



# Mineral to be core of MP's economy: Nath

**STAFF REPORTER ■ BHOPAL**

Chief Minister Kamal Nath has said that mineral based economy will be the future economy for Madhya Pradesh as it has the richest reserve of precious and rare minerals. He said that expedient exploration of minerals will be in the public interest as it would contribute to the development of the state.

The Chief Minister was having dialogues with the senior officials of the Mineral Exploration Corporation Limited, a Mini Ratna Company of the Government of India at the Mantralaya here today. He asked them to make Madhya Pradesh their priority state.

The Chief Minister said

that apart from coal and limestone, the State has many valuable minerals which can play an important role in shaping the future economy as they are unexploited.

Kamal Nath stressed on starting preparations for mining immediately using valuable information resource available with the Geological Survey of India.

The MECL has the capability and expertise to utilise it. He asked them to fix timeframe for exploration of minerals. The state government will give full cooperation.

Focus on mining of precious minerals like manganese, bauxite, graphite, iron ore and radium, vanadium, about which information of deposit is available.

He said that precious deposits of these minerals are available in Bundelkhand, Mahakashal and western part.

The Chief Minister stressed the need for formulating a separate mining policy for each mineral.

He said that the policy prescribed for the coal mining cannot apply to that of diamonds or manganese.

Minister of Minerals Pradeep Jaiswal, Chief Secretary SR Mohanty, Principal Secretary Chief Minister Ashok Barnwal, Principal Secretary Industries Rajesh Rajaura, Principal Secretary Minerals Neeraj Mandloi and Chairman and Chief General Manager of MECL Ranjit Rath were present.

# Well-considered schemes for scheduled castes can be big help, says Nath

**Bhopal:** Chief Minister Kamal Nath has said that the National Commission on Scheduled Castes should also suggest well-considered schemes for scheduled castes to the Government of India along with its State-wise review reports saying that these will help give expected results. He was holding discussions with the Commission chairman and other members at Mantralaya here on Thursday.

Kamal Nath said that Madhya Pradesh government is committed to the welfare of scheduled castes. The government is paying attention to their education, health and employment. The Scheduled Castes and Tribes Prevention of Atrocities Act has strictly been implemented in the state, he

added. The Chief Minister informed the Commission that the state government is going to bring a legislation soon to ensure that the budget meant for scheduled castes is spent in proportion to their population with optimum utilization.

Kamal Nath said that the Commission should review the status of the implementation of schemes in various states and prescribe new schemes to the central government on the basis of its field experiences and inputs.

He said that such schemes will be more effective. Nath said that apart from reviewing the action plans, the flaws in the implementation should also be highlighted so that remedial steps are taken timely. SR



Teachers stage a demonstration demanding regularisation of their jobs on Teachers' Day in Bhopal on Thursday  
Pioneer photo

# We don't believe in horse trading, says LoP while talking to media

**STAFF REPORTER ■ BHOPAL**

Leader of Opposition in the L State Assembly Gopal Bhargav said that his party does not believe in horse trading, but we could get in touch with our high command if they (dissidents) listen to their inner voices.

While talking to media persons here on Wednesday, Bhargav said that his earlier statement was misquoted by media. An unstable Congress government and different parties should form the government while coming together, he said, claiming that he had only replied to a query on the dissent within the Congress and allies saying they would speak to the high command of the party and would hold discussions on the basis of what these parties and leaders think and what is their approach.

"We are not in a hurry to form the government. We nei-

ther believe in jod-tod or horse trading," clarified the LoP who in the past had drawn sizable criticism that they are capable of bringing down Kamal Nath government within 24 hours if the party high command's signals them to do so.

"If they listen to their inner voice, we could get in touch with our high command but for the time being there is nothing like this," the senior BJP leader from Bundelkhand said.

To add, senior leaders including Shivraj Singh Chouhan, union minister Narendra Singh Tomar and party general secretary Kailash Vijayvargiya have in the past claimed that Kamal Nath government would come down out of its own weight sooner or later.

Earlier in the day alleging widespread corruption, Chouhan had claimed that this government does not deserve to stay in power.

