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Page No. 1

AIR POLLUTION



Arun Prakash -

In so called prosperity terms by Gross Domestic Product GDP India dubiously ranks fifth among the top ten nations, but as per Purchasing Power Parity PPP, India's

ranks a high third after China and the USA Yet among 1.25 billion Indians there are over 27 million Living below the poverty line. With most of the population not having a long and healthy life, with

little education and access to knowledge and having poor living standards as per Human Development Index HDI, India is 130 out of 188 nations; and by GNI Gross National Income it's 151. This is low much too low for this ancient land once fabled as a bird of gold with milk and honey flowing.

In the above backdrop and recent acute air pollution for the whole of January over north India Delhi NCR and surrounding states especially

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

IRAN REGIME CHANGE WILL BRING TONNE OF MONEY, SAYS US SENATOR



Staff Reporter- Washington: Lindsey Graham, a veteran Republican senator who has

long advocated military action against Iran, has warned the Iranian government it would be worth spending money to "take this regime down". "When this regime goes down, we are going to have a new Middle East, and we are going to make a tonne of money," Graham told Fox

News. Graham, an ally of US President Donald Trump and a vocal supporter of Israel, suggested US actions against Iran and Venezuela could allow Washington to gain access to their oil resources. "Venezuela and Iran have 31% of the world's oil

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

THE GULF WAR..A CONFLICT THAT SPUN MORE CONFUSIONS THAN PURPOSE..

Sreekumar Menon - Full scale war is going on...But, we only know US and Israel are at war with Iran. Iran is attacking all the nearby gulf

countries. The gulf countries have retaliated firing and also making statements that we are with Iran and we have nothing to do with America

or Israel. Iran on the other hand kept targeting gulf nations. Pakistan is totally confused. They are not sure

(Contd... on Page 3)

CR'S PANVEL-KARJAT SERVICES SET TO START BY YEAR END



Main Line, Harbour Line, Trans Harbour Line and Port Line. The 29.6 km alignment, being executed by the

Staff Reporter- Central Railway (CR) is poised to add its fifth suburban corridor to Mumbai's rail network, with the ambitious Panvel-Karjat suburban rail project nearing completion. Railway officials said nearly 85% of work on the 29.6 km corridor was completed, with the remaining civil and finishing works targeted before the monsoon. Suburban services are likely to begin after monsoon following the mandatory safety clearances and trial runs. With this addition, CR's suburban network will expand to five corridors. At present, CR operates the

Mumbai Railway Vikas Corporation (MRVC), was built at an estimated cost of around Rs 3,000 crore. The corridor includes five stations - Panvel, Chikhale, Poyanje (Mohope), Chowk and Karjat - and is expected to significantly enhance connectivity between Navi Mumbai and the Karjat-Kalyan belt while easing pressure on existing suburban routes. The project comprises two rail flyovers, 2.6 km of bridges and 20 road overbridges and underpasses. A major highlight is the 2.6 km Wavarle tunnel, which will be the

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

Quotable Quotes

Rivers Never Go Reverse.

So try to live like a river.
Forget your past
and focus on your
future.
Always be positive!

PASSPORT PART OF ONE'S LIBERTY

Staff Reporter - New Delhi: Right to hold a passport and travel abroad is an integral facet of personal liberty under Article 21 of the Constitution of India, the Delhi High Court has said. When any action of the authorities impinges on such a right, the court asserted, it must be reasonable and be in accordance with the principles of natural justice. Justice Purushendra Kumar Kaurav passed the order while setting aside the Centre's decision to impound the passport of Yogesh Raheja, erstwhile Director of Raheja Developers, for failing to disclose the pendency of an FIR against him at the time of applying for renewal.

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Editorial

HUMAN RIGHTS



FREEDOM OF RELIGION

THE BENEFITS OF PRACTICING YOGA

Yoga can mean different things to different people, but the definition of Yoga comes from its ancient Sanskrit root word 'yuj', which means, 'to yoke' or 'to join'. Yoga is the best medicine a doctor can prescribe to a patient. It plays an important role in our lives and it keeps us fit and healthy. It is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body, thought and action, restraint and fulfilment, harmony between man and nature and a holistic approach to health and wellbeing. Yoga can be more beneficial for some ailments than medication and help keep both mind and body healthy. The best time to practice yoga is early in the morning. The physical benefits of yoga include improved flexibility and mobility. It strengthens and builds muscles, increases stamina, improves digestion, among other benefits. Additionally, yoga helps with concentration and reduces stress. All of us must consider incorporating yoga into our lives. Through yoga, one can explore profoundly the very mechanics of life. It is a Hindu spiritual and ascetic discipline and is beneficial if it is practiced on a daily basis. International Yoga Day was celebrated on June 21.

