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Dussehra Rally: both Senas Locked horns



AV Team

On the occasion of Dussehra festival its tradition of Bala Saheb's Shiv Sena to call for public gathering. Both Shiv Sena factions had 'Dussehra Melava' (annual public gathering). After the split in the Shiv Sena in the year 2022, CM Eknath Shinde had organized a rally for the first time at BKC, While UBT Shiv Sena Uddhav Thackeray's rally was at usual place in Shivaji Park, Dadar. The divided Shiv Sainik's were disappointed because the traditional Melava of Sena has taken a painful turn of alleging each other.

"You back-stabbed Bal Thackeray by committing dishonesty with his ideological legacy. I won't be surprised if they ally with terrorist groups like Hamas and Lashkar-e-Taiba for their own selfish motives," says Maharashtra CM Eknath Shinde while addressing the Dussehra rally of Shiv Sena

On Maharashtra CM Eknath Shinde's statement, Shiv Sena (UBT) leader Priyanka Chaturvedi says, "They know that people's support is with Maha Vikas Aghadi. They know that they will lose when the elections would be there. The people of Maharashtra would make them

lose. They can compare us with Hamas, ISIS or anyone. In a true sense, the real anti-nationals are those who are toppling the elected governments, and those who are neglecting the agencies and the Constitution, and reducing the rules of democracy. And they are the BJP and their one or two alliance partners..."

Some leader also expressed their views when asked about the difference seen at the recent rally, BJP MLA Nitesh Rane told Afternoon Voice, "Now-a-days rally is all about allegations as Uddhav Thackeray was also seen blaming BJP for the Shiv Sena crisis which is not right as

earlier when late Bal Thackeray had initiated the rally it only talked about issues faced by people, Marathi people, direction to Shiv Sainiks but now concept of this rally is changed".

When both the Shiv Sena factions had kept the rally on the same day leaders were seen talking about involvement of other political parties into the scams and the functioning of the government over this other political parties also expressed their views and mentioned that 'To some extent', Yes said NCP spokesperson of Sharad Pawar faction .

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Chintan a celebrated artist caged in Hema Upadhyay's murder

Editoritis



Dr. Vaidehi

A woman born in Baroda Hema met her future husband and fellow artist Chintan Upadhyay in 1992. They both fell in love due to the common interest and professional convenience. Chintan and Hema got married in 1998, and settled in Mumbai. Initially they had a beautiful life, they worked together in many exhibitions. Later on, things were not normal between them. Profession egos and compatibility issues took their personal life on toll. Chintan Upadhyay's personal diary, filled with grievances about the breakdown of their marriage, played a crucial role in the case. Entries in the diary reflected his thoughts on the divorce and his puzzlement about why Hema, who seemed indifferent to him, wanted revenge. Hema's career was at its peak, she had her first solo ex-

hibition, titled Sweet Sweat Memories, at Gallery Chemould, now Chemould Prescott road (Mumbai), in 2001. The exhibition consisted of mixed media on paper works. In these works, she has incorporated her own photographs to communicate her ideas of migration having moved to Bombay in 1998. Hema's paintings were usually characterised by the inclusion of small-collaged photographic self-portraits.

In 2013, Hema filed a harassment case against Chintan for drawing obscene sketches of her on the walls of their apartment. Haresh Bhambani was her lawyer for this case. She lost when the case ruled the bedroom as Chintan's personal space.

CONTINUED ON PAGE 02

Chintan a celebrated artist caged in Hema Upadhyay's murder

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Their divorce was completed in 2014, after which Chintan moved to Delhi and Hema lived in their flat on the Juhu-Tara Road. Bhambani then took on as Hema's lawyer in the alimony proceedings. Hema wanted Rs 200,000 per month. The court brought it down to Rs 40,000 per month.

Vidyadhar Rajbhar, owner of Vanshraj Arts, he would do art fabrication work for Hema, is a main accused to have planned the murders and strangled Hema. Hema used to store her artwork at his warehouse.

The reason for Hema and Bhambhani visit to the Kandivali warehouse on the night of their murder was, a fabricator she shared with Chintan. Vidyadhar had promised to show them compromising video clips involving Chintan, leading them to the location where they were killed.

Their divorce was completed in 2014, after which Chintan moved to Delhi and Hema lived in their flat on the Juhu-Tara Road. Bhambani then took on as Hema's lawyer in the alimony proceedings. Hema wanted Rs 200,000 per month. The court brought it down to Rs 40,000 per month. On the day of their murders, Chintan had paid Bhambani Rs 200,000 in lump sum as alimony. Chintan Upadhyay, then ordered the killing of his wife and her lawyer, owing to a long, messy, ugly and expensive legal and personal battle with her during their marriage and after the divorce. Hema's body had been found along with that of her lawyer Harish Bhambhani, wrapped in plastic and put in boxes in a drain in the northern Mumbai suburb of Kandivali on December 12, 2015.

