page 3)

ADANI REALTY PLANS CONVENTION CENTRE



Staff Reporter - The real estate arm of the Adani group, Adani Realty, is coming up with around 6-8 million square feet of residential, commercial, and retail development in Mumbai, including a 25,000-seat convention centre near the upcoming Navi Mumbai airport, that will rival Mukesh Ambani's Jio World convention centre in Bandra Kurla Complex. The aim is to build up an ecosystem consisting of hospitality, corporate meeting spaces and retail areas around the new airport and

the plans include setting up five-star hotels and a high street, sources said. The area when developed would be around 3-3.5 million square feet, they added. The Jio Convention Centre, occupying an area of over 1 msf in the business district of BKC, has quickly become the go-to venue for large scale summits, exhibitions, social events, and concerts in the financial capital. However, it is located far from the airports and connectivity is an issue. Adani's convention centre, . (... Contd... on Page 4)

Palghar police seize over Rs 3.70 crore amid model code ahead of Maharashtra polls

Staff Reporter - Wada Police seized over Rs 3.70 crore in cash from a car in Maharashtra's Palghar on Friday ahead of state assembly polls. Wada police stated that the car was traveling from Airoli, Navi Mumbai, to Wada, Vikram-

garh. The cash was found without proper documentation as required by election guidelines. "The car was going to Wada, Vikramgarh from Airoli, Navi Mumbai, the car belongs to a company and they claimed that

cash was to refill ATMs but they didn't have the necessary documentation for such a huge amount so we seized the cash and processed it as per Model code of conduct guidelines," police said.

ONCE OPERATIONAL, WATER TAXIS TO CUT DOWN TRAVEL TIME TO NAVI MUMBAI AIRPORT



Staff Reporter - Union minister Nitin Gadkari has said the proposed water taxi services would enable people to reach the upcoming Navi Mumbai International Airport from anywhere in Mumbai in 17 minutes, thus effectively reducing the travel time. The Minister for Road Transport and Highways

was addressing a poll rally in Maharashtra's Thane city on Sunday night where he spoke about the government's plans aimed at transforming connectivity and alleviating traffic congestion in Mumbai and Thane. The state assembly polls are scheduled on November 20. The international airport in Navi Mumbai is expected to start operations in March 2025. Gadkari said the proposed water taxi services, once operational, would enable commuters to reach the Navi Mumbai International Airport from any part of Mumbai "in just 17 minutes" The minister said jetties have already been constructed near the airport to support this initiative "By harnessing the vast sea routes around Mumbai and

(... Contd... on Page 4)

MILIND SOMAN PROMOTES FITNESS AT PINKATHON EVENT FOR SENIOR CITIZENS IN NAVI MUMBAI

Staff Reporter - Simultaneously one two three starts.



And. One Two Three One Two Three is today's event. Aah Atya Maushi Run. And for Pinkathon and it has been organized because when we are fit, when we do something for our health, it is also im-

portant to set an example for our family members. It is important to encourage them to take care of their health. So today's Aatya Aunty, who is running, all have brought their aunt, they have brought

(... Contd... on Page 4)

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Editorial

HUMAN RIGHTS



HUMAN RIGHTS AND ENVIRONMENTAL, AIR AND WATER POLLUTION

SAVING BIRDS FROM DANGER

Birds, the beautiful creation of God, are fast declining in their population due to various factors such as exposed electrical wires, mobile towers and poor management by the authorities. One of the primary reasons for the death of birds is the presence of exposed electrical wires. High voltage wires that are not covered or have joints without protective measures can cause fatal injuries to the birds. Similarly, mobile towers can also pose a significant threat to the birds flying at high altitudes, as they can collide with the high voltage machinery near these towers. Developed countries such as Germany and the Netherlands have implemented underground electrical systems, significantly reducing the risk of harm to any living creature. We Indians must also take strict action against exposed wires, internet towers and poor management by the authorities to protect the bird population. Let us therefore collectively work towards safeguarding the beauty of nature and preserving the existence of these magnificent creatures. Also, keep some small pots filled with water outside our homes and spread some grains daily on the terrace of our homes for the birds who often die of hunger and thirst while flying on long routes. And if possible, keep some pots to allow them to build their small nests which will help in increasing the population of the winged guests.

