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SUNNY NEWS

WE BELIEVE IN FREEDOM OF SPEECH

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Page No. 1

Transfer of Wealth from the POOR to the RICH

... Contd from last issue **Gahesh Bhat Sirsi** - There has been a large scale reverse migration of workers from urban to rural areas, nately, the Budget has not allowed enough allocation even for the MNREGA, which has been the life-line for the rural population



increasing the pressure on the already overburdened agriculture sector. Unfortu- and migrant workers who returned to their home (... Contd... on Page 4)

SUNNY NEWS 21ST ANNIVERSARY ISSUE



SOLOMAN JOSEPH

Editor - Solomon Joseph born 1932 - died July 2001 was a famous journalist, philanthropist, author and pioneer of investigative journalism from Kerala. Born in Kayamkulam, Kerala, he was brought up in a Malayalee CSI Christian family and settled down in Mumbai where he fought for the rights of the underprivileged and suppressed sections of society especially that of South Indians till his death in July 2001

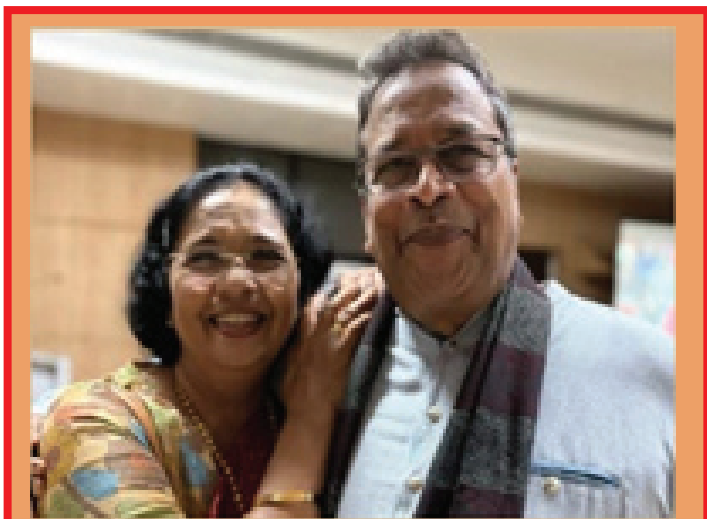
Soon after his education in Kerala, he joined the army where he worked till 1960. He then retired from the army and moved to Mumbai where he worked for Bombay Port Trust till retirement in 1990 at the age of 58. It was during this time that he developed the art of investigative journalism which was in its infancy in India, to fight for social justice for the underprivileged and the marginalised in Mumbai. His famous articles were published in the Malayala Manorama and other Malayam publications. Among the English newspapers his articles and editorials were found aplenty in the Free Press Journal and the Blitz, an investigative newspaper published from Bombay. He has also published more than 10 thought provoking novels in Malayalam which are still avidly read in Kerala for the controversial style he adopted to expose the social ills of society.

He married Saramma in 1961 and both settled in Mumbai till his death in 2001. He left behind his wife, two children Susan and James and four grand children. His daughter Susan John, a New York Housing Department Official is based in New York with her husband Johnny and daughters, Betsy and Nancy; and his son James Joseph, a Marine Surveyor is based in Bombay with his wife, Gifty and sons Kevin and Robin.

Solomon Joseph was one of the first Malayalees in Mumbai to fight against the communal Shiv Sena political party of Bombay. His articles condemning Shiv Sena terror, was a rage among South Indians settled in Mumbai who were at the receiving end of the Shiv Sena for working in Mumbai, the capital of Maharashtra. He was instrumental in solving several political murders in Mumbai and was in good stead with the Mumbai police force. Sunny News, one of the boldest newspapers published from Mumbai, has been started in memory of this great stalwart, Solomon Joseph and cherishes his heritage by continuing his fight against powerful and evil elements that hide under the garb of white clothed politicians and manipulate the democracy of India to make the rich richer, resulting in suffering to more than 500 million poverty stricken, hungry and starving people of India.

