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Page No. 1

GROUND REALITY V/S SKY DEBRIS



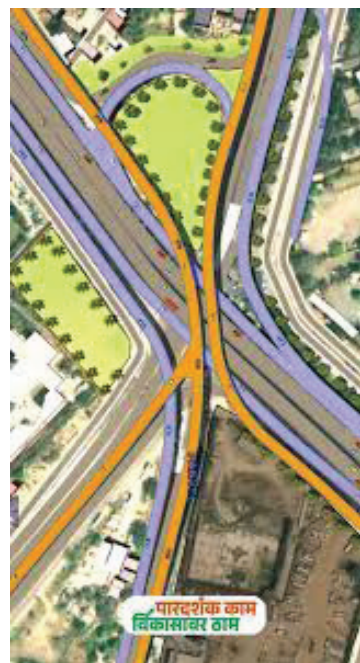
Adv. Sivasankaran A.V. - The world no doubt is living by the edge the result

of decades of mismanagement “Abracadabra”, the magician’s secret or a magic wand has taken our political world to the brink of disaster. Disasters and pandemics have failed to arouse our conscience and the bombing experiments and space explorations continue unabated while the fate of Sunita Williams remains in the limbo. Elon Musk’s obsession with Mars and space stations and the affections of Narayan

Murthi towards Infosys are all to be viewed as a part of the celestial dynamics which is more concerned with the movement of earth’s core and its magnetic axis. Man has forgotten god and wants to purify his soul through a Ganga ablution the water of which should be the envy of not only public health authorities but also many many Netas cutting across party lines and political affiliations.

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

NAVI MUMBAI’S BUSY KALAMBOLI JUNCTION TO GET SIGNAL-FREE INTERCHANGE FOR SMOOTH TRAFFIC FLOW



and Uran, is set to undergo a major transformation to streamline the movement of vehicles. The critical intersection in Navi Mumbai, connecting the Mumbai-Pune Expressway, NH-48/NH-548, and the Sion-Panvel Highway will be reconstructed in such a way that there would be no traffic signals. The National Highways Authority of India (NHAI) and the Ministry of Road Transport and Highways (MORTH) have jointly undertaken the Kalamboli Junction Development Project to enhance connectivity between Mumbai, Pune, JNPT, and the Navi Mumbai International Airport and ensure seamless traffic flow. The project is being executed by the Maharashtra State

Staff Reporter - The Kalamboli Junction, which experiences persistent traffic congestion due to the convergence of vehicles from Mumbai, Navi Mumbai, Thane, Pune, Goa,

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

Alibaug Teacher Dies By Suicide At Atal Setu After Falling Victim To Sextortion



Staff Reporter - Sextortion has lead a 50 year old teacher from Alibaug to take an extreme step after travelling all the way to Atal Setu bridge on Friday morning. The teacher identified as Vaibhav Pingalay, a primary school teacher at Zilla Parishad school at Kurdus village in Panvel taluka, he was a victim of sextortion, his family informed the police. “The family was aware of the incident and his distant relatives were also in police

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NMMC To Remove Concrete Enclosure Around Palm Trees In Nerul After Residents’ Complaint

Staff Reporter - Residents of Sector 6, Nerul, were alarmed to find three fully grown palm trees with their roots completely enclosed in



concrete cement. The trees, located along the footpath, now have no breathing space, raising concerns about their survival.”Until a few days ago, the root areas were open, allowing the trees to receive air and water. However, suddenly, the entire base has been covered with cement. We have no idea who could have done such a thoughtless and damaging act,” said a concerned resident. Worried about the trees drying up due to lack of air and water, residents

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

G. S. BACHHER APPOINTED MPCC SECRETARY

Staff Reporter - Loyal Congressman, popular social worker and a resident of sector 9 in Nerul, Navi Mumbai, Gurbinder Singh



Bachher has been appointed Maharashtra Pradesh Congress Committee Secretary by the MPCC President, Nanabhau Patole.

