

IN GOOD FAITH BY SWAMI AGNIVESH

After Maharshi Dayananda Saraswati blazed the spiritual landscape of the Indian sub-continent, there are many who don't have a clue as to why he issued the battle cry: "Back to the Vedas!". The need to urge the people to return to the Vedas arose because they had strayed from its light. Now, perhaps more than then, it is true that those who pass for Hindus - in myriad forms of that religious identity — are ignorant of and alienated from the Vedas. This is ironic since "veda" means knowledge. You cannot be a Hindu and yet be ignorant and certainly not ignorant of the Vedas.

Ignorance is the greatest peril for humanity. It is not merely an absence of knowledge. There is a knowledge more dangerous and condemnable than ignorance: The knowledge of what is evil, wrong or untrue. Many there are who have an uncanny genius for the things of darkness. While the spiritually enlightened see — or endeavour to see — everything in the light of truth, the wicked see everything in the darkness of falsehood. They hate the light of truth. The irony is that even the followers of Dayananda fall into this trap. He put all his emphasis on the duty to know, embrace and live by the truth because it was his mis

Superstition Caricatures God

sion to liberate human beings from superstition. He firmly believed that: Vedas are the most effective antidote to superstition. Religions are the most fertile breeding grounds for superstitions. There are secular superstitions but they are nothing compared to religious superstitions. Superstitions are to religion what stupid children are to a wise and noble mother. They point to our incapacity to think and act rationally. Superstitions inhibit what is good and noble in our nature and anchor us in what is subhuman. Superstitions thwart our ethical development. This is obvious from the operating strategies of our fraud godmen. Do we know a godman who does not claim to perform miracles? Miracles belong to the domain of blind faith. When does someone blindfold you? Isn't it when he does not want you to know where you are being led? In whose interest is such an arrangement?

All superstitions thrive in darkness. All merchants of superstition hide themselves. Fraud godman Gurmeet Singh needed his gufa. Every godman creates a world of impenetrable secrecy around himself; lest he is seen as an ordinary human being. Every superstition is a

blatant contradiction of

truth and the light of spirituality. Superstitions caricature God. If anyone spends a few minutes considering the idea or image of God that superstitions imply, he would be shocked. To think of the Creator and Sustainer of the cosmos in terms of this petty image — especially assuming that God can be bribed to be partial towards you — is laughably atheistic. If we have a modicum of love for God in us, we will realise that we insult God by casting the muck of superstitions at him/her. Superstitions are manufactured and popularised mainly to hold people back from God, which is essential if they are to be manipulated.

The deadliest superstitions are, therefore, those that pertain to God. Whatever misrepresents and insults God can only be harmful to human beings; because God is the source of our life and the destination of our destiny. Any idea of God as partisan to a person, group or country is superstitious.

The second deadliest superstitions aim at fragmenting the human family and sowing seeds of hate and cruelty. We have to be particularly stupid, Maharshi Dayananda would say, to believe that we can

serve or honour God by hating and hurting our fellow human beings. Maharshi was open to people of all kinds. He used to hold spiritual disputations with scholars of all religions, including Christian missionaries. Of course, this was resented by the merchants of religious obscurantism. But he pursued his spiritual mission undeterred by opposition and calumny.

The third most unfortunate set of superstitions comprise those that seek to subjugate the gullible to the wiles of a priestly class. The idea that you can wash away your sins by taking a dip in a river and then return to your old ways until the season for the next dip comes insults God but profits priests. Superstitions of this kind help to degrade religion into an industry.

To all Indian citizens—irrespective of our different religious traditions — the worry is that superstitions inhibit the rise and spread of scientific temper, which is not only a constitutional imperative but also a spiritual need. The Vedas are scientific, though not in the sense that some feats of modern science are symbolically prefigured in them. They are scientific in the sense that they see the spread of knowledge, of light, as the means for human ennoblement and moksha.

The hope for India does not lie in securing American endorsement or in massive digitalisation. Or by attaining "super-power" status. The destiny of India can be fulfilled only if we return to the light of the Vedas. And that light is not the exclusive property of the Hindus, just as the light of the sun is not the exclusive inheritance of any group or tribe. You cannot claim to believe in the Vedas and go about your religiosity like wild beasts.

The writer is a Vedic Scholar and activist

Light of the Vedas is an antidote to ignorance

Can renewables really replace all FOSSIL FUEL?

Many back clean energy to entirely replace fossil fuels in the not-too-distant future. But is that transition a certainty? A report says clean energy hasn't risen in 25 years

It's been like this for over 25 years now...

- Industries like aviation and shipping dominate energy use.
- Oil and gas growing fast

enough to negate the fall in emissions thanks to declining coal and rising renewables.

Optimists see no reason to despair

• Cost of wind, solar power becoming competitive with fossil fuels, even without subsidies.

• Growth in wind and solar has consistently beaten forecasts of fossil fuels companies and even the International Energy

Agency. Too rosy a picture? Subsidy-free clean power projects remain unprofitable, players say

Many developed countries - including UK, Germany, Japan, Spain and Italy - are looking to cut subsidies, which may hit renewables sector.

CLEAN ENERGY HASN'T RISEN IN 25 YEARS

In 1950s, during the golden age of nuclear, it was predicted it would displace fossil fuels

New ways of producing electricity have hardly dented fossil fuel usage

Spread of renewable energy is hampered by its intermittency and variability

This also makes such energy less profitable - prices plummet when it's sunny or windy

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Every Child Is Special

केयर एजुकेशनल ट्रस्ट भारत ट्रस्ट "अधिनिधम 1961" के तहत एक पंजीकृत संस्था, लखनऊ में अपने पंजीकृत कार्यालय, उत्तर प्रदेश, भारत के साथ 2011 के बाद से वंचित समुदाय के साथ काम कर रहा है।

"प्यार देकर बढ़ता है, जो प्यार हम दूसरों को देते हैं वही हमारे साथ रहता है, प्यार को बनाये रखने का एक ही तरीका है और वह है बांटने का"

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STORAGE OF RENEWABLES THE CATCH

- Can it be ensured that devices such as electric cars get the advantage of surplus renewables?
- One solution is to store energy by using it to make hydrogen, or by charging batteries
- The cost of battery storage is falling fast and soon we could store solar energy for a few hours



Sitting too long can kill you, even if you exercise

Getting Up Every Half An Hour Could Reduce Risk

Too much time spent in a chair could shorten our lives, even if we exercise, according to a study that uses objective measures to find the links between lengthy sitting time and death among middle-aged and older adults. More hopefully, the study also suggests that we might be able to take steps to reduce our risks by taking steps every half-hour or so. Most of us almost certainly have heard by now that being seated and unmoving all day is unhealthy. Many past epidemiological studies have noted that the longer people sit on a daily basis, the likelier they are to develop various diseases, including obesity, diabetes and heart disease. But most of these studies have relied on people's memories of how they

spent their time on any given day, and our recall about such matters tends to be notoriously unreliable. So for the new study, which was published this week in Annals of Internal Medicine, scientists from Columbia University in New York City and many other institutions turned to an extensive database of existing health information about tens of thousands of Caucasian and African-American men and women 45 or older who were part of a study of stroke risk. The participants had undergone a battery of health tests and about 8,000 of them also had worn accelerometers for a week to track their daily movements. Accelerometers are, of course, an objective measure of how much and often someone sits, exercises or otherwise moves about. The scientists found strong statistical correlations between sitting and mortality. The men and

women who sat for the most hours every day, according to their accelerometer data, had the highest risk for early death. But interestingly, the risk of early death did drop if sitting time was frequently interrupted. People whose time spent sitting usually lasted for less than 30 minutes at a stretch were less likely to have died than those whose sitting was more prolonged, even if the total hours of sitting time were the same. In essence, the data showed that "both the total hours spent sitting each day and whether those hours are accrued in short or long bouts" of physical stillness influenced longevity? says Keith Diaz, an assistant professor of behavioral medicine at Columbia University, who led the new study. This study was, however, associational. It can not prove that too much sitting undermines health, only that the two were linked. But, consider setting an alert on your phone or computer to ping every half-hour, and remind you that now/would be a good time to get up and move.

Stay awake when plane lands or you can suffer hearing loss



You snooze, you lose, right? Well, according to research published by the Harvard Medical School, snoozing really could mean losing something: your hearing. If you are asleep on a plane during a sudden change in altitude, your ability to equalise the pressure in your eardrum might be compromised and could cause permanent damage. For most people, a sudden altitude change makes our ears feel like they're going to pop. This occurs when the ALTITUDE SHIFT pressures on the outside of your ear don't match those on the pressures on the inside.

These pressures can be equalised by opening a thin canal in your ear called the Eustachian tube by either yawning or swallowing - which is why air crew sometimes hands out chewy sweets before a plane lands. However, if the pressures remain inimitable, the Eustachian tube can become blocked and ear barotrauma can occur, according to 'Medline Plus'. In cases when the tube remains blocked for a prolonged period of time, an infection can develop leading to hearing difficulties. The best way to avoid it is to ensure that you're up and at them as soon as the captain announces the landing regardless of jet lag.

