



Mahatma Gandhi &  
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# Afternoon

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## High levels of hypertension result Every fourth death due to heart disease

AV Team

According to the shocking revelation of BMC's birth and death registration data, 25% of the deaths registered in the Mumbai metropolitan area in 2022 were due to heart disease and hypertension. The city had registered 94,500 deaths in 2022. Heart problems are usually the leading cause for deaths in the city. In 2022, roughly three Mumbaikars succumbed to heart-related complications every hour in 2022, according to the BMC data.

The officials Urged Mumbaikars to adopt healthy habits. The survey conducted in 2021 among citizens aged 18

to 69 years found that 34% had high blood pressure and 19% had diabetes. Nine out of every 10 Mumbaikars eat less fruits and vegetables than required. For early detection and treatment of heart diseases, the BMC in August 2022 started screening centres in its various hospitals and has so far tested 2.5 lakh people above the age of 30 for blood pressure and diabetes.

The BMC's door-to-door screening programme for hypertension has so far covered over 10 lakh people. While 68,000 were suspected to have hypertension in the house surveys and sent for further confirmation, only 9,600 were found to be actually suffering from

it. One of the reasons for high levels of hypertension and subsequent heart disease could be excessive consumption of salt, said the civic health data. While the national average for daily consumption of salt is 8gm, an average Mumbaikar consumes 8.6gm daily.

The WHO recommends only 5 gm of salt consumption daily. To promote healthy lifestyle among Mumbaikars, the BMC has been providing dietary counselling which over 20,000 patients with high blood pressure and diabetes have received so far. A similar number have benefitted by participating in the 138 yoga centres started by the BMC in 2022.

Meanwhile, the annual deaths that registered a rise during the Covid pandemic years seemed to have decreased to the pre-Covid levels in 2022. The total deaths were 1.11 lakh and 1.08 lakh in 2020 and 2021 respectively, while it dropped to 94,550 in 2022 which is closer to the deaths in 2018 (92,041) and 2019 (90,339)

According to a civic official roughly 23,000 cardiovascular deaths in the city in 2022, around 17,000 were due to heart attacks. In Mumbai many deaths occurred due to cardiovascular diseases in 2022, revealed the civic health department.

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## Celebrating the efforts of Achievers

Editoritis



Dr. Vaidehi

While we were besieged with newspaper and its survival, some old guards of marketing industry joined us as freelance business advisors. As an extended plan to raise funds, they suggested us to start some event to raise funds through sponsors. These funds can give financial stability to the newspaper. After a lot of brainstorming, we decided to do the award event "Newsmakers Achievers Award". The reasons were very simple, we wanted to acknowledge those people who are contributing to the society unconditionally and those who are making difference silently but no one noticed them. Those unsung heroes were our priority.

We were very naïve about the structure and plan how to go about it.

But somehow with the help an agency we understood how the events are organized. One agency came in as event partners, they said you focus on getting good guests and we will focus on rest of the things. The profit would be shared equally; this proposal gave me relief because for the first time I would be earning some money without investing. I started approaching the guests particularly those people who hit the headlines in that particular year. Moreover, I was well connected to the people so finding suitable people was not difficult. The advertisers emphasized that if the guests are big names, then only, they will sponsor the event, here event managers were under pressure.

CONTINUED ON PAGE 02

# Editoritis

# Celebrating the efforts of Achievers

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*I was sorted with my first guest that was surprisingly Mrs. Smita Thackeray. Mrs. Smita Thackeray is very well-known social activist and film producer.*

*My second awardee on the list was Pankaja Munde daughter of BJP's veteran leader Late Shree Gopinath Munde. Those days Pankaja made her official debut in active politics.*

*Overall, we were doing good and that's how we branched into a parallel module of business of Shipping Magazine and hard-core Cyber Security magazines.*

I was focused on what I have to do; I was sorted with my first guest that was surprisingly Mrs. Smita Thackeray. Mrs. Smita Thackeray is very well-known social activist and film producer. She worked enormous for the rehabilitation of drug addicts. She belongs to Thackeray family and we thought she would be unapproachable. Extremely beautiful, humble and above all she has humility. Even otherwise we used to bother her for quotes and interviews. So, my call was not new to her. But the way she gracefully agreed to come without throwing weight, I couldn't imagine. This is the power of such individuals who are connected to the societies. They are here to serve people and they understand their duty of supporting the strugglers like us.

My second awardee on the list was Pankaja Munde daughter of BJP's veteran leader Late Shree Gopinath Munde. Those days Pankaja made her official debut in active politics. She was very famous for her fearless speeches and righteous approach. When she agreed to come, my happiness knew no bounds. For our first "Newsmakers Achievers Award" event we had all elite and unsung heroes on one platform. Chagan Bhujbal, Police Officer Ashok Kamte's wife Vinita for her book (her husband was martyred in action during the 2008 Mumbai attacks) senior actor Mohan Agashe, Bharat Dabholkar, Prakash Javdekar Punyaprasun Vajpayee, R A Rajiv (the then BMC Commissioner), Sr. Adv. YP Singh, Rohini Salian, were on the guest list. The event was a great Success and so was the sponsorship.

