

## 1<sup>st</sup> Death Anniversary



*In loving memory of*

### Late Mrs. Kalpana Milind Surve

( Birth : 27<sup>th</sup> July 1973 | Death : 08<sup>th</sup> October 2024 )

आता सहवास जरी नसला तरी  
स्मृती सुगंध देत राहील,  
जीवनाच्या प्रत्येक वळणावर  
आठवण सतत येत राहील.

● In Grief ●

Arvind Kondiba Pawar,  
Onkar Milind Surve  
Abhimukhi Foundation, Pune



Illegal flexes  
face PMC's ire

Indu Bhagat  
PUNE

After repeated citizen complaints about the growing menace of illegal hoardings and banners, the Pune Municipal Corporation (PMC) has launched a city-wide crackdown on unauthorised flexes, hoardings, and advertisements. Residents had earlier accused the civic body of inaction, particularly during the Navratri festival when large, unauthorised flex boards were put up across major junctions, bus stops, and streetlight poles. “During the Navratri festival, huge unauthorised flex boards and banners were put up at every square, bus stop, streetlight pole and any available space. The civic officials should take some action. In Viman Nagar, the Sky Signs Department has not taken action against unauthorised advertisements. We gathered and staged a protest against this inaction. After repeated complaints, the civic officials assured that action would be taken against violators,” Chaitanya Ket, a resident, told The Free Press Journal.

Following the protests, the PMC issued a notice on Tuesday warning that anyone found erecting flexes or banners without permission would face strict legal action.

BEHIND THE CURTAINS | 63 prostitution rackets busted in two years as police uncover sex trade under guise of wellness centres  
Police rescue 229 women, detain 79 in Pune spa raids

Ankit Shukla  
PUNE

Once known for its cultural heritage and academic excellence, Pune is now witnessing a disturbing rise in prostitution rackets operating under the façade of spa and massage centres. Over the past two years, the Pune City Police have registered 63 cases of illegal sex trade being conducted through such establishments, exposing how these so-called wellness hubs have turned into covers for organised rackets.

According to official data, 79 people — including 20 women and 59 men — have been arrested during this period for their alleged involvement in the illicit trade. Many of these operations were found in prominent city areas, running under the pretence of legitimate spa businesses.

Police said 229 women had been rescued, among them three minors and 37 foreign nationals. Most of the women were reportedly lured with false promises of employment and later coerced into



Representative image

prostitution. Investigators found that operators relied heavily on social media and online advertisements to solicit clients while maintaining anonymity.

Deputy Commissioner of Police (Crime) Nikhil Pingale told The Free Press Journal, “A dedicated team has been deployed to take action against the people who are running illegal activity under the guise of spa and massage centres. Many of them are on the radar. So far, 229 women have been rescued and 79 people have been arrested. Anyone found to be involved in and running such illegal business will be booked under relevant charges.”

Recent cases

On Sep 28, Pune Police busted a prostitution racket at SunShine Spa in Ashok Nagar near Kharadi Bypass Chowk and rescued three women. Acting on a tip-off, the police booked the spa operators — Sandeep Chavan, Rohit Shinde, manager Gopal, and Swati alias Shweta Vijay Suryawanshi — under Sections 3, 4, and 5 of the Immoral Traffic (Prevention) Act, 1956, and Section 143(3)(5) of the Bharatiya Nyaya Sanhita. In another case on Sep 24, the Social Security Cell and Swargate Police jointly raided Vasundhara Ayurveda Massage Centre in Mukund

A dedicated team has been deployed to take action against the people who are running illegal activity under the guise of spa and massage centres.

—Nikhil Pingale  
Deputy Commissioner of Police (Crime)

Nagar, Gultekdi, where six women were rescued. The prime accused, Vaishali Vishpute (31), a resident of Kondhwa, was arrested for allegedly running the racket for the past two months.

Earlier, on July 8, police conducted simultaneous raids on two spa centres in Viman Nagar and Baner, rescuing 18 women, including several Thai nationals. Abbas Hussain, manager of Unique Spa, was booked for operating a prostitution den.

Despite repeated crackdowns, such illegal operations continue to thrive across the city, raising concerns about the effectiveness of regulatory oversight by both the police and municipal authorities.

PMC's robotic manhole cleaners gather dust

Indu Bhagat  
PUNE

Robotic scavengers purchased under the Pune Smart City Development Limited (PSCDL) initiative to eliminate manual scavenging have been lying defunct for the past six months. Of the three robotic manhole-cleaning machines procured in May 2022 and handed over to the Pune Municipal Corporation (PMC), only one remains operational.

Designed with motorised arms and cameras, the robots are capable of performing all tasks involved in manhole cleaning, reducing the risk of fatalities from manual sewage work. However, two of the machines have been idle and gathering dust at PMC's Ghorpade Udyan garden near Swargate. Social activist Rupesh Keskar said each robotic unit costs around Rs40 lakh but has not been put to proper use. “The idea was to make manhole cleaning safe and mechanised, but after a few demonstrations, the machines were simply abandoned,” he told The Free Press Journal (FPJ).

A visit by the FPJ found the unused machines, developed by Kerala-based GenRobotics Innovation Pvt Ltd under the



Two of three smart-city machines worth ₹40 lakh each lie unused for six months, raising safety and accountability concerns

brand ‘Bandicoot’, sitting neglected in the open.

Local Deepak Kalabhor, who visits the garden regularly, said, “These machines have been kept here for months, and at first we didn't even know what they were for. It's shocking to see such expensive technology wasted, especially when people are still dying while cleaning manholes in nearby areas.” A senior PMC official, speaking on condition of anonymity, told the FPJ that the machines were meant to improve safety during sewage cleaning in narrow and high-risk areas. “These robots require more operating space and cannot be used on small roads less than six feet wide. Manholes in slum areas are still

cleaned manually,” the official said. PMC's Junior Engineer Pradeep Awhad told the FPJ, “The three machines were received from PSCDCL and are in working condition. The tender process for operating them was delayed this year, so no agency has been appointed yet. The tender is now in the sanctioning stage, after which work will start across five zones. The machines kept in the garden will be shifted to our nearest ward office.”

Citizens and activists have urged the PMC to revive the project, stressing that these costly machines should be deployed effectively to protect sanitation workers and modernise Pune's waste management system.



Amritotsav

The special event was organised by Nad Roop Kathak Institute of Pune to celebrate the 75th year of senior Kathak guru Vidushi Shama Bhate and to showcase her musical and artistic journey.



Locals protest rail gate

Abhijit Sherekar  
PUNE

The construction of a new entrance gate at Khadki railway station has sparked a conflict between nearby residents and railway officials. On Friday, residents of housing societies and schools in the area staged a protest demanding that the gate be removed, citing traffic congestion and safety concerns.

Shivajinagar MLA Siddharth Shirole and former Pune Municipal Corporation's (PMC) deputy mayor Sunita Wadekar joined the demonstrators, supporting calls to halt the project. However, a section of residents has welcomed the move, saying the new gate will improve access and aid regional development.

Khadki railway station is undergoing major revamp work, alongside Hadapsar, to ease congestion at Pune railway station. Social activist Anwar Sheikh, a member of the Miss Faraha Foundation, supported the new entry, calling it an essential step in improving commuter convenience.

“This gate is a vital development that will significantly improve passenger accessibility, traffic flow, and overall commuter convenience in the Khadki area. The station is expanding into a major junction, and the new entry gate is



crucial to accommodate the increasing number of passengers and vehicles efficiently,” Sheikh told The Free Press Journal (FPJ). Meanwhile, residents of St Thomas School, Mount Vert Housing Society, and 12 other housing societies in Aundh staged a “Gate Hatao” demonstration on Friday.

Vasudha Nirbhavane, a resident of Mount Vert Housing Society, told FPJ, “The construction of the gate at the junction where three roads converge will worsen traffic snarls, endanger pedestrians, and disrupt life in an already congested area.” She added that Range Hill Road is heavily used by buses, trucks, and private vehicles, causing jams that can stretch a 500-metre commute to over 30 minutes during peak hours. “With a school and several housing societies nearby, this location is inappropriate. It puts children and residents at risk,” said Sunil Gaikwad, a resident of Bopodi. The Range Hill area

is currently undergoing a major infrastructure upgrade to integrate road, rail, and metro networks. As FPJ reported on Jan 27, the widening of the Khadki underpass — a vital connector between Aundh, Bopodi, and the old Mumbai-Pune Highway — remains incomplete and riddled with potholes despite the six-month deadline.

Station Manager Sanjay Kumbhar said the agitation began after the first passenger train from Khadki to Indore was flagged off on Oct 2. “The revamp of Khadki station began on May 10. Three gates are being built to serve the two new platforms and ease passenger movement. If objections had been raised earlier, we could have considered them before spending public funds,” he told the FPJ.

Kumbhar confirmed that letters of objection from St Thomas School and nearby societies had been forwarded to the Divisional Railway Manager for review.