स्टेम सेल से ऑटिज्म का बेहतर इलाज

स्टेम सेल थेरेपी न्यूरोन के मरीज के लिए वरदान है। इस विधि से स्पाइनल कॉर्ड इंजरी के साथ-साथ स्नायु ऑटिज्म समेत तमाम जन्मजात विकार को दूर किया जा सकता है। ये पहले मुंबई के डॉ. आलोक शर्मा ने कहा है कि उन्होंने हजरतगंज स्थित एक होटल से थेरेपी पर व्याख्यान दिया। साथ ही केस स्टडी भी रखी। उन्होंने कहा कि स्टेम सेल थेरेपी से मस्तिष्क के क्षतिग्रस्त उत्तकों की मरम्मत संभव है। ऑटिज्म, सेरेब्रल



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पार्सी, मंवाता, मस्कूलर डिस्ट्रोफी, इत्याइन्ल कॉर्ड इंजरी, पैरासिसिस, ब्रेन स्ट्रोक व अन्य न्यूरोलॉजिकल समस्याओं को स्टेम सेल थेरेपी से ठीक किया जा सकता है। ऑटिज्म में यह थेरेपी 80 से 90 फीसद तक परिणाम बेहतर दे रही है। ऐसे किया गया इलाज: डॉ. नंदिनी के मुताबिक करण की ब्लड जांच, एमआरआई, पेट का सीटी स्कैन व ईईजी की। उनके मस्तिष्क में डैमेज उत्तकों के एरिबा को सोकेट किया गया। इसके बाद पेंलिस की हड्डी से सुई इंजेक्ट कर बोनमरो निकाला। उसे लैब में सेंट्रोफ्यूजन मशीन में डाला गया। चार-पाँच घंटे में बोनमरो से मोनो न्यूक्लियर सेल फिल्टर कर निकाल लिए गए। इन सेल की रीढ़ के हड्डी के सीएसएफ फ्लूड में इंजेक्ट कर दिया गया। यह धीरे-धीरे मस्तिष्क तक पहुंचकर डैमेज हिस्से में उत्तकों का निर्माण कर दिया। बच्चे के हिसाब से दी जाती डोज: डॉ. आलोक ने कहा है कि स्टेम सेल की डोज मरीज के वजन के हिसाब से दी जाती है। अगर बच्चे 50 किलो है तो उसमें 5 करोड़ सेल इंजेक्ट किए जाते हैं। इस प्रक्रिया में कई चीरा या सर्जरी नहीं होती है। सिर्फ सुई से सेल इंजेक्ट कर दिये जाते हैं। मरीज को अधिकतम तीन बार ही डोज देनी पड़ेती है।

सावधान

सेहत के लिए बहुत खतरनाक है कलर वाली प्लास्टिक, गर्मी बढ़ने पर ये केमिकल बाहर आने लगते हैं।

गरम चाय पॉलिपैक में तो नहीं मंगवाते, अलर्ट हो जाएं

अक्सर हम ऑफिस में कालेज में पॉलिपैक में गर्म चाय मगवा लेते हैं कैंसर स्पेशलिस्ट डॉक्टर पीके जुल्का ने कहा है कि यह नुकसानदायक है लेकिन लम्बे समय तक पॉलिपैक की चाय पीना कैंसर का कारण बन सकता है। दरसल बेहद गर्म चीजों के साथ प्लास्टिक का रिएक्शन होता है तो कैंसर कारक तत्व पैदा होते हैं इसी तरह खाने की दूसरी चीजों को भी गर्म प्लास्टिक कंटेनर में न रखें। प्लास्टिक शीशी में बवाएँ भी सेफ नहीं होती है। वैज्ञानिकों के अनुसार पानी में न घुल पाने और बायोकेमिकल ऐक्टिव न होने की वजह से प्लास्टिक बेहद कम जहरीला होता है। लेकिन इसमें दूसरी तरह के प्लास्टिक और कलर आदि मिला दिए जाते हैं तो यह नुकसान साबित हो सकता है।



पानी की बोतल गर्म न होने दें

प्लास्टिक से बनी पानी की बोतलों और कप-प्लास को एक बार इस्तेमाल करके तोड़ देना चाहिए। प्लास्टिक बोतल को तेज धूप में न रखें। क्योंकि गर्म होकर इन प्लास्टिक बोतलों से केमिकल निकलकर पानी से रिएक्ट कर सकता है। ऐसे पानी या सौफ्ट ड्रिंक्स आदि को न पियें।

प्लास्टिक कंटेनर्स के नुकसान

अमेरिका के फूड एंड ड्रग ऐडमिनिस्ट्रेशन ने इस बात को माना है कि प्लास्टिक एक समय के बाद केमिकल छोड़ने लगती है। डॉक्टर पीके जुल्का ने कहा है कि गर्म करने से इन कंटेनर्स के प्लास्टिक के केमिकल टूटने शुरू हो जाते हैं और फिर ये खाने-पीने की चीजों में मिस्र हो जाते हैं।

बचाव करना बेहतर

- बॉटल, गंच वाक्स या फिर स्टोरेज कंटेनर के तौर पर प्लास्टिक का इस्तेमाल कम से कम करें।
- यूज करना जरूरी हो तो बेहतर क्वालिटी, BFA फ्री या BFR फ्री या लेड फ्री लिखा हो तो बेहतर है।
- दो तीन साल में प्लास्टिक कंटेनर और बॉटल आदि बदल दें।
- सिल्वर फॉइल में बहुत गर्म खाना न रखें, न ही उससे रखकर खाना माइक्रोवेव में गर्म करें।
- यूज करने के बाद प्लास्टिक प्रॉडक्ट को जलाइएँ नहीं, रिसाइकल के लिए दें।

बच्चों को बचाएँ

- बच्चों को फिट करने के लिए प्लास्टिक बॉटल का इस्तेमाल न करें। इसकी जगह स्टील या कॉच की बॉटल यूज करें।
- अगर प्लास्टिक की बॉटल यूज करना ही है। तो अच्छी क्वालिटी की लें। बॉटल के ऊपर BFA फ्री या BFR फ्री या लेड फ्री लिखा हो तो बेहतर है।
- प्लास्टिक बॉटल को माइक्रोवेव या गैस पर पानी में विस्कुल न उबालें।
- बॉटल को गर्म पानी से साफ करना चाहिए।
- इसके अलावा क्लोरीन सल्यूशन से साफ कर सकते हैं।
- इससे सारे किटाणु निकल जाते हैं।

“जिन भी प्लास्टिक वस्तुओं का प्रयोग खानपान में हो ये ध्यान रखा जाए ताकि ये मानको के अनुरूप हो। ऐसा न होने पर हम कई गंभीर रोग के शिकार हो सकते हैं। कैंसर होने की संभावना है”

— डॉ. अशुमान पांडेय, गैस्ट्रो सर्जरी, लोहिया संस्थान

अपच की समस्या दूर करेगा अजवाइन का पानी



दिल से लेकर पेट के लिए लाभकारी

1. एक कप अजवाइन का पानी पीने से सिरदर्द से राहत मिलती है।
2. रोजाना सुबह पानी पीने से दातों का दर्द और मुँह की बदबू की प्रॉब्लम दूर होती है।
3. यह पेट की बिमारियों को दूर करता है और कब्ज से भी राहत देता है। खाना जल्दी बनाने में हेल्प करता है।
4. रोजाना पानी पीने से बॉडी का मेटाबॉलिज्म बढ़ता है।
5. सर्दी और कफ की प्रॉब्लम दूर होती है और इसे पीने से अस्थमा का खतरा कम रहता है।
6. सर्दी-खांसी में अजवाइन के पानी में एक चुटकी काला नमक मिलाकर पीने से खांसी दूर हो जाएगी।
7. दिल की बिमारियों से बचने के लिए यह कारागार औषधि है।
8. पेट में कीड़े हैं तो इसमें एक चुटकी काला नमक मिलाकर पीने से पेट के कीड़े खत्म हो जाते हैं।
9. नींद न आने से परेशान है तो रोजाना सोने से पहले एक कप अजवाइन का पानी पीने से नींद अच्छी आती है।
10. अजवाइन का पानी दिन में दो बार पीने से डायरिया जैसी बिमारियाँ दूर होती हैं।

अजवाइन औषधीय गुणों का भंडार है। आयुर्वेद में भी इसका खूब इस्तेमाल किया जाता है। ये पेट की जुड़ी बिमारियों को भी दूर करता है।

— डॉ. एससी पांडेय, आयुर्वेदाचार्य

सीमित मात्रा में लें

अजवाइन को खाना तब तक सेहत की दृष्टि से सेफ है, जब तक आप इसको सीमित मात्रा में ले रहे हैं। इसको आप दिन में कम से कम 10 ग्राम तक ही ले सकते हैं। इससे ज्यादा मात्रा में अजवाइन खाने से सेहत को फायदा पहुंचाने की बजाए नुकसान ही पहुंचायेगा। अतिरिक्त मात्रा में अजवाइन लेने से एसिडिटी बढ़ सकती है, सिर दर्द, उल्टी, पेट में दर्द, जलन जैसा अनुभव और अलसर जैसे प्रॉब्लम का सामना करना पड़ सकता है।

अब गांव के बच्चे गांव में ही बनेंगे वैज्ञानिक

प्रधानमंत्री नरेन्द्र मोदी ने न्यू इंडिया मिशन के तहत देश भर के जिला उपायुक्तों से वर्ष 2022 के लिए विज्ञान पेश करने को कहा था। पश्चिमी सिंहभूम के उपायुक्त अरबा राजकमल ने स्कूली शिक्षा को बेहतर बनाने के लिए लैब ऑन व्हील्स का विज्ञान पेश किया था। वेवघर के उपायुक्त के रूप में किए गए उनके प्रयोग के आधार पर उनका यह आइडिया सरकार को पसंद आ गया है। अब इसे पूरे राज्य में लागू करने की पहल हो रही है। लैब ऑन व्हील्स के तहत तीन वसों में भौतिकी, रसायन और जीव विज्ञान की प्रयोगशालाएं होंगी। इनमें तेजात विशेषज्ञ गांवों में जाकर किसी एक जगह बस खड़ी कर देंगे। गांव के स्कूली बच्चों वहाँ जाकर लैब में प्रयोग करेंगे। इसके लिए सिविचार सट चार्ट बनाये गये हैं। सेवा देने वाले विशेषज्ञों को मानदेय भी दिया जायेगा।