But our biggest mistake was that, we relied so much on event management that they took certain decision on their own. They agreed to give award to two individuals suggested by the sponsors. In this elite list of awardees, they actually had no place. I was not happy with those two people receiving awards, the nominations were done on 11th hour. Event company and marketing person gave their consent without asking me. One of our well-wishers saw me stressed, he stood by me and just whispered in my ears "If you commercialize the award, then the awards will lose value and will be devoid of certain morality. As you are known for your values, it's my humble suggestion that you don't fall for such traps. Make the right choices". This was a moment of great self-realization, thus that was the first and last event where the purpose of starting awards got weak. Somehow this award event was big success, we could reach people with our independent journey. Next day in a review meeting I took a call, that here after no awards event will compromise on selection of awardees.

There were many government officials and politicians and celebrities in that event. Even la large number of media was also present. Afternoon Voice started getting advertisements from the government, there were commercial write-ups, also full pages of classified. Overall, we were doing good and that's how we branched into a parallel module of business of Shipping Magazine and hard-core Cyber Security magazines. The entire content was paid in both the magazines. In a way the magazines became a showcase for both the industries. Therefore, whatever we used to earn; we saved some funds for the awards event. Gradually, even our well-wishers volunteered to support in various areas of responsibilities. One would book the place, one used to sponsor trophies and someone used to sponsor food. Gradually more good people started accepting the award and we too gained lot of experience with each passing year. We covered a huge spectrum and acknowledge various areas of individuals and professions. Newsmakers was recognized for its uniqueness and became a platform of appreciation and forum of respectful presence for upcoming entertainers. We gave them chance to showcase their talent. That's how this award event became a collective effort.

Since I was also mentoring journalists, this event became a learning environment for upcoming journalist and media students. We gave platform to all aspirants who lacked opportunity. Furthermore, we also did our philanthropic work through this event for a variety of social causes. Physically impaired, Acid attack victim's operations, rehabilitation, sponsored sex worker children's educations, and provided aid to suicide farmers wives and family. We adopted a banjara village near Latur during drought, helped army martyred soldiers' families and extended support to young brahmins to seek Vedic education. Pandemic brought testing times and we helped underprivileged journalist, newspaper vendors and supported their livelihood in our humble capacity. I was growing as better human with all these sevas. This is the crucks of life, stand by those who need you the most, God will hold you for the rest.

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Editor

**Dr. Vaidehi**

Vaidehi has received several Awards like I Congo-karmavir chakra, Bedal Powell scout and guide awards 2021- best journalist, Newspaper Association of India award- best journalist. She received lot of awards for her contribution towards journalism.

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## Cities will have to be decorated according to the rapidly increasing population



- Vijay Garg

India became the world's most populous country this year, overtaking China. Not surprisingly, India's population growth is posing significant challenges to its environmental sustainability, resource management and social development. The increasing population of cities without foresight or proper planning leads to land degradation, water scarcity, air pollution, waste management and great loss to biodiversity. Population growth, urbanization and environment are interrelated. effective Or sound urban planning is one that takes into account the social fabric and accommodates the needs of the growing population while minimizing its impact on the environment.

This is the need of the hour. In today's times, when large population growth can cause environmental stress, it is important to consider the broader context of this problem. For example, the per capita resource consumption and carbon footprint of developed countries is much higher than that of India. India should already learn the virtue of low consumption, so that it does not consume indiscriminately like developed countries can be avoided. With its increasing population, India should not proceed on the path of excessive exploitation of resources. For a true and sustainable future in the world, the architecture of cities will have to adopt a two-pronged approach.

The first approach is conservation, under which conservation of resources is necessary. This also includes reducing waste, repurposing and repurposing existing structures to help preserve the cultural identity of cities. Second, to collaborate with scientists and engineers. For example, cities need to collaborate with experts to develop new and more efficient construction technologies. India's population needs only 10 percent of the land area to settle and expand. Keeping this in mind, urban designers and

architects can contribute to sustainable urban planning by designing sustainable, accessible and mixed-use structures.

This will enable the development of public transport, pedestrian-friendly infrastructure and green spaces to reduce urban sprawl and promote efficient use of land. There is a need to give priority. Cities should focus on developing infrastructure, such as pedestrian and cycling, to promote non-motorized transportation in cities.

Carbon emissions can be reduced. Our architects in the country already have a well-crafted agenda of sustainable design. This includes facilitating the movement of natural light and air in houses and buildings. It has now become necessary to construct such buildings, where energy consumption is low or energy is saved.