PCMC experiences change in guard

Varad Bhatkhande  
PIMPRI-CHINCHWAD

In a major bureaucratic reshuffle, the Maharashtra Government has transferred Pimpri-Chinchwad Municipal Corporation (PCMC) Commissioner Shekhar Singh, appointing him as the Commissioner for the Kumbh Mela in Nashik. The order, issued on Tuesday, also includes several other significant IAS transfers across the state.

Until a new appointment is made, Maha Metro Managing Director and former PCMC Shrawan Hardikar will hold additional charge as the civic chief of the twin city. Hardikar, who earlier served as PCMC commissioner from 2017 to 2020, is credited with implementing major urban development and infrastructure initiatives during his tenure. These included projects under the Smart City Mission, river rejuvenation works, and improved solid waste management systems. Outgoing Commissioner Singh took charge of the PCMC in Aug 2022, succeeding IAS officer Rajesh Patil. During his tenure, Singh strengthened e-governance systems, enhanced road infrastructure, and improved civic amenities.

Other IAS transfers announced

M Devendra Singh, District Collector of Ratnagiri, has been appointed Member Secretary of the Maharashtra Pollution Control Board (MPCB), Mumbai.

Jalaj Sharma, District Collector of Nashik, has been named Metropolitan Commissioner of the Nashik Metropolitan Region Development Authority (NMRDA).

Ayush Prasad, District Collector of Jalgaon, has been transferred as District Collector, Nashik.

Rohan Ghughe, CEO of Zilla Parishad, Thane, will now serve as District Collector, Jalgaon.

Sanjay Kolte, Managing Director of Shivshahi Rehabilitation Project, Mumbai, has been appointed Sugar Commissioner, Pune.

Manoj Jindal, Joint Managing Director of MSRDC, Mumbai, has been appointed District Collector, Ratnagiri.

dating debate

Punekars dismiss social media myths on city's dating

Varad Bhatkhande  
PUNE

Social media may portray Pune as the epicentre of India's chaotic dating scene, but residents insist the city's reputation is undeserved. Memes and reels stereotyping Pune as a hub of infidelity and “interconnected ex-lists” have gone viral in recent years, prompting many to question whether these claims reflect reality or online exaggeration. For much of India, Pune's image on social media swings between reverence and ridicule. Once hailed as the cultural capital of Maharashtra and the “Oxford of the East,” the city is now often mocked for its so-called “messed-up dating culture.” Online jokes

claim that “everyone is everyone's ex” in Pune or that “if your partner lives there, be worried.” A recent viral reel even implied that partners in Pune are likelier to cheat — a claim that many locals call baseless.

Origins of the stereotype

Observers say the stereotype took shape during the Covid lockdown, when dating apps such as Tinder, Bumble and Hinge surged in popularity. Pune's large student and professional population, drawn from across the country, began using these platforms to connect virtually. At the same time, stories of “situationships,” ghosting and online scams began circulating on Reddit and



Representative image/Canva

Instagram, gaining traction through humour and satire. What began as playful banter evolved into a widely believed narrative. Over time, posts portraying Pune's dating scene as fickle and performative spread far beyond the city's borders. Yet, residents say the jokes are mostly harmless exaggerations that outsiders take too seriously.

What Pune-kars say

Speaking to The Free Press Journal (FPJ), Pune-kars shared their views on the city's dating culture. Rishi Shinde, a 21-year-old working professional, told the FPJ, “The case with Pune is not very much different from other metro cities. The place doesn't matter when it comes to a partner; it's

actually the person who matters. People who came here for studies may have misused the freedom they got. But as I said, this happens in every big city in India.”

Geeta Deshpande, a 19-year-old student from Satara District studying in Kothrud, said, “I have never really dated anyone, but from what my friends say, it's very hard to find a good partner here. Many of my girl besties' boy-friends are problematic. But I don't think it's Pune's fault because people like this exist everywhere.” For 27-year-old homemaker Manisha Koli from Sangvi, the stereotype feels detached from her experience. “I met my husband in Pune during college, and we married three years

ago. I've seen the social media jokes, but I don't know how they started. It was not like this during my time,” she told the FPJ.

Eighteen-year-old student Shashank Jadhav from Akurdi said social media had misled him. “My feed was filled with posts saying, ‘If you can't find a partner in Pune, you can't find one anywhere.’ I installed a dating app and got a few matches, but nothing worked out. Believing social media in such things is useless — it's biased,” Jadhav told the FPJ. Shrawani Jonapalle, 20, from Tathawade, admitted that her friend group reflects some of what social media depicts. “Dating happens within the group. There is no bro code or move-on period.

One relationship ends, another begins within weeks. Maybe what social media says is true to some extent,” she said.

For 32-year-old professional Varad Mane from Hinjawadi, the jokes have become routine. “My friends from outside the city tease me, saying, ‘Call your girlfriend and make sure she's not cheating.’ It's not fair to judge people based on memes. Over time, I've learnt to ignore it,” he told the FPJ. While social media continues to lampoon Pune's dating culture, many Pune-kars insist it reflects more about online humour than real life — and that, like every other big city, relationships here are what people make of them.

PMC upgrades online portal

Indu Bhagat  
PUNE

The Pune Municipal Corporation (PMC) has launched an upgraded version of its online citizen service portal — https://services.pmc.gov.in. With this upgrade, the PMC has become the first municipal corporation in Maharashtra to deliver officially certified documents directly to citizens via WhatsApp.

The new portal integrates 97 civic services under one platform, allowing residents to apply for marriage registration, pet licences, building permissions, water connections, and property tax services. PMC Commissioner Naval Kishore Ram inaugurated the upgraded portal.



3 Government nods to new film city near Igatpuri

4 Accupresure for digestive issue

5 Punjab bans Coldrif cough syrup sale

6 Stock markets advance on buying in HDFC, ICICI Bank

# At least 15 killed as landslide buries private bus in Himachal

**PE CORRESPONDENT SHIMLA, Oct 8 :** At least 15 people were killed and two children injured when a private bus was struck by a massive landslide in Bilaspur district of Himachal Pradesh, police said on Tuesday evening, adding that intermittent rainfall in the region since Monday has hampered rescue operations. According to police, the bus, carrying 25-30 passengers, was on its way from Marotan to Ghumarwin when it was struck by a massive landslide in Bhalughat area around 6.30pm. "15 people were killed in the accident, including the driver and conductor of the bus, and two children



**TAKEAWAYS**

- » Incident occurred Tuesday evening around 6:30 pm in Bhalughat, Jhandutta assembly segment
- » Bus was traveling from Marotan to Ghumarwin with 25-30 passengers on board
- » Eyewitness: "Whole mountain came crashing down on the bus"
- » Rescue operations underway with police and district administration teams on site

**PM NARENDRA MODI ANNOUNCES RS 2 LAKH EX-GRATIA FOR KIN OF DECEASED, RS 50,000 FOR INJURED**

were injured. The total number of passengers who were travelling in the bus is yet to be confirmed," Jhandutta sub-divisional magistrate (SDM) Arshiya Sharma said. An official spokesperson said a girl and a boy, aged five and

12, have been shifted to AIIMS, Bilaspur, with minor injuries and are currently stable. Police officers aware of the matter said the landslide, which occurred in the Bhalughat area near Berthin, buried the bus under a mass

of debris and boulders. "The vehicle was completely crushed. JCBs have been deployed to clear the debris and assist in the search for survivors. Local police, district administration and State Disaster Response Force

(SDRF) teams have rushed to the spot," said an officer involved in the ongoing rescue efforts. "The entire mountain came crashing down on the bus, and the chances of survival for many are bleak," the officer added. President Droupadi Murmu condoled the loss of lives. "The news of the deaths of several people in a bus accident caused by a landslide in Bilaspur, Himachal Pradesh, is extremely tragic. I express my condolences to the families who have lost their loved ones and pray for the speedy recovery of those who have been injured," Murmu said in a post on X in Hindi.

## Jharkhand Government Imposes Immediate Ban on Three Cough Syrups

**PE CORRESPONDENT Ranchi:** The Jharkhand government has imposed an immediate ban on the sale and use of Coldref, Repifresh TR, and Relief Syrup across the state. This decision follows reports of the deaths of several children in Madhya Pradesh and Rajasthan, allegedly linked to the use of these cough syrups. According to an order issued by the Health and Family Welfare Department and the State Drug Control Directorate, Namkum (Ranchi), these syrups were found to contain excessive amounts of Diethylene Glycol, an industrial chemical that can be fatal if ingested in large quantities. The Directorate has directed all drug inspectors to strictly monitor the sale



and use of these syrups in their respective areas, conduct inspections in shops and hospitals, carry out sampling, and take legal action as per the rules. Citizens have been urged not to use these syrups, and if they are available at home, to either destroy them immediately or inform the nearest drug control officer. The ban has been described as a precautionary and strict measure aimed at protect-

ing children. Following the incidents in Madhya Pradesh and Rajasthan, the governments of Maharashtra, Uttar Pradesh, and Uttarakhand also issued advisories restricting the use of suspicious cough syrups. Earlier, on October 5, the Union Ministry of Health and Family Welfare held a high-level meeting with all states and union territories to review the quality and misuse of cough syrups.