Vidyadhar, after killing Hema and Bhambhani, took a train to Varanasi from Dadar around 9.30 PM on 11 December along with the arrested accused Shivkumar Rajbhar. After reaching Itarsi, Madhya Pradesh, Vidyadhar tells Shivkumar that he wants to surrender to the police and gets off the train. His phone was last traceable on 13 December 2015. Then, on 2 February 2016, his phone was traced when he called a cousin in Surat from Chennai. The police rushed to Chennai, but he was nowhere to be found. Eight days later, on 10 February, his phone was traced to Guwahati, Assam after which the trail went cold. On 13 September 2016, the police even set up an elaborate trap, complete with personnel in plainclothes. It was Vidyadhar's daughter's first birthday, and the police made an educated guess that he would show up; especially since his family had sold off a room in their house for Rs 35 lakh.

Vidyadhar Rajbhar, owner of Vanshraj Arts, he would do art fabrication work for Hema, is a main accused to have planned the murders and strangled Hema. Hema used to store her artwork at his warehouse. The reason for Hema and Bhambhani visit to the Kandivali warehouse on the night of their murder was, a fabricator she shared with Chintan. Vidyadhar had promised to show them compromising video clips involving Chintan, leading them to the location where they were killed. Vidyadhar was close to Chintan Upadhyay's family. In fact, his father named him after Chintan's father. Chintan also footed Vidyadhar's father's medical expenses up to Rs 5 lakhs. With the help of Vijay Rajbhar, a tempo driver who dumped the bodies in the drain. Third accused, Pradeep Rajbhar who killed Haresh Bhambani, a lawyer of Hema. He also lured Hema with "evidence" of her estranged husband Chintan sleeping with girls and offered her a proposition to buy these clips for two lakh rupees. Fourth accused Shivkumar Rajbhar helped

Vijay to kill Haresh Bhambani. Fifth accused, Azad Rajbhar who is cousin of Vidyadhar who came down to Mumbai from UP in 2015 on his invitation to work with him at his workshop in 2015. He is being tried as a minor on account of being 16 when the murders took place.

On December 11, 2015, the bodies of Hema and her lawyer Harish Bhambhani were found dumped in a nullah in Kandivali. The trial court found Chintan guilty of abetting and conspiring to murder Hema, while it found three others, Pradeep, Vijay and Shivkumar, guilty of murdering Hema and Bhambhani. Chintan, who spent six years in jail since his arrest in 2015, was granted bail by the Supreme Court in 2021. After he was convicted, he was arrested and sent to jail again.

Chintan Upadhyay was a celebrated artist and a recipient of Charles Wallace Foundation Award. He began as a painter and later began creating sculptures and installations, the surfaces of which he painted. His best-known sculpture project is believed to be the Pet Shop project, which is an ongoing production of a "model baby" for every season, a Baby fetish. For these works, Upadhyay collaborated with artist Manish Sharma, a Rajasthani miniatures painter, who covered the babies with his interpretations of Indian miniatures. Chintan Upadhyay and controversies went hand in hand. While his contentious works often made headlines one of the most prominent controversies was when the artist sat in the buff and asked people to smear him with saffron, thus reclaiming the colour in a ritualistic manner at the height of the Gujarat riots. The artist courted another controversy when he impersonated a pregnant woman and dressed up in a house dress.

The conviction of artist Chintan Upadhyay for conspiracy in the murder of his estranged wife, Hema Upadhyay, marks a significant development in this high-profile case. While the main accused, Vidyadhar Rajbhar, remains at large, Chintan's conviction is based on a combination of evidence, including his personal diary and the discovery of the bodies. The case has shed light on the complexities of personal and professional relationships within the art world and the tragic consequences that can result from such conflicts.



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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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Movable Library



- Vijay Garg

A movable library refers to a library that can be easily moved or transported from one location to another. It is designed to be portable and flexible, allowing it to be set up in different spaces and easily transported to various communities or events.

Movable libraries can come in various forms, such as bookmobiles, pop-up libraries, or portable libraries. These libraries typically have shelves, storage compartments, and seating areas, similar to a traditional library, but in a mobile and compact design.