# Discom to conduct special load survey in non-domestic premises

**STAFF REPORTER ■ BHOPAL**

Managing Director of Central Region Power Distribution Company, Vishesh Garphale has said that the company is conducting a special campaign of load survey in non-domestic premises and industrial power complexes till September 10. He asked the field officers to survey all the business premises and industrial power complexes like flour mills and oil mills etc. and approve the load on the basis of actual load. This will enable the consumer to get electricity at sufficient voltage and the company will get the right revenue.

Garphale directed the field officers to ensure proper effective calculation, billing and collection of revenue of each unit of electricity. The special campaign has led to an increase

in the load of more than 1,500 non-domestic campuses. Similarly, the load of the premises of more than 150 industrial power consumers has also been increased.

The Managing Director has issued instructions to return the damaged and burnt transformers to the regional store. He said that action will be taken against the officials concerned if the transformers are not returned on time. Technical flaws should be removed by identifying the places where the distribution transformers fail repeatedly. The AMR of Nal-Jal Yojana should be installed within the time frame and their physical verification should be ensured.

The Managing Director has issued instructions to conduct survey for increasing the load on agricultural pumps so as to ensure power supply to

farmers at sufficient voltage during the Rabi season. All eligible and damaged transformers should be replaced in one week before the Rabi season load. He said that it should be ensured that new beneficiaries who connect after the decision of expansion of the Indira Griha Jyoti Yojana get the proper benefits.

The Managing Director also directed to make temporary connections easily available to all the officers.

Managing Director of Central Region Power Distribution Company said that if there are continuous complaints of any consumer in urban and semi-urban areas, then such complaints should be analyzed. He said that there is also a need to analyze the complaints regionwise so that consumer complaints can be reduced.

# Students of PS celebrate Teacher's Day with zeal

**STAFF REPORTER ■ BHOPAL**

Students of Sagar Public School celebrated Teacher's Day with great zeal and zest. There was an excitement in the school atmosphere which was quite contagious. Sagarites at Sagar Public School Katara Extension, Ratibad, Rohit Nagar, Gandhi Nagar and Saket Nagar presented a special assembly on Sarvepalli Radhakrishnan to earmark the day.

They highlighted the great teacher and presented a skit highlighting his life and thoughts about his ideology and fascination about education. Students welcomed their teachers in morning by flowers and by offered 'Tilak' as mark of respect. A cultural programme of melodious song, poems and

speeches mesmerized everyone with marvelous performances of Sagarites which comprised of Saraswati Vandana, Guru Vandana, song, dance and a well-conceived skit highlighting the importance of teachers in students' lives followed by games with prizes.

Jaishree Kanwar, Director Sagar Public School and Principal of schools extended heartfelt thanks to all the Teachers for their unremitting efforts and appreciable work. At SISTec, students welcomed teachers with their greetings in assembly followed by presentation of poems and speeches which act as their motivation. A felicitation ceremony of teachers by marked the day at SISTec Gandhi Nagar and Ratibad Campus with tribute to S Radhakrishnan.

Later, faculty members expressed their gratitude and shared their experiences at SISTec. Keshavendra Choudhary Principal SISTec Gandhi Nagar and Jyoti Deshmukh Principal SISTec Ratibad extended heartfelt thanks to all the faculties for their unremitting efforts and appreciable work.

The celebrations at schools and colleges also observed a felicitation ceremony capped with motivational words of immense wisdom by Sudhir Kumar Agrawal, Chairman, Sagar Group and Siddharth Sudhir Agrawal, Managing Director, Sagar Group to faculties to continue with their good work of guidance to students followed by sumptuous lunch and souvenirs to all faculty members and staff.

# Cath Lab inaugurated at JAH Group of Hospitals

**PNS ■ GWALIOR**

Former Union Minister Jyodiraditya Scindia and Madhya Pradesh Health Minister Dr Vijay Laxmi Sadho jointly inaugurated the Cath Lab at the JAH Group of Hospitals. The Cath lab is set up at a total cost of Rs 6.75 crores and it took almost ten years for it to take shape. The inauguration ceremony was chaired by the Cabinet Minister Vijay Laxmi Sadho while Cabinet Minister Pradhum Singh was the Special Guest. MLAs Munnal Goyal and Praveen Pathak too attended the ceremony.

Speaking on the occasion Scindia said that the state government has been taking many steps to provide better medical

facilities to the people of the Gwalior Chambal division. He further opined that the setting up of the Cath lab will lend a unique identity to the largest group of hospitals in the division.