Now buildings are renewable will have to be adapted to energy sources. In a country like India, the use of mechanical air conditioning can be reduced by up to 85 percent. Architects can also play an important role in preserving and creating green spaces in urban areas. Parks, gardens and urban forests provide respite, helping to regulate temperatures and clean the air.

In urban construction, greenery on rooftops and agriculture can also be included in the building plan. The development of such facilities will also help in reducing the increasing heat and pollution in cities. This can be curbed. In view of the increasing population, it is necessary to be economical. If saved, just one-third of India's rainfall could provide more than 2,000 liters of water per person per day. Now 'Engineers working for humanity' have become very relevant. Social by connecting all urban plans Organizations and citizens will also have to be taken along.

## Letters to the Editor

### Follow Gandhiji's footsteps

October 2 is a national holiday in India. The day is called Gandhi Jayanti. This is the day when the great Indian Leader Mahatma Gandhi was born. Gandhiji, as he was popularly known, is still remembered for the wonderful things he taught, not just to Indians, but to the entire world.

Gandhiji was the architect of our freedom struggle. But while we may have got freedom from the British Raj, we are today not free of corruption, crimes, killings, man-made drought situations, malnutrition, etc. which are far bigger evils than the English rule. Humanity itself was a religion for Gandhiji who used to worship honesty. But today, we are divided on the basis of religion, caste, inequality, apart from dishonesty all around. Even the currency notes of higher value which has Gandhiji's picture embossed on them has shrunk in value terms as you can

hardly get anything from them.

Mahatma Gandhi's teachings have more significance in today's world. Hence, let us follow on his path to get true 'swaraj' (freedom) for our nation in real terms.

"Work is worship" which was Gandhiji's motto in life. Let us therefore cancel the holiday of October 2nd and work more vigorously, which would please the soul of this great leader. Also, let us not talk about Gandhiji but try to become one like him. That would be a real tribute to our dear Father of the nation.

One more thing to mention is that Gandhiji always maintained his originality. As a barrister, he travelled to the United Kingdom and South Africa. He would always wear his traditional Indian dress -- the dhoti and would respect the culture of his country and its customs. He would do that even though foreign nationals did not understand, like or respect it.

For many decades, a large number of Indian youngsters have been following the Western culture. Indians have lost respect for their culture, customs and their mother-tongue. What is the point of having a national holiday or celebrating a great soul's birthday

when Indians don't want to follow what this great leader has taught us? Give it a thought!

Jubel D'Cruz

### Manipur is being ignored!

Manipur is facing the brunt of upcoming elections that's why both Governments- state as well as center, are not working properly and are not able to solve any situation and case. That's why so many tragic and scary incidents are happening in Manipur day by day. I think Manipur CM N. Biren must be aware about crime and riots taking place in state for several months. Manipur CM should take strict action against crime so that public don't become aggressive and don't try to take the law into their hands. Both the governments belong to the same party, and at both level the enjoy majority so what is stopping them from bringing peace, even they can't bring state to normalcy at least they can ensure peace with section 144 and other laws. If they do not take any action this kind of situation and crimes will increase day by day and it's setting a bad precedent for other neighbouring states which will also resort to same tactics if their demands are not met.

Santosh Anjana

### A visit, Manipur too

Prime Minister Narendra Modi is set to hold as many as eight rallies in six days across four election-bound states, starting September 30. The states that are going to the polls are Madhya Pradesh, Rajasthan, Telangana and Chhattisgarh. According to reports, PM Modi will be in Rajasthan on October 2, where he will hold a public rally. However, as a central govt, he is a guardian of the whole country and as he utters "Mai to is Desh ka Chaukidar hu" (I am keeper of this nation), Manipur is also looking with hope and it needs his pitiful looks. Honorable PM Modi must visit Manipur and take away a strong solution to remove mutual dispute, it will be a helpful strategic too for upcoming elections.

Tauqueer Rahmani

Readers are requested to mail Letters to the Editor only at

[afternoonvoicedesk@gmail.com](mailto:afternoonvoicedesk@gmail.com)

**No postal letters will be entertained**

(The views expressed are authors' own)

## Aaditya Thackeray slams Shinde govt over foreign tours on 'taxpayers' money'; BJP hits back with 'immaturity' jibe



Shiv Sena (UBT) leader Aaditya Thackeray on Saturday hit out at the Eknath Shinde government in Maharashtra for plans to visit foreign nations on the expense of taxpayers. He also sought to know if the 'wagh nakh' (tiger claw-shaped weapon) being brought to Maharashtra from a museum in United Kingdom would stay here permanently or was it on loan and whether it belonged to Chhatrapati Shivaji Maharaj or was it from the era of the legendary warrior king.