### TAKE

Govt schools to remain shut in Karnataka till Oct 18 for caste survey: CM

**Bengaluru:** Karnataka Chief Minister on Tuesday announced holiday for government and government aided schools in the state from October 8 to October 18 so that the teachers involved in the work can complete the ongoing social and educational survey, called 'caste survey'. The survey was supposed to be completed on Tuesday. However, due to lag in work in many districts, the Chief Minister, along with his cabinet colleagues, decided to extend it for another 10 days. "We were supposed to end (the survey work) on October 7. But in some districts, the survey is almost completed, while in some districts it was lagging," the chief minister briefed reporters after a meeting with the ministers and officials.

UP teenager blinded in one eye after police brutality over mosque announcement

**Muzaffarnagar:** A 13-year-old Muslim boy in Muzaffarnagar, Uttar Pradesh, lost vision in his left eye due to alleged police brutality while in detention after his announcement at a local mosque "hurt local sentiments". The family lodged complaints with the district authorities, National Human Rights Commission (NHRC), and the National Commission for Protection of Child Rights (NCPCR), accusing the involved police officers of assault and intimidation, as he was threatened with police action if he complained. The victim's father owns a chicken shop which had been closed for the past ten days.

## MP: 20 CHILDREN DIED SO FAR DUE TO CONTAMINATED COUGH SYRUP



**PE CORRESPONDENT Nagpur:** Madhya Pradesh Deputy Chief Minister Rajendra Shukla on Tuesday said a total of 20 children from the state have died so far while undergoing treatment for kidney failure after drinking a contaminated cough syrup. He said five children are currently being treated in Nagpur - two each in Government Medical College and Hospital (GMCH), All India Institute of Medical Sciences (AIIMS) and one in a private hospital. Earlier, the state government had

confirmed the deaths of 16 children from Chhindwara who had allegedly consumed cough syrup Coldrif, samples of which were found to have toxic contents. Talking to reporters here after visiting the children undergoing treatment, Shukla said, "So far, 20 children from Madhya Pradesh have died while undergoing treatment...Two of them died in the past 24 hours." Describing the fatalities as extremely tragic, he said the MP government will extend all possible help to the affected families.

## Supreme Court Hearing Tomorrow on Declaring Saranda Forest as Wildlife Sanctuary

**PE CORRESPONDENT Ranchi:** A crucial hearing is scheduled in the Supreme Court tomorrow regarding the proposal to declare the renowned Saranda forest area in Jharkhand as a wildlife sanctuary. The case has not only put the state government on high alert but also raised significant questions about the state's economic policies, mining activities, and environmental balance. In the previous hearing, the Supreme Court had sternly warned that if the state government failed to issue the notification, the Chief Secretary could face imprisonment. Following this warning, the next hearing was scheduled for October 8. Meanwhile, Chief Minister Hemant Soren and Chief Secretary Avinash Kumar have reached Delhi for legal consultations. While the Forest Department is pushing forward with the sanctuary proposal, the Mining



and Industry Departments are strongly opposing it, arguing that such a move could severely affect mining operations, employment, and state revenue. The Finance Department has echoed these concerns. The issue traces back to 2022, when the National Green Tribunal (NGT) ordered that 400 square kilometers of the Saranda region be declared a wildlife sanctuary. Delays by the state government led to the case reaching the Supreme Court. Later, the government proposed including

57,519 hectares, but the plan, prepared by the former PCCF without approval, further complicated the matter. According to the Mining Department, Saranda contains approximately 4,700 million tons of iron ore, with an estimated value of 25-30 lakh crore. A halt to mining could lead to an annual royalty loss of 5,000-8,000 crore for the state. The Industry Department also warned that over 400,000 jobs could be impacted if the sanctuary notification is implemented.

## Jharkhand Government to Provide Free NEET and JEE Coaching for Meritorious Tribal Students



**PE CORRESPONDENT Ranchi:** The Jharkhand government has launched a historic initiative for meritorious students from the Scheduled Tribe (ST) category. In collaboration with the renowned Motion Education Institute in Kota, students from Jharkhand will now have access to free coaching for competitive exams like NEET and JEE within the state. The coaching will be conducted at the Welfare Department building in Hindpuri, Ranchi. The program will be managed and monitored by the Department of Welfare for Scheduled Castes, Scheduled Tribes, and Backward

Classes. In the first phase, around 300 students will benefit, selected based on academic merit and predefined criteria. Welfare Minister Chamra Linda stated that it is essential to provide students with proper opportunities and platforms for higher education. The government aims to ensure that Jharkhand's students can gain admission to prestigious institutions like IITs and AIIMS by providing them with the right resources and guidance. He emphasized that many talented students fall behind due to lack of resources and mentorship, and this initiative seeks to empower them with confidence and direction.

## Cabinet Approves Rs. 24,634 Crore Railway Expansion Projects Across Four States

**PE CORRESPONDENT New Delhi :** The Cabinet Committee on Economic Affairs, chaired by the Prime Minister Narendra Modi, today has approved Four projects of Ministry of Railways with total cost of Rs. 24,634 crore (approx.). Wardha - Bhusawal - 3rd & 4th line - 314 kms (Maharashtra) Gondia - Dongargarh - 4th line - 84 kms (Maharashtra & Chhattisgarh) Vadodara - Ratlam - 3rd & 4th line - 259 kms (Gujarat & Madhya Pradesh) Itarsi - Bhopal - Bina 4th line - 237 kms. (Madhya Pradesh) The four projects covering 18 Districts across the states of Maharashtra, Madhya Pradesh, Gujarat, and Chhattisgarh will increase the existing network of Indian Railways by about 894 Kms. The approved multi-tracking project will enhance connectivity to approx. 3,633 villages, which are having a population of about 85.84 lakh and



two Aspirational Districts (Vidisha and Rajnandgaon). The increased line capacity will significantly enhance mobility, resulting in improved operational efficiency and service reliability for Indian Railways. These multi-tracking proposals are poised to streamline operations and alleviate congestion. The projects are in line with the Prime Minister Narendra Modi's Vision of a New India which will make people of the region "Atmanirbhar" by way of comprehensive development in the area which will enhance their employment/

self-employment opportunities. The projects are planned on PM-Gati Shakti National Master Plan with focus on enhancing multi-modal connectivity & logistic efficiency through integrated planning and stakeholder consultations. These projects will provide seamless connectivity for movement of people, goods, and services. Project section also provides rail connectivity to prominent destinations such as Sanchi, Satpura Tiger Reserve, Rock shelter of Bhimbetka, Hazara falls, Nawegaon National Park etc. attracting tourists from across the country.

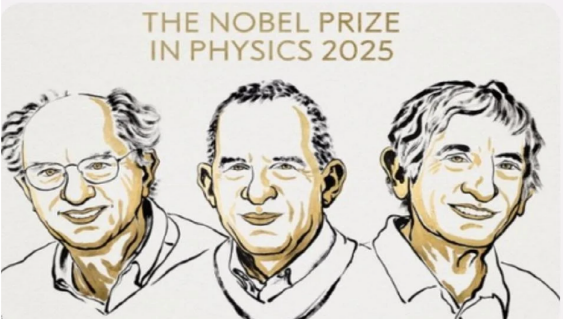
## FIRs, ED probes in fake GST cases now require DGGI approval



**PE CORRESPONDENT New Delhi, Oct 7:** In a significant shift in the enforcement of GST laws, the government has issued new guidelines restricting the registration of FIRs and investigation by the Enforcement Directorate (ED) in cases involving fake GST bills. As per the order signed by Additional Director Mandeep Kumar Batish of the Directorate General of Goods and Services Tax Intelligence (DGGI), FIRs can no longer be registered at police stations under IPC BNS sections without prior approval from the Principal Director

General of DGGI. Similarly, the ED cannot independently initiate investigations under the Prevention of Money Laundering Act (PMLA) in such cases. This move comes after the financial year 2024-25, when the government reported a loss of Rs 58,772 crore due to fake GST bills. Earlier, DGGI officers could lodge FIRs directly under IPC BNS provisions, enabling the ED to file an ECIR and take action under PMLA, including jail sentences of five to seven years and permanent confiscation of properties obtained through fraud.