ऐसे हुई शुरुआत

आइआइटी मद्रास से बीटेक व शार्यर्ड यूनिवर्सिटी से स्टडी मैनेजमेंट की पढ़ाई करने वाले अरबा राजकमल ने उच्च विद्यालयों में विज्ञान के योग्य शिक्षकों व आत्याधुनिक प्रयोगशालाओं की कमी को देखते हुए इस अनूठी लैब का आइडिया खोजा। देव घर में पहला प्रयोग हुआ तो चौकने वाले परिणाम सामने आये। अरबा कहते हैं कि इस आइडिया को जमीन पर उतारने में मुम्बई की एक स्वयंसेवी संस्था ने मदद की। सूवे में विज्ञान की पढ़ाई के लगातार बिगड़ते प्राफ को सुधारने में यह संजीवनी का काम कर गया। अब सरकार ने इसे पूरे राज्य में लागू करने की अनुमति प्रदान कर दी है।

55 लाख की लागत

अरबा के अनुसार, लैब ऑन व्हील्स शुरू करने की प्रक्रिया शुरू हो गई है। प्रथम चरण में 55 लाख रुपये खर्च करे जा रहे हैं। साथ ही वहां स्टाइंस का पार्क बनाने का प्रयास चल रहा है। इसके लिये जिला स्कूल के पास भूमि भी आवंटित हो गई है। इस पार्क में बच्चे विज्ञान की दुनिया से शुरू कर लेंगे।

सरकार ने मेरे सुझाव को अमल में लाने की स्वीकृति प्रदान की। इससे स्कूलों में विज्ञान की पढ़ाई को बेहतर बनाने में मदद मिलेगी। सूवे ने अधिकतर सरकारी स्कूलों में मानक के अनुरूप विज्ञान प्रयोगशाला नहीं है। शिक्षकों की भी कमी है ऐसे में इस प्रकृष्ट से दोनों जरूरतें पूरी होंगी।



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Protection of sexual orientation at core, of fundamental rights : SC

MOVING a step closer to decriminalising gay sex, the Supreme Court, in its order on right to privacy, ruled that "sexual orientation is an essential attribute of privacy". It said that the "right to privacy and the protection of sexual orientation lie at the core of the fundamental rights guaranteed by Articles 14, 15 and 21 of the Constitution".

This ruling is expected to have an implication on the curative petition on Section 377, pending before a five-judge Constitution Bench of the Supreme Court. On Section 377, the court said the right to privacy cannot be denied, even if there is a minuscule fraction of the population which is affected, and "the majoritarian concept does not apply to Constitutional rights".

The court expressed its disagreement with the reasoning of a two-judge Bench of the Supreme Court in the Suresh

Kumar Koushal vs Naz Foundation case of December 2013, and the way it had dealt with the privacy-dignity based claims of LGBT persons. It however, held that since the curative petition is pending before the Supreme Court, the "constitutional validity would be decided in an appropriate proceeding".

"Section 377 is now on its way out. The judgment explicitly mentions Section 377 and is expected to have a strong implication on the curative petition. The judgment, very clearly and directly, disagrees with the Supreme Court's order in the Koushal case. We will now move forward with our case since we have everything in our favour," said Anand Grover, senior advocate appearing on behalf of Naz Foundation.

The colonial-era IPC Section 377 criminalises sexual activities that

are "against the order of nature", including consensual sex between couples who are from the LGBTQI community (lesbian, gay, bisexual, transgen-der, queer, intersex).

In July 2009, the Delhi High Court had read down IPC Section 377, and held that it is in violation of Article 14, 15 and 21 of the Constitution insofar as it criminalises consensual sexual acts of adults in private. But in December 2013, the two-judge Supreme Court Bench overturned the Delhi High Court order. A curative petition was then filed by Naz Foundation and others in March 2014.

In today's ruling, the nine-judge Bench struck a discordant note with two of the main arguments put forward by the two-judge Bench in 2013. Disagreeing with the two-judge Bench's use of the term "so-called rights" with reference to the rights of the

LGBT population, the court today stressed that these are not illusory, but are real rights founded on sound constitutional doctrine.

It also differed with the two-judge Bench's observation that only "a minuscule fraction of the country's population constitutes LGBT and in the last more than 150 years, less than 200 persons have been prosecuted". The court today held that "the invasion of a fundamental right is not rendered tolerable when a few, as opposed to a large number of persons, are subjected to hostile treatment".

"The court has held that fundamental rights are not subject to minority or majority and also that the rights of the LGBT persons are not illusory. It has showed that the Supreme Court's reasoning in the 377 order was flawed," said Amritananda Chakravarti an advocate who worked on the Naz Foundation case.



TANVIR AEJAZ

movements adopt to annihilate caste and patriarchy? Should nation-states, like erstwhile empires, disintegrate if they are not able to sustain themselves? How much can culturally motivated collective violence, like lynch mobs, produce new forms of hatred?

Questions such as these throw open debate in the social science classrooms of our universities. The geography of fear and violence pervading our civil society, and the universities embedded in it, has an impact on these day-to-day debates. Teaching social science, particularly political science and history, is becoming increasingly onerous. Teachers bear the apprehension of being targeted by the burgeoning culture of intimidation in student politics. The question, keeping the Ramjas college incident earlier this year in mind, is: Is it possible to have an academic discourse without the freedom to express one's mind by the faculty and students?

Modern universities function best when they promote a culture of innovation and dissemination of knowledge for the greater good. A university can fulfil this role if its members are free to critically ideate and debate the externalities, follow their studies and research, wherever they may lead. It is important here to note that university values cannot be beholden to majoritarian preferences, or the desires of its clientele. Teaching and research needs to be a mix of the principles of

The freedom to provoke

SHOULD WE OBEY the state even if it inflicts injustice on its citizens? What strategies must

reasoned argument, empirical data and judicious inference. Whenever there is an interference in these processes — by the polity, market or cultural groups—there is a major possibility of skewing truth to the needs of power and, consequently, flinging universities into crisis.

Academic freedom may mean many things to many people but it is always suspect in the eyes of the government. For instance, Nandini Sundar's book *The Burning Forest: India's War in Bastar* hasn't gone down well with a few teachers in Delhi University and they were protesting against its inclusion in the syllabi. The protest is mainly on the title of the book—*India's War in Bastar*—and not on the book per se, indicating that the protesters didn't bother to read it. But the university would actually be enriched by the conversations in and around the book. Study and inquiry by scholars, including students, that is tally free often strays outside political bounds.

Scholars are wont to read, write, say and do things that challenge, provoke, upset, or offend others. They pick up the most contentious, but nevertheless important, topics of the day. A good university must challenge social values, policies and institutions and like

Socrates, this will be discomforting. Instead of scorning such research, the government and university administration must ensure that scholars are judged solely on intellectual merit. We know well that the market and eleemosynary institutions tame academic freedom in their own interest. The commercial principle of consumer satisfaction would needlessly sap the faculty's will to prioritise intellectual merit and vitiate the very basis of academic freedom.

Universities, by their very right to deliver education and scholarship, try hard to assert academic freedom through their own decision-making procedures on the content of curriculum and the mode of its delivery, on the agendas of research and the policy outcomes drawn from them, and on the benchmarking of students, teachers and scholars. In order to defend academic freedom, universities must collectively develop an open statement of principles focusing on the core values of the academic community. These principles will undoubtedly help make respectful disagreement possible.

More often than not, it is the faculty which is not able to use and defend the academic freedom. They find themselves neck-deep in the politics of appointment, posts and privileges. It's high time the faculty advances its freedom by using it to follow ideas where they lead, without fear, favour or preconception.

It is quite deplorable to witness some of our public universities under severe constraint. University governance has become more subservient in the patron-client fashion, to the state and corporates, which obfuscates the collegial processes of academic decision

"To fulfil their role, universities must be allowed to push boundaries"

PRIVACY AND THE SUPREME COURT

SURVEILLANCE INTRUDES INTO PRIVACY

1964 : KHARAK SINGH VS STATE OF UP & OTHERS

SURVEILLANCE INTRUDES

INTO PRIVACY

Among the most cited cases in India when it comes to privacy. Here, a majority of a six-judge bench held that unlawful intrusion into the home violates personal liberty.

1997 : PUCL VS UNION OF INDIA

TELEPHONE TAPPING INVADES PRIVACY

A division bench held that a telephone conversation is an exercise in freedom of expression, and that telephone tapping is an invasion of privacy.

1998 : MR X VS HOSPITAL Z

PRIVACY ISN'T ABSOLUTE

The case concerned revealing the HIV status of a patient by a doctor. A division bench held the right to privacy isn't absolute. A doctor may disclose a patient's HIV status to their partner.

2008 : HINSA VIRODHAK SANGH VS MIRZAPUR MOTI KURESH JAMAT

CHOICE OF FOOD PERSONAL

A division bench upheld the closure of slaughterhouses in Ahmedabad during the Jain Paryushan festival. It also observed that what one eats is part of one's right to privacy.

2009 : JAMIRUDDIN AHMED VS STATE OF WEST BENGAL

RAID WITHOUT REASON NOT OKAY

A division bench ruled that search/seizure without recording valid reasons violates the right to privacy

2011 : RAM JETHMALANI & OTHERS VS UNION OF INDIA

CAN'T REVEAL BANK DETAILS WITHOUT VALID GROUNDS

Popularly known as the "Black Money Case", here the Supreme Court held that revealing an individual's bank account details without establishing grounds to accuse them of wrongdoing violates their right to privacy.

2012 : SC TAKES SUO MOTU NOTICE OF THE RAMLILA MAIDAN INCIDENT

RIGHT TO SLEEP IS PART OF RIGHT TO PRIVACY

The SC took suo motu cognizance of the crackdown on sleeping anti-corruption protesters camping at Ramlila Maidan led by Baba Ramdev. Identifying right to sleep as an aspect of the right to dignity and privacy, the court refused to permit "illegitimate intrusion into a person's privacy as right to privacy is implicit in the right to life and liberty"

making. Such an academic milieu has jeopardised the university's response to changing societal imperatives. At its core, classroom teaching must impart the kind of education where students grapple with ideas that are stimulating, perplexing, challenging or merely delightful. When students see as to how the powers of free inquiry develops the innate cognitive skills in their own lives, they will value it. Universities in pursuit of academic freedom enhances its members' "capacity to aspire" and strengthens civil society.