LOST PEN

Staff Reporter - JRD Tata, then Chairman of the Tata group, and senior Tata Directors used to meet for lunch at Bombay House (the Tata Group's headquarters) every day. One day, JRD came to lunch, sad that he had lost his favorite pen. He used to always carry a Parker pen set - a fountain pen and a ball pen. "Look", he said sadly, "I have lost the ball pen. I don't know where it has gone. I have looked all over...but it's gone." One of the Directors in the lunch room that day was Dr. Jamshed (JJ) Irani of Tata Steel. He made note of JRD Tata's loss. A few weeks later, when he was visiting London, he went to a small shop near Selfridges specialising in pens, and found a ball pen identical to the one JRD had lost. He bought it immediately. The next time he met JRD Tata, he presented that pen to him. JRD was delighted.

"Yes, Jamshed, it is exactly like the one I lost." For the first one or two minutes, he used it and tried it out. Then, Dr. Irani saw JRD's expression change slowly. After a couple of minutes, he gave the ball pen back to Dr. Irani, and said - "Thank you for the thought. This is exactly what I wanted, but I cannot accept it." "Why?" asked Dr. Irani, "I thought you were looking for this." JRD answered - "Yes, Jamshed. But it is a principle of mine not to accept any gifts from any of my colleagues at work. If I did, then I know my colleagues would try to outdo each other and give me exorbitant gifts." Dr. Irani tried to persuade him. "But Sir, nobody would know that I have given you this pen. You can say that you found it in your room. I am not going to go around saying that I have given JRD an identical pen." (... Contd... on Page 3)

Right to cure ailments through religious practices including "faith healing" cannot be claimed as fundamental right. - The fundamental right to profess, practise and propagate religion, guaranteed under Article 25 is subject to public order, morality and health. Where health of the citizens is involved, the right of such practice to profess, practise and propagate religion gets controlled and is subservient to the powers of the State to regulate such practice. No person has a right to make a claim of curing the ailments and to improve health on the basis of his right to freedom of religion. Every form and method of curing and healing must have established procedures, which must be proved by known and accepted methods, and verified and approved by experts in the field of medicines. It is only when a particular form, method or path is accepted



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

by the experts in the field of medicine that it can be permitted to be practised in public. The right to health included in Article 21 does not come in conflict or overlap with the right to propagate and profess religion. These two are separate and distinct rights. Where the right to health is regulated by validly enacted legislation, the right to cure the ailment through religious practices including 'Faith Healing', cannot be claimed as a fundamental right. The freedom of conscience supplemented by

freedom of unhampered expression of free conviction to practice rituals and ceremonies are part of religion or subject to public order, morality and health. There is no conflict between the two. The faith in any religion to practise rituals and observance of such religion is not to be confused with right to conscience and to practise and propagate the religion. The claim to cure ailments falls in the domain of right to health. A person has no right to induce others to believe in his faith in religion to cure others from ailments. The propagation, practice and profession of 'Faith Healing' in public on charging consideration is in violation to the Constitutional and Legislative scheme, and such 'Faith Healing' based on a person's faith in the religious practices, in public for consideration is not permitted and is violative of Article 21 of the Constitution.

NOTHING SUCCEEDS LIKE SUCCESS



C.K. SUBRAMANIAM-

Over the years, it has been revealed that most successful people have 10 traits in common. These 10 traits together help successful people meet their goals and turn their dreams into reality. In theory, in the modern world, poverty should be non-existent. However, Man being Man, poverty can be used as a control mechanism. So, it's not surprising that some countries' leaders do what they can to ensure their subjects do not acquire too much wealth and power. While the change led to a global increase in the count

of extreme poverty by 125 million, India emerged as a statistical outlier in a positive direction. Using more refined data and updated survey methods, India not only withstood the raised threshold but also demonstrated a massive reduction in poverty, Free and subsidised food transfers supported poverty reduction, and the rural-urban poverty gap narrowed. The five most populous states account for 54 per cent of the extremely poor. With regard to the economy, the report said India's nominal GDP is projected to exceed \$4 trillion in FY 2025-26, supported by a forecasted real GDP growth rate of 7.6% (reaching ₹322.58 lakh crore). The economy is currently ranked as the 4th largest globally, driven by strong manufacturing and service sector expansion. While the change led to a global increase in the count of extreme poverty by 125 million, India emerged as a