Scindia also said that a super specialty hospital will be constructed in place of the Marc Hospital at Gole Ke Mandir.

The doctors at JAH said that now the hospital has modern equipment that can take up angioplasty, complicated stenting and pacemaker implants.

However, it is learnt that it will take some more time before the patients can benefit from the lab as the machines to conduct angioplasty, both coronary and peripheral are still in

the trial stages. It is also learnt that the contract for the medical equipment to be set up at the Cath lab is only on paper and nothing has yet been finalized. The sources said that the contract has been given to the Amruth Pharmacy but it is only verbal.

Another problem is the costing. The cost of a single stent at JAH has been fixed at Rs 55,000 which is much above the rate at GB Pant Hospital, New Delhi. The rate at the Delhi hospital is around Rs 25,000 for a single stent. Private hospitals in Gwalior charge anything between Rs 55,000 and 75,000. Unless the hospital authorities bring down the rates the lab might not be a blessing to the people of the area.

# Techno-Jacket Collection 2019 out at Woodland

**STAFF REPORTER ■ BHOPAL**

Woodland has now come with its all-new Techno-Jacket Collection 2019. The new collection is inspired by the thought of Woodland being the only brand that best understands 'Know your Winters' and thus, have a product specialized for each kind of winter conditions.

While talking to media persons, Harkirat Singh, Managing Director, Woodland said, "Being the pioneering leader for outdoor wear in the country, we have always focused on promoting outdoor sports while ensuring safety of the consumers. Technology has been the key driver for all our products that we have been launching. This season, we are taking this space to a new tangent and have developed technologies like



'InfraLite', 'Heat Lock', 'Storm Breaker', 'Woodland BOA Closure System Shoes' et al that support your expeditions and ensure your safety in varying kinds of climatic conditions.

When its winters, one must be sure that One-Size does not fit all and thus, every outdoor / winter situation has its own set of requirements to safeguard ourselves leading to the development of the 'Techno-Jacket Collection' 2019, he added.

He further said that the collection is a mix of categories and colors; helping you survive in different weathers.

The aim is to be a one-stop destination for all kinds of outdoor sports and you will see a lot of development in this space in times to come. The cosmo audiences of the city has wide acceptance for the newer colour palette as per the Global lifestyles and thus, gives us the confidence to invest our energies in development of more and more styles suiting their taste preferences," Singh further added.



Students participate in MP State level Tourism Quiz competition-2019 organised at Minto Hall in Bhopal on Thursday  
Pioneer photo

# 19-year-old girl arrested on kidnapping charges

**Bhopal:** A 19-year-old girl from Alirajpur district has been arrested by police on charges of kidnapping a 17-year-old girl. The accused has revealed that she was in relationship with the victim girl.

While talking to media persons, the accused has confessed that she is in love with the victim and wanted to marry her. The 17-year-old girl too has reciprocated with the similar feelings.

The family of the minor girl had approached police with a missing complaint of their daughter after the girl went missing last week. The Udaigarh police after lodging a complaint under section 363 of IPC started looking for her. Both the girls were found on last Tuesday.

Sub Divisional Officer of Police (SDOP) Jobat RC Bhakar claimed that after the girls were

recovered, the minor was sent to her family while the other girl Rangubai was arrested.

Rangubai has told the police that the minor was her friend and wilfully went with her for labourer's work in Gujarat while the minor has claimed that her parents wanted to marry her with a man with three kids so she ran away to Gujarat.

Locals claimed that the two girls belonging to Pangola village in Alirajpur had expressed special feelings for each other around a year ago and had also eloped to Gujarat and returned after five months only to disappear again. SR

# Four arrested for planning burglary; sharp-edged weapon, iron rods, tools for breaking locks seized

**STAFF REPORTER ■ BHOPAL**

Bhairagarh police have nabbed four miscreants planning burglary and recovered a sharp-edged weapon, iron rods and tools for breaking locks near One Tree Hills in the night on Wednesday.

Police said that acting on a tip off four miscreants were nabbed in a car at Dashhera ground and when they were quizzed they confessed that they were planning burglary.

On the receipt of the information police teams were formed and raided the spot where the four miscreants were planning in car bearing registration number MP09CE2437. The car was searched sharp edged weapons and tools to break locks were recovered.