STEPS TO SPIRITUAL PROGRESS # 5 - GRATITUDE

- TOGO
Small children are taught to say 'thank you' when someone gives them a toffee or gift. It is seen these days as part of mere social etiquette. Of all virtues, gratitude ranks first. All religions agree on this. But why do we see ingratitude all around? How often we ourselves, are reluctant to feel and express gratitude?
Why I don't feel grateful?
1. When I receive a favor or gift, my mind tells me that I am not a capable person and I had to beg for the favour. It makes me feel small in front of the benefactor. My ego does not like it.
2. When the favor is done without my asking, my feeling is the same except that I was lucky I didn't have to

ask / beg for it.
3. My mind cleverly (another word for meanness!) turns the table on the benefactor by ascribing ulterior motives behind the favour done by him without my asking. Several variants of above are conjured up by me to justify why I am not grateful. O.K. let us look at another scene. I am grateful. But why I do not convey it to the benefactor?
All above factors prevent me from doing this. So long as it is a feeling of gratitude, I can always change it to suit circumstances. But once I openly convey it to the benefactor, I do not have ANY OPTION! I am indebted to that person. My ego will not (... Contd... on Page 3)

Pollution and nature-destruction crimes - Gravity of. - All the pollution and nature-destruction crimes have long-term effect but immediately after pollution or nature-destruction, there is no scope to calculate or exhibit the injury caused by the crime. Starting from small vehicles to factories of different sizes, which release fumes and poisons destroying the nature, etc., pollute the atmosphere, but severity of their crimes and its effect on public health needs to be measured to prove the gravity of their crimes. Due to lack of devices for monitoring quantum of pollution and for want of proper method to exhibit injuries of nature-destruction crimes and its effect on humanity, the defaulters are easily escaping from the clutches of prosecutions.

Steps for controlling environmental pollution. - The Environment (Protection) Act, 1986 contains useful provisions for controlling pollution. The main purpose of the Act is to create an authority or authorities with adequate powers for environmental protection, regulating of discharge of environmental pollutants and handling of hazardous substances, speedy response in the event of accidents threatening environment and deterrent punishment to



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those who endanger environment, safety and health.

Protection of people from pollution. - It is the paramount duty of the State Government, Municipal and Panchayat authorities, the Area Development Authorities and other legal authorities to protect and improve water bodies as a part of environment and to ensure supply of safe water to the public. The State as the trustee of all natural resources meant for public use, including lakes and ponds, is under a legal duty to protect them. This duty is of a positive nature requiring the State including the Area Development Authorities and the local bodies not only to protect the people's common heritage of lakes, ponds, reservoirs and streams, but to prevent them from becoming extinct and to rejuvenate and preserve them qualitatively by prescribing and enforcing standards of their water. There is ample legislation to

arm these authorities with the power to preserve these natural resources and prevent their abuse.

It is well-settled that it is the duty of the Government to prevent hazardous and inherently dangerous activities causing health hazards and creating pollution. There is, no doubt, that noise is also one of the pollutants. It is is, therefore, obligatory for the Government to protect the people from such activities. The people have to be protected not only from water and air pollution but also from the pollution of atmosphere by noise. Reference in this connection may be made to *Indian Council for Enviro-Legal Action v. Union of India* and *M.C. Mehta v. Kama! Nath*.

In the instant case, although, the petitioner asserts that holding of exhibition will cause health hazards, create traffic and law and order problems and will also cause noise pollution, but these allegations are vague lacking particulars. That apart, as regards traffic and law and order problems, the impugned order itself contains specific conditions and directions in connection therewith. The exhibition has already started. There is nothing on the record to indicate that there is any traffic and law order problem.

EDUCATION AND HEALTH VERY VITAL - AMC SMITA KALE AT BHAUBEEJ WITH TRIBALS KHARGHAR

Vishwanath Nayar - Expressing a sense of satisfaction in joining the Bhaubeej celebrations with the women and children of the Golwadi (Katkari) tribal hamlet, near Owe camp village behind the Tata Cancer Research Centre and Hospital here in Panvel on October 29, Smita Kale, assistant municipal commissioner for Kharghar ward office, stressed on the importance of health and education and assured to resolve all issues

