

For live news and videos, visit [www.sunnynews.in](http://www.sunnynews.in)

# SUNNY NEWS

WE BELIEVE IN FREEDOM OF SPEECH

February 1 - 28, 2026

Vol. 21, Issue - 8

Pages : 4

₹ 1.

Page No. 1

## WOMEN IRAN'S NEW REVOLUTIONARIES



**Karunakshim Vatsalam -**  
....Contd. from Last Issue  
**Women, Life, Freedom**  
Mahsa Amini was Kurdish, and the slogan adopted by protesters, "Women, Life,

Freedom," originated with Kurdish militants. Voiced by the youth of Iran, it conjures a vision of a society that is more equal not just along gender lines but ethnic ones,

The danger of imbuing restrictions on women's bodies with such potent political symbolism, it turns out, is that women will seize that symbolic power for themselves. Women's veiled heads have embodied the state's pervasive authority for decades. But now, the young women of Iran are calling the regime's authority into question with every uncovered braid.

**Millennium Generation is Different** - The generation (... Contd... on Page 3)

## POST OFFICE PASSPORT SEVA KENDRA IN VASHI



**Adv. Sudip Gholap**

Dissatisfaction is growing among citizens regarding the mismanagement and allegedly rude behaviour of staff at the Post Office Passport Seva Kendra located in Vashi Sector-16. The PRO namely Mr. Pawan is responsible for scrutinizing and approving passport applications, including new applications, address changes, renewals, etc. It is alleged that he asks many irrelevant and unnecessary questions during the verification process. It is also alleged that he insists the Aadhaar card must be avail-

able in Digi Locker, without which he does not accept the Aadhaar card as valid proof. Alternatively, he asks for a Voter ID card. However, Voter ID cards often contain errors such as spelling mistakes, missing PIN codes, incorrect surname, or incomplete details. The manner in which he deals with customers such as Sr. Citizens, ladies etc. shows that he is unbecoming of a govt. servant. Applicants are given a reporting time, but there is no proper calling system. Anyone can walk in at any time, (... Contd... on Page 3)

## NAVI MUMBAI AIRPORT IS CLOSER, BUT HAS A LONG WAY TO GO



**Staff Reporter-** Little can give as much glee as an airport that comes closer to your home. As a resident of Vashi, the new Navi Mumbai airport cuts travel time by around 30 minutes compared to the Vile Parle airport, which is more than an hour and a half away. During peak hours, it can increase to two hours. There were days when my point-to-point travel (... Contd... on Page 4)

## 1200 KG OF WASTE REMOVED

**Staff Reporter** - A mangrove clean up drive was organised in Navi Mumbai on Sunday in a collaborative effort by Vanashakti Founda-

tion, Mangrove Foundation, Rotary Club, Henkel and the NMMC Solid Waste Management department. Committed participation in the

clean-up drive came from 80 students of Karamveer Bhaurao Patil (KBP) College, Vashi, along with volunteers . (... Contd... on Page 3)

## ANIMAL WELFARE ACTIVISTS RAISE CONCERN OVER DETENTION OF STERILIZED STRAY DOGS IN NAVI MUMBAI

**Staff Reporter** - The Animal welfare officer Seema Tank from Navi Mumbai has raised concerns over the alleged detention of sterilized stray dogs by the Navi Mumbai Municipal Corporation (NMMC), claiming the practice may be inconsistent with Animal Welfare Board of India (AWBI) guidelines and the Animal Birth Control (ABC) Rules. Activists submitted a representation to the NMMC commissioner with details of the location where the sterilized stray dogs were detained stating that they were kept in jail-like lock-ups since Jan 9 and that even after one month, (... Contd... on Page 4)

## EJACULATING SANS PENETRATION ISN'T RAPE: CHHATTISGARH HC

**Staff Reporter** - The Chhattisgarh High Court on Monday held that keeping the male organ over the vagina and subsequently ejaculating without penetration cannot be termed "rape" under Section 375 of the IPC, but rather constitutes an "attempt to rape" and shall be punishable under Section 376/511 of the IPC, reports Live Law. While altering a rape conviction to one for attempt to rape, the Bench of Justice Narendra Kumar Vyas observed - "Indecent assault is often magnified into attempts at rape."