statistical outlier in a positive direction. Using more refined data and updated survey methods, India not only withstood the raised threshold but also demonstrated a massive reduction in poverty line. It is an encouraging war in the international arena of recession and the war prone status prevailing all over the world. Remember to think positively at every opportunity. Visualise success and not failure. Goals alone have no meaning. You need to take action and make them real. Be persistent and work hard. Keep your eye on the goal, and keep working towards it. This will help you make wiser decisions. When you believe in something, put your attention and energy there. Communication with people effectively. Communicate your thoughts and desires honestly with you. Honesty is the best medicine to be successful. ●



*From an
Easychair*
Jubel D'Cruz

EASTER: A CELEBRATION OF NEW LIFE

...Contd. from last issue..

A number of popular customs are also associated with Easter. These have to do with rabbits and colored eggs, which are ancient symbols of new life. In some countries, children color eggs and then the eggs are hidden in different places for others to find. The season of Lent is a time of preparation for the Holy week. It is also considered a time for sacrifice, prayer and almsgiving. For many of us, it is a time to give up something we love the most. While many of us look forward to the long Easter weekend, 'Good Friday', as we all know, was previously called 'Black Friday'. The original name also went by many other names such as 'Holy Friday', 'Silent Friday' and 'Great Friday'. But why is 'Good Friday' named so? The Catholic Encyclopedia notes that the origin of the term 'Good' is not very clear. Some say it is from 'God's Friday', while others say it is from the German word 'Gute Freitag'. However, the explanation still remains unclear. But according to Baltimore Catechism, Good Friday

is good because the death of Jesus Christ, as terrible as it was, led to His resurrection three days later. The name 'Easter' owes its origin from 'Eastre', the Anglo-Saxon goddess of spring that symbolizes hare and egg. No one is fully sure of how Easter came to be called by that name. But however, a 7th century English scholar by the name of Bede did claim that Easter is derived from the name of the Anglo-Saxon goddess 'Eostre' who is the goddess of spring and fertility. Easter is a festival that is celebrated with great joy by the Catholic/Christian community all over the world, as it marks the resurrection of Jesus Christ from the dead. After Jesus was nailed to the cross, His body was taken down and buried in a cave tomb. The tomb was guarded by Roman soldiers and a very big stone which no one could lift, was put over the entrance so that no one could enter in and steal the body. On the following Sunday, which is called Easter Sunday, Mary Magdalene, a disciple of Jesus Christ, followed later by some more disciples, visited

the tomb and found that the stone had been rolled away, and that the body of Jesus had gone missing. Jesus Himself was seen that day by Mary Magdalene and the other disciples and for forty days continuously by many other people as well. In Christianity, Easter eggs represent Jesus' resurrection from the tomb. The Paschal Candle: The Paschal Candle has a long history and carries significant meaning and symbolism in Easter services. It is lit during the Easter vigil service which symbolises the light of Christ's resurrection overcoming the darkness of the tomb. The candle is also lit during baptisms and funerals, signifying new life in Jesus Christ. As the name suggests, the candle is closely associated with the Paschal Mystery -- the Passion, Death, and Resurrection of Jesus Christ. It represents the triumph of light over darkness and life over death. Its use in the liturgy symbolizes the presence of the Risen Christ among His people and serves as a reminder of His victory over sin and death. ●

(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)

A UNIQUE COURT CASE

The incident happened in 1995/1996 A Passenger, a senior citizen paid ₹3 and was told his 50 paise change would be given 'Later' Anyone who used Pallavan buses would know this was the old trend to generally dodge paying small change. Most people accepted this. However this Senior Citizen persisted, a elderly man, he had been poor in his youth and had seen the value of small change. He kept persisting and when he reached his stop, he demanded his change He was abused soundly and refused his change by the conductor Sitting in the same bus was a Litigator named Ramasamy AKA Traffic Ramasamy He decided to get involved He took 26 signatures of passengers travelling on that bus with their names He filed a civil litigation for recovery of 50 paise ..and paid ₹80/- for the application and procedural formalities What followed was absolute CHAOS. The magazine Vikatan (Ananda Vikatan) picked up the issue and created publicity. The Judge suddenly saw his court packed with reporters and interested audience and when PTC didn't come for