The appointment letter signed by Shri Pramod More, MPCC General Secretary was issued on January 24, 2025. Shri More congratulated Shri G.S. Bachher on his new responsibility and wished him well for the same. The Congress Party workers in Navi Mumbai are jubilant and hopeful of bright prospects for the party under Shri Bachher’s leadership.

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Editorial

HUMAN RIGHTS



FREEDOM OF PRESS

OUR LAWS SHOULD BE MADE GENDER NEUTRAL

Our laws supporting women often lead to unfair situations for men. A case involving Nikita Singhanian, who allegedly harassed her husband, Atul Suresh Singhanian, to the point of suicide, highlights the issue. Harassment and maintenance laws should be made gender-neutral to protect innocent men and ensure justice for all. Although India has made substantial strides towards achieving gender equality, several difficulties still cannot be resolved by implementing measures to protect one's gender. Thus, we must progress towards achieving gender equality by reforming our laws to be more gender-neutral. Gender-neutral laws pertain to laws and policies that do not discriminate against individuals based on gender. These regulations ensure that all individuals, regardless of gender identity, are granted equal rights and opportunities.

Steps towards spiritual progress # 7 - money is only a tool.

- TOGO

One cannot live without the basic necessities of life ; namely food, shelter and clothing. Money is required for all of these. Earning money can be a challenge.

People do or are forced to do things to earn money. A bigger challenge is to understand the exact value of money and its proper place in our lives. Let us look at some instances of misplaced importance given to money :

1. A son is not prepared to keep his elderly parents with him. Instead, he feels that gratitude to his parents is adequately expressed when he sends a meagre amount of money every month to them. Please note, they will not starve even if he did not send that amount.

2. A father hesitates to spend money on his son's higher education . His anxiety about return on investment is more than a bright future for his son.

3. A husband refuses to let his wife operate her own bank

account and take responsibility for her own income and expenses. Reason? Wife might end up losing money. End result is stifling freedom that can shape the personality of the wife and make her less dependent on husband.

4. A beggar dies as a destitute leaving sackful of currency .

5. An old couple refuses to leave their home for the safety and security of their son's home, because they are not getting the right price for their house.

6. An old man (with sufficient wealth) who is hard of hearing, refuses to spend money for a good hearing aid which can enhance the quality of his life.

7. Whenever a life changing decision is to be made, people first think of money and REFUSE even to think about it, let alone decide either way. All of the examples above, clearly show what we miss, when we put too much importance to money.

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Freedom of communication. - Article 19 (1) (a) of the Constitution of India guarantees every citizen of India the 'right to freedom of speech and expression', which means the right to express one's opinion by words of mouth, writing, printing, picture or in any other manner. It would thus include the freedom of communication and the right to propagate or publish opinion. The communication of ideas could be made through any medium, namely newspaper, magazine or movie.

The special treatment given to the newspapers has a philosophy and historical background. Freedom of press has been placed on a higher footing than other enterprises. Freedom of press has always been a cherished right. The newspapers not only purvey news but also ideas, opinions and ideologies besides much else. They are supposed to guard public interest by bringing to fore the misdeeds, the failings and lapses of various bodies exercising governing power. Rightly, therefore, it has been described as the Fourth Estate.

Furthermore, freedom of the press expressing opinion on a particular event cannot be curtailed, since the said



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freedom is the heart of social and political intercourse. Though the expression "freedom of the press" has not been used in Article 19 of the Constitution, it is comprehended within Article 19 (1) (a). This expression means a freedom from interference from authority which would have the effect of interference with the content and circulation of newspapers.