In the initial investigation the nabbed accused were identified as Salman alias Kala,

**On the receipt of the information police teams were formed and raided the spot where the four miscreants were planning in car bearing registration number MP09CE2437. The car was searched sharp edged weapons and tools to break locks were recovered**

Abbas Alia Irani, Shahtaj and Deepak Sharma. Salman was found violating externment which was imposed by district

collector. The accused confessed that they were planning to target a house the area and were nabbed before committing burglary.

The car seized was registered in the name of Deepak Sharma's wife. After the preliminary investigation the police have registered a case under section 401 of the IPC and section 25 of the Arms Act.

Meanwhile, Bajaria police have nabbed a miscreant and recovered a country made pistol and two cartridges from his possession on Wednesday. The accused identified as Saeed Khan (26) of Bajaria was nabbed after police received that the accused in carrying firearm. Police said that a warrant was pending in murder case against the accused who has been booked for heinous crimes like murder and other crimes.

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## Auto shutdown

The Government has finally woken up to the chaos it has unleashed, thanks to the fear of massive job losses



A couple of years ago, while addressing the annual conference of the Society of Indian Automobile Manufacturers (SIAM), Minister of Road Transport and Highways Nitin Gadkari had threatened to bulldoze the automotive industry if it did not adapt to an electric future. Persuaded by some deeply flawed metrics used by policy wonks at the Niti Aayog about how India's future mobility was going to be electric, without giving any thought whatsoever about jobs and such other "extraneous" matters, he believed that our country could not

just catch up with China on electric vehicles (EVs) but also take the lead. A few years later, the automotive industry is not only suffering a massive sales slowdown but dull investment on EVs other than some glorified traders importing products from China and pretending to be technology leaders. Meanwhile, the automotive industry that directly and indirectly employs millions of people and affects the economy is talking of huge job losses. The impact of the slowdown is already being felt as suppliers have cut jobs due to reduced demand. This is showing in the towns and villages that support the automotive trade, particularly in the Gurugram-Manesar belt, Pune and Chennai. Everybody, from landlords to barbers and even bars and those who provide more salacious services, has been hit. In this case, like in many others, no serious thought was given to the consequences of the grandiose statements and plans. Suddenly, the fear of job losses and the subsequent social strife are ringing all sorts of alarm bells in the Government, especially at a time when a few States like Haryana and Maharashtra are going for polls in a couple of months. Tamil Nadu, where some plants have been hit, too, would go to polls in a couple of years under this shadow.

So, Gadkari appeared a chastened man at this year's SIAM conference. At least he had the dignity to attend the event unlike fellow Ministers who chickened out. Far from bulldozing the industry, he smacked down the silly talk from the Niti Aayog on electrification and even said that he would speak to the Finance Minister about a duty cut on cars, at least temporarily. But most importantly, he said that he would argue the case for a duty cut on hybrid vehicles as reducing fuel bill and emissions remained a valid concern. Hybrids, not pure electric, are the best solution for a cost-conscious market like India. In fact, given our reliance on thermal electricity and a lack of charging infrastructure, petrol-electric, plug-in hybrids would have the lowest carbon footprint in the Indian context for now, according to a paper by the Brookings Institution. That could change once India has more power coming from cleaner, renewable sources and has developed both charging infrastructure and mega-battery manufacturing facilities. Electric and other zero-pollution vehicles are still the future, of that there is no doubt. But the plan to rush headlong into electric vehicles without an iota of thought to fairly basic things like battery recycling and ambient heat in India, which severely impacts charging let alone the promise of 24/7 reliable, clean electricity across the country, was a stupid one. Sense seems to have come back in the Government but the senseless actions of a few in the past two years might have already caused the cancer to become malignant.