UP to get women-only PINK BUSES

With female drivers and conductors, UP govt launching pink buses all across the state

The UP State Road Transport Corporation will soon be starting women-only pink buses in Noida and Greater Noida again. The buses will be fully air-conditioned and will also have a female driver and a female conductor. CCTV cameras will be installed on the buses, besides a GPS system. Each bus will also have a panic button that passengers can press in case of an emergency. The button will send a signal to the control room in the depot, from where the district police can be contacted. Anurag Yadav, assistant regional manager at the Greater Noida depot, says, "The central government has given funds of 783.4 crore to the Uttar Pradesh State Road Transport Corporation (UPSRTC) from its Nirbhaya Fund to procure 50 AC



THE CENTRAL GOVERNMENT HAS GIVEN R 83.4 CRORE TO THE U.P.S.R.T.C. FROM ITS NIRBHAYA FUND TO PROCURE 50 AC BUSES FOR WOMEN IN THE STATE, FOUR OF WHICH WILL BE FOR NOIDA AND GREATER NOIDA

-Anurag Yadav, Assistant Regional Manager at The Gr Noida Depot

NOT THE FIRST TIME: These pink women-only Sakhi Seva buses for Lucknow, were also started in 2015

This is not the first scheme for a women-only mode of public transport in Noida. The district had a women-only bus service a few years ago. In September last year, the Regional Transport Office in Noida started a pink auto service with 25 women-only pink autos (the number was gradually increased to 100). However, the service did not catch on as women generally avoided the autos, citing irregular frequency and the 'cage-like' grill in the autos.

Unicef's radio programme aims to make schools better

Lucknow: The UP government is creating awareness among School Management Committees (SMC) on improving environment, enrolment and attendance in government schools through an edutainment-based radio programme, 'Jan Pahal'. Launched by state project director Sarva Shiksha Abhiyan (SSA) Vedpati Mishra, the radio programme, a joint initiative of UNICEF and SSA is an engaging 52-episode radio series meant to reach out to 2.5 million SMCs across 75 districts of UP to motivate, empower and mobilise them in the state. The episodes will highlight the importance of Right to Education (RTE) Act, extra efforts by teachers to help weak children, timely distribution of books, midday meal, ensuring teachers and students attend school regularly among others. The radio programme will be broadcast every Monday and Wednesday from 11.30am to 11.45am on all 12*primary channels of All India Radio in UP. Besides, it will also be aired on one station each of Jan Pahal radio programme being launched in Lucknow on Tuesday Chhattisgarh and Madhya Pradesh. 'Aimed at strengthening, the SMCs, the radio programme will bridge the

critical gap by sharing information on roles and responsibilities of SMC members and Panchayati Raj Institutions (PRIs) in an entertaining manner. The primary responsibilities of SMCs is to ensure a school is child-friendly and all children have access to schooling with equity, and that institutions keep the children healthy, safe and protect them from all forms of violence and harassment at school, in family and in society. It also works for improving enrolment and ensuring students attend school regularly. AIR director Prithviraj Chauhan said on the occasion, "Jan Pahal radio programme is another progressive step taken by UP which would go a long way to improve schools." Chauhan stressed need to establish the connect so that all parents are empowered to monitor and make the school environment free of discrimination. UNICEF UP office chief Ruth Leano said strengthening communities is an effective strategy to turn around schools and create learning environment. "Jan Pahal radio programme can be another model intervention for other states to follow," she said.

PLAN TO OVERHAUL SUPPLEMENTARY NUTRITION SCHEME

Nutrient Packets may replace food: Maneka

WOMEN AND Child Development Minister Maneka Gandhi Tuesday said the ministry is planning a complete overhaul of its supplementary nutrition programme wherein states should provide nutrient packages directly to beneficiaries instead of providing food through anganwadis. Referring to the anganwadi run supplementary nutrition scheme under the ministry's Integrated Child Development Services Programme (ICDS), Maneka told a conference of officials from 130 districts with the highest rates of malnutrition, "Supplementary nutrition is in the form of take-home rations or hot-cooked meals. I want to bring about a complete change, Gandhi plans distribution through postmen. FIT an out-of-box change." "What we have till now is food which is not even calorie-dense. Secondly, our delivery system has always been dependent on anganwadis. Anganwadi stopped being an effective delivery system 20 years ago," she said.

Maneka said that under the new policy, instead of food, the focus would be

on nutrient packets that will provide 1,000 calories to pregnant and lactating mothers and 600 calories to children. "What we came up with is a change in policy which is, we stop thinking of this as giving food. Khana nahi dena—we give nutrition," she said, adding that the packets would have a dry mixture of peanuts, millets and micro-nutrients which can be consumed with milk, lassi, juice, or water.

Experts, however, state that ready-to-use therapeutic foods cannot always be a substitute for hot-cooked meals. "There is nothing to beat hot-cooked fresh food but one has to ensure quality and quantity. The packages are useful in feeding children with acute malnutrition. It should be seen as a therapeutic food and should not replace your normal diet," said Soumya Swaminathan, Director General of Indian Council for Medical Research.

Maneka said the delivery pattern too would be changed entirely so as to stop leakage. She pointed out that the Union government is very keen on direct benefit transfer (DBT) where cash is transferred directly to the beneficiary's account instead of food. Maneka, however, said she is in favour of packed nutrients since DBT would mean a very small amount reaching the beneficiary who doesn't have the advantage of buying food at government's wholesale prices.

The minister suggested that nutrient packages should be delivered through post offices. "Thirty packages can be delivered through the post office to every family that has a baby and a pregnant mother. Since it is not vegetable or rice, it cannot be misused or sold in the market," she said. Ministry officials, however, said that as recommended by a NITI Aayog report, they have drawn up a proposal to substitute take-home rations with cash. "Once the proposal is approved, we will start a pilot project in 100 districts and later extend it to the others," said an official.



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मुख्यमंत्री पंचायत प्रोत्साहन योजना- 15 करोड़
गौशाला आयोग को अनुदान- 10 करोड़

उद्योग

विश्वकर्मा श्रम सम्मान योजना - 10 करोड़
दीनदयाल ग्रामोद्योग योजना- 9 करोड़ 99 लाख
सिंगल विंडो क्लियरेंस सेल- 35 करोड़
विशेष निवेश बोर्ड की स्थापना को 5 करोड़ रूपये

आवास एवं नगर विकास

आगरा पेय जलापूर्ति परियोजना को 200 करोड़

खेल

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न्याय

महिला उत्पीड़न से संबंधित मामलों के निस्तारण के लिए 100 एडीजे न्यायालयों का निर्माण-20 करोड़
जनपत न्यायालय, वाराणसी के नवीन परिसर के निर्माण के लिए -250 करोड़

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विध्यालय का पर्यटन विकास-10 करोड़
वाराणसी में सांस्कृतिक केन्द्र के लिए -200 करोड़

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राजस्व विभाग

लेखपालों और राजस्व निरीक्षकों को स्मार्ट फोन के लिए -29 करोड़

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व्यावसायिक शिक्षा

कौशल विकास मिशन के लिए -52 करोड़

विज्ञान एवं प्रौद्योगिकी

पं. दीनदयाल उपाध्याय सोलर स्ट्रीट लाइट योजना - 30 करोड़

शिक्षा

कक्षा एक से आठ तक छात्र छात्राओं को जूता-मोजा स्टेटर के लिए -300 करोड़
यूनीफार्म एवं किताबें उपलब्ध कराने को 123 करोड़
पं दीनदयाल राजकीय मॉडल कालेज -25 करोड़
विश्वविद्यालयों में दीनदयाल शोध पीठ को -9 करोड़
अल्हा बाई कन्या निःशुल्क शिक्षा को -21 करोड़
विश्वविद्यालयों-कालेजों में वाईफाई -50 करोड़

समाज कल्याण

मुख्यमंत्री मलिन बस्ती विकास योजना -160 करोड़

"अभी कुछ और भी बाकी है"

दोस्तों हम अक्सर स्वर्ग और नरक के बारे में सुनते हैं। हममें से किसी ने भी स्वर्ग को या फिर नरक को देखा नहीं है। फिर भी हम स्वर्ग के बारे में सोचते हैं। खुशी से आनन्दित और नरक के बारे में सोचते ही हम दुःखी होते हैं। लोगों का कहना है कि हमें अपने कर्मों का हिसाब मृत्यु के पश्चात भी भुगतना पड़ता है। यहाँ यह बात तो सही है कि हमें अपने अच्छे कर्म और खराब कर्मों का फल यही मिलता है। जीवन पर्यन्त और जीवन त्यागने के पश्चात भी।

एक दिन एक महात्मा जी ने अपने रोज की दिनचर्या की तरह एक घर में कथा- भागवत कराने के लिए गये। यहाँ पूजा-पाठ में काफ़ी देर हो गई, जब वे घर के लिए वहाँ से प्रस्थान कर रहे थे। तो रास्ते में उन्हें एक शमशाण से होकर गुजरना पड़ा। वो रास्ते पर जा ही रहे थे कि उनका पैर किसी चीज से टकराया उन्होंने देखा तो कंकाल की खोपड़ी थी। महात्मा जी बहुत ही शान्त व सरल स्वभाव के थे इस लिए उस खोपड़ी को हाथ में लिया और सोचा कि मैं इसे एक किनारे रख दूँ, ताकि किसी और का पैर ना पड़े। जैसे ही महात्मा जी खोपड़ी को रखने चले, तो उनकी नजर उसके मस्तिष्क पर पड़ी।

जिस पर लिखा था कि 'अभी कुछ और भी बाकी है।' यह पढ़कर महात्मा जी आश्चर्य में पड़ गये। और मन में विचार करने लगे। वाह रँ कर्मों की गति अति न्यारी