Importance and responsibility of the press. - The importance of the press in a democratic set up can neither be minimised nor curtailed. The conferment of freedom of speech and expression on the press pre-supposes their responsibilities, limitations and accountability. It is expected from a responsible press that before reporting, they shall exercise restraint and try to ascertain the genuineness, correctness and the

authenticity of the report to be published. It is emphasised that such an obligation is expected more while reporting the Court proceedings. Before reporting the Court proceedings, the responsible press is required to ascertain the true position either from the record or from an official of the registry. Such a course is necessary not to erode the confidence of a common in the judiciary. The Courts are sure that the press would come to the expectations of the people and take effective measures wherever needed in reporting the matters of public importance.

Media, in general, and press in particular, enjoys the fundamental right of free speech which is given to individual citizen. But Press is more powerful than an ordinary citizen. Therefore it can act powerfully. It can gather information and spread them. In short its prime function is information providing. But Press often goes beyond this function by taking the role of a watch dog. It watches carefully the affairs of the State and criticizes the 'administration of Governments. Hence the press rightly enjoys the free speech right. But there are also certain negative aspects which we cannot forget or ignore.

TECHNO CAPITALISM



C.K. SUBRAMANIAM -

The biggest testament to techno-capitalism's success is not the upliftment of billions from poverty or the increase in average lifespans or the improvement in living standards. It is rather the fact that techno-capitalism literally made knowledge free. You can learn literally ev-

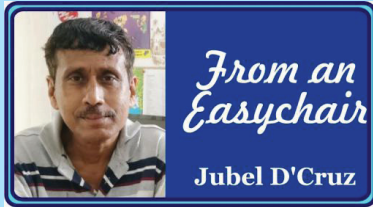
everything from how to repair a light-bulb to how to cook a lasagna to how to make nuclear bombs to how to make semiconductor chips to the most advanced levels of programming and mathematics to all things engineering to everything in the humanities and many many more in the world. Knowledge used to be the biggest private asset for individuals, institutions, empires and civilisations.

Techno-capitalism made it all free. You have more knowledge at the palm of your hands than Taxila, Nalanda, Library of Alexandria

and all centers of knowledge of all great high-cultures of the entire ancient world put together all for free. They're still there because of mandatory government laws for schooling and bureaucratic regulations mandating people to have pieces of papers called degrees to get jobs.

Remove these laws and regulations and most educational institutions will shut down, barring in sectors like heavy machine engineering, surgery and super-advanced tech fields like quantum computing and semi-

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



Viva La Carnival

The carnival of Goa (also known as the Goan carnival) is the most famous festival in the state of Goa and is being celebrated since the 18th century AD as a precursor to the abstinence of Lent. The carnival is exclusive and unique to Goa and was introduced by the Portuguese who ruled the state for over five hundred years. Huge colorful parades take over the state's cities with bands, floats, and dances. The float parades are organised in association with the State Tourism Department. Although the four-day festival is primarily celebrated by Catholics, it has also absorbed Hindu tradition revelry, western dance forms, and turned into a pageantry of sorts. Though it started as a celebration enjoyed only by the local Goan community, it has today crossed the state frontiers and attracts thousands of people from all over the country, as well as from other parts of the world. The carnival is held either in February or March for four days and nights when the legendary King Momo takes over the state and the streets come alive with music and colour. The carnival is meant to be a feasting-drinking-merrymaking orgy just before the austere 40 days period of Lent. Huge parades are organised throughout the state of Goa with music, dances and floats all night on the streets, and grand balls held in the evenings. Goa is a small state located in the extreme western end towards the southern coast of India right below Maharashtra. It is safe to say that Goa is one of the most sought-after and a popular getaway for people all across the globe. It offers a unique vibe mixed with tradition, culture,