the first hearing created HISTORY when he issued a summons through Commissioner of Police to the Chairman of PTC The Inspector, another eager beaver, stormed to the offices of PTC, and summoned the Chairman to court at 10:00 AM By this time PTC Union was ready to pay ₹5,000/- to the senior citizen to withdraw his case No!!! The Old Man refused and Traffic Ramasamy packed 50 of his friends to the local police station to protect the old man The Conductor and Chairman both had to take the stand A Arputharaj, a leading defense lawyer was engaged by PTC and IT WAS HILARIOUS to see the 50 paise court case have arguments and counter arguments like a ₹200 Crore property dispute case Every absence was fiercely disputed Dhina Thanthi published a list of all 26 names FOR FREE and 10-11 came forward as witnesses to give evidence After 25-30 months, the Court gave a verdict - PTC to pay ₹25,000/- plus costs to the Senior Citizen Traffic Ramasamy then assumed there would be an appeal and was ready to march into High Court and begin all over again.

THE IMPORTANCE OF IRAQ IN THE BIBLE

Very interesting, touching and educational.

Did you know?

1. The Garden of Eden was in Iraq.,
2. Mesopotamia, now in Iraq, was the cradle of civilization!
3. Noah built the ark in Iraq.,
4. The Tower of Babel was in Iraq.
5. Abraham was from the city of Ur in southern Iraq!,
6. Isaac's wife Rebekah was from Nahor in Iraq.,
7. Jacob met Rachel in Iraq.,
8. Jonah preached in Nineveh in Iraq.,
9. Assyria in Iraq conquered the ten tribes of Israel.,
10. Amos cried out in Iraq!,
11. Babylon in Iraq destroyed Jerusalem.,
12. Daniel was in the lions' den in Iraq!,
13. 3 Hebrew children were in a fire in Iraq.,
14. King Belshazzar of Babylon saw "the writing on the wall" in Iraq.,
15. King Nebuchadnezzar of Babylon took the Jews captive to Iraq.,
16. Ezekiel preached in Iraq.
17. The wise men came from Iraq.,
18. Peter preached in Iraq.,
19. The "empire of man" described in Revelation is called Babylon, a city in Iraq!,

***And did you know that?*,**

Israel is the most frequently mentioned country in the Bible. But do you know which country is the second most mentioned? It's Iraq!, However, that is not the name used in the Bible. The names used in the Bible

are Babylon, Chaldea, Shinar, and Mesopotamia. The word Mesopotamia means between two rivers, more precisely, between the Tigris and Euphrates rivers. The name Iraq means a country with deep roots. Indeed, Iraq is a country with deep roots, and it is a very significant country in the Bible. Here's why:

- Eden was in Iraq-Genesis 2:10-14
- Adam and Eve were created in Iraq-Genesis 2:7-8
- Satan first appeared in Iraq-Genesis 3:1-6
- Nimrod founded Babylon & the Tower of Babel was built in Iraq-Genesis 10:8-9; 11:1-4
- The confusion of languages took place in Iraq-Genesis 11:5-11
- Abraham came from a city in Iraq-Genesis 11:31; Acts 7:2-4
- Isaac's bride came from Iraq-Genesis 24:3-4; 10
- Jacob spent 20 years in Iraq-Genesis 27:42-45; 31:38
- The first world empire was in Iraq-Daniel 1:1-2; 2:36-38
- The greatest revival in history occurred in a city in Iraq-Jonah 3
- The events of the book of Esther took place in Iraq-Esther
- The book of Nahum is a prophecy against a city in Iraq-Nahum,
- The book of Revelation contains prophecies against Babylon, which was the old name for the nation of Iraq-Revelation 17 & 18 ●

LOST PEN

..... Contd. from Page 2
JRD responded - "Jamshed, I know you will not do any such thing. But I would know. I would know that I accepted this gift against my principles. I am sorry, but I cannot accept it." We all decide the principles by which we live our lives. The prin-

ciples that we will stand by, even if no one is looking or speaking about them. The principles that define who we really are. This story of JRD Tata's lost ball pen can help us reflect on what our own life's principles are. This story has been narrated by the late Dr. J.J. Irani in his autobiography, "Doctor Steel". ●