State culture minister Sudhir Mungantiwar and officials from his department are slated to go to the UK on October 3 to get the revered weapon back.

Addressing a press conference, Thackeray, while slamming the Shinde government over foreign tours, wanted to know why industries minister Uday Samant was going to Davos four months ahead of the World Economic Forum (WEF) there. **PTI**

The minister on Saturday met the complainant woman at her residence and assured her of strict action against the accused in the case. **PTI**

## With Killari quake management template, India can face any natural disaster confidently: Pawar



The administrative system to face any natural disaster in the country with confidence stemmed from the effective disaster management during the 1993 Killari earthquake in Maharashtra, NCP chief Sharad Pawar, who helmed the state at that time, said.

He was speaking at a gratitude ceremony organised by an organisation of the earthquake survivors in Killari village of Latur district marking the 30th anniversary of the disaster on Saturday.

A temblor of 6.2-6.3 magni-

tude struck several villages in Latur and Osmanabad districts in the wee hours of September 30, 1993, killing approximately 10,000 people and injuring 30,000.

"Currently, India can face any kind of disaster confidently as the country has an effective administrative system in place which originated from the Killari earthquake. The country learned the lesson of disaster management from this massive disaster," said Pawar.

He said the UN and the World Bank had taken cognizance of this management. **PTI**

## Maharashtra govt will come out with rules on renting out premises: Minister Aditi Tatkar

The Maharashtra government will formulate a set of rules on renting out premises in buildings, state Woman and Child Development Minister Aditi Tatkar said on Saturday.

The minister's statement has come after a 35-year-old woman lodged a police complaint accusing a man and his son of refusing to rent out premises in a building to her as she is Marathi speaking.

According to the police, an

offence was registered against an 80-year-old man and his son for allegedly denying an office space to the woman at Shiv Sadan building in the eastern suburb of Mulund in neighbouring Mumbai.

A case under sections 341 (wrongful restraint), 323 (voluntarily causing hurt) and 504 (intentional insult with intent to provoke breach of the peace) of the Indian Penal Code was registered against the duo, who were produced in court and released on

bail, he said.

The minister on Saturday met the complainant woman at her residence and assured her of strict action against the accused in the case. **PTI**

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## High levels of hypertension result Every...



Dean of Cooper Hospital Dr Shailesh Mohite told Afternoon Voice, "Every individual should try to manage their work life and personal life. People should regularly

exercise and keep a track on their health parameters also people are trying to work for extra hours to achieve their targets which includes more stress. So people should be satisfied in what they are earning as most of the people are seen running for extra luxurious life. Government should also come with some initiative because there are some people who are still struggling for the basic bread and they are working for hours which leads to stress due no balance in life".



Dean of Nair hospital Dr Sarika Patil said, "In everyday life, in today's rat race what we all tend to forget or ignore is our health, especially our heart health. It is very important for all to take care of their heart if they wish to face all the daily challenges. For that we need to indulge daily in 45 mins of exercise, healthy diet, and one hobby which will keep up their level of happiness hormones in life".



Senior Dr Avinash Supre said, "The causes of hypertension is due to lot of stress, lifestyle and some genetic disorder and this is why there is increase of hypertension

and heart related issues in youth as earlier people were going through stress due to pandemic but now it is mostly due to lifestyle pattern".



Dr Sanjay Surase said, "The current trend of hypertension is due to food habits and lifestyle and people should try work on their stress issues as it may lead to

health problems as most of the people are only behind money more than personal wellbeing".



Activist Sudarshan Mohite said, "There was recent incident reported in Borivali a 12-year-old child who was residing with his grandmother was always playing games

on the phone, eating junk food after which one of his school female friend told him that he has put on his weight so when he tried to decrease his weight through cardio machine due to which he passed away through heart attack"

## Goods train derails in Raigad district of Maharashtra; operations on Panvel-Vasai route hit



A goods train derailed on Saturday afternoon in Maharashtra's Raigad district, disrupting operations on the Panvel-Vasai route, the Central Railway said.

Nobody was injured in the incident, as per the preliminary information.

Central Railway Chief Public Relations Office (CPRO) Shivraj Manaspure said four wagons, including a brake van, of the freight train, headed to Vasai (in Palghar

district) from Panvel (in Raigad district), derailed on the Panvel-Kalamboli section at around 3.05 pm.

"ART (Accident relief train) from Kalyan and Kurla stations is being sent to the accident site," Manaspure said, adding that a Road ART has been sent from Panvel to the accident site.

After the incident, at least five passenger trains were detained at various spots on the Konkan-Mumbai route. **PTI**

Nation

# Government says, "Shortage of anti-TB medicines are false, motivated are misleading"



linezolid is required. Patients who are taking multidrug-resistant TB medicines form only 2.5% of the total TB-affected population. However, even for this group, there is no shortage, as reported, the statement added. Procurement, storage, maintenance of stock and in-time distribution of anti-TB drugs and other materials are being done at the Central level under the National TB Elimination Programme (NTEP).