**PREVENTION IS BETTER THAN CURE**



**MALARIA**

**THE ONLY ONE**



**SPAN PEST CONTROL SERVICES**

**THE INTEGRATED PEST MANAGEMENT COMPANY**  
Mobile : +91 8169287230 Tel. : 022 3596 3694





## Editorial

### LONG WAY TO ERADICATE DIABETES IN INDIA

There are over 40 million people living with diabetes in India and there are high chances that this number may increase significantly in the coming days. The government and healthcare authorities are putting forth efforts to raise awareness and improve access to low cost diabetes care, but we still have a long way to go when it comes to dealing with the problem. World Diabetes Day is celebrated on November 14, the birthday of Sir Frederick Banting, who co-discovered insulin along with Charles Best in 1922. November 14 co-incidentally also happens to be Children's Day in India. It is the birthday of Pt. Jawaharlal Nehru, the first Prime Minister of Independent India who loved children. World Diabetes Day is the world's largest diabetes awareness campaign reaching a global audience of over 1 billion people in more than 160 countries. Diabetes is a common condition that affects people of all ages. There are several forms of diabetes. Type 2 is the most common. A combination of treatment strategies can help you manage the condition to live a healthy life and prevent complications. Even though diabetes is running rampant throughout the country, many people continue to consume sugar in large amounts. Whenever you tell someone about something good that has happened to you, they immediately demand 'mithai'. Then, there is this custom of giving cakes to relatives and friends every now and then.

### NAVI MUMBAI TRAGEDY: 35-YEAR-OLD MAN DIES BY SUICIDE IN NEW PANVEL

**Staff Reporter** - A 35-year-old man allegedly died by suicide after consuming a poisonous pesticide at his residence in Sector 7 of New Panvel, with police citing family disputes and stress related to an ongoing court case with his wife as the probable reasons behind the incident. The deceased has been identified as Saurabh Raju Mishra, a private company employee and resident of Cosmos Co-operative Housing Society. Police said Mishra consumed the poisonous substance while alone at home on February 2, when his parents had gone to their native village. Mishra had married in 2022, but marital discord arose within a few months, eventually

leading to legal proceedings. Since then, he had reportedly been under severe mental stress. On Monday morning, around 10 am, his parents found him unconscious after returning home and rushed him to the Panvel sub-district hospital, where doctors declared him brought dead. During the spot panchnama, Khandeshwar police recovered a bottle of poisonous pesticide and a suicide note from the house. In the note, Mishra apologized to his parents and stated that he was being harassed despite claiming he was not at fault in the ongoing court case. He reportedly mentioned taking the extreme step due to depression. •

## HUMAN RIGHTS

### FREEDOM OF RELIGION

The right to practice, profess and propagate religion guaranteed under Article 25 of the Constitution of India does not necessarily include the right to acquire or own or possess property. Similarly, this right does not extend to the right of worship at any and every place of worship so that any hindrance to worship at a particular place per se may infringe the religious freedom guaranteed under Articles 25 and 26 of the Constitution. The protection under Articles 25 and 26 of the Constitution is to religious practice which forms an essential and integral part of the religion. A practice may be a religious practice but not an essential and integral part of practice of that religion. While offer of prayer or worship is a religious practice, its offering at every location where such prayers can be offered would not be an essential or integral part of such religious practice unless the place has a particular significance for that religion so as to form



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

an essential or integral part thereof. Places of worship of any religion having particular significance for that religion, to make it an essential or integral part of the religion, stand on a different footing and have to be treated differently and more reverentially.

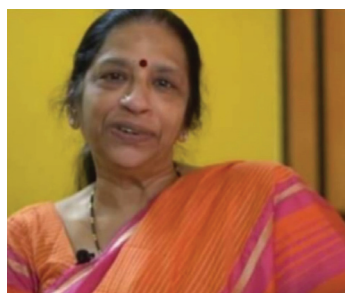
The exercise of fundamental rights under Articles 25 and 26 of the Constitution is not an absolute right but must yield or give way to maintenance of public order.