cuisine, and the fun of being a continental state. One can go on and on about Goa and not stop without wondering how can a place give a different experience on every visit and stay. Goa is one of the topmost vacation places for Indians and tourists from all over the world and surprisingly, it has a vast history. The history of the Goan carnival dates back to almost 500 years. It was essentially introduced in Goa by the Portuguese. The trend of celebrating the carnival with hedonistic pleasures dates back to ancient Rome and Greece. It came to be known to the Portuguese and Spanish people with time and when the Portuguese established their colony in Goa, they introduced the concept there. Since then, the carnival is a regular feature every year and a time when people all over Goa take part in it with pleasure. Carnival means a complete holiday dedicated to fun and enjoying as a break from the daily routine and stress of the every-day life. The word 'carnival' is derived from the Latin word, 'carnelevarium' meaning 'removing the flesh' or 'raising a gala storm'. Since Ash Wednesday (the beginning of Lent) fell on March 5 this year, the carnival in all its splendour was celebrated from March 1 (Saturday) to March 4 (Tuesday) - for four days. Like every year, the entry for the carnival was free this year too. For tourists, some of the most famous places to visit in Goa are: Baga Beach, Calangute Beach, Palolem Beach, Agonda Beach, Dudhsagar Waterfalls, Fort Aguada, Basilica of Bom Jesus, Chapora Fort, Arpora Night Market, and Morjim Beach.

NMMC To Remove Concrete Enclosure Around Palm Trees

..... **Contd. from Page 1** promptly raised the issue with the Navi Mumbai Municipal Corporation (NMMC). One of the residents took to social media to highlight the problem, urging the authorities to intervene. "These are old, well-established trees that need to be safeguarded. The NMMC must look into this

matter urgently and take appropriate action against those responsible," said the resident. The Garden Department of NMMC has assured that the matter will be addressed. Deputy Municipal Commissioner Kisanrao Palande stated that a similar incident was previously reported in Vashi, where trees had been

cemented over, and the local administration had intervened to free the roots. "It is commendable that residents are keeping a close watch on such activities and bringing them to the administration's notice. The concrete around the Nerul trees will also be removed to ensure their survival," said Palande.

NAVI MUMBAI'S BUSY KALAMBOLI JUNCTION TO GET ...

..... **Contd. from Page 1** Infrastructure Development Corporation (MSIDC). The chaotic traffic at Kalamboli Circle gets worsened by the heavy container trucks travelling to and from JNPA, leading to time, fuel, and financial losses, along with severe pollution concerns. As a key link to the upcoming Navi Mumbai International Airport, the junction connects vital routes, including the Sion-

Panvel Highway, Mumbai-Pune Expressway, Kalamboli Steel Market, Shilphata, and national highways leading to JNPA and the Konkan region. Currently, the five-arm signalised rotary junction has a 90-meter diameter roundabout and a six-lane flyover catering to traffic from JNPT and the surrounding road network. Due to heavy vehicular movement, congestion and delays are frequent. With

the upcoming airport and increasing traffic volumes, a two-level interchange is necessary to ensure signal-free movement and reduce queuing delays at the junction. A two-level interchange with a directional/stack system is being implemented to eliminate at-grade cross-conflict points. The project involves constructing eight arms, a vehicular underpass, and multiple roads at two levels:

Citizens Urge CIDCO, NMMC to Act Against Landslide Threat on Belapur Hills

Staff Reporter - A group of concerned citizens and environmentalists has urged CIDCO and the Navi Mumbai Municipal Corporation (NMMC) to take immediate action to protect the hundreds of visitors to illegal temples on Belapur Hills, as well as residents living below, from the risk of landslides. A joint delegation from the NatConnect Foundation and the Save Belapur Hills Forum met with CIDCO and NMMC officials, stressing that the upcoming monsoon season could lead to a disaster worse than the Irshalwadi landslide, which claimed over 80 lives and wiped out an entire village. "The landslide risk at Belapur Hill is real, as the soil has become loose due to the uprooting of several trees to make way for temple structures, some of which can accommodate up to 2,000 people," said B N Kumar, director of NatConnect. Last monsoon, CIDCO was forced to halt a demolition drive due to the risk of landslides caused by the unstable soil. In fact, retaining walls of some housing societies have already been damaged by previous landslides, Kumar noted. NMMC Commissioner Dr. Kailash Shinde assured the delegation on Thursday that the corporation is fully aware of the dangers posed by the 30 illegal temples on Belapur Hill and will take appropriate action. Local activists Kapil Kulkarni and Sushil Patil clarified that they are not against temples but believe they