In rare situations, states are requested to procure a few drugs locally for a limited period by utilizing the budget under the National Health Mission (NHM) so that individual patient care is not affected, according to the official statement. "As such, more than 15 months stocks of Moxifloxacin 400mg and Pyridoxine are available under NTEP. Also, Delamanid 50 mg and Clofazimine 100 mg were procured in August 2023 and supplied to all states and UTs. In addition to this, P.O. has been issued on 23.09.2023 for the supply of an additional 8 lakh quantity of Delamanid 50 mg tablets", the official statement said. In addition, the purchase orders were issued for the supply of three FDC(P), Linezolid-600mg and Cap Cycloserine-250 mg in August 2023. ANI

Media reports claiming shortage of anti-TB medicines are false, motivated and misleading, the government said in an official statement on Sunday. "There have been some media reports claiming a shortage of anti-TB drugs in India. Such reports are false, misleading, motivated and seem deliberately intended to deceive and misguide people", said the official statement.

The treatment of drug-sensitive tuberculosis consists of two months of four drugs available as 4FDC (Isoniazid, Rifampicin, Ethambutol and Pyrazinamide) followed by two months of three drugs available as 3 FDC (Isonia-

zid, Rifampicin and Ethambutol).

All these drugs are available with sufficient stocks for time periods ranging from six months and above. The procurement process for these drugs for FY 2024-25 has also been started already, it said. According to the statement, the treatment regimen of multi-drug resistant (MDR) TB consists of usually four months of seven drugs (bedaquiline, levofloxacin, clofazimine, isoniazid, ethambutol, pyrazinamide and ethionamide) followed by five months of four drugs (levofloxacin, clofazimine, pyrazinamide and ethambutol).

In about 30% of persons with drug-resistant TB, cycloserine and

# Manipur violence: Delhi remanded accused to two days of National Investigation Agency custody



Delhi's Patiala House Court on Sunday remanded Seiminlun Gangte, an accused in a Manipur violence case to two days of National Investigation Agency (NIA) custody till October 3. The accused was arrested on Saturday from Manipur and brought to Delhi. He was taken to Delhi on transit remand.

It is alleged that Myanmar and Bangladesh-based leadership of terror outfits have hatched a transnational conspiracy to 'wage war against India'. Duty Magistrate Komal Garg remanded the accused after he was produced before her. NIA moved an application and sought 10-day custody of the accused for investigation of the case. During the hearing, the Duty Magistrate asked a query in regard to jurisdiction since it's a matter of special act.

The public prosecutor, then said that custody till May be granted till Tuesday so that the

accused is produced before the special judge. The federal investigation agency has registered a case under the anti-terror law Unlawful Activities Prevention Act (UAPA) and other laws. As per NIA, Seiminlun Gangte has been arrested in a case related to a transnational conspiracy by Myanmar and Bangladesh-based leadership of terror outfits to wage war against the Government of India by exploiting the current ethnic unrest in the State of Manipur. The case was registered suo moto by the NIA on July 19, 2023, in New Delhi. It is stated that an Investigation revealed that, Myanmar and Bangladesh-based militant groups have entered into a conspiracy with a section of militant leaders in India to indulge in incidents of violence with an intention to drive a wedge between different ethnic groups and to wage war against the Government of India. ANI

# LPG: Prices of commercial gas has hiked by Rs 209

In a major setback to LPG consumers, Public sector Oil Marketing Companies (OMCs) have hiked the price of 19 KG commercial LPG gas cylinders by Rs 209. As per the updated price list, it will now cost Rs 1731.50 in Delhi, last month the price was Rs 1522.50. Similarly, commercial LPG price was increased by Rs 1839.50 in Kolkata, Rs 1684.00 in Mumbai and Rs 1898.00 in Chennai. Anxious shopkeepers are demanding from the government to control inflation.

The decision to increase the price of commercial LPG gas cylinder by Rs 209 have left the

shopkeepers and restaurateurs running tea, samosa and kachori shops very worried. According to them inflation is continuously rising and the prices of commercial cylinders have already increased significantly.