The right under Article 25 of our Constitution to practise one's religion cannot be made wholly illusory and redundant on the mere ob-

jection of members of another religious community that performance of such religious rites and ceremonies offends their feeling, and there may be a breach of public order. There must be tolerance among the various religious communities in a secular State.

The right to practise one's religion freely as provided under Article 25 (1) of the Constitution is subject to public order, morality and health. The question may arise as to how to strike a balance between the right of practising one's religion freely and the maintenance of public order. In the name of public order one cannot prohibit a person from performing the essential rites and ceremonies prescribed by one's religion. Thus, the Government authorities cannot prohibit the Hindus from going to Temples or the Muslims from saying their Namaz on the ground that this would result in a breach of public order.

### PUT ON A COURSE WITH A PSYCHIATRIST



**JAYANTHI SUBRAMANIAM** - Psychiatric syndromes in practical life refer to clusters of symptoms—affecting cognition, emotion regulation, or behavior—that significantly impair an individual's ability to function in daily routines, work, or relationships. These are common, with approximately one in five adults experiencing a mental illness in any given year. Characterized by excessive fear and worry, affecting daily func-

tioning through panic attacks, social withdrawal, or specific phobias. Marked by persistent low mood, loss of interest, and decreased energy, impacting one's ability to work or study. Involves unwanted intrusive thoughts (obsessions) and repetitive behaviors (compulsions) that can consume hours daily. Develops after traumatic events, causing flashbacks, nightmares, and avoidance behaviors. Lasting patterns of emotional instability and unhealthy behaviors that disrupt relationships. Extreme, distressing preoccupation with physical symptoms that may not have a clear medical cause. Compulsive use of substances or behaviors (e.g., gambling) despite harm. Reduced productivity,

absenteeism, and difficulty concentrating. Family conflicts, social withdrawal, and marital discord. Comorbidities like heart disease, diabetes, and fatigue are common. Medical expenses and inability to work can lead to financial strain. A combination of psychotherapy (e.g., Cognitive Behavioral Therapy) and medication. Regular sleep, healthy eating, and exercise. Accommodations to help employees manage symptoms. Ongoing, severe symptoms that cause consistent stress and disrupt life (work, school, or home) require professional assessment. In case of immediate danger, such as suicidal thoughts better to co-opt with a psychiatrist. •





*From an  
Easychair*

Jubel D'Cruz

## EASTER: A CELEBRATION OF NEW LIFE

Take any festival and you'll find that it has its roots that can be traced back to religious history. Hence, it is no surprise that the many festivals that we celebrate across the world today have been spawned by a spate of significant events in antiquity. These important events etched an indelible impression on the collective minds of people who felt the need to commemorate it, lest the posterity overlooked its importance. Thus, a slew of celebrations came into existence. The history of Easter is no different. It is one of the oldest and the holiest of all Christian festivals. It is a day revered by Christians all over the world who celebrate it with immense religious ardency. Easter is a "movable feast", so it does not occur on the same date or same month every year. In the Gregorian calendar, Easter is always observed on a Sunday between March 22 and April 25. However, Easter can be observed between April 4 and May 8 in the Eastern Orthodox churches. Easter is the biggest festival of the Christian community, next to Christmas. Easter without Easter eggs and a

delicious meal at home is incomplete. The resurrection of Jesus Christ is more than a noteworthy historical event, like a great victory in battle or the crowning of an earthly king. Christ's triumph over death is central to God's plan, to our purpose on earth and to the existence of every one of God's children. Because Jesus Christ rose from the dead on the third day, all of us will someday be resurrected and live again. There's a reason why Easter is often celebrated with church service at the crack of dawn. As the story goes, it was early at dawn on Easter morning that Mary Magdalene, one of Jesus' disciples opened the tomb of Jesus to find it empty -- which is why many churches now hold Easter services at an early hour to honour the momentous occasion. In fact, the tradition of celebrating Easter at sunrise dates back to 1732, when the first Easter service was held in Germany by the Moravian Church. A group of young men gathered at the first light of dawn at the town's graveyard to sing hymns of praise -- and the very next year, the entire congregation joined in. By the year