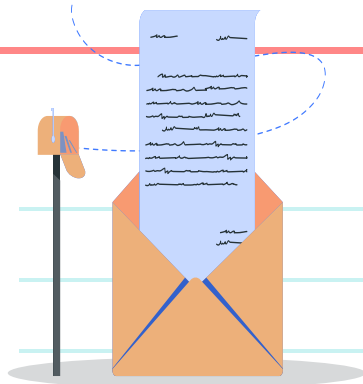
Movable libraries are often used in areas where there may be limited access to traditional libraries, such as remote or underserved communities, schools, or during special events like book fairs or festivals. They provide an opportunity for people to access books, educational

resources, and engage in reading activities, regardless of their location.

These libraries are equipped with a collection of books, magazines, educational materials, and even digital resources, depending on the setup and availability. They may be managed by librarians, volunteers, or organizations dedicated to promoting literacy and providing access to information.

Movable libraries are an innovative solution to reach individuals who may not have easy access to a stationary library. They can serve as a bridge to connect people with books and knowledge, fostering a love for reading, learning, and personal development.

Letters to the Editor



Celebrities should preach what they practice!

ED charge sheet details meteoric rise of Mahadev Book betting app kingpin. Sourabh Chandrakar seems to be an marketing genius who lured his investors & clients with false promises. But false promises & frauds can't run an long race as the scam has finally been unearthed by the media & the cops.

Celebrities too should preach what they practice as they have an massive fan following & promoting unrealistic brands means an loss of crores of rupees to the people. The involvement of celebrities in the Mahadev Book app too needs to be investigated & guilty punished!

S.N.Kabra

Justice Delayed

In the year 2008, TV journalist Soumya was murdered. It took 15 years to convict the accused. Today, participation of women in the society has increased, they stand shoulder to shoulder with men, but there are still many serious questions regarding their safety. Unless immediate action

is taken against such accused and the culprits are not given death sentence, their morale will remain high. The accused keeps trying to escape. This is because a lot of time is spent in hearing the case in the courts. The criminal openly mocks the judicial system.

N Ashraf

Polluted air hitting Mumbaikars badly

Breathing polluted air in Mumbai - a frightening scenario with Mumbai leaving Delhi far behind on the AQI. It is not just those with ore-existing conditions who are at risk but gradually even those who are strong enough would be affected soon. We've always seen unplanned, unchecked constructions in several parts of the city, especially at Orlem, Malad West where even RMC plants are allowed to operate in residential areas. And now, we see the BMC vehicle-mounted Mist machine in action. So, who benefits at the end of the day?

Melville X. D'Souza

Manipur, Myanmar shadow on Mizo polls

At 79, life has come full circle for Mizo National Front (MNF) chief Zormathanga, who is fighting to retain his position in Aizawl. Events in Myanmar and Manipur, which have people with kinship ties with the Mizos, have overshadowed events in Aizawl. The MNF is hopeful that the rise in anti-racist sentiment will help the party overcome allegations of anti-incumbency, particularly corruption. The Congress campaign has focused on the MNF's association with the NDA and the North East Democratic Alliance (NEDA), accusing the party of being in the BJP camp. He believes that Mizo sub-nationalism has an anti-BJP flavor in the Christian-majority state this election season. What turn this will take after the vote on November 7 is anyone's guess.

MT. Farooqi

Readers are requested to mail Letters to the Editor only at

afternoonvoicedesk@gmail.com

No postal letters will be entertained

(The views expressed are authors' own)

Afghanistan vs Pakistan

Another upset we have seen in this ongoing World Cup as Afghanistan gained a big victory over Pakistan on Monday in Chennai. The Afghan cricket team has been completely changed in this World Cup. They should not be taken for granted in any way. Their all-round performance could lead to finish the tournament at good stage. On the other hand, Pakistan are not performing as they were expected. Their weak bowling line-up is causing to destroy their batsman's hard work. It has been difficult for them to make a place in Knock out stage.

HK Isha'ati

City

At Shivaji Park Dussehra rally, Uddhav Thackeray bats for 'mili-juli sarkar'



The show of strength at Dussehra rallies between Uddhav Thackeray and Maharashtra Chief Minister Eknath Shinde continued this year as well. At the Shivaji Park

gathering, Thackeray, while hitting out at the Shinde-led Sena, batted for a coalition government, saying, "The country needs a strong government but not of one party with brute majority." Speaking from the dais at Azad Maidan in south Mumbai, CM Shinde held no bars, hitting out at Thackeray, saying: "I won't be surprised if they (Thackeray) merge with the Congress. Instead of being proud as Hindu, they are now proud to join hands with socialists. They will even join hands with Owaisi."