DR. DARLI O.KOSHY PAMPINDE SWAPNANGEL

G.T. VARGHESE - Dr. Koshy spoke about his role as a Board member from 1998-2021 in various Future Group of Companies. tracing the rise of Pantaloon and the a huge 'kodak moment in today's meeting. He shared an interesting anecdote about the book's cover, which was designed by Mr. Ajith Nain an — a political artist he had



Roshni, his wife is his weakness as well inspiration. As the proverb says, "Behind every successful man stands a woman telling him that he is wrong."

events leading to its eventual sale to Reliance which Amazon tried to block, which was never met, but who had once drawn a cartoon of him in (... Contd... on Page 4)



Editorial

HUMAN RIGHTS



PENSION DISPARITY

Retired employees in India who have worked for government organisations like the civic department, railways, transport department, electricity department, Police departments, Public Works department (PWD), Post Offices, Provident Fund offices, etc., get a monthly pension of Rs 60,000 to Rs 75,000 a month, while retired employees of private organisations who have worked for over 35 to 40 years get a monthly pension of only Rs 800 to Rs 1,000 a month. Why this step-motherly treatment? With Narendra Modi as the Prime Minister of the country and Nirjala Sitharaman as the Finance Minister, we Indians are not even seeing better days. In fact, our days are going from bad to worse. And it will become worse still because prices of all household commodities keep on rising every day.

ONLY THE DEATH CERTIFICATE REMAINS

Staff Reporter - A retired Police Commissioner had recently moved out of his official residence into his own house, nestled in a quiet colony. He took great pride in his accomplishments and his former stature. Each evening, he would go for a walk in the neighborhood park. Yet, he neither greeted nor acknowledged anyone. He believed the others in the colony weren't of his status - not worth his time or attention. One day, while he was sitting on a park bench, an elderly man came and sat beside him. The man began a friendly conversation, but the Commissioner wasn't interested in listening. Instead, he talked only about himself - his rank, his authority, his achievements. He often reminded others that he lived here not by necessity, but because he owned the property. This routine continued for several days. The elderly man listened quietly each time, never interrupting. Then, one evening, the old man finally spoke. "Commissioner Sahib," he said gently, "an electric bulb has value only while it shines. Once it burns out, it doesn't matter whether it was a 10-watt or a 100-watt bulb. All burnt-out bulbs are the same - silent, lifeless, forgotten. I've been living in this colony for five years, and not once have I told anyone that I served as a Member of Parliament - twice." The Commissioner's expression shifted. The old man continued, his voice calm. "You see the man sitting to your far right? That's Mr. Verma. He retired as a General Manager from Indian Railways. The man he's chatting with - Rao - is a retired Lieutenant General from the Army. And the one quietly walking in white, that's Mr. Shiva. He was once the Chairman of ISRO. None of them speak of their past titles. They don't feel the need to." "I'm only telling you what I know," the man said, pausing before he added, "Because at the end of the day, we are all burnt-out bulbs. Whether we were zero-watt, 40, 60, or 100-watt - whether we were LED, CFL, halogen, or decorative - once the power is gone, we're all the same." "After retirement, whether you were a Police Commissioner or a Police Constable, it no longer matters." He looked at the Commissioner thoughtfully and said, "The rising sun and the setting sun are both beautiful. But the world bows only to the

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

FREEDOM OF PRESS

"Freedom of speech presupposes that right conclusions are more likely to be gathered out of a multitude of tongues than through any kind of authoritative selection. It rests on the assumption that the widest possible dissemination of information from as many diverse and antagonistic sources as possible is essential to the welfare of the public. It is the function of the press to disseminate news from as many different sources and with as many different facts and colours as possible. A citizen is entirely dependent on the press for the quality, proportion and extent of his news supply. In such a situation, the exclusive and continuous advocacy of one point of view, through the medium of a newspaper which holds a monopolistic position is not conducive to the formation of healthy public opinion. If the newspaper industry is concentrated in a few hands, the chance of an idea antagonistic to the idea of the owners getting access to the market becomes very remote. But our constitutional law has been indifferent to the reality and implication of non-Governmental restraint on exercise of freedom of