वाह रँ कर्मों की गति अति न्यारी
हिसाब पूरा न हो जब तक मृत्यु न लगे घ्यारी।

यह सोच जानने की उत्सुकता के साथ महात्मा जी ने उस कंकाल की खोपड़ी को अपने साथ अपने घर ले गये। पूजा-स्थान के पास रख दिया। अब महात्मा जी रोज सुबह-शाम आते-जाते उसे देखते और कहते हैं। ईश्वर इतना सब कुछ तो हो गया, इसकी मृत्यु हो गई शव भी नष्ट हो गया, कर्मों का ऐसा कौन सा फल है, जो अब भी बाकी है। 'इतना कहकर वहाँ से चले जाते हैं। कुछ दिनों पश्चात् एक सुबह जब महात्मा जी पूजा करके चले, तभी उनका बेटा भी वहाँ और बोला मैं भी आज पूजा ख़ारती में आपको सहयोग करूँगा और इतना कहकर ज्यों ही आरती की थाली उठाने के लिए बेटे ने हाथ बढ़ाया वह खोपड़ी नीचे गिर गई और छोटे-छोटे टुकड़ों में चकना चूर हो गई। महात्मा जी ने देखा अब लिखा था 'मेरा कर्म पूरा हुआ'।

यह देख महात्मा जी समझ गये कि स्वर्ग और नरक दोनों यहीं हैं। हम सबको अपने कर्मों का हिसाब यही भुगतान पड़ता है।

ईश्वर ने जब धरती रची तो हर जगह उन्होंने सौन्दर्य बिखेरा। उन्होंने हमें सौन्दर्य बोध भी दिया, लेकिन यह बात हम छोड़ कर हम किसे देखे और किसे अनदेखा करें। इसके बाद हम अपने बनाये विधानों में ही रच-बस गये। यकीनन हमने सैर सपाटा किया, लेकिन बस छुट्टियों मनाने के भाव से। अपने आसपास विखरें सौंदर्य को अनदेखा किया और खुद को कृत्रिम चीजों को देखने में ही व्यस्त कर डाला। आसपास कितना सौंदर्य है। इसका आभास तिनका-तिनका जोड़ रही एक चिड़िया को अपना बॉसला बनाते देखकर महसूस किया जा सकता है मेघों को उमड़ते-धुमड़ते देखना, उनके भिन्न भिन्न आकारों- प्रकारों को बनाते विगड़ते देखा सहज रोमांचित कर सकता है।

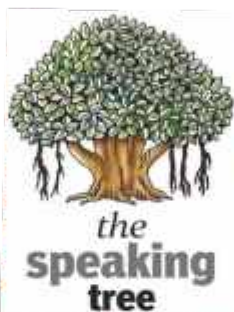
सौंदर्य



अंग्रेजी भाषा के कवि इमर्सन कहते हैं कि सारी दुनिया चुमते है और खुबसूरती तलाशते रहें, कभी मुड़कर भी नहीं देखते। अपने पास ही छुपी हुई खुबसूरती की ओर। दरअसल हमारे पास सौंदर्यबोध होकर भी नहीं होता वह दबा दबा सा रहता है। काम की आधाधापी ने तो उसे और दबा दिया है। जो प्रकृति प्रेमी है, जानते है कि दुनिया की हर वस्तु में अप्रतिम सौंदर्य का वास है। बस देखने का नजरिया चाहिए। दार्शनिक खलील जिब्रान कहते है कि खुबसूरती यूँ ही प्रत्यक्ष नहीं होती, यह दिल की रोशनी है, बहुत ध्यान से देखनी पड़ती है। ध्यान में देखना तभी संभव होता है, जब आप निर्मल हों। आप जितने निष्कपट होंगे सौंदर्य उतना ही अधिक आपके पास होगा।

The Most Oft-Asked Question : Why Me?

The ability to question is a characteristic special to human beings. As children, fascinated by the mysteries of the world, one reads books entitled, "Tell Me Why?" growing up as defiant teenagers, the query changes to, "Why, tell me!" and as discontented adults one constantly complains, "Tell, why me?" Sorrows are due to our grievances, desires and continuous dissatisfaction with the world which intensify and torture the mind because of this persistent protest, "Why me?" However, one never enquires, "Why not me?" In life, something is obtained only when one is competent and fit for it. For example, admission to a good university is attained by the smart, intelligent and diligent student; maximum work is given to the most proficient individual. The law of nature is that greater responsibilities or adverse situations only come to those who have the capacity to handle them. Saints and sages, from Krishna and Buddha to Guru Nanak, have commented on how people are afflicted by misery and anguish, and yet, nobody really wishes to die because of the few joys and pleasures in life; one feels secure because there are some heroic and rare people who have the capacity to bear suffering.



but none wished to accept the poison. Collapsing and burning from the fumes, they appealed to Shiva to save the world from devastation and death. Shiva did not object, "Why me?" but willingly drank and held the poison in His throat. What would have happened if He had not taken it? In this world, people emit poison in the form of thoughts, words, and actions. Shiva drank the poison because He was the only one who had the capacity to do so. In the same way, greater responsibilities, pressures, tensions or sufferings come to those who are courageous and noble because they possess the capability to endure them. Today, the world is surviving despite atrocities, despite wickedness, because there are a few people who have the strength to drink and tolerate the poison; they are great and laudable; and, dare to think, "Why not me?"

This is aptly illustrated in the beautiful Puranic story of the churning of the ocean. All were anxious to covet the exquisite, glorious and enchanting powers and jewels that emerged,

In Village Sidhbari, in Himachal Pradesh, women were uneducated, helpless, mentally and physically abused; they were suffering to such an extent that many contemplated suicide. However, today the picture is so transformed due to development work undertaken by the Chinmaya Mission directed at empowering weaker sections of society, that no one can imagine that they were victims of an unjust society. Swami Chinmayananda inspired them to realise that they were not helpless and vulnerable victims; rather, they were the very Shakti behind the ' universe. These women now, are not only \ benefiting themselves and their families, but also alleviating the suffering of people in other villages. They have made a leap from "Why me?" to "Why not me?" This leap is urged by Krishna in an inspiring message in the Bhagwad Gita where he says, "Don't look down on yourself; don't cry out to the world; don't be dependent on the world. Appreciate, your inner strength, beauty and hidden potential and lift yourself by yourself." (The writer is Global Head, Ghinmaya Mission.)

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कविता

सीख

सीख है ऐसा सागर
लहराता जिसमें विद्या का गागर
भरलो जो इससे प्रेम की गागर मिल जाए
खुशियाँ आपार
सीख है ऐसा सागर
न रिश्तों की कई बन्धिश
न उम्र का कोई पड़ाव
सीखने की लगन जो रखों
चीटी से भी मिल जाता सीख का भंडार
प्रारम्भ से अन्त तक सीख खो जितना है
सीखना ठान लो मैं सीखना अगर
सीख ले जाती हर एक शहर सीख दे जाती हर एक शहर
सीख है, ऐसा सागर
लहराता जिसमें विद्या का सागर
गर भूल का इसमें बवण्डर
तो प्रत्याशित की इसमें
तैरती मछलियाँ
पछवाते की इसमें महिमा की
अपरम्पार सीख है, ऐसा सागर
भारत जिसमें विद्या का गागर



'बहुत दिनों के बाद'

बहुत दिनों से मुँडेर पर दिखी नदी गौरैया।
बहुत दिनों से झरों पर आई न कोई गैया।
बहुत दिनों से सुना नहीं है। मीठा कोई गीत।
बहुत व्यतीत है। कर रहा बीता हुआ अतीत।
बहुत दिनों से पेड़ों पर भी पड़े न देखे झूलें।
बहुत दिनों से नहीं उठावें पानी में बड़बूले।
बहुत दिनों से दिखें नहीं पहले वाले रिश्ते।
महगें थे संबंध सभी के स्वार्थ बहुत थे सस्ते।
देखी नहीं है बहुत दिनों से असत्व की हार।
बहुत दिनों से नहीं दिखा है मुझे कहीं उपकार।
बहुत दिनों से सुनी नहीं अब मीठी देशज धारा।
बहुत दिनों से देखी नहीं है पहले जैसी आशा।
बहुत दिनों के बाद खिलें है नवाकुर नव फूल।
बहुत दिनों के बाद हवा फिर आज अनुकूल।
बहुत दिनों के बाद छटेगी नभ में फिर से धुंध।
बहुत दिनों के बाद पुनः फैलेगी वही सुगंध।
बहुत दिनों के बाद काल का धुमेगा फिर पहिया।
फिर आयेंगी इस मुँडेर पर शायद वो गौरिया।

दोहे



औख मुव जो खे रहें, छकर धर्म अपीम।
उन लीगों को हाँकते, ढोंगी राम-रहीम।
बाबा चाहे सुन्दरी, ऐरोचने व कार।
इन सबको पाए विना, बाबापन निस्तार।
करी चोतरम साधना, तब यह सीखा काम।
काम सूत्र से राम को, साधें आसाराम।
ढोंगी आसाराम ये, दुर्गुणी, राम पाल।
पड़ी मार जब सत्य की, टूटी शूटी ढाल।
सस्ता सुर के फेर में, बाबाओं के डार।
दर- दर मरथा टेकते, अन्ध भक्ता सरवार

ऊँची पैड़ी धर्म की, लगती भव्य बुकान।
ऊँची बनी बुकान के, कड़वे है पकवान।
गन्दी सारी खरितियों, मैले सब व्यवहार।
करें धर्म की आंड़ में, बाबा जी भ्रष्टचार।
आन्ध्र परिसर सब बनें, खेलों के मैदान।
ओलम्पिक में तब चलें, अपना हिंदुस्तान।
ताले मठ मंदिर जड़ो यहाँ चलें स्वूल।
तभी हजारों साल की, सुवर्णै यह भूल।