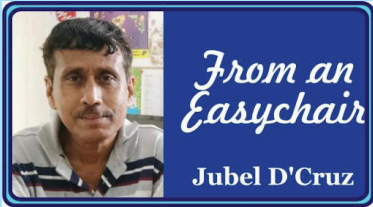
of the tribal hamlet through the Panvel city municipal corporation. She was addressing as the chief guest at the Bhaubeej celebrations organized every year since the last 18 years by Adarsh Seva Bhavi Sanstha under the committed leadership of the founder president of the Sanstha, Gajanan Chavan. Vishwarath Nayar, senior journalist and a guest of honor on the occasion called upon the tribal mothers to educate their children

to occupy posts of authority to address issues of the hamlet that does not even have a Balwadi for the children and a proper access road in spite of being located just 2 kms from the developed Kharghar node. Nayar commended Gajanan Chavan for lighting up the Diwali celebration in the hamlet, year after year for 18 years by organising the distribution of saree and blouse, snacks and sweets to the women and chocolates

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*From an
Easychair*

Jubel D'Cruz

SAME-SEX MARRIAGES ARE AGAINST INDIAN CULTURE AND ETHOS

Gay marriages is one of the most controversial subjects today; it is against laws of nature. The Supreme Court of India is right in not allowing same-sex marriages to take place. Allowing gay (or same-sex) marriages as a constitutional right would be a mistake. Since it has been good to improve civil rights for women and minorities, some think it would be a noble thing to also grant same-sex marriages as a civil right. Marriage, being sanctioned by God, however, has a theological element that should not be abridged by the government. According to the Catholic Church, sexual intimacy between a man and a woman is the normal method of male and female bonding (emotionally and physically) because it corresponds to the design of our bodies and because it is the normal means by which offspring are created. If God had intended the human race to be fulfilled with both heterosexual and homosexual marriages, He would have designed our bodies to allow reproduction through both means and made both means of sexual intercourse healthy and natural. Homosexual anal intercourse carries a high risk of disease, which is recognized in the Holy Scriptures where gay men are said to receive in their bodies the due penalty for their sins. "The wages of sin is death" (Romans chapter 6, verse 23). The Holy Bible clearly tells us in 1 Corinthians, Chapter 6, Verses 9 and 10: "Do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived neither the sexually immoral, nor idolaters, nor adulterers, nor men who practice homosexuality, nor thieves, nor the greedy, nor drunkards, nor revilers, nor swindlers will inherit the kingdom of God." God will not honour a sinful marriage between two homosexuals or lesbians. The book of Leviticus, Chapter 18, Verse 22 tells us, "Do not practice homosexuality, having sex with another

man as with a woman. It is a detestable sin." Again in Leviticus, Chapter 20, Verse 13 we read, "If a man practices homosexuality having sex with another man as with a woman, both men have committed a detestable act. They must both be put to death, for they are guilty of capital offense." Remember, God destroyed the twin cities of Sodom and Gomorrah (Genesis, Chapter 19) because the men in those cities were filled with lust and were gays (homosexuals). Homosexuality is rejected in a number of places in the Qur'an too where it says --- "it is just not allowed, it is haram". Islam has clear and explicit rules regarding sex and sexuality. According to Islam, sex is only allowed within a marriage, and an Islamic marriage can only take place between a man and a woman and not between people of the same sex (i.e. men-men and women-women). Islam also does not allow same-sex marriages to take place or sex before marriage or for people to have anal intercourse. These rules apply equally for both straight and gay people. Prophet Muhammad (pbuh) said: "Doomed by God is what Lut's people did." The Prophet also said: "No man should look at the private parts of another man and no woman should look at the private parts of another woman and no two men should sleep in bed under one cover and no two women should sleep in bed under one cover." The Qur'an also mentions sex between men several times, almost all of them in the context of the story of Sodom and Gomorrah. Homosexuality causes AIDS and other sexually transmitted diseases which are deadly. The causes of one becoming gay are maybe due to genetic inheritance where the baby is born with the gene of homosexuality. The word 'homosexuality' is derived from the Greek word 'homoss', meaning 'the same'.

THE AMERICAN RESURGENCE

..... **Contd. from Page 1**
Nobody has any idea about the quantity of explosives burnt up in the stratosphere which could impact the environment adversely resulting in shifts in rain, shine, and climate change. The appointment of Mr. Kenney by Trump is an indication that all is not lost and the most powerful president on this earth is seized and focused on the issue of climate change due to environmental distraction.