'Country is watching': Uddhav on delay in Shiv Sena disqualification proceedings

Speaking at Shivaji Park, Shiv Sena (UBT) chief Uddhav Thackeray expressed displeasure over the delay in disqualification proceedings against the fractured party's MLAs. Stating that the country is watching, Uddhav said, "We have gone to the Supreme Court, but only fresh dates are given. Despite a rap from SC, a lesson is not learnt." Uddhav's state-

ment was a jibe against Assembly speaker Rahul Narwekar who has repeatedly said that he will follow the due procedure and will neither delay nor hurry up hearing of the disqualification pleas.

"If this tribunal is not following the orders of Supreme Court, then the question arises if the SC will exist in this country or not. Let's see what happens, but I say that let the elections take

place before the decision on the disqualification and see what the voters do with these people," Uddhav said.

▶▶ PAGE 1

Jalna-based activist Manoj Jarange-Patil Wednesday morning started another hunger strike at the Antarwali Sarathi village demanding Maratha quota



Jarange-Patil had given a 40-day deadline to the Maharashtra government to come up with a quota for Maratha people in educational institutions and jobs, and it expired on Tuesday. He was on hunger strike from August 29 in the village. He broke his fast on September 18 when Chief Minister Eknath Shinde landed in the village and assured him of the Maratha reservation.

"This time, I will not take any medical treatment. I will not

drink water or have any food. We will intensify our protest, but it won't be aggressive. Chain hunger strikes will occur in the villages. Candlelight marches will be organised. We request politicians from all parties not to come to our villages until reservation is given to the Marathas," Jarange-Patil said.

He appealed to the Maratha people not to take extreme steps, especially against the backdrop of suicides over the Maratha quota issue.

Thackeray faction proud of join hands with socialists, Congress: CM Shinde



During the rally at Azad Maidan, CM Eknath Shinde hit out at Uddhav Thackeray's faction for joining hands with socialists and the Congress, instead of being proud of their Hindu identity.

He further said that his party withdrew from the fight for Shivaji Park as Dussehra rally

venue as he wanted to maintain peace. "I could have held the rally at Shivaji Park. But I am the head of the state and wanted to maintain peace. Last year, we held the rally at BKC. I told my people that for me any place where I can reiterate Balasaheb's thoughts is Shivtirth for me," said Shinde.

Dussehra Rally: both Senas Locked horns



Chavan further mentioned that, "Rally of Uddhav Thackeray talked about farmers and some issues of the people but these allegations now came after the split seen in Shiv Sena

and it is also about the survival of the party as they are trying to gain confidence of the Shiv Sainiks of their party".



While national spokesperson of NCP Sharad Pawar faction Clyde Crasto said, "There were so many accusations made on UBT Shiv Sena faction so this was the only available platform to clarify those blames in front of the public".

Also some of the UBT Shiv Sena leaders mentioned that many of the activists had praised the Sena rally which happened at the Shivaji Park also when it comes to the issues of people, UBT Shiv Sena MP Arvind Sawant said "This rally only talked about the matters of people as we were trying to make them aware as to how the current government is working not only that our party also focused on the issues of Worli, Dharavi's redevelopment project, transportation which is not being addressed by the government".

Over which denying to the issues of the allegations Shinde faction Shiv Sena MLA Sada Sar-



vankar said, "The allegations started at UBT Sena rally as their party's ideology has been changed and this is the reason people left their party. Whereas we are still carrying the ideology of late Bal Thackeray of Hindutva and it was only seen at CM Eknath Shinde's rally.

Meanwhile when Shinde was addressing the rally at Azad maidan he had termed Uddhav Thackeray as 'Ravana' and mentioned how he wanted to become a CM but did not show on his face but people should go on what it was showcased by him".



"He has betrayed ideology of Shiv Sena and joined hands with congress and other socialist parties" Shinde further added. Over which Congress MP Suresh Tawde said, "NDA (National Democratic Alliance) should be worried about their own alliance also when it comes to the crowd seen at the rally then individuals present at the event were called at the bribe of Rs 1000 not only special arrangement of around 5,200 buses were made for them to attend this event".



While another Veteran Congress MLA Madhukarrao Chavan said, "This three-tier government in the state would not survive for a longer period".



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आजादी का
अमृत महोत्सव

G20
भारत 2023 INDIA



नरेंद्र मोदी
प्रधानमंत्री

ध्यास विकासाचा...



एकनाथ शिंदे
मुख्यमंत्री

महाराष्ट्र घडविण्याचा!