should be relocated to safer locations. Dr. Shinde informed the delegation that he has directed the deputy municipal commissioner in charge of encroachments to examine the issue urgently, following directives from the Maharashtra State Human Rights Commission (MSHRC) and the state Urban Development Department. Meanwhile, CIDCO raised a procedural point, stating that according to a Government Resolution (GR) based on Supreme Court and High Court orders, the decision on unauthorised religious structures falls under the purview of NMMC's designated committee. A senior CIDCO official confirmed that a letter has been sent to the NMMC Commissioner regarding this matter. The GR categorizes religious structures in public spaces into three groups: to be regularised, to be demolished, and to be relocated. Documents submitted by CIDCO and NMMC to MSHRC confirm that the Belapur Hill structures fall under Category B, meaning they must be demolished, NatConnect pointed out. The MSHRC took suo motu cognizance of media reports highlighting the landslide risks and directed CIDCO and NMMC to take action through the proper legal process. In response to CIDCO's latest procedural concerns, a team of citizens met with Dr. Shinde again on Thursday, urging swift action to prevent a potential catastrophe for temple visitors and nearby residents.

Did you know that?

Staff Reporter -Bandra has a history of more than 800 years. Bandra is famous in Mumbai as most of the celebrities live here --- Helen, Shahrukh Khan, Salman Khan, Saif Ali Khan, Sharmila Tagore, Arbaaz Khan, Sohail Khan, Rekha, Genelia D'Souza Deshmukh, Riteish Deshmukh, Aditya Pancholi, Zarina Wahab Sooraj Pancholi, Jackie Shroff, Tiger

Shroff, Saira Bano, Chunky Pandey, Dino Morea and Pooja Bhatt, to name a few. There are many historical facts related to this place. In Marathi, Bandra is known as 'Vandre', which also means 'port'. The suburb was under the rule of the Silhara dynasty in the 12th century. Formerly, Bandra was a tiny fishing village inhabited by Kolis (fishermen) and farmers.

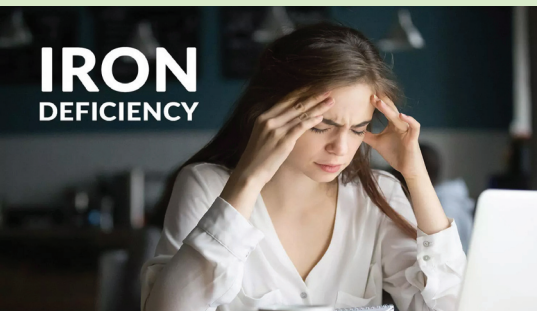
HEALTH

SIGNS AND SYMPTOMS OF IRON DEFICIENCY

Cracks in the mouth corners - This condition is known as Angular cheilitis identified by the development of red patches, sores or cracks in the corners of the mouth. Low haemoglobin in red blood cells is the cause of the condition. **Tongue inflammation** - Mouth gives a clear indication of the lack of iron in our body.

are unable to receive enough RBCs which are required by their tissues to function. This makes the hands and feet cold.

Chest pain - When the number of oxygenated red blood cells decreases due to iron deficiency, the heart has to work more than the normal to supply enough nutrients required by our body. This tightens the muscles of the heart leading to chest pain. **Pale skin** - Haemoglobin is responsible for giving blood its red colour. When the count of haemoglobin decreases, the blood becomes pale which is reflected through the skin. It can either occur all over the body or just in some parts like the face and lower eyelids. **Difficulty to focus**- Sometimes iron deficiency can be the root cause of poor concentration, poor productivity, anxiety, depression and general restlessness. It happens due to the insufficient supply of oxygenated blood to the brain causing a decrease in concentration and ability to focus.