A local shopkeeper from Aligarh said, "If there is an increase of Rs 209 now, it will aggravate our problems and we will have to face inflation on food items also. The government should reduce inflation and not increase it." Monthly revisions for both commercial and domestic LPG (liquefied petroleum gas) cylinders occur on the first day of each month. ANI

# President Droupadi Murmu recalls "Mahatma Gandhi's strong and vibrant ideology" and shares message of his teachings

President Droupadi Murmu on Sunday said Mahatma Gandhi's strong and vibrant ideology will always remain relevant for the world and asked people to follow his values and teachings for the welfare of the country. "Gandhiji ideals of truth and non-violence paved a new way for the world. Gandhiji not only fought for non-violence throughout his life but he also took up the cause of cleanliness, women empowerment, self-reliance and farmers' rights and fought against untouch-



ability, social discrimination and illiteracy," she said in a message on the eve of Gandhi Jayanti. Gandhiji inspired the nation to participate

in the freedom struggle and led a huge movement that changed the course of history and got Independence, Murmu said. PTI

World

## Afghanistan: 3000 families in the Baharak district are affected due to lack of safe drinking water



The Taliban-appointed officials of Baharak district in Takhar province of Afghanistan said 3000 families in the district lack safe drinking water, TOLO News reported. These officials called on the Taliban to address the issue. Abdul Majeed, a Taliban-appointed official in Baharak district, said, "There is a pool, and our people store the water in reservoirs and use it for drinking, ablution, and washing clothes."

Residents of the Baharak district voiced similar apprehensions saying that many people get infected each year due to the use of unsanitary water, TOLO News reported. Mohammad Nayeem, a resident of Baharak district said, "We store water here and use it for fifteen days, twenty days, or a month. Sometimes it happens that even the colour of the water changes", TOLO News reported. Ibrahim, a resident of Baharak district said, "If there is no water,

we will travel for about half an hour. That water is also not clean and is harmful to health," according to TOLO News report. Another resident said that children fall into the pool when they go outside to play or take water. Previously, residents of parts of the centre of Takhar had complained about the lack of safe drinking water and urged local authorities to resolve the problem.

Earlier, in July, Kabul residents expressed concern about the lack of safe drinking water in the city, TOLO News reported. Residents claimed further that they do not have access to city water supply services and the price of drinking water from private companies has also increased. A Kabul resident, Sher Mohammad, said, "People's problems are many. If you ring the bell, three days or four days later it will be your turn to get water. Water also comes at a high price." ANI

## Spain: Fire breaks out at nightclub, leaves at least 7 dead



At least seven people were killed and four others sustained injuries after a fire broke out at a nightclub in Spain's Murcia on Sunday morning, reported CNN citing the local authorities. According to the Murcia emergency services website, the injured are two men and two women, ages 41 and 45 and 22 and 25 respectively, who were all rushed to the hospital after inhaling smoke.

Following the incident, the emergency personnel are searching for additional victims on-site,

if any. The origin of the fire, however, is still unknown.

"Worried and dismayed by the news coming from there (Murcia). The emergency services continue working," the President of the Murcia region posted on X. Emergency services were called in at the scene, and local firefighters asked the General Directorate of Security and Emergencies for a helicopter to help put out the fire. Later, the emergency services declared that ground resources were sufficient to do the job. ANI

## UK: Glasgow Gurdwara strongly condemns the incident calls it as "disorderly behaviour"

Glasgow Gurdwara has "strongly" condemned the incident, where Indian High Commissioner to the United Kingdom, Vikram Doraiswami was stopped from attending a planned interaction at the religious site on Saturday, Calling the incident "disorderly behaviour" by unknown individuals outside the Glasgow area, it further added that the Gurdwara is open to people from all communities and backgrounds.

"An incident occurred on 29 September 2023 at Glasgow Gurdwara where the Indian High Commissioner was on a personal visit, facilitated by a member of Scottish Parliament. Certain unknown individuals from outside the Glasgow area attempted to disrupt this visit, following which the visiting party decided to leave the premises," the statement by

Glasgow Gurdwara Guru Granth Sahib Sikh Sabha stated. It further said that the "unruly individuals" continued to disturb the congregation, adding that the Scotland Police has taken cognizance in the matter. "Glasgow Gurdwara strongly condemns such disorderly behaviour to disrupt the peaceful proceedings of a Sikh place of worship. The Gurdwara is open to people from all communities and backgrounds, and we welcome everyone openly as per our principles of faith," the statement added. This comes after a planned interaction of Indian High Commissioner to Britain, Vikram Doraiswami at the Glasgow Gurudwara was disrupted by some "extremist elements". Scotland Police has responded to the incident and said that an inquiry is ongoing to establish the full circumstances around the incident. ANI

## US: State Department accuses of China expanding its disinformation been met with Beijing's Ministry

The US State Department's accusation of China expanding its disinformation efforts has been met with a counterclaim from Beijing's Ministry of Foreign Affairs, CNN reported, adding that the Chinese ministry said the State Department's report itself constitutes disinformation. The exchange occurred following the release of a report by the US State Department's Global Engagement Centre, accusing the Chinese government of intensifying its efforts to control information and propagate propaganda and disinformation that advances "digital authoritarianism" within China and globally.