श्री.नरेंद्र मोदी मा. प्रधानमंत्री यांच्या हस्ते
१४,००० कोटी रुपयांहून अधिक
विकास प्रकल्पांचा शुभारंभ

‘नमो शेतकरी महासन्मान निधी’

- केंद्र सरकारच्या प्रधानमंत्री किसान सन्मान निधी योजनेच्या धर्तीवर राज्य शासनाची स्वतंत्र योजना.
- केंद्राचे रु.६००० आणि राज्याचे रु.६००० असे एकूण रु.१२००० दरवर्षी पात्र शेतकरी कुटुंबाला मिळणार.
- नमो शेतकरी महासन्मान निधी योजनेसाठी सन २०२३-२४ करिता ६९०० कोटी रुपयांची तरतूद.
 - सुमारे ८६ लाख शेतकऱ्यांना १७१२ कोटी रुपयांचा पहिल्या हप्त्याचे वितरण करून शुभारंभ.

विविध विकास प्रकल्प	प्रकल्प खर्च
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निळवंडे धरण डाव्या कालव्याचे लोकार्पण	रु.५१७७ कोटी
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जळगाव ते भुसावळ तिसऱ्या आणि चौथ्या रेल्वे मार्गाचे लोकार्पण	रु.६४० कोटी
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आयुष्मान कार्ड व स्वामित्व कार्डचे वितरण

- प्रत्येक कुटुंबाला प्रतिवर्ष रु.५ लाखांपर्यंत आरोग्यकवच
- १.११ करोड आयुष्मान कार्ड वितरणाचा शुभारंभ
- स्वामित्व योजनेअंतर्गत लाभार्थ्यांना सनद वाटप



स्थळ : शिर्डी विमानतळाजवळ, काकडी, ता. कोपरगाव, जि. अहमदनगर.
वेळ : गुरुवार, दि. २६ ऑक्टोबर, २०२३ रोजी दुपारी ३.३० वाजता.

देवेंद्र फडणवीस
उपमुख्यमंत्री

एकनाथ शिंदे
मुख्यमंत्री

अजित पवार
उपमुख्यमंत्री

World

Israel-Hamas war: iconic rock band, B-52s won't be performing at a White House dinner for Australian PM due to 'Sorrow'



The iconic rock band, B-52s, will no longer perform at a White House dinner for Australian Prime Minister Anthony Albanese due to the "sorrow" of the Israel-Hamas war, The Times of Israel quoted US First Lady Jill Biden as saying. The band, best known for the 1989 hit "Love Shack," was scheduled to play at the state dinner for Prime Minister Anthony Albanese on Wednesday hosted by President Joe Biden.

"While we had initially planned for the legendary B-52s to perform their iconic dance and party music, we are now in a time when so many are facing sorrow

and pain, and we have decided to make adjustments to the entertainment portion of the evening," Jill Biden told the reporters. The New Wave band, named after a US bomber aircraft but more famous for their beehive hairdos, will still take part in the state dinner but as guests, she adds. Presidential military bands would provide "instrumental music" instead, the US First Lady also said.

Jill Biden made the announcement during a preview for the dinner, which will feature a guest chef, dishes including sarsaparilla-braised short ribs and design featuring US and Australian elements, as reported by The Times

of Israel. Albanese arrived at the White House on Tuesday ahead of a formal state visit on Wednesday when he is expected to discuss topics including China, Ukraine, and the Israel-Hamas war.

A day ago, US President Joe Biden and Saudi Arabian Crown Prince Mohammed bin Salman discussed the conflict between Israel and Hamas during a phone call, the White House said. The two leaders spoke about "ongoing diplomatic and military efforts to deter state and non-state actors from widening the conflict" and agreed to pursue "broader diplomatic efforts to maintain stability across the region and prevent the conflict from expanding," according to the White House. The two also affirmed the importance of working towards a sustainable peace between Israelis and Palestinians as soon as the crisis subsides, "building on" the work that was already underway between Saudi Arabia and the United States over recent months before the outbreak of the Gaza war. ANI

China: President Xi Jinping said, "Beijing is ready to work with Washington to manage differences"

Citing the impact of US-China relations on world peace and development, Chinese President Xi Jinping said that Beijing is ready to work with Washington, to "properly manage differences", contribute to each other's progress and push for common prosperity, Chinese state media agency Xinhua reported on Wednesday. Xi stated that China is willing to work with the US based on three principles of "mutual respect, peaceful coexistence and win-win cooperation".