## 3 scientists from US bag 2025 Nobel Prize in Physics for experiments in quantum technology



**PE CORRESPONDENT New Delhi:** Three scientists from the US have been conferred the 2025 Nobel Prize in Physics for their experiments on a chip that revealed quantum physics in action. The prestigious prize has provided opportunities for developing the next generation of quantum technology, including quantum cryptography, quantum computers and quantum sensors. Two scientists are from the University of California, Berkeley and Santa Barbara -- John Clarke and John M. Martinis. Michel H. Devoret is from Yale University, New Haven and the University of California, Santa Barbara. The trio will share the prize money of 11

million Swedish kronor. "The 2025 Nobel Prize in Physics has been awarded to John Clarke, Michel H. Devoret and John M. Martinis for the discovery of macroscopic quantum mechanical tunnelling and energy quantisation in an electric circuit," the Royal Swedish Academy of Sciences said. Quantum mechanics allows a particle to move straight through a barrier, using a process called tunnelling. As soon as large numbers of particles are involved, quantum mechanical effects usually become insignificant. The laureates' experiments demonstrated that quantum mechanical properties can be made concrete on a macroscopic scale.



**CHITRANAGARI | Project cleared under Nashik Division Development Programme 2009; feasibility report by Mitcon**

# Government nods to new film city near Igatpuri

**FPJ News Network**  
NASHIK

The Maharashtra Government has approved the construction of a new film city near Igatpuri in Nashik district under the Nashik Division Development Programme 2009. The project, modelled on Mumbai's Goregaon Film City, has been given the green signal and is expected to boost the region's film and tourism industries.

State Food, Civil Supplies and Consumer Protection Minister Chhagan Bhujbal said the scenic beauty of Igatpuri and its improved connectivity to Mumbai via the Samruddhi Highway make it an ideal location for the project. "We will soon build a grand film city here," he said after a review meeting held on Oct 6 under the chairmanship of Deputy Chief Minister Ajit Pawar.

Bhujbal added that many Hindi and Marathi films are already shot in the Nashik region and that the Planning Department had previously allocated Rs10 crore for the local film industry between 2009 and 2012. For the project, the Nashik Collector has sent a proposal to the Revenue



Department seeking to allocate government land at Mouje Mundhegaon (Taluka Igatpuri) to the Cultural Affairs Department.

## Feasibility report prepared by Mitcon

The minister said that the task of assessing the economic viability of the proposed 'Nashik Chitranagari' was assigned to Mitcon through the Dadasaheb Phalke Chitranagari Corporation. The organisation has completed and submitted its feasibility report to the Maharashtra Film, Theatre and Cultural Development Corporation, which has examined and forwarded it to the state government.

## KPMG to submit report by November

At the meeting, Pawar directed that expert consultant KPMG be appointed to conduct a financial viability and gap analysis of the project. The consultancy has been instructed to submit its report by the end of November. Pawar also directed that the identified land be handed over to the Cultural Affairs Department for further action.

Divisional Commissioner Praveen Gedam suggested that an amusement park be developed alongside the proposed film city to enhance its tourism appeal.

The meeting was attended by Cultural Affairs Minister

Ashish Shelar, Additional Chief Secretary (Finance) OP Gupta, Additional Chief Secretary (Revenue) Vikas Kharge, Additional Chief Secretary (Planning) Saurabh Vijay, Deputy Chief Minister's Secretary Rajesh Deshmukh, Cultural Affairs Secretary Kiran Kulkarni, Managing Director of Maharashtra Film Corporation Swati Mhase Patil, Divisional Commissioner Praveen Gedam, District Collector Jalaj Sharma, Akhil Bharatiya Marathi Film Corporation chief Sham Londhe, director Raju Phirke, line producer Amit Kulkarni, art director Prasad Rahane, film producer Ambadas Khaire, and others.

## Ayush Prasad to replace Jalaj Sharma as collector

**FPJ News Network**  
NASHIK

In a fresh administrative reshuffle, Nashik District Collector Jalaj Sharma has been transferred and appointed as the Metropolitan Commissioner of the Nashik Metropolitan Region Development Authority (NMRDA). Jalgaon District Collector Ayush Prasad will replace him as the new District Collector of Nashik.

The transfer has come as a surprise to many, especially amid speculation that Sharma might continue in his post in view of preparations for the upcoming Kumbh Mela.

Sharma's tenure in Nashik was widely regarded as effective, marked by his firm handling of key administrative issues. His decisive approach in several matters had drawn public attention. With his new role at NMRDA, Sharma will now oversee metropolitan planning and regional development. Meanwhile, Thane Zilla Parishad Chief Executive Officer Rohan Ghuge has been appointed as the District Collector of Jalgaon, completing the latest round of postings among senior IAS officers in the state.

## Sharma skips official vehicle, rides pink rickshaw to office

**FPJ News Network**  
NASHIK

District Collector Jalaj Sharma, known for his environment-friendly initiatives, travelled to work on Monday morning in a pink e-rickshaw driven by a beneficiary of the state's women empowerment scheme. The gesture was part of his personal resolution to commute to the office once a month without using an official vehicle.

Sharma travelled from his residence to the District Collector's office in an e-rickshaw operated by Vaishnavi Umakant Sakhere, one of the women beneficiaries under the state government's Pink e-rickshaw scheme. The initiative aims to provide 1,000 pink e-rickshaws to women across Nashik through the District Women and Child Development Department.

Speaking about the decision, Sharma said, "Environmental conservation is a collective responsibility. As part of this responsibility, it has been decided not to use vehicles on the first Monday of every month. The aim is to reduce pollution, conserve the environment, and save fuel. This will



**Nashik Collector skips official car once a month to promote eco-friendly transport and women's empowerment**



also help raise awareness among citizens."

Sakhere said, "District Collector Jalaj Sharma travelled from his residence to the office in my rickshaw. This is my honour and has helped boost my morale."

District Women and Child Development Officer Sunil Dusané accompanied the Collector during the ride.

Over the years, Sharma has implemented several innovative administrative initiatives aimed at improving gov-

ernance and citizen welfare. He was earlier felicitated in New Delhi on Civil Services Day in the presence of Prime Minister Narendra Modi and recognised by Union Commerce Minister Piyush Goyal for successfully implementing the One District-One Product scheme.

Sharma, who sometimes cycles or walks to work, said he hopes his monthly 'no-vehicle day' will inspire others to adopt sustainable practices in their daily lives.

## Leader urges police to make city crime-free

**FPJ News Network**  
NASHIK

BJP Nashik metropolitan district president Sunil Kedar has urged the city police to intensify their crackdown on criminal activities and work towards making Nashik a crime-free city. He also appealed to police officers and personnel not to support or shield anyone involved in criminal acts, regardless of their political or social standing.

Kedar's remarks come amid a recent spike in crimes in the Nashik metropolitan area, including murders, robberies, rapes, gang wars, extortion, intimidation of traders, and growing drug use among youth. The BJP had earlier submitted a

memorandum to CM Devendra Fadnavis, seeking strong measures to curb the rise in criminal activities.

Following the meeting, the Chief Minister reportedly issued strict directives to law enforcement authorities to take immediate and uncompromising action against offenders. Kedar said the results of these directives have begun to show, with police intensifying efforts across the city. "The police should continue their strict actions without sparing anyone or showing bias. Their goal should be to make Nashik a crime-free city," he said.

## Call to probe political links

Kedar alleged that certain white-collar

politicians in Nashik were covertly supporting criminal networks. "Some white-collar politicians are still encouraging those who commit organised crimes behind the scenes. Their call detail records (CDRs) should also be examined so that the real motive behind such support is exposed," he said.

He added that Chief Minister Fadnavis is closely monitoring the situation and has taken a serious view of the rising criminal incidents in Nashik. "The police department must act impartially, without political influence, and work with full determination to make Nashik truly crime-free," Kedar stated in his letter to the authorities.

**FPJ News Network**  
NASHIK

Wing Commander Anand Vinayak Agashe of Nashik has been awarded the Vayu Sena Medal (Gallantry) for his exceptional courage and leadership during a major rescue operation in Himachal Pradesh's Kangra district. The award, conferred by President Droupadi Murmu on the eve of the 78th Independence Day, will be presented today on the occasion of Vayu Sena Diwas.

Agashe, the commanding officer of a helicopter unit, led a series of daring rescue missions in August 2023 after the gates of the Maharana

Pratap Sagar Dam were opened due to heavy rainfall, triggering severe flooding across the region. Operating under extreme weather conditions and low visibility, Agashe and his team airlifted hundreds of stranded people to safety.

According to the Ministry of Defence, many residents were trapped on rooftops as floodwaters rose rapidly. Flying at low altitudes amid high-tension wires, towers and tall trees, Agashe rescued 42 people in immediate danger and ultimately saved 1,002 lives, including patients, pregnant women, elderly and disabled individuals. Each sortie lasted 15 to 20 minutes and required pre-



cise manoeuvring and intense concentration.

The ministry said Agashe coordinated closely with the National Disaster Management Authority, monitoring real-time weather conditions to plan

safe flight routes. His "meticulous planning, exceptional flying skill and composure under pressure" turned a life-threatening mission into a landmark success.

Despite strong winds and turbulent conditions, Agashe displayed remarkable discipline and courage. His efforts, officials said, not only saved countless lives but also exemplified the professionalism and humanitarian spirit of the Indian Air Force.