The report alleged that China allocates billions of dollars annually to manipulate foreign information and highlighted Chinese leader Xi Jinping's significant expansion of initiatives to influence



the global information landscape, according to CNN.

Further, the report emphasised US concerns regarding China as a primary military competitor and a key rival in the battle of ideas and global disinformation. In response, China issued a counterstatement, asserting that the US State Department's relevant centre, which authored the report, engages in propaganda and infil-

tration under the guise of "global engagement." Beijing labelled it as a source of disinformation and the central command for "perception warfare." The Chinese Ministry of Foreign Affairs cited past examples such as the wars in Iraq and Syria and US reports alleging human rights abuses in China's Xinjiang region to argue that the US is, fundamentally, "an empire of lies," CNN reported. ANI

# Expression

## Realities and Illusions: Friendship in the Age of Social Media



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Traditional human relationships, characterized by shared values, beliefs, and emotions, have long been the bedrock of enduring friendships. Mutual understanding and respect indeed form the foundation of genuine friendships, often resting on these principles. However, the advent of social networking sites, such as Facebook, has introduced a paradigm shift, challenging the conventional principles of friendship.

Within these tech-driven platforms, the boundaries of friendship expand to encompass individuals with profoundly conflicting ideas, values, and emotions. It's a digital realm where questionable ethics, criminal backgrounds, or deceitful intentions may not deter someone from becoming your "friend." This intriguing aspect of social networking often goes unnoticed by the majority of users, highlighting the surreal and imaginary nature of these platforms.

Social networking sites represent a space where the principles governing real-life relationships sometimes take a back seat to the allure of personal satisfaction derived from digital interactions. The exchange of chats, comments, and virtual praise assumes a significance that transcends traditional social norms.

Furthermore, social media platforms, including blogs and vlogs, thrive in this alternate reality, blurring the line between fact and fiction. Here, one encounters a diverse array of connections, ranging from sophisticated thinkers to members of "mutual admiration groups," united by shared interests or ideologies. It's a space where individuals, often under the guise of supporting a leader or cause, may openly express deep-seated prejudices, biases, and even animosities against others, whether individuals, nations, or entire communities.

But what is it about social networking sites that makes them so captivating for these paradoxical friendships and, at times, toxic interactions? It's a combination of factors, including the fundamental human desire for connection, the allure

of the virtual world, and the opportunity for self-expression. In the digital landscape, one can craft an idealized version of themselves, carefully curating a persona that may or may not align with their true beliefs and values.

Despite their inherent imperfections and the complexities, they introduce into human relationships, social networking sites persist as influential forces within the broader realm of social media. They serve as mirrors, reflecting the multifaceted nature of human experiences and interactions that shape our society.

The impact of social media on individuals and society is multifaceted and has evolved significantly since the inception of platforms like Facebook, Twitter, Instagram, and others. Here are some key aspects of social media's impact:

### Communication and Connectivity:

Social media has revolutionized how people communicate and connect with each other. It has made it easier for individuals to stay in touch with friends and family, regardless of geographical distances. It has also enabled the rapid dissemination of information and news on a global scale.

### Information Sharing and Awareness:

Social media platforms serve as powerful tools for sharing information, news, and opinions. They can raise awareness about important social, political, and environmental issues, mobilizing communities for positive change. However, they can also spread misinformation and fake news, leading to challenges in discerning credible sources.

### Self-Expression and Creativity:

Social media allows individuals to express themselves creatively through posts, photos, videos, and other forms of content. It has given rise to new forms of art, entertainment, and entrepreneurship, providing platforms for artists, influencers, and content creators to reach wide audiences.

### Mental Health and Well-being:

There is ongoing debate about the impact of social media on mental health. While it can provide a sense of connection and support, excessive use can lead to issues like anxiety, depression, and cyberbullying. The pressure to curate a perfect online persona can contribute to feelings of inadequacy.

### Political Engagement:



Social media has become a significant platform for political discourse, activism, and engagement. It can empower citizens to voice their opinions, organize movements, and hold governments accountable. It has also raised concerns about the spread of disinformation and polarization.

### Business and Marketing:

Social media has transformed the business landscape. It offers companies new ways to market their products and engage with customers. Influencer marketing and targeted advertising are prominent examples of how businesses leverage these platforms to reach their audience.

### Privacy and Security:

Concerns about privacy and data security have grown alongside the expansion of social media. Users often share personal information, and there have been instances of data breaches and misuse. Platforms are under increased scrutiny to protect user data.

### Education and Learning:

Social media has expanded educational opportunities. It provides platforms for online learning, knowledge sharing, and skill development. However, it also presents challenges in terms of verifying the credibility of educational content.

### Cultural Impact:

Social media plays a role in

shaping cultural norms, trends, and conversations. It has influenced fashion, entertainment, and social movements. Memes and viral content spread rapidly through these platforms, impacting popular culture.