गुरु-दक्षिणा

एक बार एक शिष्य ने दिनभरातपर्वक अपने गुरु जी से पूछा- 'गुरु जी, कुछ लोग कहते हैं कि जीवन एक संधर्ष है, कुछ अन्य कहते हैं कि जीवन एक खेल है और कुछ जीवन को एक उत्सव की संज्ञा देते हैं। इनमें कौन सही है?'
गुरु जी ने तत्काल बड़े ही वैधर्षपूर्वक उत्तर दिया- 'पुत्र, जिनमें गुरु नहीं मिला उनके लिए जीवन एक संधर्ष है। जिनमें गुरु मिल गया उनका जीवन एक खेल है और जो लोग गुरु द्वारा बताया गए मार्ग पर चलने लगते हैं, मात्र वे ही जीवन को एक उत्सव का नाम देने का साहस जुट पाते हैं।



यह उत्तर सुनने के बाद भी शिष्य पूरी तरह से संतुष्ट न था। गुरु जी को इसका आभास हो गया। वे कहने लगे- 'लो, तुम्हें इसी सन्दर्भ में एक कहानी सुनाता हूँ। ध्यान से सुनोगे तो स्वयं ही अपने प्रश्न का उत्तर पा सकोगे।'
उन्होंने जो कहानी सुनाई वह इस प्रकार थी-
एक बार की बात है कि किसी गुरुकुल में तीन शिष्यों ने अपना अध्ययन सम्पूर्ण करने पर अपने गुरु जी से यह वताने के लिए विनती की कि उन्हें गुरुदक्षिणा में, उनमें क्या चाहिए। गुरु जी पहले तो मंत्र-मंत्र भुंकराये और फिर बड़े स्नेहपूर्वक कहने लगे- 'मुझे तुमसे गुरुदक्षिणा में एक वेला भर के सूखी पत्तियाँ चाहिए, ता सकोगे?' वे तीनों मन ही मन बहुत प्रसन्न हुए क्योंकि उन्हें लगा कि वे बड़ी आवाजी से अपने गुरु जी की इच्छा पूरी कर सकेंगे। सूखी पत्तियों तो जंगल में सर्वत्र बिखरी ही रहती हैं। वे उत्साहपूर्वक एक ही त्वर में बोले- 'जी गुरु जी, जैसी आपकी आज्ञा।'
अब वे तीनों शिष्य चलते-चलते एक समीपवर्ष जंगल में पहुँच चुके थे। लेकिन यह देखकर कि वहाँ पर तो सूखी पत्तियों केवल एक मुड़ी भर ही थी, उनके आश्चर्य का ठिकाना न रहा। वे सोच में पड़ गये कि आखिर जंगल से कौन सूखी पत्तियाँ उठा कर ले गया होगा? इतने में ही उन्हें दूर से जाता हुआ कोई किसान दिखाई दिया। वे उसके पास पहुँच कर, उससे दिनभरातपर्वक पाचना करने लगे कि वह उन्हें केवल एक वेला भर सूखी पत्तियाँ दे-दे। अब उस किसान ने उनसे शमापाचना करते हुए, उन्हें यह बताया कि वह उनकी मदद नहीं कर सकता क्योंकि उसने सूखी पत्तियों का इंधन के रूप में पहले ही उपयोग कर लिया था। अब, वे तीनों, पास में ही बसे एक गाँव की ओर इस आशय से बढ़ने लगे थे कि हो सकता है वहाँ उस गाँव में उनकी कोई सहायता कर सकें।
वहाँ पहुँच कर उन्होंने जब एक व्यापारी को देखा तो बड़ी उन्मीद से उससे एक वेला भर सूखी पत्तियाँ देने के लिए प्रार्थना करने लगे लेकिन उन्हें फिर से एकबार निराशा ही हाथ आई क्योंकि उस व्यापारी ने तो, पहले ही, कुछ पैसे कमाने के लिए सूखी पत्तियों के ढोने बनाकर बेच दिए थे लेकिन उस व्यापारी ने उदारता दिखाते हुए उन्हें एक बूँदों का पत्ता बताया जो सूखी पत्तियाँ एकत्रित किया करती थी।

पर भाग्य ने वहाँ पर भी उनका साथ नहीं दिया क्योंकि वह बूँदों को तो उन पत्तियों को आलग-अलग करके कई प्रकार की आपत्तियों बनावा करती थी। अब निराश होकर वे तीनों खाली हाथ ही गुरुकुल लौट गये। गुरु जी ने उन्हें देखते ही स्नेहपूर्वक पूछा- 'पुत्रो, वे आपसे गुरुदक्षिणा? तीनों ने सर झुका लिया। गुरु जी द्वारा दोबारा पूछे जाने पर उनमें से एक शिष्य कहने लगा- 'गुरुदेव, हम आपकी इच्छा पूरी नहीं कर पाये। हमने सोचा था कि सूखी पत्तियाँ तो जंगल में सर्वत्र बिखरी ही रहती होंगी लेकिन बड़े ही आश्चर्य की बात है कि लोग उनका भी कितनी तरह से उपयोग करते हैं।'
'गुरु जी फिर पहले ही की तरह मुस्कराते हुए प्रेमपूर्वक बोले- 'निराश क्यों होते हो? प्रसन्न हो जाओ और यही ज्ञान कि सूखी पत्तियाँ भी व्यर्थ नहीं हुआ करती बल्कि उनके भी अनेक उपयोग हुआ करते हैं? मुझे गुरुदक्षिणा के रूप में दे दो।' तीनों शिष्य गुरु जी को प्रणाम करके लुशी-लुशी अपने-अपने घर की ओर चले गये।
यह शिष्य जो गुरु जी की कहानी एकाग्रचित्त हो कर सुन रहा था, अचानक बड़े उत्साह से बोला- 'गुरु जी, अब मुझे अच्छी तरह से ज्ञान हो गया है कि आप क्या करना चाहते हैं। आप का संकेत, वस्तुतः इसी ओर है न कि जब सर्वत्र सुलभ सूखी पत्तियाँ भी निरर्थक पा बेकार नहीं होती हैं तो फिर हम कैसे, किसी भी वस्तु या व्यक्ति को छोटा और महत्त्वहीन मान कर उसका तिरस्कार कर सकते हैं? चींटी से लेकर हाथी तक और मुँद से लेकर तलवार-तक-सभी का अपना-अपना महत्त्व होता है।
गुरु जी भी तुरंत ही बोले- 'हाँ, पुत्र, मेरे कहने का भी यही तात्पर्य है कि हम जब भी किसी से मिलें तो उसे सशर्षावोग्य मान देने का भरसक प्रयास करें ताकि आपमें मैं स्नेह, सम्भावना, महात्मभूति एवं सहैभुता का विस्तार होता रहे और हमारा जीवन संघर्ष के बजाय उत्सव बन सके।
दूसरे, यदि जीवन को एक खेल-की माना जाए तो बेहतर वही होगा कि हम नियंत्रित, स्वयं एवं शांत प्रतियोगिता में ही भाग लें और अपने निष्पादन तथा निर्माण को ऊँचाई के शिखर पर ले जाने का अपेक्ष प्रयास करें।' अब शिष्य पूरी तरह से संतुष्ट था।

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EMBRACING TECHNOLOGY

Technology has become the greatest vehicle for change. Digital technology, once thought as a distraction at school, is now a legitimate learning tool for students. Schools of modern society are embracing the possibility that such technology enhances learning and prepares students for modern workforce. Laptops, tablets, printers etc have become a versatile tool in classrooms. Parents and educators are always looking for new tools to help students reach their true academic potential. Teachers are the foot soldiers of education and they're ready to implement technology in the classroom through as many ways as possible. Various studies have shown that technology, if implemented correctly, is worth the cost and is effective because it elevates achievement, enhances engagement, and enthusiasm, improves teacher-student relationship and also promotes skills and problem solving. The greatest impact of technology is perceptible at the most basic level of education. Today's children are different; they are clamouring to get their hands on cell phones and laptops and are eager to embrace the high-tech world, e-learning for kids is on the upswing and has turned out to be the fastest and easiest way of learning in the present context of education. Ranjana Singh, principal of a play school deliberates the benefits of e-learning. "E-learning is the talk of the day for the greatest benefits it shows in the process of education. It enhances student collaboration and teacher



School of today are embracing the possibility that technology enhances learning

interaction and is suitable for different types of learners." Children can be impacted physiologically by music the basis of introducing lullabies in preschools. It is nothing new, but a reintroduction of an old tradition in a new methodology. Singing nursery rhymes and songs to children can develop their communication skills from an early age. Similarly audio and visual cds to assist phonetics at the primary level help children to pronounce and communicate correctly. Customised laptops can be an immense value addition to children's basic knowledge. Sushant Singh, a computer instructor in a primary school says, "When everything changes in the world, it is prudent to adopt methods that provide solutions for effective learning. Children should be taught to operate laptops and access information through internet for a more pervasive exposure and better connectivity to the outer world." Television can be another good teacher for expanding a child's knowledge. One of the positives about watching television is that it has the ability to continually reinforce the traditional narrative structure. Ability of children to learn to focus effectively, lays the foundation for almost all aspects of growth and is fundamental to their development.