Adv. Sosamma Varghese
B.A., LL.B., PG (Human Rights)

speech by citizens. The indifference becomes critical when comparatively a few persons are in a position to determine not only the content of information but also its very availability. The assumption in a democratic setup is that the freedom of the press will produce a sufficiently diverse Press not only to satisfy the public interest by throwing up a broad spectrum of views but also to fulfil the individual interest by enabling virtually every one with a distinctive opinion to find some place to express it." However, precious and cherished the freedom of speech is under Article 19 (1) (a) of the Constitution, this freedom is not absolute and unlimited at all times and under all circumstances but is subject to the restrictions

contained in Article 19 (2) of the Constitution. That must be so because unrestricted freedom of speech and expression which includes the freedom of the press and is wholly free from restraints, amounts to uncontrolled licence which would lead to disorder and anarchy and it would be hazardous to ignore the vital importance of our social and national interest in public order and security of the State.

Article 19 (1) (a) of the Constitution of India speaks about freedom of speech and expression but has not included the freedom of press. But it is implied that freedom of speech and expression includes freedom of press also. In other words, freedom of speech and expression, carries with it the right to publish and circulate, propagate one's ideas, opinions and views with complete freedom and by resorting to any available means of publication subject again to such restrictions as can be legitimately imposed under Article 19 (2) of the Constitution. The success of democracy depends upon free, fair, honest and independent press.

MYSORE SANDAL - AN ALL SEASON SOAP



C.K. SUBRAMANIAM - Mysore Sandal soap is a very old soap as we all know. It's been over 50+ years it came to market. All the way it goes it proved itself by refreshing people. It is a product from Karnataka Soaps company which is very reputed and trusted for its products. This is a major soap making brand

in the whole country. This is a well known household name across the country. They make superior quality and affordable products such as deodorants, soaps etc. It contains citric acid which removes dirt from our body and keeps it very clean. This soap protects your skin from heat as soon as you step out of the house. This soap removes dirt and germs from our body which cause skin rashes, pimples and skin allergy. This soap is often recommended by doctors for skin protection. It is also useful to maintain the natural and radiant skin with

glow. They come in superior premium, which is useful to maintain the fragrance. This fresh fragrance spreads as soon as you open the pack and lasts for 3-4 hours after the bath. They are specially designed and do not slip from hands. The fragrance of this soap depends upon the type we use. This cool cinthol is very rejuvenating and gives you refreshment every time especially during summer. This soap meets all the requirements that all think about a bath soap. We love and recommend this Mysore Sandal bath soap to others who want to be cool and refreshed every time. We always loved Mysore Sandal Soap.

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



From an
Easychair
Sweta Athaide

Shillong: Scotland of the East



Shillong, the capital of Meghalaya, is a captivating hill station renowned for its scenic beauty, vibrant culture, and pleasant climate, earning it the nickname “Scotland of the East”. Its rolling hills, lush greenery, and cascading waterfalls create a picturesque landscape that attracts tourists and nature lovers alike. Beyond its natural beauty, Shillong boasts of a rich cultural heritage, with the Khasi people and their traditions playing a central role in the city’s identity. Shillong is blessed with stunning natural attractions. Umiam Lake, a man-made reservoir, offers breathtaking views and is a popular spot for boating and picnics. Elephant Falls and Sweet Falls are iconic waterfalls that showcase the region’s pristine beauty. The city is also known for its lush green hills, which provide a serene and refreshing atmosphere. Shillong’s culture is a unique blend of traditional Khasi practices and modern influences. The Khasis, one of the major tribal groups in Meghalaya, have a rich cultural heritage that is reflected in their music, dance, and festivals. Shillong is also known for its vibrant music scene, particularly its rock music, earning it the title of the “Rock Capital of India”. Popular Khasi dishes like Jadoh and Dohkhlieh are also part of the city’s cultural identity. Shillong’s history is intertwined with the British colonial period, as it served as the headquarters of the then Assam province. The British influence is still evident in the architecture and layout of some parts of the city. Shillong became the capital of Meghalaya upon its formation in 1972. Today, Shillong is a thriving city with a mix of modern amenities and traditional charm. It is a popular destination for tourists seeking a peaceful getaway amidst nature and culture. The city’s unique blend of natural beauty, cultural richness, and historical significance makes it a captivating place to visit and experience. My visit to Shillong a few years back was a journey filled with awe-inspiring sights, warm hospitality, and unforgettable moments. It began with a flight to Guwahati, followed by a scenic drive through the winding roads and lush greenery. As the car ascended into the hills, the air grew cooler and fresher, and the landscape more enchanting. Upon reaching Shillong, I was immediately struck by the town’s charm—colonial-era architecture, vibrant markets, and the surrounding pine-clad hills created a perfect blend of natural beauty and cultural heritage. My first destination was the iconic Umiam Lake, also known as Barapani. This expansive reservoir, surrounded by rolling hills, offered a tranquil setting for boating and picnicking. The crystal-clear waters and the reflection of the sky on the lake’s surface created a mesmerizing view, and I spent hours simply soaking in the serenity. Next, I visited the Shillong Peak, the highest point in the