## Cong's rescue or doom?

Sonia has to end faction fights in State units because only its Assembly score can guarantee its revival



The Congress is in a piquant situation. With an interim president whose ways of running the party are well past expiry date, the promised fresh wave being just a stray whiff of hope that blew away with the Modi gale force, a demoralised cadre and scattered ranks still expected to gel as the face of the Opposition and senior leaders being probed, it is at the cusp of an evolution. And that is dependent on whether to continue legacy burdens like an emperor's new clothes or not. The factionalism in State units perhaps presents an opportunity for the grand old party to become a brand new party. Although the generational change has not quite taken off — what with appointees of the Rahul Gandhi tenure resigning or being forced to step down following their electoral failures — and given the old guard enough room to call the shots again, it is Sonia Gandhi's steadying hand, one that is still respected, that can actually harness mutual strengths. Agreed that Haryana Congress veteran Bhupinder Hooda is representative of the coterie seniors, who have built subsidiary empires without the responsibility of ownership and blackmailed party positions with their turf clout. But he has a command of the grassroots network down to the pore, one that Rahul Gandhi had upset with the appointment of Ashok Tanwar as State unit chief. And although Hooda, a Jat leader, was paired with Kumari Selja, a Dalit face, for the Lok Sabha polls, the Congress strategy fell flat because the leadership paralleled Hooda with its favourite Randeep Singh Surjewala. Now that Hooda has been made Congress Legislature Party chief, he might just stake all his energies that could benefit both him and the Congress. At one time, the party's central leadership thrived on playing warring factions against each other in States to ensure their subservience to it. But now if the Congress wants to rebuild, it has to do so brick by brick, rather State unit by unit. It has to give up its old strategy, back the strongest horse and allow it a free run to get past the finishing line. The success of Punjab Chief Minister, Capt Amarinder Singh, who held back the Modi wave and didn't let the high command interfere in his choices and ticket distribution, shows that efficacious regional leaders can congeal as a spine of the party, considering legacy entitlements aren't working anymore. The history of Congress-run State Governments shows that a continuity has been built only when it has allowed autonomy to the State leader as the Chief Ministerial face. And that it has bungled spectacularly whenever it has played factions — Madhya Pradesh was at one time a battleground of the Shukla brothers, Arjun Singh, Digvijaya Singh and Madhavrao Scindia. One does not need to remind that strong State leaders, who didn't play stooges, now have regional outfits and governments, be it Trinamool Congress chief Mamata Banerjee, YSR Congress chief Jaganmohan Reddy and even the most successful export to the BJP Himanta Biswa Sarma. Ironic though it may sound, the Congress may now have to borrow a page or two from the BJP's playbook, which has always posited strong and charismatic State leaders, one of whom is now the Prime Minister. Besides, the party is lucky to have a new generation of leaders, who have volunteered to give up privileges of their birth, capital comforts and take charge of States. It is, therefore, important to give due credit and listen to young leaders like Jyotiraditya Scindia, Sachin Pilot and Milind Deora, who want to engage in meaningful politics before fossilising to old age. They did ensure Congress victories in Rajasthan and Madhya Pradesh Assemblies last year. Sonia would do well to restrain egoistic seniors from sabotaging new enterprise, one that is fuelled by dedication that, if unsatisfied, may turn into a rebellion.

Take the basic institution of marriage for instance. Gay couples may no longer be prosecuted by law but they still don't have the legal standing to marry in the country. I am happily married today but I could neither go through the ceremony here nor does the country recognise my nuptials. Let's say a couple decides to forego the notion of marriage, they still can't plan a family in our country as it does not permit adoption when it comes to gay couples. Marriage is a beautiful institution and for me, modernity is the freedom to choose the right life partner, irrespective of gender. If family life for gay couples is still a far-fetched dream, then basic personal security is not guaranteed either. We take mat-

# Not a full-stop, it's a comma

The ruling on Section 377 was a watershed moment in Indian history. But a law alone cannot lead to acceptance from society. The challenge is to change perceptions



KESHAV SURI

Great wars are won by conquering small battles. While victory in these encounters needs to be cherished, it should never make one lose focus of the ultimate goal. After all, victory is not achieved overnight and a revolution isn't triggered out of nothing. Having said that, it does give me immense pleasure to ring in a year of dispelling the criminality tag around homosexuality in India. I am equally aware that it is but a drop in the ocean.

It was September 6, 2018, when the Supreme Court scrapped Section 377, decriminalising homosexuality in the country. Celebrations lasted for months, including back at our base in New Delhi. But it was time for us to get out of the festive mode to charter a course for the future. The apex court's verdict could resemble a notification on the phone — sometimes you read it and follow through and on other occasions you ignore it. But this alert could not be ignored. The road ahead for LGBTQIA+ rights in India is more personal and complicated. It is about acceptance and the fight for equal rights. The challenge now is to change individual perceptions. A law or Government ruling cannot force the society into acceptance.