For his bravery and exemplary service, Wing Commander Anand Vinayak Agashe has been honoured with the Vayu Sena Medal (Gallantry).

[www.freepressjournal.in](http://www.freepressjournal.in)

## SJP condemns attack on CJI

**FPJ News Network**  
CHHATRAPATI SAMBHAJINAGAR

The Samajwadi Jan Parishad has strongly condemned the recent incident in which a fanatic allegedly attempted to attack Chief Justice of India, Justice Bhushan R Gavai, during Supreme Court proceedings. The organisation termed the act deplorable and said it undermines the dignity of the Supreme Court and the constitutional authority of the Chief Justice.

Parishad president Vishnu Dhoble said that disagreement with judicial opinions or remarks must be expressed only through legal and constitutional means. "If one disagrees with the opinions or remarks expressed by judges during a hearing, he can confront them through appropriate and legal means. However, reacting by misinterpreting such opinions and resorting to emotional outbursts is entirely inappropriate. Such actions encroach upon the autonomous and independent existence of the judiciary and its constitutional prestige," he said.

Dhoble added that such intolerance and hatred have no place in a democratic society.

**POWER MISHAP | Around one lakh residents face 16-hour blackout after reckless driving damages main feeder line**

# Car crash snaps pole, cuts power to 23k homes

**FPJ News Network**  
CHHATRAPATI SAMBHAJINAGAR

A reckless driver crashed an unidentified car into an electricity pole near Kalda Corner around 3am on Monday, plunging nearly 23,000 households into darkness for over 16 hours. The impact broke the 13-foot pole into three pieces, snapping live wires and crippling the local power supply network under the Pannalal Sub-station of the Maharashtra State Electricity Distribution Company Ltd (MSEDCL).

Officials said the incident disrupted electricity supply to several areas, including Devanagari, Chetana Nagar, Water Works, Paithan Gate, Sant Eknath Rangmandir, Osmanpura, SBH Colony, Dudh Dairy, Jawahar Colony, Kranti Chowk, Railway Station Road, Government Engineering College, Pir Bazar, Shreyanagar, Shakarnagar, Jyotinagar and Balajinagar. Both domestic and commercial consumers

reported financial losses and severe inconvenience.

Police said the driver of the car (MH20 BX 4440) first hit a road divider near Chaube Hospital before ramming into the electricity pole. The front portion of the vehicle was completely damaged, but the driver fled the scene. A case has been registered at the Jawaharnagar Police Station, and an investigation is underway.

The accident damaged the double circuit connecting Chikalthana and Satara, disrupting the backup system from the 132 KV Satara line. MSEDCL engineers restored supply to parts of Devanagari and Chetana Nagar through the Sutgiri Sub-station by late evening after intensive repair work.

Residents said the prolonged outage caused mental distress and business losses, with nearly one lakh people affected across the area. Repair work continued into the night to fully restore the power supply.



## SIC commissioner urges citizens to use RTI Act wisely

**FPJ News Network**  
CHHATRAPATI SAMBHAJINAGAR

Citizens should make knowledgeable use of the Right to Information (RTI) Act to strengthen coordination with government departments, said Prakash Indalkar, State Information Commissioner of the Chhatrapati Sambhajanagar bench of the State

Information Commission. He was speaking at a special programme held recently to mark Right to Information Week. The Chhatrapati Sambhajanagar bench of the Commission is observing Right to Information Week from Oct 5 to 12. Deputy Secretary Rajaram Sarode, Assistant Director Ganesh Funde and several officials were present for the event.

Indalkar said that when he assumed office, there were 8,500 pending appeal applications, which have now been reduced to 6,500. "In the next three months, we aim to bring the number down to zero. It is vital that applicants receive information within the stipulated time frame. When citizens get proper information, they gain confidence in the gov-

ernment. Therefore, RTI officers and appellate officers must ensure speedy disposal of applications," he said. Sarode shared his experiences of implementing the RTI Act and outlined the objectives of the week-long awareness campaign. Deputy SP Gautam Pagare and ACP Vasundhara Borgaonkar spoke about the implementation of the Act

within the police department.

Appellate officers Adv Rajesh Shah, Jadhav, Chandrarh Yadav and Devanand Khandare also expressed their views during the event, where participants discussed key challenges and possible measures to improve the efficiency of RTI implementation.

## Traffic diversion at Paithan

**FPJ News Network**  
CHHATRAPATI SAMBHAJINAGAR

The National Highways Authority of India (NHAI) has begun four-laning work on National Highway No. 752 between Chhatrapati Sambhajanagar and Paithan, prompting a temporary change in traffic movement on the stretch. The diversions will remain in effect until Oct 18, officials said. As part of the arrangement, vehicles travelling from Kachner-Nijalgaon-Bidkin DMIC-Nijalgaon Phata

towards Chhatrapati Sambhajanagar will now take the Kachner-Nijalgaon-Bidkin DMIC-Endurance Company-Shekta Phata-Bidkin route.

Traffic moving from Chhatrapati Sambhajanagar-Nijalgaon Phata-Bidkin DMIC-Nijalgaon towards Kachner has been diverted through Chhatrapati Sambhajanagar-Nijalgaon Phata-Bidkin-Shekta Phata-Endurance Company-Bidkin DMIC-Nijalgaon. Similarly, vehicles from Waluj-Shendurwada-Shekta-Shekta Phata-Bidkin-Nijalgaon

towards Kachner must now take the Waluj-Shendurwada-Shekta-Shekta Phata-Endurance Company-Bidkin DMIC-Nijalgaon route. For traffic heading from Kachner-Nijalgaon-Bidkin DMIC-Nijalgaon Phata-Bidkin-Shekta Phata-Shekta towards Waluj, the alternate route will be Kachner-Nijalgaon-Bidkin DMIC-Endurance Company-Shekta Phata-Shekta-Shendurwada.

Superintendent of Police Vinaykumar Rathod said the diversions will remain in place until Oct 18.

## Baiju Patil wins silver at global bird photo contest

**FPJ News Network**  
CHHATRAPATI SAMBHAJINAGAR

Wildlife photographer Baiju Patil from Chhatrapati Sambhajanagar has brought global glory to India by winning the silver medal at the World Bird Photographer of the Year - 2025 competition, one of the world's most prestigious contests dedicated to bird photography.

The international competition, organised in the United Kingdom, received more than 33,000 entries from photographers worldwide. The top three winners were: gold medal - Canada, silver medal - India (Baiju Patil), and bronze medal - Hungary.

Patil's award-winning photograph, titled Through the Marigold, was captured in Hiware Bazar, Ahilyanagar - a village globally known for sustainable living and environmental conservation. The image features a swallow in mid-flight, photographed



from an inverted angle as Patil lay flat on a field of marigold flowers, creating a vivid and poetic visual

of motion and colour.

With over 36 years of experience in wildlife and bird photography, Patil has won more than 165 national and international awards. His work, widely recognised for its artistic depth and environmental message, aims to inspire conservation and ecological awareness. "Winning this competition has been a lifelong dream. I've reached

the final round several times, but this year that dream finally came true," Patil told The Free Press Journal. "This victory is not just mine—it belongs to all Indians. I'm honoured to represent my country on the world stage. This award is for every nature photographer who works tirelessly to protect our environment."

The World Bird Photographer of the Year awards continue to serve as a global benchmark for excellence in avian photography, highlighting artistic talent and promoting environmental stewardship through the lens.



## Designing the office according to vastu principles

Jyoti S

Applying Vastu principles to office design can enhance productivity, improve employee well-being, and attract success and positive energy. By aligning the office layout with these ancient guidelines, businesses can create a harmonious environment that fosters growth and innovation. Here's a comprehensive guide on designing an office space according to Vastu principles.

### ■ Location of the office

The location of the office is crucial in Vastu. The best directions for setting up an office are the North, Northeast, or Northwest. These directions are believed to attract positive energy and prosperity. Avoid offices in the Southwest direction, as it may lead to instability and financial difficulties.

### ■ Reception area

The reception area should be in the Northeast or East direction. The receptionist should face either the North or East while sitting. A well-designed reception area creates a positive first impression and attracts prosperity.

### ■ Entrance

The entrance of the office should be in the North, East, or Northeast direction. This allows positive energy to enter and circulate within the office. Ensure the entrance is clean, well-lit, and free from any obstacles.



### ■ Seating arrangement

**Owner's cabin:** The owner or the person in a leadership position should sit in the Southwest corner of the office, facing North or East. This position ensures stability and control over the business.

**Employees:** Employees should face the North or East while working. This enhances productivity and creativity. Avoid seating employees under beams or in dark corners, as it can cause stress and health issues.

### ■ Conference room

The conference room should be located in the Northwest direction. The head of the table should be in the East or North direction. This setup encourages productive discussions and decision-making.

### ■ Colors and décor

**Colors:** Use light and soothing colors like white, cream, light blue, or green for the walls. These colors promote a calm and focused environment. Avoid dark and bold colors as they can create a stressful atmosphere.