"As two major countries in the world, whether China and the United States can find a right path of state-to-state interactions bears on world peace and development, and the future of mankind," Jinping said. He added, "Based on the three principles of mutual respect, peaceful coexistence and win-win cooperation, China is willing to work with the US side to advance mutually beneficial cooperation, properly manage differences, and make

joint efforts to tackle global challenges, contribute to each other's progress, and push for common prosperity so as to deliver benefits to both countries and the whole world". In a congratulatory message to the annual Gala Dinner of the National Committee on US-China Relations, Xi applauded the committee's longstanding dedication to the exchanges and cooperation between the two countries in various areas, Xinhua reported. He also congratulated former US Secretary of State Henry Kissinger on winning an accolade at the gala.

The Chinese president further voiced hope that the committee and friends from all walks of life will continue to concern themselves with and support China-US relations and play a constructive role in promoting the sound and steady growth of bilateral ties. US President Joe Biden also sent a congratulatory message to the Gala Dinner of the committee, Xinhua reported. ANI

Herat earthquake: UNICEF reports at least 80 tons of medical assistance to victims

The United Nations Children's Fund (UNICEF) has reported that at least 80 tons of medical assistance have arrived in Kabul to aid families affected by earthquakes in Herat, according to Khaama Press. This aid which includes medicine and medical equipment, is specifically designated to support 43,000 families who have been impacted by recent earthquakes in Herat.

UNICEF has confirmed that these goods, which also include medications and medical gear, were shipped from UNICEF's Copenhagen warehouse to Afghanistan. These supplies are intended to benefit young people, expectant mothers, and families in Herat who have been impacted



by numerous severe earthquakes, Khaama Press reported.

Prior to this, Herat had received aid from a number of nations and humanitarian organ-

isations, and the United Arab Emirates had opened a mobile hospital there.

UNICEF has pledged to continue its humanitarian efforts over

the next three months, with a commitment to aid around 200,000 individuals, including 96,000 children, according to Khaama Press. The agency's commitment

to having a positive impact on the community is highlighted by the continued support that is essential in giving relief and bettering the lives of individuals affected by the disaster. Several relief organisations have stated that the terrible earthquake in Herat damaged dozens of houses and resulted in over 4,000 casualties.

Herat earthquake victims are pleading with the Taliban and international humanitarian organisations for permanent refuge. According to them, the chilly weather and their children's illnesses make living difficult under dire circumstances. The extent of the disaster's effects on the afflicted areas has brought to light the province's urgent need for humanitarian relief. ANI

Expression

Why Anxiety causes Chest pain?



Farheen Wani

Columnist

Anxiety is a complicated psychological phenomenon that impacts millions of individuals worldwide. One of the familiar physical symptoms associated with anxiety is chest pain. In this retort, we will delve into the intricate connection between anxiety and chest pain, analyzing the various aspects that contribute to this incident.

Chest pain is characterized by discomfort or a feeling of pressure in the chest region. It can vary from mild to painful and is often alarming for individuals who undergo it. Anxiety-induced chest pain can manifest in different ways, such as a dull ache, sharp pain, or a sense of tightness in the chest area.

Understanding the physiological facets of anxiety can shed light on why it causes chest pain. Anxiety triggers the dismissal of stress hormones, such as adrenaline and cortisol, into the bloodstream. These hormones prepare the body for the "fight-or-flight" response, increasing heart rate, constricting blood vessels, and normally heightening vigilance.

The drastic surge of adrenaline can lead to several physical changes, including increased muscle tension. Muscles in the chest area may tighten as a defensive mechanism, as the body perceives a potential threat. This tension can contribute to the experience of chest pain among individuals with anxiety. Additionally, the heightened heart rate and blood flow can make sensations in the chest area more noticeable, further enriching the perception of pain.

Another factor that plays a role in anxiety-related chest pain is hyperventilation. During periods of anxiety, individuals tend to inhale and exhale rapidly

and shallowly, often without even realizing it. This type of breathing, known as hyperventilation, can lead to an imbalance in carbon dioxide and oxygen levels in the body. This imbalance impacts the functioning of the heart and blood vessels, potentially resulting in chest discomfort.

Moreover, anxiety can cause exaggerated awareness of bodily sensations. Individuals with anxiety tend to be hyper-vigilant to physical cues, constantly scanning their bodies for any cues of danger. This heightened bodily awareness can intensify normal sensations, leading to an over interpretation of normal bodily functions as chest pain.