The world is also looking upon the president-designate to prevent the world once again becoming bipolar and his approach to rapprochement brings a ray of hope and it is hoped that the Deep State would not throw a spanner in the wheel.

We in India is a classic example of a strife-ridden state in the survival mode and internal strife is not confined to countries like India and even powerful nations like Amer-

ica and Canada are not free from this menace. Trump seems to have a clear perception about migrant problem created by unrestricted immigration by his predecessors.

The world can derive comfort and solace from the fact that for the precedent, America comes first and no friendship and enmity could be biased or sabotaged his conviction and line of thinking.

MENTAL HEALTH AND PHYSICAL PRESENCE



C.K. SUBRAMANIAM

- Take care of that beautiful mind of yours! Your mental health is just as important as your physical health. Remember to give yourself some love today. May you have the courage this week to begin breaking patterns in your life that no longer serve you. Give yourself permission to pause and reflect today. And remember, taking care of yourself doesn't mean "me first;" it means "me too. Mental and physical health are both important components of overall health. The relationship between the two is complex, and they can impact each other in a number of ways: Mental health and physical health risk are cousins. Poor mental health can increase the risk of chronic physical conditions, such as heart disease, diabetes, and stroke. Conversely, chronic physical conditions can increase the risk of mental illness. Physical health of people with severe mental disorders causes health issues in old age. People with severe mental disorders are often overlooked by themselves, their loved ones, and health systems. This can lead to physical health disparities and limited access to health services. Mental health and physical appearance are hand in gloves. Mental health conditions like anxiety, depression, and stress can manifest physically, leading to changes in appearance. For example, chronic stress can cause

premature aging signs like wrinkles, dull skin, and hair loss. Physical activity and mental health present you with robust health. People who are physically active tend to have better mental health. The World Health Organization (WHO) defines health as a state of complete physical, mental, and social well-being. Mental and physical health are equally important components of overall health. Mental health is an integral and essential component of health. The WHO constitution states: "Health is a state of complete physique. There is a strong link between mental health and physical health, but little is known about the pathways from one to the other. We analyse the direct and indirect effects of past mental health on present physical health and past physical health on present mental health using lifestyle choices and social capital in a mediation framework. Health policies aiming at changing physical and mental health need to consider not only the direct cross-effects but also the indirect cross-effects between mental health and physical health. In addition to the apparent physical health benefits, physical activity also affects mental health positively. Physically inactive individuals have been reported to have higher rates of morbidity and healthcare expenditures. Commonly, exercise therapy is recommended to combat these challenges and preserve mental wellness. According to empirical investigations, physical activity is positively associated with certain mental health traits. In nonclinical investigations, the most significant effects of physical exercise have been on self-concept and body image.

HEALTH

Moringa juice: A natural remedy for menstrual pain

The menstrual cycle starts for a female as soon as she turns 12-13 years of age. For a few it might be smooth, but for a few it is one of the worst experiences that they need to undergo every month as the menstrual pain gets unbearable. For those who have been on the lookout for natural homemade remedies, they need to have drumstick leaves juice. It helps ease the menstrual pain. Few of them get the pain as their date of periods starts approaching, while a few of them get the pain during menstruation and the pain occurs in the lower abdomen. The intensity of the pain varies from slight to severe, and all that the female wants at that point of time is to get rid of the pain instantly. In order to get rid of the pain, one might take up several medication methods but of all, natural remedies have always been the best. The best part about natural remedies is that these do not cause any side effects and are safe. So why the pain? When the uterus contracts to expel its lining while menstruating, this leads to extreme pain

in the lower abdomen. Drumstick leaves juice is one of the best natural ingredients that helps to build up the iron content in the body and replenish the body with nutrients. This helps in regulating the proper blood flow and thus eases the pain.

How to prepare drumstick leaves juice: Take a few drumstick leaves and wash them properly with water. Crush the leaves and then extract the juice. Strain the juice and then add about a teaspoon of honey to about 1/4th cup of this drumstick leaves juice. Stir it well and then drink the juice early in the morning on an empty stomach for the first two days of your periods. If desired, you can also add a squeeze of lemon for added flavor and benefits. This juice helps in easing menstrual pain. Caution: Drumstick leaves juice is helpful in easing them menstrual pain, but one should be careful as well. If the pain is severe, persists for a longer period of time or it occurs every month then it is better to consult a doctor.