**Décor:** Decorate the office with plants, particularly in the Northeast direction, as they bring freshness and positive energy. Avoid keeping dried flowers or thorny plants like cacti. Display inspiring quotes and artworks that uplift the mood and inspire creativity.

### ■ Storage and filing cabinets

Place storage units and filing cabinets in the Southwest or Northwest direction. This ensures stability and organization within the office. Avoid placing heavy storage in the Northeast corner, as it should be kept light & open.

### ■ Lighting & ventilation

Ensure the office is well-lit with natural light. Use artificial lighting to enhance areas that lack natural light. Proper ventilation is essential to maintain a fresh environment. Windows should ideally open towards the North or East.

### ■ Pantry and restrooms

The pantry should be located in the Southeast direction, as it is associated with the fire element. The restroom should be in the Northwest or West direction. Ensure these areas are well-maintained.

### ■ Materials

Use wooden furniture, as it is considered auspicious and promotes positive energy, while metal furniture can create a harsh environment. Ensure pieces are not chipped or damaged. For flooring, marble or wood is ideal for stability, whereas dark or highly reflective materials should be avoided.

### 1 Rose water

If you are suffering from itchy and uncomfortable scalp, then just add a cap full of rose water to your shampoo. This will soothe and ease your scalp. Additionally, it will also give a shine to your scalp. You can do this every time you feel like your scalp is getting itchy. Rose water is extremely gentle and can even be used by people who have a sensitive scalp.

Amritha K

Shampoo is the one hair product that all of us use. You can get different shampoos according to your various needs. For those of us who do not have the time or patience to use hair masks and other such things, you can add a few easily available ingredients to your shampoo for better results. These ingredients would amplify the effect of the shampoo without taking up any of your time. Moreover, these ingredients are very easy to use and can be found in most homes. If you do not have these ingredients, you can easily buy them at a shop and they would not be too heavy on the pocket either. Some things you need to be careful about while buying shampoos, is to make sure that the shampoo is sulphate and parabens free. Too many of these chemicals in the shampoos can irritate your scalp to make it turn itchy or flaky, thereby worsening any condition that was already there. So, here are some things you can add to your shampoo:

### 2 Honey

Add a teaspoon of raw honey to your shampoo if you have really dry hair. Honey will also kill bacteria on your scalp and give a shine to your hair. Be sure to wash your hair properly, as we don't want any of the sticky residue left from the honey.

### 3 Lemon juice

Add a teaspoon of lemon juice to your shampoo if you wish to give your hair a deeper cleanse. This would be great for people who have product build up on their hair that refuses to go away, no matter what. You can do this for times when you style your hair with a lot of mousses or creams or even when your hair oil does not go away and leave your hair feeling sticky and tacky. Lemon will also help to balance the pH level of your scalp.

### 4 Lavender essential oil

Adding a few drops of this essential oil to your shampoo has a multitude of benefits. It can increase your hair growth levels if done properly. Lavender also has a calming and soothing effect on the mind. So, if you are suffering from a lot of stress, add a few drops of lavender essential oil to your shampoo and you will notice that all your stress and anxiety will be gone. Lavender also has the most beautiful fragrance that will follow you all day.

## Shinier hair: Easy shampoo add-ons

### 5 Aloe vera gel

We are sure that all of you are aware of the amazing benefits of this gel. Aloe vera gel happens to be a favourite for all sorts of issues. In fact, we have seen aloe vera flavoured green teas and juices as well, and they are delicious. If you add aloe vera gel to your shampoo, it will ease scalp irritation and keep your scalp hydrated without making it too oily. Aloe vera gel protects the hair from damage and breakage and cleanses the hair at the same time. It also helps promote hair growth by hydrating the scalp.



### 6 Tea tree oil

This oil is another essential oil you can add to your shampoo. Tea tree oil is antifungal and antibacterial in nature. Add a few drops of tea tree oil to your shampoo to get rid of dandruff. The best part about this is that this works without stripping our hair of its natural oils, unlike most anti-dandruff shampoos. Tea tree oil will also rid your scalp of all infections, which are most often the cause for extreme dandruff. Do this once every week and your dandruff will be gone in no time.



### 7 Amla juice

Amla juice or the juice from Indian gooseberry is really good for the overall health of your hair. Adding a teaspoon of this juice to your shampoo will make your hair blacker over time, it will promote hair growth and it acts as a natural conditioner for the hair as well. You can use this every time you shampoo your hair, in order to get best results.

## Acupressure for digestive issues

Amritha K

Acupressure is a technique where practitioners use their fingers, palms, elbows, feet, or specific devices to apply pressure to various essential points of your body. It also involves stretching or massaging. As studies and practitioners point out, acupressure aims to restore the health, fitness and stability of your body, by regulating the opposing forces of yin (negative energy) and yang (positive energy). This ancient healing art helps stimulate the body's natural self-curative abilities. It is useful for stress-related ailments and boosting the immune system. Acupressure on the hands and feet is called reflexology and can be done at the comfort of your home. The pressure points in your body are extra sensitive and can help stimulate relief in your body. Various studies have pointed out the positive impact touching pressure points can have on your health. We have listed five major acupressure points that help provide relief from stomach issues such as gas, bloating, constipation etc.

### ■ Acupressure points for gas and bloating

It is not necessary to go to a centre or a clinic to get acupressure done. You can do it yourself, but when using acupressure to apply self-massage, you must be patient. Acupressure points are located all around our body and are termed as meridians or energy pathways. Each of these meridians in the body represents the internal organ located there. Each acupressure point is named after its location along the meridian. Working on these acupressure points for gas and other minor stomach ailments can help relieve trapped gas and reduce bloating and may help promote digestive health as a whole.



### ■ Qihai (CV6):

This point is believed to help with lower abdominal organs. Located roughly 1 1/2 inches below the navel, CV6 can also help improve your overall health.

**How to:** Place two to three fingers on the point location. Then gently move your fingers in a circular motion. Make sure not to press too hard (sensitive area) and continue massaging for 2-3 minutes.

### ■ Sanyinjiao (SP6):

SP6 is located on the spleen meridian and is believed to affect the lower abdominal organs and parasympathetic nervous system. This point is located roughly 3 inches above the bone of the inner ankle.

**How to:** Place one to two fingers on the sanyinjiao point. Move fingers in a circular motion using gentle, firm pressure and massage for 2-3 minutes and repeat on the other leg.

### ■ Weishu (BL21):

Located on the bladder meridian, BL21 can help with abdominal pain and gastrointestinal disorders. The acupressure point location is almost 6 inches above the small of the back and 1 1/2 inches on either side of the spine.

**How to:** Place one to two fingers on the point and apply gentle pressure in a circular motion. Massage for 1-2 minutes.

**Note:** Do not massage this point if you have a slipped disc or spine weakness.

### ■ Zusanli (ST36):

This point is connected to the upper abdominal and parasympathetic nervous systems and is located roughly 3 inches below the kneecap.

**How to:** Place two fingers on the zusanli point and gently move the fingers in a circular motion. Massage for 2-3 minutes and repeat on the other leg.



**■ Zhongwan (CV12):** This point can help with upper abdominal organs and yang organs, including the bladder and gallbladder and is located 4 inches above the navel. The six Yang organs, according to Chinese medicine, are gall bladder, stomach, small intestine, large intestine, bladder and triple burner.

**How to:** Place two to three fingers on the point and gently apply pressure in a circular motion and massage for 2-3 minutes.

### How to do acupressure on yourself

- Use deep, firm pressure to massage and stimulate each point.
- When massaging acupoints, try to relax in a comfortable position, close your eyes, and breathe deeply.
- Repeat the massage as often as you like; there is no limit to the number of times a day.
- Besides massaging these points on yourself, anyone can also help massage these points for you.

Acupressure releases tension, increases circulation & reduces pain. Acupuncture & acupressure are often confused between. Acupressure is done by either using a hand or by a jimmy, a pen-like instrument while acupuncture is done with the help of needles.

Praveen Kumar

A sleep disorder is a condition that affects the quality and quantity of your sleep. A sleep disorder can affect your overall health, safety, and quality of life. Sleep deprivation can interfere with your ability to drive safely, as well as increase your risk of other health conditions. Almost everyone has difficulty falling asleep at some point in their lives. But chronic sleep troubles and ongoing fatigue during the day could indicate a more serious illness. Read on to learn if your sleeping habits are indicative of a medical problem. It is common for people to suffer from sleep disorders, and some of the most common sleep disorders are insomnia, restless legs syndrome, sleep apnea, circadian rhythm sleep disorder, Kleine-Levin syndrome, and narcolepsy, among others.

## Are you at risk of sleep disorders?

### What are the warning signs of a sleep disorder?



Sleep disorders can be characterised by the following warning signs:

- Persistent fatigue and irritability during the day, despite getting seven or eight hours of sleep each night.
- Occasionally waking up in the middle of the night and remaining awake for several hours.