1773, the first Easter sunrise service was held in Winston-Salem, North Carolina. The week before Easter Sunday is known as Holy Week. During this week, Christians remember the events that took place at the time of Jesus' death. Palm Sunday marks the beginning of the Holy Week, the holiest week of the liturgical year. During the Holy Week, we walk with Christ through His final days before His crucifixion. Like the people in the Bible, we wave palm branches and shout "Hosanna to the King of Kings", proclaiming Jesus to be the "King of Kings". According to the Gospels, Jesus rode a donkey into Jerusalem, fulfilling the prophecies of the Old Testament prophets and being hailed as king by crowds of people laying down cloaks and palm branches. Palms represent victory, peace, and eternal life, while the donkey signifies a peaceful, non-militaristic arrival, contrasting with earthly rulers. "Hosanna" means "Save us", linking the celebration to pleas for deliverance and acknowledging Jesus as the Son of David.

(...to be Contd.)

**(Jubel D'Cruz is a freelance writer and the author of several books for children. He also writes letters to the editor for newspapers and magazines all across India on various social, national and environmental issues. He lives in Dombivili, Mumbai)**

## 1200 KG OF WASTE REMOVED

.... Contd. from Page 1

from Navi Mumbai Shapers, NMMC, Forest Department officials, Beach Please India, Henkel employees and Rotarians from the Rotary Club of Navi Mumbai (RCNM) Joy of Giving. The day-long programme featured a group of 20 children from the tribal belt of Tansa, who raised their voices on environmental issues and enacted a sustainability-focused street play, "Saviours of Life", performed by the Vanashakti Living Theatrical Group. Over 1200 kg of waste was removed from the mangrove stretches of Navi Mumbai during the drive.

The awareness talk featured environmental practitioners and specialists Stalin D and a marine biologist from the Mangrove Foundation of Maharashtra, namely Kshiti-ja. The talk was attended by 118 students and teachers of Sadhu Vaswani International School, Sanpada, the Interact Club of the Rotary Club of Smart City, 35 students and teachers from VIBGYOR Belapur, 110 students of NMMC School No 112, Karave Gaon, employees of Henkel and Rotary members. Senior officials from the Forest Ministry and NMMC attended as guests, including Deputy Municipal

Commissioner Dr Ajay Gadade, Dnyaneshwar Rakshe, ACF Mangrove Division, and Sanjay Sandanshiv, Scientist Grade-2-cum-Under Secretary, Ministry of Environment and Climate Change Department, govt of Maharashtra. Speaking on World Wetland Day, Rekha Sankhala, President, RCNM Joy of Giving, said, "Wetlands are among our most valuable yet most vulnerable natural assets. Through this Rotary-Henkel CSR initiative, we aim to engage young minds and the wider community in understanding why protecting these ecosystems is essential for our cities and our future." ●

## WOMEN IRAN'S NEW.....Contd. from Page 1

born in the 2000s is different in its outlook, methods of protest, and demands. It is confirmed in conversations with Iranians. A 68-year-old retired high school teacher residing in northeastern Mashad said: "These protests are very different than anything I have witnessed before. I didn't see such scenes even during the 1979 revolution. What I see from this generation born after the 2000s is unbelievable. Over the past 40 years I have taught several generations of students all over my city, but this is a different generation." A 36-year-old female principal of a girls' high school in Mashad told us: "Our students have a distinct approach that in my opinion is very transparent and direct. This is a big difference with my generation who were born in the 1980s. I even see this in their interactions with their parents. As a result, they become very united during protests and very clearly and directly express their demands and anger." Amini's death sparked the protests, but the tinder hat turned them into a conflagration was a series of changes that has been playing out for decades in Iran, leaving the hard-line government increasingly out of step with the demands of the population. It was much more than anger over a tragic, scandalous death. The protests, led by women, have galvanized a broad swath