Over the years, in my struggle, I have tried to be a conversation-starter. I have tried to skim a stone on the water in the hope that it will create a ripple effect. My quest is simple: I am not aiming for the stars when I say we all want basic civil liberties. The rights and duties that citizens of this country enjoy should be imparted to one and all.

I want to be a responsible citizen fulfilling my duties and I want the freedom to enjoy my rights. The great Nelson Mandela had said, "To deny people their human rights is to challenge their very humanity." I am waiting for that day when our liberties are not curtailed. When an inclusive and equal opportunity society is not a dream but a given. When respect is not a by-product of sexual orientation. If I sound like a pessimist to some, then I hope to change the perception of the readers by the time he/she reaches the end of this piece.

I consider the above very important basic civil liberties. But it is shocking that they aren't the only rights being denied to us. The fight for the LGBTQIA+ community is still about survival. Education and ultimately employment are still a pipe dream for most. The lack of these basic rights led us to launch our foundation, whose motto is to embrace, empower and mainstream the LGBTQ community. We have been working tirelessly to impart skills that can aid job search. Towards this cause, we provid-



ed scholarships to trans-students for a diploma programme in food production and bakery. Companies and institutions need to open their door and truly become equal opportunity workspaces. In a private capacity, we have provided a platform to the community to express their concerns as we work towards finding solutions. We also organised RISE, India's first job fair for the LGBTQIA+ community, in Bengaluru, which saw healthy participation from corporates and community members seeking jobs. Our organisation is home to over 100 queer employees and we are working everyday to increase this number. What concerned players can do is hold regular workshops for gender sensitisation and hold therapy sessions to help families and individuals come to terms with their true selves. In fact, to spread the message on a macro level, we have put our weight behind short films like *Intezaar*, *Queen*, *U for Usha* and *Sheer Khurma*. As a group, we have worked hard to mobilise various platforms to spread the message of inclusivity and equality. We utilised the powerful written medium and collaborated with

“ TAKE THE BASIC INSTITUTION OF MARRIAGE FOR INSTANCE. GAY COUPLES MAY NO LONGER BE PROSECUTED BY LAW BUT THEY STILL DON'T HAVE THE LEGAL STANDING TO MARRY. I AM HAPPILY MARRIED TODAY BUT I COULD NEITHER GO THROUGH THE CEREMONY HERE NOR DOES THE COUNTRY RECOGNISE MY NUPTIALS ”

several content creators to spread the message. I am particularly proud of our book series for children, *Elphie*. It is an attempt to mould the minds of the younger generation towards the ideas of respect, equality and inclusivity. And when it comes to inclusivity, how can I not mention about our night club that has been the epicentre of the revolution? It popularised drag culture, broke stigmas in many ways and helped people embrace their art and emerge from the closet. Today we have more than 35 drag kings and queens, who perform regularly at our club. For the record, I am an eternal optimist. I am happy that we are no longer criminals in our country. I don't consider acceptance among society, friends and family a challenge to be ignored. I don't want education, financial freedom, marriage equality to be dreams. We needed allies, now we need accomplices. I believe in this country and that's why I continue to raise my voice for a just and equal society. Because I am waiting to celebrate again as we conquer frontier after frontier. (The writer is a hotelier and a prominent LGBTQ+ activist and one among those who filed the petition against Section 377)

## SOUNDBITE

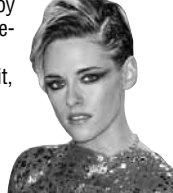
In the near future, only female calves will be born through semen. Now, cases of mob lynchings in the name of stray cattle won't be reported.

**Union Minister**  
—Giriraj Singh



I think I just wanted to enjoy my life. And that took precedence over protecting my life, because in protecting it, I was ruining it.

**Actor**  
—Kristen Stewart



I thank all those from whom I've learnt over the years. That includes the social media trolls, some journalists with an agenda and my political adversaries.

**Congress leader**  
—Rahul Gandhi



Upset over the anti-people policies of the Congress, people rejected it. BJP Governments at the Centre and in UP are repeating the same mistakes.