### The signs and symptoms

Sleep disorders include excessive daytime sleepiness, irregular breathing, and increased movement during sleep. Other signs and symptoms include irregular sleep and wake cycles and difficulties falling asleep. Before assuming a major health issue, identify possible causes of your sleep problems and consult a doctor.

### Who is at risk?

Sleep disorders can sometimes stem from underlying medical conditions. People with nasal or sinus inflammation, asthma, diabetes, Parkinson's disease, high blood pressure, anxiety, or depression are more prone to them. Other contributing factors include poor sleep habits, stress, lifestyle choices, and diet.

### Treatments for sleep disorders

The treatment of sleep disorders depends on the cause and diagnosis of the disorder. Behavioural therapy & prescription medications are some of the suggested treatments.

## Wheezing: Symptoms, causes and treatment

Deepannita Das

Wheezing is a respiratory disorder and usually, it can be identified by a high-pitched whistling sound while you exhale and in severe cases when you inhale. Caused by inflamed or narrowed airways, over a period of time, wheezing can lead to serious health issues and demands proper diagnosis and treatment. To put it into perspective, the American Thoracic Society Committee on pulmonary nomenclature defines wheezes as high-pitched continuous sounds with a dominant frequency of 400 Hz or more. Rhonchi are characterized as low-pitched continuous sounds with a dominant frequency of about 200 Hz or less. Therefore, wheezes are continuous lung sounds.



### ■ What causes wheezing

While there are numerous reasons that can generate wheeze, few minor to severe conditions are listed below:

- Hyperdynamic airway collapse (tracheobronchomalacia)
- Vocal cord dysfunction (paradoxical vocal fold motion (PVFM), vocal cord paralysis)
- Chronic Obstructive pulmonary diseases (COPD) such as emphysema and bronchitis
- Airway compression - intrinsic or extrinsic (squamous cell carcinomas, goitre)
- Pulmonary peribronchovascular interstitial disease such as congestive heart failure
- Forced exhalation by normal individuals
- Post nasal drip
- Carcinoid tumours
- Obstructive airway diseases such as asthma
- Respiratory infections such as croup and laryngitis
- Foreign body inhalation

### ■ Symptoms of wheezing

Wheezing can be identified by different symptoms such as whistling sound during exhaling and laboured breathing followed by a tightening feeling in the chest. The interesting part is if you plug your ears, you can hear wheezing more loudly. While wheezing affects appearance, appetite, breathing patterns and sleep patterns, it also causes noisy breathing, noisy chest, coughs and fever.

### ■ Risk factors of wheezing

Age is no bar for wheezing and therefore, it can happen to anyone. However, you can keep a check on certain risk factors that can increase your chances of developing a wheeze. While asthma, which can be a hereditary illness that runs in families, wheezing can also occur in people with

- Allergies
- Lung cancer
- Smokers and
- Increased exposure to infections (in case of toddlers).

### ■ Diagnosis of wheezing

Initially, the doctors proceed by asking the duration of your wheezing. The tests are performed depending on whether it is a mild condition or severe condition of wheezing. If there is physical exertion during exercise or recurrent wheezing, your doctor might ask these questions:

### ■ What makes you wheeze?

- When does wheezing occur - day or night?
- Is there any particular food item that is causing you to wheeze?
- Does getting rest help or make you feel better?
- Do you smoke?
- Do you have trouble while inhaling or exhaling?

If your condition is severe or deteriorating, then the doctor shall perform a physical test or exam and listen to your lung sounds and breathing pattern. Blood tests, lung X-ray, and lung function tests will be performed to keep a track of your oxygen levels. Further, in the case of infants and children, doctors may intubate and delve deeper to find out whether he/she did not inhale or swallow small objects like coins, pieces of paper, small toys that might also result in wheezing.

### ■ Treatments for wheezing

#### Inhale moist air:

Taking steam will not only loosen up congestion but will also counter mucus in your airways, making it convenient for you to breathe smoothly.

#### Drink warm liquids:

It can be anything healthy from drinking warm water to herbal tea or hot milk. This will help your clear congestion as well and break up and loosen stubborn mucus.

**Diet:** Adding vitamin D-rich foods (dairy products, oily fish such as salmon and swordfish, red meat) and vitamin E-rich foods (spinach, sunflower seeds, peanut butter and almonds) in your diet is beneficial in case of respiratory illness. Eating fresh vegetables like spinach, broccoli, tomatoes, is also suggested.

#### Medications:

Follow doctor's prescription and instructions. There are a wide variety of medications available but options you can choose from when it comes to getting proper medication for wheezing but consult your doctor in case of emergency.

#### Practice pursed lip breathing:

Add this into your daily routine as this breathing technique is designed to make your breath count. All you have to do is breathe slowly realizing its purpose. While you inhale air, pucker your lips and while exhaling do it slowly. Increase the count to speed up your recovery.

**Quit smoking:** this one shift in your habit that will make long recovery short. In the case of chain smokers, it can lead to conditions like chronic bronchitis and emphysema.

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of the day  
quote

If Kurubas are included in the ST list, the ST reservation quota must be increased accordingly. I support and agree with that



SIDDARAMAIAH | KARNATAKA CM

The visionary leadership of PM Modi has made this ambitious project possible. Under the 'double-engine government', Chhattisgarh is rapidly progressing on the track of development. This decision is not just a milestone for the state's growth, but it will also inject new energy into the central Indian economy



VISHNU DEO SAI | CH'GARH CM

October 7 will always be etched as a special day for India as Adarniya Shri @narendramodi ji took oath as Gujarat's CM for the first time in 2001 and since then has been serving continuously as a Head of Govt



HIMANTA BISWA SARMA | ASSAM CM

XPOST  
OF THE DAY



A shoe hurled at Chief Justice B R Gavai offers a chilling picture of what BJP's Viksit Bharat will look like by 2047.

The attacker acted with brazen confidence knowing well that there would be no real consequences for his deplorable act

@mehboobamufiti

SHORT TAKES

**Woman gangraped in moving car in UP**

**Jhansi/Banda (UP):** Two persons were arrested Tuesday for allegedly raping an 18-year-old woman in a moving car in Uttar Pradesh's Lalitpur district, police said. Preliminary investigation revealed that the main accused, Nitin Thakur (22), was known to the woman, they said. According to Additional Superintendent of Police Kalu Singh, an 18-year-old student filed a complaint Monday alleging that October 4 afternoon, she was returning home on foot from Bansi town after filling out an online scholarship form when she got into the car of an acquaintance near Kharkhari check dam and was raped by Nitin in the moving car

**Kejriwal gets Lutyens' Delhi bungalow**

**New Delhi:** Aam Aadmi Party national convener Arvind Kejriwal is expected to move to his new accommodation, 95, Lodhi Estate bungalow, around Diwali, provided the renovation is completed by then, party sources said Tuesday. Earlier in the day, the party said that he has accepted the central allotment and will soon shift with his family, more than a year after he resigned as the Delhi chief minister. Kejriwal is entitled to a central government bungalow since he is the chief of a national party.

**UP court sentences man to death for rape**

**Ghazipur (UP):** A special court in Ghazipur district Tuesday sentenced a man to death for raping and murdering an eight-year-old boy, a case lawyer said. Judge Ram Avtar Prasad of the district's Special POC SO Act Court sentenced Sanjay Prasad Nat to death, finding him guilty of raping, murdering and hiding the body in his own home, Prosecution lawyer Prabhu Narayan Singh said.

AI CRASH PROBE

No dirty business or manipulation: Govt

**Agency**

**New Delhi, Oct 7:** Civil Aviation Minister K Rammo-han Naidu Tuesday said there is "no manipulation or dirty business" happening in the investigation into the Air India plane crash that killed 260 people June 12.

His assertion comes against the backdrop of concerns expressed in certain quarters about the Aircraft Accident Investigation Bureau (AAIB) probe into the fatal crash.

Naidu said everyone has to wait for the final AAIB's final probe report to know what exactly happened.

"There is no manipulation, or there is no dirty business, hap-pening in the investigation. It is a very clean and very thorough process that we are doing ac-cording to the rules...," he said.

The minister also said it will take some time for the fi-nal AAIB report into the crash and added, "We don't want to pressure them into coming up with some history report".

He was speaking on the side-lines of a book launch function in the national capital.

In one of the worst aircraft accidents in India, a total of 260 people, including 241 pas-sengers, died after Air India's Boeing 787-8 aircraft operating flight AI171 to London Gatwick crashed soon after take off from Ahmedabad June 12.

AAIB, in its preliminary re-port released July 12, had said the fuel supply to both engines of the plane was cut off within a gap of one second, causing confusion in the cockpit soon after takeoff.