IRON DEFICIENCY

Glossitis- is a condition in which the tongue becomes swollen, pale and inflamed due to lower levels of myoglobin in the red blood cells. **Cold hands and feet**- Due to the poor supply of blood throughout the body, the peripherals of the body, like feet and legs,

Money is only a tool.

Contd..from page 2

We need to have a touchstone on which to test whether a particular action involving money is ethical.

1. Earning money : Any action harmful to oneself or to others is to be avoided , especially, illegal and immoral acts. Beyond food shelter and clothing, it is an absolute number.

2. Saving money : Fear / anxiety for future is relative to one's station in life. Save so long as it does not deprive yourself and family an opportunity to take a break from the monotony. E.g. a family holiday. A help to a needy relative or donation to a charity should not be refused for fear that your timely help will not acknowledged or the

donation yields no public recognition.

3. Spending money : Spending money gives satisfaction only when it is for a 'good cause.' Money spent on:

- lavish homes / expensive gadgets etc etc
- highly publicized donations rarely fetch any long lasting .

4. Why the compulsion to earn/ spend / hoard ?

We are slaves to the illusory social norms. We are compelled to be :

- part of an elite group
- seen as different from those below us whose company we shun.

A wise person will use money as a tool to his pursuit of long lasting happiness. Such a person sees merit in a spiritual approach to life.

Alibaug Teacher Dies By Suicide At Atal Setu After ...

Contd..from page 1

department who had told them to not worry and make a formal police complaint. Fear of bad name in the society did not let him register the case. He had gone to Poynad police station for registering the complaint but he left without doing that," senior police inspector Arjun Rajane from Ulwe police station said. According to police, Pingalay left his residence in the morning at 7.30 am by just telling the family that he was stepping out. "He had left the mobile phone at home and travelled all the way till Atal Setu bridge via Chirner and after driving for close to 9 kilometers, he parked his car and immediately jumped off the bridge,"Rajane

said. "This is the year's first incident of suicide from Atal Setu bridge. The cctv cameras caught the car being parked but the by the time anyone could reach there, he jumped off immediately," Assistant Commissioner of Police (Port division) Vishal Nehul said. As per what the family of Pingalay informed Ulwe police, Pingalay had already paid Rs 12,000 and RS 6,000 to the cyber bully. "He had blocked the numbers but yet he kept getting calls from different numbers asking for extortion amount. The cyber accused had the details of the Pingalay's contact list and kept black mailing him to seek loan from different people," an officer investigating the offence, said.

GROUND REALITY V/S SKY DEBRIS

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We boast of AI and take solace in sending rockets and space stations forgetting that the technology on the trajectory are both ridden with hazards.

A nation in which the educated with scientific temperament are ridiculed, population divided on cast lines, criminals enact laws for the law-abiding cannot progress and is vulnerable to aggregation and blackmail. Internal peace and cohesion are the only guarantees for safety and security but a nation in

which disloyals, infiltrators and fifth columnists are hyperactive is at the risk of squabbles, anarchy, and eventually disintegration.

Almost all nations are the victims of misplaced priority and the new-gen emphasis on AI and the zeal for space exploration should be seen as part of a diversionary tactic from the pressing problems of Ukraine to Gaza wherein the actual issues are in the control of natural resources and human potential.

TECHNO CAPITALISM

..... Contd. from Page 2

conductor chip fabrication and such. Rest, everything you want to learn is available for free.

If the government gets out of education, the world will only have community-based preschools for toddlers and super-elite institutions for hyper-advanced fields of engineering and technology

— nothing in between or in the sides will remain. Mandatory education laws and regulations massively stifle the pace of progress and innovation. We'll advance way more than what we currently do if education is liberxtarian-ed i.e. left for people to figure out on their own with no government mandates.