### Global Influence:

Social media has the power to amplify voices and ideas globally. It has played a role in various historical events and movements, such as the Arab Spring and Black Lives Matter protests.

In summary social media's impact is vast and transformative, touching nearly every aspect of modern life. Its effects are a reflection of the way individuals and societies use these platforms, both for positive and negative purposes. As social media continues to evolve, its influence on society will undoubtedly remain a subject of ongoing discussion and study.

In conclusion, social networking sites, with their remarkable ability to unite people across vast divides while sometimes fostering conflict, remain enigmatic platforms. They challenge the very definition of friendship, often blurring the lines between reality and online engagement. While the digital world may be an unreal and imaginary space, its profound impact on our lives and society is undeniably real.

# Entertainment

## BoF Event: Sonam Kapoor was seen falunting in her white gown



Actor Sonam Kapoor graced the prestigious Business of Fashion (BoF) 500 event in Paris. The official page of The Business of Fashion took to Instagram to share the pictures from the event on Saturday.

The caption read, "@sonamkapoor attends the 2023 #BoF500 Gala. She gained recognition as a successful actress for her roles in 'Raanjhanaa' and 'Bhaag Milkha Bhaag,' which earned her various best actress nominations and she joined the index in 2013."

Sonam chose a stunning white Valentino gown with coral embellishments on the neckline from the Resort 2024 Collection.

She was also accompanied by other big names in fashion including Pharrell Williams, Colombian singing sensation Karol G, model & entrepreneur Emily Ratajkowski, young singing sensation Troye Sivan, British actress Florence Pugh, Usher, Naomi Campbell, Jared Leto at the prestigious Business of Fashion (BoF) 500 event. The annual BoF gala honours the biggest and the best faces who influence world fashion and are hailed as iconic trendsetters. **ANI**



## Actor Robert Pattinson shares details of "being feared of humiliation"

'Twilight' star Robert Pattinson recently opened up about what factors he takes into consideration before accepting roles in a film or a show. During a recent conversation with comedian Jordan Firstman for Interview magazine, the actor was asked if he ever had a project that he was just "not into at all," The Hollywood Reporter reported.

Pattinson responded with "not really" but explained that he actually has a fear of not being able to fully commit to a role and give it his all, which is something he has to think about before deciding to play a part. "I have a deep, deep fear of humiliation. And also, you sort of know it's down to you. You can say it's a shitty script or the director's a dick or blah, blah, blah, but at the end of the day, no one's going to care about the reasons. You're the one who everyone's going to say is lame. And the vast majority of people will say you're lame even when you tried your best," he said. In the coming years, Pattinson will be seen in the sequel to 'The Batman'.

According to Variety, a US-based media house, Reeves' 'The Batman Part II' will continue to be a standalone property and fall under the newly branded 'DC Elseworlds' category while Gunn and Safran are creating a new DC Universe that will include the 2025 theatrical release 'Superman: Legacy.' **ANI**

## 'Singham Again' Movie: Filmmaker Rohit Shetty drops glimpses of the shoot on social media

Filmmaker Rohit Shetty is currently busy shooting for his next action film 'Singham Again' starring actor Ajay Devgn in the lead role. On Sunday, early morning, Rohit shared a picture from the film's night shoot.

Taking to Instagram, Rohit shared a picture of a forearm with the text 'Police' written on it in Hindi. He captioned the picture, "Night shoots... Singham Again..."

Apart from him, actor Ranveer Singh, who is all set to reprise his character Simmba in 'Singham Again' on Saturday, gave his fans a glimpse of his muscular physique. Taking to Instagram story, Ranveer shared a picture of himself from 'Singham Again' sets.

In the picture, Ranveer flaunted his ripped physique while wearing a black vest and matching trousers. He also wore a pair of black shades. Ranveer added 'Aala Re Aala' from his 'Simmba' in the background. **ANI**



## Star couple Priyanka Chopra and Nick Jonas drops memories of september on social media

Singer-actor Nick Jonas, on Sunday, surprised his fans with a photo dump from September on Sunday. Aside from images of himself and Jonas brothers, the photo dump also included pictures of his wife, Priyanka Chopra and his daughter Malti Marie.

Nick captioned the post, "September." In the first monochrome picture, Nick can be seen with his brothers Joe Jonas and Kevin Jonas. The other picture showcased actor Adam Sandler posing with the Jonas brothers. The third picture featured Priyanka chatting with Canadian actor Simu Liu. Nick also shared a picture from his birthday celebrations. Malti Marie was also spotted in one of the pictures, wearing a printed dress. Reacting to the pictures, a social media user wrote, "I'm so glad you included that photo of Malti." "Ahhh cutiepie MM," another one wrote. **ANI**