city, which provided a panoramic view of the entire town and the surrounding countryside. Standing at the peak, with the cool breeze on my face and the stunning vista before me, I felt a sense of peace and contentment that only nature can provide. Shillong is not just about natural beauty; it is also a hub of cultural diversity. I had the opportunity to visit the Don Bosco Museum, which showcased the rich cultural heritage of the North East. The museum’s extensive collection of artifacts, traditional clothing, and historical exhibits provided a deep insight into the lives and traditions of the indigenous tribes of the region. One of the highlights of my trip was experiencing the local music scene. Known as the “Rock Capital of India,” Shillong has a vibrant music culture. I attended a live performance by a local band at a cozy café, where the fusion of traditional Khasi music and modern rock created an electrifying atmosphere. The passion and talent of the musicians were truly inspiring. No visit to Shillong is complete without exploring its natural wonders. A short drive from the town led me to the breathtaking Elephant Falls, a three-tiered waterfall set amidst lush greenery. The sight and sound of the cascading water were both invigorating and calming, and I spent a delightful afternoon trekking around the falls and capturing photographs. Another gem was the Mawsmai Cave, located in the nearby town of Cherapunjee. The limestone formations within the cave were nothing short of spectacular, and navigating through the narrow passages was an adventure in itself. The stalactites and stalagmites, illuminated by soft lighting, created an otherworldly ambiance that left me spellbound. My visit to Shillong was a journey of discovery and delight. From the tranquil Umiam Lake to the vibrant local music scene, every moment was a testament to the town’s unique blend of natural beauty and cultural richness. The warmth and hospitality of the people added to the overall experience, making me feel welcome and at home. Shillong, with its scenic landscapes, cultural treasures, and serene atmosphere, truly lives up to its moniker as the “Scotland of the East.” As I left the hills and returned to the plains, I carried with me not just memories of a beautiful place, but a sense of inner peace and rejuvenation that only a place as magical as Shillong can provide.

NAVI MUMBAI COURT ISSUES PROCESS AGAINST AGNEL LAW COLLEGE PRINCIPAL, DIRECTOR FOR FEE OVERCHARGE

Staff Reporter - A judicial magistrate court in Navi Mumbai ordered the issuance of process against the principal and director of Agnel School of Law, Vashi, in connection with a complaint alleging overcharging of fees in violation of the Maharashtra Unaided Private Professional Educational Institutions (Regulation of Admissions and Fees) Act, 2015. AA Babar, Judicial Magistrate First Class Court Belapur, directed the issuance of process under Section 227 of the Bhartiya Nagrik Suraksha Sanhita for offences punishable under Sections 318(3) and 316(1) of the BNS, 2023. The complaint, filed by a former student, alleges that the college collected Rs. 8,000 per annum in excess of the fee fixed by the Fee Regulatory Authority (FRA), resulting in overcharges of Rs. 24,000 over a three-year period (2020–2023). It is alleged that the approved annual fee was Rs. 24,030, while the college charged Rs. 32,030. Despite attempts to resolve the issue internally with the college principal, Dr Rajesh Sakhare, and director, Dr Ambrish Patnigere, the complainant claims that no assurance was given regarding a refund of the excess fees. With no recourse left, the student approached Vashi Police Station and subsequently moved the court. The advocate representing the respondent institution argued that the dispute