**BSP chief**  
—Mayawati



## LETTERS TO THE EDITOR

### Safety first

Sir — This refers to the editorial, "Do the crime, pay fine" (September 4). The Government's move to introduce stringent laws for those violating traffic rules is historic and will likely help arrest the rising graph of road accidents besides instilling a sense of discipline in the road users. Statistics speak for themselves: India is one of the most accident-prone countries in the world, accounting for nearly 1,50,000 deaths — 10 per cent of all motor vehicle-related fatalities worldwide.

However, the stringent fines imposed by the Government may not lead to improving safety. For in most such cases, stringent penalties have either not been enforced or have led to bribery and corruption.

Nevertheless, the Act has certain provisions that are well-intentioned. For instance, it goes on to increase insurance penetration. It provides for an enhanced compensation of ₹5 lakh in case of death of a person in a traffic accident and ₹2.5 lakh where there is "grievous hurt." The compensation to be awarded follow-

### Execution remains key in bank merger

The Government's decision to amalgamate major Indian banks comes as a surprise even though one understands that such a move has been taken cautiously by the Ministry of Finance. The need for such a step has been explained as a means to infuse capital into the banks as the economy now is staring at a gloomy picture of the markets. Such a restructuring exercise will help minimise bad loans and non-performing assets (NPAs). One will not be surprised if more such plans are implemented in future and set a trend with the concept of amalgamated banking systems in the coming years.

It needs to be seen as to how quickly and effectively such an amalgamated banking entity will penetrate into businesses. Anyway, all banks share a common banking software. It also needs to be seen as to how well the Government will convince such mammoth banks to restructure without affecting customers, employees, the banking union and other such entities. In a bid to succeed in the restructuring and strengthening requirement, it should also be noted that the move may impact the



already declining perception of existing customers and other beneficiaries associated with the otherwise traditional Indian banking system. Innovation is now necessary to be implemented to ensure that customers are moved to the new entity without too many procedural hassles, which would ensure the smooth transition of existing banks to the new ones.

**Varun Dambal**  
Bengaluru

child in a Government or Government-aided primary school one nutritious meal a day which must consist of either *roti* and vegetables with soybean or *tehrri* (pulaos) or *roti* with *dal*. And its not just Uttar Pradesh but there are many other schools in different parts of the country who have been found guilty of grievous lapses. Governments must work towards ensuring the success of the mid-day scheme which is vital for the future of the children.

**Sravana Ramachandran**  
Chennai

### Welcome move

Sir — In view of the increasing cases of assault on doctors, the draft Bill introduced by the Government, which makes assault of healthcare professionals a criminal offence with an imprisonment of up to five years and fine extending up to ₹5 lakh, is welcome. At the same time, it must work towards uplifting the condition of Government hospitals.

**Ravi**  
Via email

Send your feedback to: [letterstopioneer@gmail.com](mailto:letterstopioneer@gmail.com)

ing hit-and-run accidents has also been raised to ₹2 lakh when a victim dies and ₹50,000 when he/she suffers a grievous injury. It is to be hoped that the public at large will follow the set guidelines in the interest of their own safety and that of others, too.

**Ramesh G Jethwani**  
Bengaluru

### Shameful act

Sir — This refers to the editorial, "Shooting the messenger" (September 4). The video where children were seen squatting on the floor as they rolled their *rotis* to have them with a pinch of salt was damning. It was astonishing

that the Uttar Pradesh police sought to arrest the journalist to cover up its lapses. In a democracy, people have the right to know what the Government is doing with its money. Even Napoleon Bonaparte feared for the fourth estate than a thousand bullets.

As per the guidelines, State Governments must provide every















# vivacity

LIFE A GREAT  
LEVELLER:  
AYUSHMANN

-P 14



# HOW PROPER SLEEP CAN HELP

Moving your bedtime up even by only 60 minutes could have huge benefits for your body, your mood, and your relationships, says TEAM VIVA



Forget post-jog endorphins an extra hour of sleep provides the ultimate mood boost. In a recent survey of more than 700 respondents aged 17 to 79, those who identified as early risers reported feeling happier and healthier than their night owl counterparts. Researchers say that when you skip out on the recommended seven to nine hours of sleep, exhaustion can create a wide array of negative impacts on the brain, including depression, anxiety, and other mood disorders. Being happier and limiting your stress could be as simple as getting an extra hour of sleep every night, and then rising and shining with the sun the next morning; doing so aligns your biological clock with its natural rhythm.