STEPS TO SPIRITUAL PROGRESS ...

..... Contd. from Page 2

allow it. There is a mid way also, which my mind has mastered ! What is that?

I Use vague and indirect methods (say it to a third person half heartedly) to convey the gratitude. This, my mind tells me, leaves a window open , to refute the same later, if expedient. If I am a little more bold, I will water down the importance of what the benefactor did when thanking him.

But how do I say it?

I will not look the benefactor in the eye. The impact is lost if there is no eye contact. Or I

might mix it up some inconsequential matter making sure that the benefactor is not paying attention. Somehow, I get it out of my system making sure that my EGO is not complaining.

Why gratitude is important?

We cannot escape the fact that we live in a society and society can flourish only when lubricated. Gratitude is a lubricant. Someone asks for help, another extends a hand. Someone is in trouble; another comes round voluntarily and helps.

Once operational, water taxis

..... Contd. from Page 1

Thane, we can significantly reduce traffic congestion and air pollution," he said. Gadkari also highlighted the potential of introducing amphibious sea planes capable of landing in small water bodies, including lakes in Thane, eliminating the need for conventional runways. The government is actively seeking investors to develop and implement this project, he added. Addressing the traffic issues in Mumbai and Pune, Gadkari referred to the New Delhi-Mumbai expressway, which is expected to divert the

outstation traffic and ease congestion within the metropolitan areas once fully operational. He also proposed solutions for managing freight vehicle movement in urban regions and spoke about plans for a revolutionary inter-city electric bus service. The 18-metre-long buses will have a seating capacity for 135 persons and offer a premium, flight-like experience, the minister said. These buses could run for 40 kilometres on a 30-second charge, symbolising a significant shift towards renewable energy in the transport sector, he said.

Milind Soman promotes fitness at ...

..... Contd. from Page 1

their daughters and brought their mother. Because they also want to include them in this fitness movement and this is a promotional run for our event of Pinkathon and Invincible Women, which will be held on 15th

December. That event is going to be held in Malad on 15th December and I hope that all the women of Navi Mumbai will join there with their families and we look forward to health and fitness. We will continue the celebration there.

ADANI REALTY PLANS ...

..... Contd. from Page 1 located next to the Navi Mumbai airport, is seen having a locational advantage. In February this year, Adani Realty had won a 24-acre reclamation redevelopment project near the Bandra-Worli sealink. It is setting up a mixed-use development there consisting of residences and commercial spaces, spread over 4.5 msf. Of the total, around 3.5 msf would be for residential projects and the remainder would be commercial. This is as per the conditions of the tender and the Development Control and Promotion Regulation 2034. Apart from the above, it is also developing the ACC

campus in Thane, where the cement company had its research and development unit. According to information, around 18 acres are already under development on which six residential towers are set to come up. Adani Realty, which is redeveloping Asia's largest slum cluster Dharavi in a joint venture with the State government, has rapidly expanded its real estate footprint across Ahmedabad, Mumbai, Gurugram, Pune, Odisha across residential, commercial and retail segments. Set up around 12 years back, it has already developed 24 msf of area while another 61 msf is under development.

EDUCATION AND HEALTH VERY ...

..... Contd. from Page 1 to the children of the hamlet. Ganesh Pedamkar, a retired bank manager and social worker, Meghnath Thakur and Santosh Rathod, secretary and treasurer of Adarsh Seva Bhavi Sanstha respectively, Manesh Patil, president of Late Vinayak Patil Samajik Sanstha, Kunal Thakur, social activist and Ravi Katkari, a hamlet resident also graced the occasion. Navsu Katkari, a hamlet resi-

dent woman remarked that the Sanstha added double joy to the Deepavali celebrations in the hamlet by organising the Bhaubej function every year in the hamlet here. Late Vinayak Patil Samajik Sanstha, social workers Veer Gupta, Kirti Navghare, Sunder Pardeshi, Dashrath Gambhire, Nandu Varungase, Bhanudas Thakur, Pappu Parve and Bhavesh Thakur assisted in the successful conduct of the program.

WHO IS THIS CELEBRITY?



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