"In the cockpit voice record-ing, one of the pilots is heard asking the other why did he cut



IN ONE OF THE WORST AIRCRAFT ACCIDENTS IN INDIA, A TOTAL OF 260 PEOPLE, INCLUDING 241 PASSENGERS, DIED AFTER AIR INDIA'S BOEING 787-8 AIRCRAFT OPERATING FLIGHT AI171 TO LONDON GATWICK CRASHED SOON AFTER TAKE OFF FROM AHMEDABAD JUNE 12

off. The other pilot responded that he did not do so," it had said. On September 22, the Federation of Indian Pilots (FIP) urged the government to order a judicial probe into the Air India Dreamliner crash, al-leging that the ongoing in-vestigation is "compromised" and should be halted.

FIP represents around 5,500 pilots. On August 29, Pushkaraj Sabharwal, father of Captain Sumeet Sabharwal, who was one of the pilots of the ill-fated Air India Dreamliner, demand-ed a 'formal investigation' by the central government.

In a letter to the civil aviation Secretary and AAIB Director General, 91-year-old Pushkaraj said that selective leaks about the accident have led to spec-ulation that Sumeet (56) was under tremendous psycholog-ical pressure and, therefore,

was contemplating committing suicide.

"These innuendos have very adversely affected my health and mental setup, and the reputation of Captain Su-meet Sabharwal. They tarnish Captain Sabharwal's reputa-tion, which is a fundamental right guaranteed to a citizen of India under Article 21 of the Constitution of India," he had said in the letter.

Pushkaraj has demanded that the central government order a formal enquiry into the accident under Rule 12 of the Aircraft (Investigation of Acci-dents and Incidents) Rules, 2017. The Supreme Court, September 22, termed as "unfortunate and irresponsible" the selective pub-lication of a preliminary report on the June 12 Air India crash, which outlined lapses on the part of pilots and paved the way for a "media narrative".

Meanwhile, Naidu Tues-day launched the book 'Above And Beyond – Exploring the Amazing World of Aviation', authored by Shiv Kumar Mo-hanka, DIG, CISF and Chief Airport Security Officer, ASG (Aviation Security Group) Hyderabad.



A Blue-throated barbet feeds its chick, in Nadia, West Bengal

Punjab bans Coldrif cough syrup sale

**Agency**

**Bhopal/Chandigarh, Oct 7:** The Punjab Government has banned the sale and use of Coldrif cough syrup, the move coming in the wake of deaths of 14 children in Madhya Pradesh, linked to consumption of the medicine.

Punjab has become the lat-est state after Goa, Haryana, Himachal Pradesh, Karnataka, Maharashtra, Rajasthan, Uttar Pradesh, and Uttarakhand to impose curbs on the distribu-tion of the syrup.

A PIL was filed in the Su-preme Court seeking inquiry and systemic reform in drug safety mechanisms in the wake of deaths of children in Madhya Pradesh and Rajasthan alleged-ly due to consumption of toxic cough syrups.

The Indian Medical Associ-ation came out in defence of a doctor arrested in connection with cough syrup deaths in

THE CONGRESS TUESDAY DEMANDED A JUDICIAL PROBE INTO THE DEATHS, STRICT ACTION AGAINST THOSE RESPONSIBLE AND COMPENSATION FOR THE FAMILIES OF THE DECEASED



Madhya Pradesh, saying the approval of the syrup and mon-itoring its quality squarely fall within the ambit of the drugs regulatory system.

The Madhya Pradesh Gov-ernment will bear the cost of treatment of children suffer-ing from kidney infections after taking the contaminated cough syrup in Chhindwara and Betul districts, an official said Tuesday.

The Congress Tuesday de-manded a judicial probe into the deaths, strict action against

those responsible and compen-sation for the families of the deceased.

An order issued by the Food and Drugs Administration (FDA) of Punjab Monday said Coldrif syrup was declared as not of standard quality by the Madhya Pradesh government analyst, drugs testing laborato-ry and FDA.

Madhya Pradesh Chief Min-ister Mohan Yadav Tuesday di-rected the authorities to ensure that the administration bears the entire cost of treatment of

Cabinet nod to railway projects worth ₹24K-cr

The projects will increase the existing network of Indian Railways by about 894 km and help in providing seamless connectivity for the movement of people, goods and services



**Agency**

**New Delhi, Oct 7:** The Cab-i-net Committee on Economic Affairs, chaired by Prime Min-ister Narendra Modi, approved four multi-tracking railway projects covering 18 districts in Maharashtra, Madhya Pradesh, Gujarat and Chhattisgarh with a cost of approximately Rs 24,634 crore.

The projects will increase the existing network of Indian Railways by about 894 km and help in providing seamless con-nectivity for the movement of people, goods and services, an official statement said.

These projects are 3rd and 4th line between Wardha and Bhusawal covering 314 km in Maharashtra; an 84 km 4th line between Gondia and Don-gargarh in Maharashtra and Chhattisgarh; 259 km 3rd and 4th line between Vadodara - Ratlam in Gujarat and Madhya Pradesh; and 4th line covering 84 km distance of Itarsi-Bhopal-Bina in Madhya Pradesh.

"The approved multi-track-ing project will enhance con-nectivity to approximately 3,633 villages, which have a population of about 85.84 lakh and two Aspirational Districts (Vidisha and Rajnandgaon)," the statement said.

Railway Minister Ashwini Vaishnaw, while briefing the

media persons, said that the increased line capacity will significantly enhance mobil-ity, resulting in improved oper-ational efficiency and service reliability for Indian Railways.

He said that these multi-tracking proposals are poised to streamline operations and alleviate congestion.

"The projects are in line with Prime Minister Narendra Modi ji's vision of a New India which will make the people of the region 'Aatmanirbhar' by way of compre-hensive development in the area that will enhance their employ-ment/ self-employment opportu-nities," the statement said.

"The projects are planned on the PM-Gati Shakti Nation-al Master Plan with a focus on enhancing multi-modal con-nectivity and logistic efficien-cy through integrated planning and stakeholder consultations. These projects will provide seamless connectivity for the movement of people, goods, and services," it said.

Highlighting their benefits for the tourism sector, Vaish-naw said that these upcoming projects will provide connec-tivity to prominent destina-tions such as Sanchi, Satpura Tiger Reserve, Rock shelter of Bhimbetka, Hazara falls and Nawegaon National Park, at-tracting tourists from across the country.

Gift under Mohammedan law valid without proof: SC

**Agency**

**New Delhi, Oct 7:** The Su-preme Court Tuesday said a gift (hiba) under Mohammedan Law does not require a written document to be valid.

The court said there are three essential conditions for an oral gift -- a clear manifestation of the wish to give on the part of the donor, an acceptance of the gift by the donee and the taking of possession of the subject-mat-ter of the gift by the donee, ei-ther actually or constructively.

A bench of Justices Ahsanud-din Amanullah and SVN Bhat-ti said an oral gift that fulfils the three essential requisites is complete and irrevocable.

"A gift under Mohammedan Law does not require a writ-ten document to be valid. The mere fact that a gift is reduced

The top court's judgment came on a plea relating to the partition and possession of agricultural land at Kusnoor village in Karnataka's Gulbarga district, which was given under an oral gift (hiba)

to writing does not change its nature or character. A writ-ten document recording the gift does not become a formal instrument of gift," the bench said. The court said delivery of possession is a critical and nec-essary element for a valid gift.



"It can be actual or construc-tive. Constructive possession can be demonstrated by overt acts by the donor that show a clear intention to transfer con-trol. For example, the donor applies for the mutation of the donee's name in the revenue records," it said.

The apex court said the evidence of acting under the gift (collecting rent, holding title, mutation) is essential to substantiate the claim of possession.

"While Mohammedan Law allows for a gift to be made orally without a written document,

the validity of such a gift is con-tingent on the demonstration of all three essential elements, particularly the delivery of pos-session.

"The courts will scrutinise 'contemporaneous' and 'con-tinuous' evidence of the donee's actions and control over the property to determine if pos-session was indeed transferred. The lack of evidence (failure to collect rent, donor's continued control, lack of mutation) will lead to proving that a gift was never completed, regardless of any written declaration," the bench said.

The top court's judgment came on a plea relating to the partition and possession of ag-ricultural land at Kusnoor vil-lage in Karnataka's Gulbarga district, which was given under an oral gift (hiba).

**Indian man fighting for Russian military surrenders to Ukraine**

**NEW DELHI:** An Indian national fighting alongside the Russian military surrendered to Ukrainian forces, the Ukrainian military said Tuesday. The 63rd Mechanised Brigade of the Ukrainian military, on its Telegram channel, released a video of the Indian national who identified himself as Majoti Sahil Mohamed Hussein from Gujarat. There was no word from Indian officials on the matter. Official sources said the Indian embassy in Kyiv was ascertaining the veracity of the report. The Ukrainian military said 22-year-old Hussein came to Russia to study at a university. The Kyiv Independent newspaper reported. In the video, Hussein said he was sentenced to seven years in a Russian prison on drug-related charges and was offered the opportunity to sign a contract with the Russian military to avoid further punishment.