is civil in nature, falling within the purview of the Fee Regulatory Authority, and challenged the complainant’s locus standi. The respondent also placed on record a compliance report submitted to FRA dated April 5, 2024, and a copy of the relevant state legislation to support their claim. Repeated calls to Dr Patnigere went unanswered. College lawyer Sanjana Mandlik also refused to talk on the issue. However, after a detailed review of the complaint, supporting documents, and verification statement on oath, the magistrate held that there exists prima facie material to proceed and ascertain the respondent’s defence. The court emphasised that a matter may give rise to both civil and criminal liability and rejected the argument that the criminal complaint could not be entertained solely because a civil remedy was available. “A law college, which imparts legal education, is supposed to be the most important pillar in shaping an advocate’s ethics and principles, and if they themselves start cheating their students, what kind of quality advocacy can we expect in this country? Therefore, complainant Venkatesh Jairam decided to take a stand,” said Vinay V Nair, counsel for the complainant. The magistrate also directed the office to re-register the matter as a regular criminal case and update the case records accordingly.

MYSORE SANDAL - AN ALL SEASON ...

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An iconic soap manufactured by the Karnataka Soaps and Detergents Limited, a company owned by the government of Karnata-

taka in India. Krishna Raja Wadiyar IV, the king of Mysore, set up the Government Soap Factory in Bangalore.

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HEALTH

Effective home remedies for Dry Cough

Tulsi- Tulsi, also known as holy basil, possesses antiseptic and analgesic properties that help relieve dry cough. Drink Tulsi tea thrice a day. **Eucalyptus oil** - Eucalyptus oil has antimicrobial properties which help infighting any kind of bacteria and virus causing infection. Eucalyptus oil steam inhalation is an effective way to decongest your throat. Add a few drops of eucalyptus oil to a handkerchief and keep it near your nose and mouth. You can also inhale the oil by adding 2-3 drops of it into the steam water. **Apple cider vinegar** - Apple cider vinegar is praised for its antibacterial and antiviral properties. Mix one tablespoon of apple cider vinegar with warm water and honey, and drink this concoction to soothe the throat. **Licorice root tea** - Licorice root tea acts as a natural expectorant, helping to expel mucus and soothe the throat. Steep licorice root in hot water and drink the tea two to three times a day. **Hot soup** - Hot soup and broths are soothing for the throat and particularly useful in relieving dry cough. Chicken

soup is known to relieve cough symptoms. Make yourself a warm chicken soup and add onion, garlic, ginger and black pepper to it. **Thyme tea** - Thyme contains several antimicrobial properties that can treat dry cough. It opens up the airways and relaxes the throat muscles. Boil a glass of water and add 2 tablespoons of dried thyme into it. Boil for 5 minutes, strain and drink it. **Marshmallow root** - Marshmallow root, known for its mucilage content, forms a protective layer on the throat's lining, providing relief from irritation. Prepare marshmallow root tea by steeping the dried herb in hot water and drink it. **Peppermint oil** - Peppermint oil's menthol content can provide relief from throat irritation. Add a few drops of peppermint oil to hot water, cover your head with a towel, and inhale the steam. **Slippery elm bark** - Slippery elm bark forms a gel-like substance when mixed with water, providing a protective coating for the throat. Consume slippery elm bark tea to ease dry cough symptoms.

TRANSFER OF WEALTH FROM THE Contd. from Page 1

villages in the last two years.

The allocation in labour-intensive sectors such as rural development and agriculture and allied activities shows a slight rise or an actual decline when adjusted for inflation. This investment pattern will not lead to employment generation.

Neglect of Agriculture: The proposals for developing the agricultural sector from Kisan drones to public-private partnerships to help deliver high-tech services to farmers have been technology-centric rather than sustainable farming systems and practices, which are generally based on cost-effective natural solutions and the principles of circular economy, and do not demand too much reliance on technology. With 87 per cent of the peasants in India being small and marginal farmers, dependence on technology for boosting agriculture rather than on sustainable agricultural systems and practices makes little sense. Moreover, the MSP issue is treated in a half-hearted irrational way.