In today's rapidly changing world, technology has touched every sphere of our lives. Children's classroom is no exception to this rule

UNSAFE AT SCHOOL

The problem goes back to the way in which we view education, the hierarchy drawn of educational needs'

THE RECENT TRAGEDIES involving the death of two schoolchildren in Gurugram have evoked the usual responses — demonstrations in protest, the institution of a "probe", the suspension of the principal, a flurry of debates in the media and so on. But the fact is that these tragedies (and indeed, many more before them, reported and unreported), are only the symptoms of an entire educational system that has gone horribly wrong. Consider, for a moment, the following: Who sets up most of the private schools in the country and why? Barring exceptions, most private schools are set up by property dealers, liquor barons, politicians and the like, with a two-fold purpose. First of all, schools give them a fig leaf of respectability. And they are also a great avenue for the investment of dubiously acquired wealth. To impart education is very rarely the primary motive. The driving force thus becomes the recovery of the capital invested and in order to achieve this, corners have to be cut. Among the softest targets for the axe are safety and security and teacher training. After all, parents grateful for admission are hardly likely to ask questions relating to safety and security measures. Also, security measures go largely unnoticed, unlike swimming pools, air-conditioned buses and "smart" classrooms. But do not these schools have to conform to some kind of regulations in order to secure affiliation? Of course, they do. And both the CBSE and ICSE have, on paper, very stringent norms governing the process. But the devil lies in the implementation. We all know how "inspections" are manipulated in this country. When I was heading a well-known residential school in the south, I was deputed by the CBSE to inspect a local school seeking affiliation. I was phoned by one of my own governors who happened to be a local MIA to offer the friendly advice that the promoter of the school was a very good friend of his and that I should carry out the inspection keeping this in mind! If the new schools circumvent the norms, the older ones do not do any better. They generally suffer from the fact that they are housed in very old buildings, and compliance with safety norms would involve huge expenditure — in some cases, so high that building afresh would be cheaper. I encountered this problem in both the old "public" schools that I headed. In fact, in one, I discovered to my horror, that none of the buildings had any fire escapes. The state of affairs in most government schools is pitiable. They are, for the most part, too starved for funds to make safety a priority, and are, by and large, manned by staff just intent on getting through the day. And I am not even bringing the state of our rural schools into this discussion.

The other relevant question is, who is the person on the ground responsible for the implementation of safety norms? It is, of course, the head of school. Do heads of schools have the requisite training for this responsibility? Of course not. Just as they have no training in either financial management, the legal aspects of running a school, public relations or any one of the areas vital to school management, heads have no training in safety and security as well. So how is a head supposed to be sensitive to the requirements in this critical area?



DEV LAHIRI

The management and head (both of whom are equally ignorant), are thus quite content to hand over the responsibility to some private security agency. Anyone who knows how these agencies operate will also know how (incompetent they are. Most of these agencies (and more so, the ones at the lower end, which schools can afford), are quite content to have a hugely under-paid and untrained force, whose only claim to "security" is that they wear a uniform, practice marching in public view and salute the principal. And these are the people entrusted with not only guarding the premises but also responding to emergencies. All this while when even simple safety procedures are not followed. How often, for example, are fire-extinguishers checked? How often are disaster drills held? The net result is that when disasters do occur, everyone is running around like headless chickens.



The problem is further compounded by the fact that there is no way in which a regular audit in safety measures can be conducted. None of the school boards (although they have comprehensive manuals) have either the resources or the expertise to ensure conformity with safety measures. In the good old desi way, safety and security are "Ram bharose".

If the head of the school and the security agency entrusted with the well-being and safety of the students are both questionable in their level of competence, it is hardly likely that the teachers, who should really be the ones with their ears to the ground, will have any clue about spotting likely danger areas. Teachers also seek refuge in the fact that they are overburdened anyway and have to rush off for their private tuitions.

The problem is therefore complex. We must, of course, be "pro-active" in this area rather than "reactive". But the issue runs much deeper. It goes back to the very way in which we view school education, the priorities that we accord in the hierarchy of "educational needs" and whether we are really interested in investing in a better and safer future.

The writer is former headmaster of Lawrence School, Lovedale, and former principal Welham Boys' School, Dehradun

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Fun Time



FIND 7 DIFFERENCES BETWEEN THESE PICTURES?



1. I CAN GIVE YOU A LIVE TOY WITH THAT AMOUNT!
2. IT IS DONE!
3. THAT JAMBO-MAMBO IS YOURS!
4. I'LL RIDE AND ROAM TO PLACES!
5. YES, YOU WERE HUNGRY!
6. MR. BIRJU! I BOUGHT THE ANIMAL FOR ONE RUPEE, AND HAVE TO PAY FIFTY FOR HIS FOOD?
7. BETTER YOU KEEP JAMBO-MAMBO!
8. NEXT DAY
9. MR. BIRJU, YOU?
10. I FOUND A WAY TO AFFORD THE FOOD EXPENDITURES OF AN ANIMAL!
11. ONE HAS TO USE THE BRAIN.





Want to be happy? Buy more take-out food, outsource all disliked tasks

Study says that spending money to save time, like hiring a house help, actually makes people happier

ITS A question central to daily life: Do you spend money to save time or spend time to save money? Well, if happiness is the goal, you might consider

And it didn't matter if they were rich or poor: People benefited from buying time regardless of where they fell on the income spectrum. (The authors note, though, that may not hold true for the poorest of the poor.)

"If there's some task that just thinking about it fills you with dread, then it's probably worth considering whether you can afford to buy your way out of it," said Elizabeth Dunn, a professor of psychology at the University of British Columbia and an author of the paper.

The surveys established a link between buying time and happiness, but the researchers wanted to see whether one causes the other.

So they conducted an experiment with a few dozen Canadians. First, they provided the participants with \$40 on two consecutive weekends to spend, as directed, on either time-saving purchases or material purchases, like board games, fancy wine, or clothes. Then, they asked the participants their mood at the end of the day. As the researchers predicted, spending money to save time appeared to reduce time-related stress and increase well-being while spending on material goods did not have the same effect. But, despite its benefits, the practice of buying time is not as popular as one might expect, they found. Even among more than 800 Dutch millionaires surveyed, all of whom surely could afford to do so, only a slight majority spent money on time-saving tasks.

Professors Whillans and Dunn offered a few guesses as to why, at least in the United States: a Protestant work ethic that values being busy or guilt over paying someone for a task that people could easily do themselves, for example. "We want to seem like we have it all together and we might be therefore resistant to spending money on timesaving purchases even when we can afford it," Ms. Whillans said.

- NIRAJ CHOKSHI

opening that wallet.

That's the takeaway of a study, published this week in the Proceedings of the National Academy of Sciences, whose findings suggest that spending money to save time may reduce stress about the limited time in the day, thereby improving happiness.

"People who spent money to buy themselves time, such as by outsourcing disliked tasks, reported greater overall life satisfaction," said Ashley Whillans, an assistant professor at the Harvard Business School and lead author of the study, which was based on a series of surveys from several countries. Researchers did not see the same effect when people used money for material goods.

In one round, Whillans and her colleagues surveyed nearly 4,500 people in the United States, Denmark, Canada and the Netherlands on well-being and time-saving purchases, such as ordering takeout food, taking a cab, hiring household help or paying someone to run an errand. In another round, using a broader definition of such purchases, they surveyed about 1,800 other Americans.

About 28 per cent of those in the first round and half in the second reported spending money to save time. In both cases, those who made such purchases reported greater life satisfaction than those who did not.

हृदय रोगियों के लिए फायदेमंद है पीपल के पत्ते

पीपल में कई स्वास्थ्यवर्धक गुण होते हैं। यह पेड़ हमें 24 घंटे ऑक्सिजन देता है। इसके अलावा दिल को कई प्रकार के रोगों से बचाने के लिए भी पीपल का पत्ता फायदेमंद होते हैं पीपल की 15 ताजी हरी पत्तियाँ एक गिलास पानी में अच्छी तरह से उबालें। पानी को तब तक उबालें जब तक वह 1/3 शेष रह जाए। अब उसे ठंडे करके छान लें। अब इस काढ़े की तीन खुराक बना लें। सुबह हर तीन ऐसा करने से हृदय संबंधी रोगों का खतरा कम हो जाता है।

दातों के लिए

दातों की मजबूती और सफेदी के लिए इसके तने से बनी दातून का प्रयोग किया जाता है। पीपल की दातून से दातों का दर्द दूर होता है। 10 ग्राम पीपल की छाल, कर्था और 2 ग्राम काली मिर्च को पीसकर बनाएँ गर्म मंजन का प्रयोग करने से भी दातों की



समस्याओं से निपटा मिलता है।

दमा में असरदार

दमा रोगियों के लिए पीपल का पेड़ एक दवा का काम करता है। इसके प्रयोग के लिए पीपल के तने की छाल के अन्दर के हिस्से को निकाल कर सुखा लें। इसके सुखने के बाद इसका बारीक चूण बना लें और दमा से ग्रसित रोगी को यह चूण पानी के साथ दें।

खासी जुकाम दूर करें

बदलते मौसम की वजह से होने वाली सर्दी खासी और जुकाम दूर करने में भी पीपल के पत्तों का प्रयोग किया जाता है। इसके प्रयोग के लिए पीपल के 5 पत्तों को दूध के अच्छी तरह से उबाल लें अब इसमें चीनी डालकर सुबह-शाम पिएं।

आराम मिलेगा।

आई केयर

आम तौर पर आँखों का कमजोर होना उम्र बढ़ने का एक संकेत माना जाता है। जैसे ही कोई शख्स पचास की उम्र पार करता है, तब समस्याएँ बढ़ने लगती हैं। जैसे दृष्टि का धुंधला और कमजोर होना आदि। हालांकि निगाह कमजोर होने के अनेक कारण होते हैं, लेकिन बढ़ती उम्र या फिर वृद्धावस्था में दृष्टि संबंधी कमजोरी का सबसे सामान्य कारण आयु संबंधित मैक्यूलर डीजनरेशन है।

वया है मर्ज

एएमडी एक ऐसी बिमारी है, जो हमेशा के लिए आँखों की रोशनी छिन सकती है यह समस्या तब होती है जब रेटिना का मुख्य भाग (जिसे मैक्युला कहते हैं) कमजोर पड़ जाता है। आँखों की केन्द्रीय दृष्टि (सेन्ट्रल विजन) के लिए मैक्युला जिम्मेदार है जब यह खराब हो जाता है तो उस व्यक्ति को पढ़ने में चहारा पहचानने में दिक्कत होती है।

ऐसे पहचानें

आँखों की रोशनी कम हो जाना या चली जाना, लेकिन जैसे-जैसे रोग बढ़ता है, मराज की धुंधलाने व लहराने लग जाती है। देखने के दौरान काले धब्बे नजर आना।

विजुअल डिस्टोर्शन।

पढ़ने के दौरान

ज्यादा रोशनी होना।

कम रोशनी में

एडजस्ट करने में

कठिनाई आना।

चहरों पहचानने में

दिक्कत आना।

विभिन्न रंगों की चमक कम महसूस होना।

इलाज के बारे में

उम्र से संबंधित आँखों की समस्या को पूरी

तरह से ठीक नहीं किया जा सकता लेकिन

समय से रोग पहचानने और इसका इलाज

कराने से आँखों की रोशनी को पूरी खत्म होने

और बिमारी को गंभीर होने से रोका जा

सकता है। इसके लिए नैच विशेषज्ञ से परामर्श

कर आँखों की नियमित जांच करवाएं। यदि

आपकी दृष्टि में कुछ बदलाव लगते हैं या फिर

चीजों को पहचानने की क्षमता खो रहे हैं, तो

इसे नजर अंदाज न करें। यदि किसी व्यक्ति

को इस रोग के कारण अधिक परेशानी हो रही

है, तो सर्जरी भी एक अच्छा विकल्प है।

सलामत रहे निगाहें

आम तौर पर पचास साल की उम्र के बाद होने वाली आयु से संबंधित आँखों की समस्या-एज रिलेटेड मैक्यूलर डीजनरेशन- का समय रहते बचाव और कुछ हद तक इलाज संभव है.....