of Iranian society to rise in one of the most significant political movements the Islamic Republic has seen since its founding in 1979. And the protests are underpinned by pervasive economic distress. Crippled by sanctions ever since its nuclear deal with the US broke down in 2015, Iran is witnessing both high inflation and high unemployment. Many Iranians feel that the effect of the sanctions has been worsened by domestic mismanagement and corruption. Anger had been building up as jobs became hard to come by, and the cost of daily items rose and is now fuelling the current protests. Iranian authorities believe that a combination of internet shutdowns, mass arrests, and some violence against protesters will slow the protests' momentum. However, no one can predict what will happen. The state has loyal enforcers who can be called upon and are willing to kill their fellow citizens to end this round of protests. However, the protestors and their supporters are defiant. There appears to be no sign of surrender from these leaderless protests that have spread across all sections of society and ethnicities in Iran. Here it is worthwhile to reiterate the words of Shrii Prabhat Ranjan Sarkar; "Can anybody drape a burkha over a tigress? Is there anyone with enough courage to do it?" ●

## POST OFFICE PASSPORT..... Contd. from Page 1

which creates confusion and disorder. Women with newborn babies and senior citizens are made to wait for long hours without any priority. The entire environment resembles a fish market due to the mismanagement. The seating arrangement is very limited. Toilet facilities are in a terrible condition, and there are no separate toilets for men and women. Staff members do not wear identity cards, and there are no nameplates with designation displayed on the tables. The

overall system is completely disorganized and needs immediate rectification. Higher authorities should seriously look into the matter. Additionally, the computer operator frequently leaves the seat without any valid reason. The network connectivity is poor, and staff members are often seen discussing computer-related problems instead of efficiently handling applicants. Overall, the situation is highly unsatisfactory and requires attention of higher authorities. ●

### DISCLAIMER

Advertisements appeared in this paper are the sole property of advertisers. Sunny News does not support or vouch in any manner about the products, services etc., so advertised. The advertisers only are responsible & accountable for their advertisements.



## HEALTH

## THE IMPACT OF IRON DEFICIENCY ON YOUR BODY

Iron is a mineral that plays an important role in your well-being. Iron deficiency is the most common reason for anemia, especially among pregnant ladies and girls of reproductive age. Since the symptoms of iron delicacy are not prominent in the beginning. It is difficult to diagnose the problem at early stages. Even when there are some notable symptoms, we may ignore it as common signs of tiredness or fatigue. Generally, iron deficiency is detected during routine blood checkup for hemoglobin. Knowing what happens when the body lacks iron is very important to keep yourself healthy and fit. Symptoms of iron deficiency can vary from person to person depending on the severity. When your body loses iron, the flow of oxygen to the body tissues will be affected adversely. Iron is important for the production

of hemoglobin, which is the carrier of oxygen in our body. Most of the symptoms of iron deficiency or anemia are related to lack of oxygen. According to the Center for Disease Control and Prevention, the recommended daily dietary allowance for iron for 19-to-50-year-old women is 18 milligrams. In this article, let's have a detailed discussion on some symptoms of iron deficiency. **Hair loss:** Are you losing more than 100 strands of hair a day? Then it can be one of the symptoms of iron deficiency. When the hair follicle lacks oxygen, it will affect the normal process of hair formation and growth. This will result in unusual hair fall. **Frequent infections:** Iron plays an important role to keep your immune system healthy. Lower levels of this mineral will increase your chance of getting frequent infections. Suf-

ficient oxygen supply to the spleen is important to maintain a healthy immune system. **Headaches:** Generally people with iron deficiency may have frequent headaches. As the body lacks the mineral iron, it lowers blood flow to the tissues. This will cause headaches and dizziness when the circulation is affected. **Restless leg syndrome:** A person who lacks iron has more chances to have restless leg syndrome. This is a disorder which causes fidgeting and around 20% people who have restless leg syndrome are found to have iron deficiency. **Craving for some food:** Yes, craving of some odd things like clay, dirt, ice, chalk or rice commonly associated with symptoms of iron deficiency. This is called pica. Usually this is not seen in the beginning stages of the deficiency and it's not very common. **Swollen tongue:** Ox-

ygen deprivation causes muscles to enlarge and this is clearly visible on your tongue. Lack of iron will reduce levels of myoglobin, which supports muscle. This will cause cracks on the side of the mouth as well. **Brittle nails:** Brittle nails are considered to be one of the specific symptoms of iron deficiency. Before heading to your salon for a better manicure, consult a doctor to find the cause of weak nails. **Pale skin:** Pale skin is the most prominent symptoms of iron deficiency that will warn you about the shortage of iron. Expert doctors can diagnose iron deficiency by checking your skin, tongue and eyes. Knowing the most common symptoms of iron deficiency is very important, so that you can consult a medical expert at the earliest. ●