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HEALTH

MENOPAUSE COMES WITH HORMONAL CHANGES

My husband, aged 40, is a porn addict and watches it every night. I find this disgusting. How do I rid him of this habit?- One may feel disgusted if a partner is watching porn daily, but this your feeling. For him, porn is exciting visuals which he enjoys. Give him his space and please don't judge him. Most guys have been watching porn since their 20s. Problems arise in a relationship if he expects that type of behavior from you, makes you watch the screen or pressures for such sex-life. Yes, but do tell him what you feel and how it is affecting you. He may not be aware of your feelings. Figure out how you can both spice up your sex-life. It eventually makes bonds deeper and you both will feel more connected. **I am 38 years old and experiencing menopause. My appetite for sex has also reduced drastically. Is this unusual?** Lack of interest during menopause is a normal passing phase. Menopause comes with a roller coaster of changes in hormones. It does affect the sex drive. Vaginal dryness leading to pain during intercourse, dropping levels of estrogen, mood swings, depression, fatigue, unexplained body pains, night sweats, changes in sleep pattern are common symptoms. Blood flow decreases at the geni-

tals which makes it difficult to get aroused. It is all due to hormonal imbalance. It is the temporary phase, which will pass. Don't feel low. Sex doesn't only mean sexual intercourse. Don't force yourself into the act. You may not like the normal sex act, but you may like to be pampered and cuddled. Focus on things which you like, thus enriching emotional intimacy. Gradually you will jump back to a better sexual life as physical intimacy has no full-stop. **My husband completely loses interest in me once he comes off. This frustrates me a lot. What is the solution.-** Men lose interest after orgasm as the penis comes back to normal flaccid size followed by a refractory period. He will get a second erection only after 20 minutes to an hour. It is not that he loses interest in you. It is his body's physiology. The normal time of ejaculation is one to three minutes only. It is never 20-30 minutes as shown in porn. The best way is to explore with more foreplay. The longer the play before the act, the higher is the female satisfaction. Figure out what you like sexually and what arouses you. Gradually you can indulge into it with him which will be quite satisfying. ●

AIR POLLUTION

..... *Contd. from Page 1*

Delhi city; being the hardest hit with 80 lakh vehicles having very poor to severe air quality; and satellite towns of Faridabad, Ghaziabad and Gurgaon faring no better affected; let us look at a recent study on the impact of air pollution on informal settlements in Delhi had a detrimental impact on human health and 91% fell sick or uncomfortable when air quality deteriorated.

The study revealed that informal workers, especially those residing near landfill sites

in Delhi are most impacted by the pollution because of working outdoors for long hours during the day. Hardest hit were construction workers with added pollution caused by construction materials like cement, sand and gravel which they have to handle at their work sites which include home based workers construction site, landfill, street vendors, waste picker, small industries factory workers, daily wage workers, shop owners and petty traders who face severe health challenges due to air pollution.

THE GULF WAR..A CONFLICT THAT

...*Contd. from Page 1* whether to support their Godfather Trump or Shia neighbors. In the morning they are with Iran and by dusk they appear to be with Trump. Meanwhile in India, Modi is mum and keeps smiling at times.. makes Rahul confused. He can't make a sweeping statement. To begin with he said "Modi should make his stance clear. Why he is not speaking?" Rahul is definitely with Iran. But, if Modiji supports Iran, Rahul will have a problem. He has now shifted his focus to Kejriwal and allegedly made a statement "Kejriwal chor hai." Kejriwal is getting

ready to counter Rahul. Sharad Pawar somehow wants to get into Rajyasabha and can't upset anyone. He is totally mum. Infact, most opposition members are waiting for Modi to open his mouth so that they can oppose him. Afterall, the job of opposition is to oppose. The war is going on in full swing. .but, nobody knows who's with whom and who's going to join whom. In the meantime, some Shia mahilas are ready to go to Iran and fight US & Israel with knives & swords seeking Modi's permission. However, certain statements are being fired along with missiles and you are

supposed to knit your own story using these statements and get satisfied.

- Internal issue with Trump
- Israel doesn't want Iran to be a nuclear power.
- Indifference between Shia & Sunni
- It was Saudi that wanted Iran to be attacked.
- Israel was anticipating attack from Iran
- US was least interested in this war. But just helping Israel
- Modi is responsible for this war because the war started after Modi's visit to Israel.
- Trump is helping the people of Iran by replacing the regime there. ●

IRAN REGIME CHANGE WILL BRING ...