- डॉ राजीव जैन

SNAPSHOTS

On my bucket list :

New Zealand, Brazil, Japan, Norway, Iceland and Hawaii.

Nextstop :

I'm in Switzerland; my next stop will be Germany.

THE SKIN ART

SKIN HAIR AND AESTHETICS



Acnes and pimples are the most common skin problems across the globe and also one of the most important reasons for depression and low self-esteem among young boys and girls. Even though acne, which consists of blackheads, white-heads, pustules, nodules and cysts, is considered a teenage problem, it can way beyond the teens into adulthood.

WHAT CAUSES ACNE?

Acne is caused due to inflammation of the oil producing glands present in the skin. During puberty, the male sex hormones called androgens which are normally present both in males and females are on the rise. These androgens stimulate the sebaceous or sebum producing glands to make more sebum or oil. While the most important underlying factor of acne is always hormonal imbalance, there are many factors that are responsible for acne like stress, bad food habits, lack of exercise and sleep, wrong cosmetics, genetics and PCOS (Polycystic Ovarian Syndrome) in females.

Celeb Travel Shama Sikander (Actor)

Travel planning : I simply follow my heart in planning vacations. I like to window-travel on the internet too.

Travel style : I can't travel light. I make it a point to pack all my good clothes, shoes, bags and accessories.

Must-pack items :

Depends on where you're going. Carry-

ing all medicines is

very important. It's a nightmare to find doctors and pharmacies

abroad. Also make sure your health insurance is intact. Another

must-carry item for me are my skin care products.

Travel lessons learnt : If you have shopping on your mind, make

sure to carry a small handbag. Be aware of the traffic rules and the

weather conditions of the area you are travelling to.

Style tip : One must look glamorous while travelling so that the

pictures come out great. Colourful stylish tops and dresses are a

must so is a cool pair of jeans (or shorts depending on the

weather). I like to keep my sports shoes and some casual

tees handy just in case there is a nature walk or sporty

excursion planned.

Travel Pet Peeves :

Packing and unpacking.

Best weekend getaway, family holiday, solo travel,

holiday with friends :

With family, it would be either Amby Valley or the

mountains of Shimla. London and UAE are great

destinations for family travel. Solo travel is anywhere

my heart takes me. With friends I would like to go to

Ibiza, Brazil, Dubai.



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The best means of spiritual realization is chanting the holy name of the Lord.

Bhagavad-gita 6.11-12, Srila Prabhupada

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Let Us Rally Together And Nurture Rivers

Someone asked me the other day, "What motivates you to engage in tree-planting projects and river rallies?" The implication was clear: gurus should stick to imparting yoga and leave ecology to environmentalists! But all this is yoga. All I have ever done in the past 35 years is yoga. Being in a state of yoga - union - simply means doing whatever is necessary in a given moment. This initiative to save Indian rivers is no different: it is simply a spiritual movement with an environmental consequence. Veerashaiva philosophers and poets of southern India often employed the analogy of rivers to describe the spiritual journey Shiva is seen as the ocean, and individuals as rivers who flow naturally towards the ocean.

Today, most people seem determined to reverse this natural process. We allow our rivers to turn dry and desiccated. Instead of thinking of revitalising them, we exploit them. We cannot simply blame government apathy or a faulty education in civics for this. When a large percentage of humanity forgets the very nature of its existence, this is the inevitable result. The one river in the country that did not reach the ocean was the Lavanavati in Rajasthan, which dried up in the desert. But today we have spawned many such rivers that never reach the ocean. The Ganga and Indus are now among the most endangered rivers on the planet. The Kaveri is probably 40% of what it used to be 50 years ago. For the last Kumbha Mela in Ujjain, water had to be pumped in from the Narmada to create an artificial river, because there was no water in the Kshipra. Smaller rivulets don't even reach the main river; they dry up along the way. Rivers like Amaravati are ironically described as "eternal". When it is all rock, of course it can be eternal!

Much can be done if people rally for rivers: ranging from rainwater harvesting to nursery cultivation. The simplest solution is to ensure tree cover on either side of rivers and tributaries. Cultivating forest trees on government land and tree-based horticulture on private land would be a significant step that would also benefit our poor farmers enormously. If we addressed this with determination now, we could hope to see our rivers flowing with at least 15-20% more water in the next 15 years.

But the issue is deeper. It is only a tragically fragmented mind that looks at rivers as "an issue for environmentalists". Water is not a commodity it is life-making material. The human body is 72% water. You are a water body. And on this planet, rivers are the water bodies with which we have the closest relationship. For thousands of years, we have lived on their banks, deeply nourished by them. The time has come for us to nourish them, in turn.

The further we move away from Nature, the further we are moving away from our own nature. The reverse is also true: the further we move away from our own nature, the more insensitive we become to every other life form around us.

Like the great rivers of this subcontinent, will we naturally find our ultimate source, or, simply lose ourselves on the way? Only time will tell. And only we can decide. The onus lies squarely on us. Let us make it happen.

Follow Sodhgura Jaggi Vasudev of Isha Foundation at speakingtree.in

At last, it is true: chrysanthemum can also be blue

LESSTHAN10% of 400,000 floral species bear blue flowers; it's unclear why. Attempts to force blueness upon flowers have failed mainly because there aren't many compatible plants with the genetic machinery to manufacture blueness. Japanese scientists have now created a blue chrysanthemum - a flower that is usually pink, yellow or red.

In 2013, the scientists engineered a "bluer-coloured" chrysanthemum by splicing in a gene from Canterbury bells, which naturally has blue flowers. The resulting blooms were violet. This time, they added a gene from another naturally blue flower, butterfly pea.

Both these plants produce pigments for orange, red and purple called delphinidin-based anthocyanins. (They're present in cranberries, grapes and pomegranates, too.) Under a few different conditions, these pigments, which are sensitive to changes in pH, can start a chemical transformation within a flower, rendering it blue.

The additional gene added a sugar molecule to the pigment, shifting the

plant's pH and altering the chrysanthemum's colour. A wavelength test in the lab confirmed the colours as blue.

The fact is, no blue flowers in nature actually have blue pigment. And neither do blue eyes or blue birds.

Blue flowers result from the modification of red pigments - shifting acidify levels, or switching or mixing up molecules and ions. Some petunias have a genetic mutation that breaks



Blue transgenic Taihei chrysanthemum, created by modifying two genes (Naonobu Noda/NARO)

pumps inside cells, altering their pH and turning them blue. Some morning glories shift from blue upon opening to pink upon closing, as acidity levels fluctuate, many

hydrangeas turn blue in acidic soil.

In vertebrates, blue colouring is more about structure. Blue eyes exist because, lacking pigments to absorb colour, they reflect blue light. A kingfisher's blue feathers would be brown or grey without a special structural coating that reflects blue. Reflection is also the reason for the most intense colour in the world, the shiny blue of the marble-esque Pollia fruit in Africa.

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इन्टरनेट यूज करने वाले 39% युवा भारत, चीन में

संयुक्त राष्ट्र एक रिपोर्ट में कहा गया है कि दुनिया भर में इंटरनेट के 83 करोड़ युवा यूजर्स में से 39 प्रतिशत भारत और चीन में रहते हैं। इंटरनेट टेलिकम्यूनिकेशन यूनियन की ओर से आंकड़े जारी किये गये। आईटीयू सूचना एवं संचार पीबोपिकियाँ के क्षेत्र में संयुक्त राष्ट्र संघ की विशिष्ट एजेंसी है।

83 करोड़	32 करोड़	15.24 साल
दुनिया भर में इंटरनेट यूज करने वाले युवाओं की संख्या	युवा भारत और चीन में रहते हैं। इंटरनेट इंटरनेट यूज करने वाले	के औसत उम्र है। इंटरनेट यूज करने के मामले में

आकाशगंगा से 1000 गुना ज्यादा चमकीली गैलेक्सी मिली

वैज्ञानिकों ने हमारी आकाशगंगा से 1000 गुना ज्यादा चमकीली गैलेक्सी की खोज की है। स्पेन की वेधशाला में वैज्ञानिकों ने प्राम टेलिस्कोपियों केनेरियास की मदद से इसे खोज निकाला है। इस आकाशगंगा की जानकारी एस्ट्रोफिजिकल जर्नल में प्रकाशित की गई है। नासा के वाइस सेटलाइट और यूरोपीय अंतरिक्ष एजेंसी के प्लॉक सेटलाइट से मिले आंकड़ों की मदद से वैज्ञानिकों ने इस सबसे चमकीली आकाशगंगा को खोजा। स्पेन की टेलिस्कोप यूनिवर्सिटी ऑफ कान्टाब्रिया के शोधकर्ता डियाज सेरोच ने कहा बताया कि इस आकाशगंगा में तारों के निर्माण की गति बहुत तेज है।

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