It is also important to recognize the role of psychological factors in anxiety-related chest pain. Anxiety can be accompanied by catastrophic thinking, wherein individuals catastrophize and interpret physical sensations as signs of a life-threatening condition, such as a heart attack. This cognitive aspect can exacerbate the physical

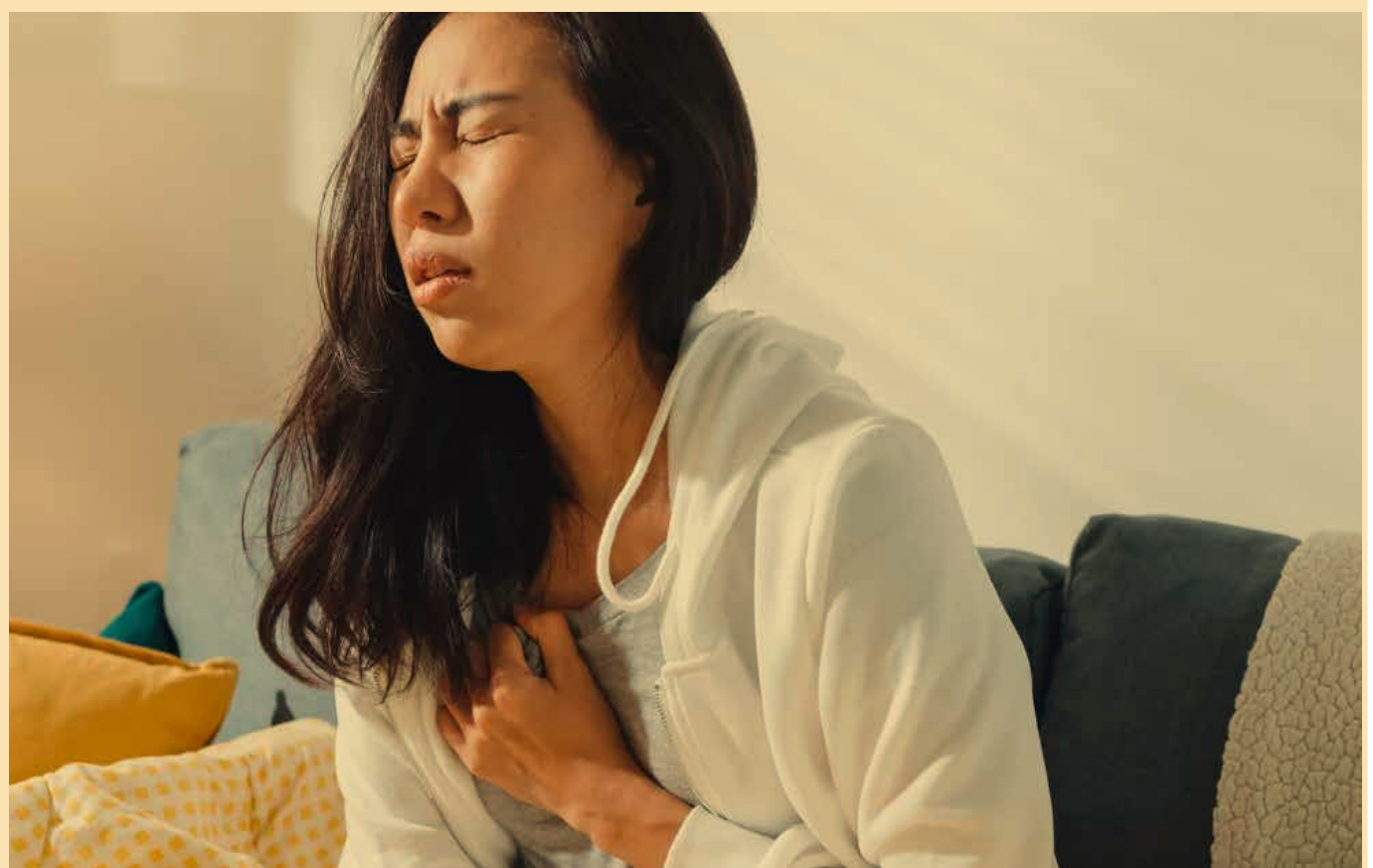
symptoms, making the chest pain feel more intense and terrifying.

Furthermore, the interplay between anxiety and existing medical conditions should be taken into account. Individuals with pre-existing heart conditions, such as coronary artery disease or mitral valve prolapse, may experience chest pain that is both a result of anxiety and their underlying condition. In such cases, it is crucial to rule out any serious cardiac issues through medical evaluation.

To manage anxiety-induced chest pain, various strategies can be employed. First, addressing the underlying anxiety itself is crucial. This can be achieved through therapy, such as cognitive-behavioral therapy (CBT), which helps individuals identify and reframe anxiety-provoking thoughts and behaviors. Additionally, relaxation techniques like deep breathing exercises, meditation, and progressive muscle relaxation can help reduce muscle tension and promote overall calmness.