..... *Contd. from Page 1* reserves. We're going to have a partnership with 31% of the known reserves. This is China's nightmare. This is a good investment," Graham said. **AMERICA WANTS TO PARTITION, TAKE OIL** Iran's Foreign Ministry spokesperson Esmaeil Baghaei on Monday accused the US of seeking to take control of Iran's oil resources, according to Al Jazeera. "Their design is clear, their enterprise is quite obvious. They aim at

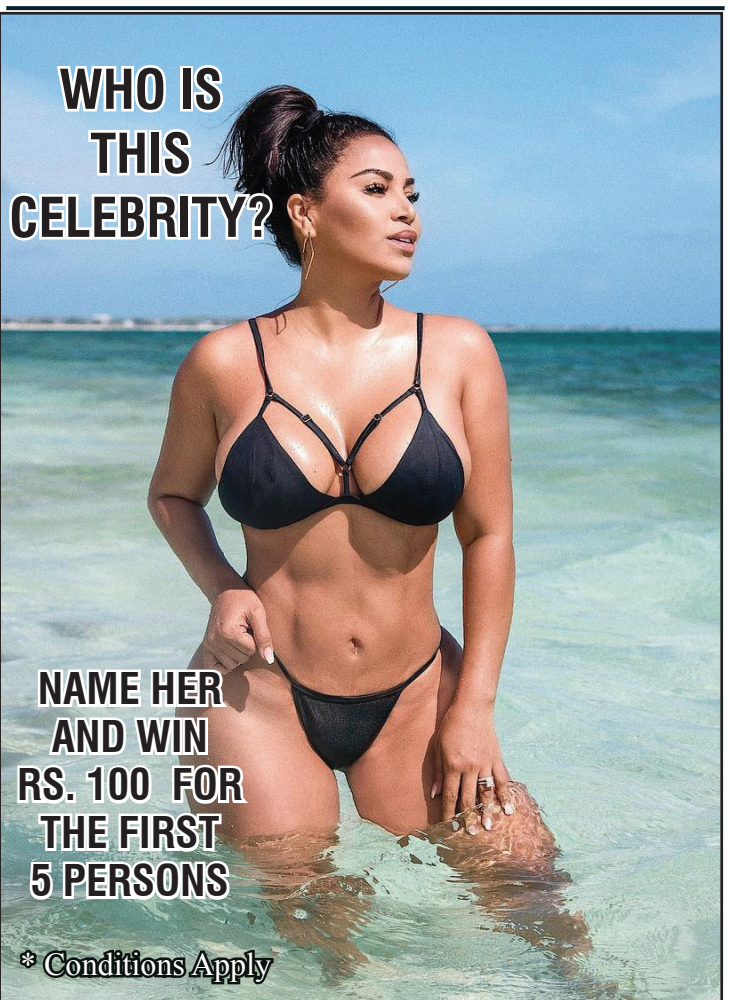
partitioning our country to take illegal possession of our oil riches," Baghaei said. "Their objective is to violate our sovereignty, defeat our people and undermine our humanity." Graham said the Iranian government was nearing collapse. "This regime is in a death throw now. It is going to be on its knees. It's going to fall, and when it falls we're going to have peace like no other time. We're going to have prosperity unlike anyone could ever imagine," he told Fox News.

CR'S PANVEL-KARJAT SERVICES SET ...

..... *Contd. from Page 1* longest tunnel in Mumbai's suburban railway network. MRVC's chief public relations officer Sunil Udasi said, "Three tunnels — Nadhal (234 m), Wavarle (2,638 m) and Kirawali (353 m) — with a combined length of over 3.2 km were constructed along the alignment." In a first for Mumbai's suburban system, ballastless (concrete slab) tracks were introduced, particularly inside tunnels. MRVC's chief project manager Yogesh Sharma said, "Ballast less track work inside the tunnels is in ad-

vanced stages, with lining and finishing works progressing steadily." The alignment passes through forested and ecologically sensitive zones, necessitating strict environmental safeguards. Engineers also carried out major yard remodeling at Panvel and Karjat. Once operational, the corridor is expected to improve train frequency between Panvel and Karjat, reduce travel time, and provide a crucial alternative suburban route linking Navi Mumbai with the Karjat-Kalyan belt. ●

WHO IS THIS CELEBRITY?



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