Education: The allocation for Education will go towards the expansion of "one class-one TV channel" from 12 to 200 in different languages, digital universities and not for hiring teachers,

which is the actual need.

Students from poorer families and those from rural areas have not been able to access Education offered using digital — either online or television — modes. Children and youth need physical schools and colleges. It is also a place for them to socialize with fellow students from all classes and communities required for their personality development.

Faulty Urban Development Plan:

The Budget speaks of the need to sustain megacities, boost the development of tier-two and three cities without allocation of adequate funds and steps for financial empowerment of the urban local bodies. However, there are no concrete proposals to create employment in rural areas to stop migration to urban centres.

Increased Borrowing:

Out of budgeted 39.44 lakh crores, 16.61 lakh crores is met by borrowing, and the fiscal deficit works out to 6.4% of the GDP. Economists apprehend that the total public debt may reach a dangerous level at 90% of the GDP. They opine that the budget figures have been unrealistic because it considers the inflation rate around 2.65, whereas it is 5.5%. (... to be contd.)

DR. DARLI O.KOSHY

..... Contd. from Page 1

The Times of India (Delhi Edition), during his tenure as NID Chairman.

He eloquently expressed the true objective of design: to bring beauty from ugliness, order from chaos, and harmony to society. His insights into how product and service design can be transformed into meaningful experiences highlighted the vastness and relevance of design in our daily lives.

Outside the hall, a bookstall displayed some of his earlier literary works — including a collection of poems written during his university years, brimming with youthful spirit, and a compilation of Malayalam short stories. Among them,

Paambinde Swapnangal stood out as a favorite and even inspired a film director. Perhaps Dr. Koshy's most significant national contribution was drafting India's first National Design Policy in 2007, under the leadership of then Union Minister Kamal Nath — an 85-page document that laid the foundation for design thinking at the policy level. His contributions are also documented in the NID Golden Jubilee Book, capturing his pivotal role and legacy. The evening left us in awe of the immense talent, insight, and global impact of our fellow Rotarian. Dr. Darlie Oommen Koshy has not only shaped institutions but has also profoundly influenced the way the world views design.

BUS PASSENGER DIES IN MISHAP ON MUMBAI-PUNE EXPRESSWAY

Staff Reporter - A 44-year-old bus passenger who stepped out of a stationary bus at the Pune-Mumbai Expressway was crushed to death between the bus and a pick-up tempo that rammed it on Tuesday morning. According to the FIR, when a pedestrian was allegedly crossing the high-speed corridor near the Bhatan Tunnel — a location where pedestrian crossing is strictly prohibited — a private bus heading from Patan to Badlapur was forced to stop. The abrupt braking reportedly burst its rear tyres,

so the driver had to halt it on the roadside. The bus cleaner was changing the damaged tyres. The passenger, Anil Nashram Pawar stepped out to inspect the situation when a pick-up tempo rammed into the rear of the stationary bus. "Pawar was crushed between the tempo and the bus. He suffered fatal injuries to his waist and limbs," said a police officer. He added that the pedestrian's negligent and unauthorized crossing triggered the chain of events leading to Pawar's death.

ONLY THE DEATH CERTIFICATE...

..... Contd. from Page 2 rising one. That's just human nature. We must accept that reality." "Our titles, our positions — they are all temporary. If we let them define us, we're bound to be lost when they leave us." "In chess, every piece — the king, the queen, the bishop, the pawn — has its value only while the game is in play. When it's over, they're all returned to the same box and the lid is

shut." He smiled softly, looking around at the people in the park. "So be happy in the moment. Hope for happiness in the future. But never cling to what is no longer yours." "No matter how many medals or certificates we collect in life, in the end, everyone receives just one. **The Death Certificate.**

As shared by a dear friend. . .



WHO IS THIS CELEBRITY?

NAME HER AND WIN RS. 100 FOR THE FIRST 5 PERSONS

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