Engaging in regular physical exercise can also be beneficial in managing anxiety and alleviating chest pain. Exercise not only helps release endorphins, which enhance mood, but also aids in maintaining cardiovascular health. Furthermore, ensuring a balanced lifestyle with healthy eating habits, adequate sleep, and stress management techniques can have a significant impact on anxiety levels and subsequently reduce chest pain.

Anxiety-induced chest pain can be a distressing symptom experienced by many individuals. Understanding the physiological, psychological, and cognitive aspects of anxiety is key in comprehending why anxiety causes chest pain. By addressing anxiety through therapy, relaxation techniques, regular exercise, and a holistic approach to self-care, it is possible to manage anxiety-related chest pain effectively and enhance overall well-being.



Entertainment

'Marvel Wastelanders: Black Widow' featuring Kareena Kapoor's voice, unveils its trailer



The trailer for the upcoming Hindi Audible Original podcast series *Marvel's Wastelanders: Black Widow* has been unveiled. In a world devastated by chaos and upheaval, Black Widow returns in this action-packed, adrenaline-fueled adventure that will leave you on the edge of your seat. The trailer takes the listener on an exhilarating journey through the post-apocalyptic wastelands, where Helen Black must navigate a treacherous landscape filled with new threats and old enemies. Explosive action sequences, mind-bending plot twists, and suspense await as she fights to uncover the truth and protect what remains of the world.

Marvel's Wastelanders: Black Widow, launches on November 8, 2023, with Kareena Kapoor Khan as the voice of Black Widow/Helen Black and Masaba Gupta as Lisa Cartwright. Following the success of *Marvel's Wastelanders: Star-Lord* with Saif Ali Khan and the launch of *Marvel's Wastelanders: Hawkeye* with Jaideep Ahlawat and Prajakta Koli on 29 September, the six-season audio epic commences its third instalment. This season captures the spirit of celebrating strong female leads. The English language version of *Marvel's Wastelanders: Black Widow* was written by Alex Delyle (*Fear the Walking Dead*), directed by Timothy Busfield (*Thirtysomething*, *The West Wing*), with sound design and original music by Daniel Brunelle (*The Two Princes*, *Sandra*). **ANI**

Megastar Rajinikanth drops pictures with his mentor on social media while working for his upcoming film



After 33 years, Megastar Rajinikanth is all set to work with his "mentor" Amitabh Bachchan in the upcoming film *'Thalaivar 170'*. Taking to X (formerly Twitter) Rajinikanth shared a picture with Big B from *'Thalaivar 170'* sets.

In the picture, Rajinikanth could be seen wearing a white outfit while Amitabh dressed in a pink and blue printed tracksuit with a head scarf. Sharing the picture, Rajinikanth wrote, "After 33 years, I am working again with my mentor, the phenomenon, Shri Amitabh Bachchan in the upcoming Lyca's *'Thalaivar 170'* directed by T.J Gnanavel. My heart is thumping with joy!" Makers recently unveiled the first look of the superstar. The official page of Lyca Productions took to X to unveil the first look of the superstar.

They wrote, "Lights Camera Clap & ACTION. With our Superstar @rajinikanth and the stellar cast of *Thalaivar 170* the team is all fired up and ready to roll! Hope you all enjoyed the *Thalaivar* feast. Now it's time for some action! We'll come up with more updates as the shoot progresses." In the monochrome picture, Rajinikanth is dressed in a black suit, a black shirt, and black sunglasses. **ANI**

Actor Alia Bhatt pens a sweet wish on her mother's birthday, says "We'd be nothing without you"

Actor Alia Bhatt on Wednesday penned down an adorable birthday wish for her mother Soni Razdan. Taking to Instagram, Alia shared a couple of throwback pictures which she captioned, "On your birthday I look back at one of my birthdays.. I spent the whole party sitting on your lap cause I was too scared of the inflated Godzilla which I drove you up the wall to get me.. But nonetheless I look perfectly content and happy and clearly there's no place I'd rather be.. Happy birthday mothership .. we'd be nothing without you.. grateful for you every single minute every single day.. love you."

In the first picture, little Alia is seen sitting in her mother's lap. In the next snap, the mother-daughter duo is seen sharing a smile together. Reacting to the pic, Razdan wrote in the comment section, "Thank you my sweetheart light of my life and centre of my soul ... my lap is yours always and so is my love." **ANI**