A lack of sleep at night can make you cranky the next day. And over time, skipping on sleep can mess up more than just your morning mood. Studies show getting quality sleep on a regular basis can help improve all sorts of issues, from your blood sugar to your workouts.

Another thing that your brain does while you sleep is process your emotions. Your mind needs this time in order to recognize and react the right way. When you cut that short, you tend to have more negative emotional reactions and fewer positive ones.

Chronic lack of sleep can also raise the chance of having a mood disorder. One large study showed that when you have insomnia, you're five times more likely to

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develop depression, and your odds of anxiety or panic disorders are even greater.

If your sport requires quick bursts of energy, like wrestling or weightlifting, sleep loss may not affect you as much as with endurance sports like running, swimming, and biking. But you're not doing yourself any favors.

Besides robbing you of energy and time for muscle repair, lack of sleep saps your motivation, which is what gets you to the finish line. You'll face a harder mental and physical challenge -- and see slower reaction times.

Proper rest sets you up for your best performance.

To help you ward off illnesses, your immune system identifies harmful bacteria and viruses in your body and destroys them. Ongoing lack of sleep changes the way your immune cells work. They may not attack as quickly, and you could get sick more often.

Good nightly rest now can help you avoid that tired, worn-out feeling, as well as spending days in bed as your body tries to recover.

Our relationships lose when we don't snooze. After a sleepless night, you may feel more irritable,

short-tempered, and vulnerable to stress, which can put a strain on families and friendships. And research confirms that we can all get a little crabby when we lose sleep. According to one study persons who were limited to only 4.5 hours of sleep per night for one week reported feeling more stressed, angry, sad, and mentally exhausted. When the subjects resumed their normal sleeping patterns, they reported a dramatic improvement in their dispositions. Getting more shut-eye will put you in a better mood, so you can spend quality time with friends or family without

becoming a grouch.

It's dangerous to drink and drive, but drowsy driving can be disastrous, too. Getting behind the wheel when your mind is foggy and tired can alter your driving behavior, leading you to become impatient, stressed, or drive faster than you normally would after a solid eight hours of sleep. And drowsy driving is more common than you might think. A survey found that 60 percent of adult driver about 168 million people say they have driven a vehicle while feeling sleepy in the past year, and that more than one-third have actually fallen asleep at the wheel.

Even the best morning skin care routine can't fully hide tired bags under your eyes from a sleepless night. A recent study found that when participants viewed images of people who were sleep-deprived or well-rested, the sleep-deprived people were rated as less attractive, less healthy, less approachable, and sadder. An adequate bedtime, on the other hand, can add a refreshed glow to your skin.

Plus, getting that extra hour of sleep could do wonders for your workout; scientists in Brazil found that sleep deprivation can cause muscle loss and a higher chance of injuries because your body doesn't have the boost it needs to recover from exercise.

Hitting the sack later in the evening can ruin your nine-to-five workday. Concentration, memory, mathematical capacity, and logical reasoning decline when you're

fatigued, keeping you from performing your best at work. In fact, one study found that subjects performed 30 percent better on a puzzle after waking up from a deep sleep than from light snoozing. Research has shown that sleep is essential for helping people solve complex problems, too. Simply put, setting back your bedtime by just one hour could give you a competitive advantage and make you more successful at your job; your boss will thank you, guaranteed. If you're not sleeping well at night, don't miss how sleep deprivation can jeopardise your job in seven big ways.

It's no secret that a lack of sleep can take a toll on your waistline. In a study published in the journal Sleep, researchers found that adults with late bedtimes gained more weight than those who hit the hay earlier. Your sleepy brain more likely to crave fatty, high-calorie snacks in the late hours of night. Experts say the culprit is an appetite-regulating hormone called leptin, which kick-starts the longer you're awake and makes your tummy rumble. If you turn in earlier, you'll avoid a late night binge and consume less daily calories.

Sleep needs vary, but on average, regularly sleeping more than 9 hours a night may do more harm than good. Research found that people who slept longer had more calcium buildup in their heart arteries and less flexible leg arteries, too.

Your best bet is to shoot for 7-8 hours of slumber each night for peak health benefits.