## NAVI MUMBAI AIRPORT IS CLOSER

..... Contd. from Page 1

lasted over 12 hours, owing to bumper-to-bumper traffic and other hurdles. Last week, when my husband had to board a flight from the newly inaugurated airport, I was beside myself when the cab company charged him only Rs 200 for the ride. That's almost Rs 600-700 lower than what it would have cost to reach the Vile Parle airport.

**Network Jammed?** Later, when I landed in the same airport at around 8:30 am, I was comforted by the notion that I'd be home soon. However, the airport, shockingly, had little or no network, so we couldn't book a cab on the app, as we waited for the luggage — something that is normal practice for most of us. We had to reach the company cab area, and further chaos unfolded. There was a serpentine line of people waiting for cabs, all of whom had booked them a while ago. The representative of the cab company was assigning cabs for people after checking the 'type' of cab they booked. I saw this practice at the Hyderabad airport too, wherein one has to simply book the cab, which would be assigned as we walk to the line. I always thought it was a smoother process. **Premium Or Nothing-**In Navi Mumbai, a new model seems to be taking shape. The company representative politely informed, "If you have booked a sedan, it will take a very long time. Only if you book the premium version can we assign it to you ahead of time." Ironically, the premium pricing is almost as much as it would cost me to reach home from the Vile Parle airport. We had woken up at 3:30 am to be able to catch the flight from Chennai, and were on the verge of exhaustion. So I cancelled the sedan and booked a premium version. As I was being forced to do so, I was also toying with the idea of taking a bus. After all, all I had to do was reach anywhere near Belapur and then I could either take an auto or a cab. Unlike Bengaluru and other

airports, which have special buses to bring you to various points of the city — even the old Mumbai airport has them — I am yet to see that infrastructure in this airport. All they had was a city bus, which we could not board with luggage. There is no fleet of taxis waiting for customers either. The airport is ready, but it doesn't have enough flights/passengers for the odds to catch them, from a taxi perspective. It's not to say that app-driven cabs are easy in any airport. In most airports and railway stations, there is abject chaos. The wait time can be as long as 25-30 minutes. In Navi Mumbai airport, it wasn't about time either; it's the fear that there could be no other cab to take you far enough to Belapur or so far as to find another mode of transportation. I also saw no autos within the airport, though it would be a challenge to hail one with luggage. The premium cabbie I eventually booked also informed us that he lives close by, in Ulwe, and hence it makes sense for him to pick up rides. As I boarded it, many others who booked minis and sedans were waiting, frustrated. For app-weary customers, most airports also run a pre-paid taxi service, which is slightly costlier but also much more comfortable. That's yet to make an entry at this airport. A few believe that the infrastructure on the road will pick up as the number of flights rise. For it to get even half as busy, it would take at least a year or so. And cabs will remain few, and far between. Even within the airport, the number of eateries and other facilities is nowhere close to the other two airports of the city. I reckon they are a work-in-progress. Also, work is still going on around the airport, which indicates that it could soon become bigger and better — but it will take time. Until then, even with a posh new airport and a well-promoted Atal Setu Road to connect it, this new airport will remain what all airports always are — too expensive on the road, too expensive in the sky — and stressful on the common man's pocket. ●

## ANIMAL WELFARE ACTIVISTS

..... Contd. from Page 1

they not received any response from NMMC. "Under the ABC Rules and directions issued by the Supreme Court, healthy, vaccinated, and sterilized stray dogs must be released back into their original territory after completion of the prescribed procedure. Dogs picked up following public complaints may be kept only for tem-

porary behavioral observation, typically not exceeding two weeks. Several stray dogs allegedly picked up on Jan 9 have still not been returned to their original locations even though the dogs were non-aggressive. They argue that ABC centers are intended primarily for sterilization and vaccination, not long-term confinement.



**WHO IS THIS CELEBRITY?**

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

\* Conditions Apply