

BMC's Clean Air Crusade

■ Home Times Network

In the past few months, the air quality in Mumbai has been consistently worsening despite the city's civic body, the Brihanmumbai Municipal Corporation (BMC), adopting various measures to control pollution. To seek a permanent solution to the rapidly increasing pollution in the city, BMC Commissioner and Municipal Administrator Iqbal Singh Chahal chaired a joint meeting with government and private institutions and organizations related to the construction sector and framed guidelines to control air pollution in the city. Interestingly, along with BMC tightening the screws to stop pollution, Guardian Minister Deepak Kesarkar has also emphasized the need to control air pollution within two months in the city.

During the meeting, the construction activities in the city (both the private real estate and the government infrastructure project sites) were considered a key component in worsening the air pollution in the city. Hence, the BMC has given the developers a 15-day window to procure and deploy apparatus on their sites to tackle the deteriorating Mumbai air quality. In addition, the BMC has introduced detailed 27-point



guidelines to address the rising menace of deteriorating air pollution and smog covering the city. According to the guidelines issued on Monday (October 23), a special team has been formed in 24 wards of the city. Two teams have been formed in small wards, four teams in middle wards, and six teams in big wards. Assistant Commissioners of each ward will be in charge of the team.

Informing about the team, the AMC of T-Ward told, "The team will consist of two ward engineers, one policeman, one marshal, and one vehicle. This team will independently conduct a surprise inspection of the ongoing construction site in the ward and make a video of the sites violating the

BMC guidelines. Besides, builders who violate the rules without notice will be issued a "Work Stop" order. Their construction activity will be sealed.

To stop the pollution generated from the construction site, the BMC has directed developers to install a water sprinkler system and a smoke gun system. The builders have been given a time zone of 15 days and 30 days to install the water sprinkler system and the smoke gun system, respectively.

Assistant Commissioners will deploy special teams in their respective wards to take action against those who throw debris illegally, and if the vehicle

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FIRE PREVENTION MEASURES ROLLED OUT FOR SRA BUILDINGS

■ Home Times Network

After the massive fire at the Jay Bhavani SRA building in Unnat Nagar in Goregaon on October 6, in which eight people died and numerous others were injured, the committee instituted to investigate the fire accident submitted its report on Monday to BMC chief Iqbal Chahal.

The committee advised 15 measures to prevent such fires in SRA buildings in the future.

Among the key suggestions, the committee suggested increasing the current three-year liability period to 10 years in the case of SRA buildings. It is also recommended that the new SRA building have enough passages on each floor and more than one staircase, with each staircase wider than 2 meters. The staircase must be made of steel.

The committee also suggested conducting a regular fire audit

of SRA buildings in June every year and issuing the occupancy certificate to newly constructed SRA buildings. The chief fire officer should first issue a completion certificate for fire safety equipment and fire-fighting measures.

Informing me about the report, a senior BMC officer said, "There has been a record increase in the number of fire accidents in Mumbai. As a result, residents

lose their lives, and property is damaged. Hence, after the fire in the SRA building in Goregaon, the civic administration came into alert mode. To seek a concrete solution to curb these fire accidents, BMC formed a committee, which has submitted its report. We have received the report. The report is currently being studied, and soon the remedial plans as per the report will be implemented," he added.

KLM's Navaratri Celebration: A Joyful Conclusion



■ Home Times Network

The Navratri festival organized by Shri Kutchi Lohana Mahajan Mulund concluded with immense joy. This vibrant celebration spanned from October 15th to October 24th, encompassing the grand finale of Dussehra.

The festivities commenced on October 14th where the installation of Amas' Garbo and Mataji took place, followed by the solemn Aarti-Pooja ceremonies. Each evening,

starting from Ekam, the Puja commenced at seven o'clock, followed by the first Aarti. The spirited dandiya dance would follow from 8 to 10, culminating with the second Aarti.

The community witnessed an enthusiastic participation of couples in the evening Puja at seven, followed by spirited Garba dancing to the lively rhythms of drums and shahnai by children and elders. Each day, seven to eight performers

were rewarded with coupons by Archana Thakkar's beauty Parlor. The ten o'clock night Aarti also drew a substantial number of participants.

On the occasion of the second Navratri Chandradarshan, a special Dhoop Aarti dedicated to Darya Lal Dada Bhagwan was organized, along with the distribution of Dadiya Prasad.

On October 20th, at 6:30 pm, an Aarti competition unfolded, featuring more than 200 females crafting exquisite

Aartis at their homes. The competition was diligently judged by Roshni Sagar Khade (Kothari), Minalben Dawda, and Nishaben Rawal. Over 15 exceptional Aartis were awarded cash prizes, and each participating woman was acknowledged.

On October 22nd, on an auspicious day Havan was conducted from 4 pm to 6 pm. At 6:30 pm, hundreds of devotees took part in Havan-darshan and received coconut



KLM's Navaratri Celebration: A Joyful Conclusion



Prasad. The same evening, at 7:30 pm, 151 Kumarikas were worshipped, and they received gifts and cash blessings from Mahajanshri and the community.

In a bid to preserve culture, children who recited Garba songs with Garbo were rewarded with cash prizes. This entire initiative was meticulously organized by Gurjarmat.

On October 23rd, on the

occasion of Navami day, following the evening Aarti, a final round was held for participants who had been playing for ten days. Sixteen outstanding players were honoured with gold coins by Arpitbhai Thakkar of Shreeji Jewellers, and each participant received a gift. The festive atmosphere was further enhanced by Garba song performances by Kamleshbhai

Sachde and Nishaben Soni's group. The competition was expertly judged by Archanaben Thakkar and Nishaben Soni.

Throughout Navratri, a diverse array of snacks was available, with Jalebi-Ganthiya served after 12 noon. The Dussehra Garba, held from 7 to 10 in the evening, marked the culmination of the Puja-Garba celebrations.

On the occasion of

Sharadotsav, on October 27th and 14th, the evening began with Satyanarayan worship at 7 o'clock, followed by darshan and the distribution of Dudh-Pauha Prasad from 8 to 10.

Shri Kutchi Lohana Mahajan – Mulund (Trustees) extend heartfelt gratitude to all those who dedicated their time, effort, and resources to ensure the grand success of this Navratri celebration.



FDA Cracks Down on Festive Snack Adulteration

■ Home Times Network

Each year, during the festive season, the media is flooded with reports of hundreds of people getting sick due to eating festival sweets. However, the Food and Drug Administration (FDA) is on high alert. It has formed 13 special teams to crack down on shopkeepers who adulterate sweets. In addition, the FDA has also announced that shopkeepers who do not mention the manufacturing and expiration dates on loose sweets will be punished.

The festive season has begun, and so has the demand for sweets across India. However, it

is tragic that to meet the massive demand for sweets, the corrupt and fraudulent shopkeepers use cheap, quality ingredients to mint money. This adulterated food is risky as it is toxic and can



severely affect health. The worst part is that some adulterated foods even cause various life-threatening diseases. To prevent the trading of adulterated food in the market, the Food and Drug

Administration (FDA) has been operating more actively during these festive times of Diwali. This year, to they are keeping a hawk-eye on adulterated food, the FDA has constituted 13 special teams to curb the menace of food adulteration.

Shailesh Adhao, Joint Commissioner (Food), FDA, told the media, "We have undertaken a stringent drive against substandard and adulterated food materials, especially sweets, edible oil, Namkeen, Mawa, and khoya, as the Diwali festival is around the corner. Moreover, if anyone is caught selling adulterated, impure, or substandard edible goods, he would face strict action under the provisions of the Food Safety and Standards Authority of India (FSSAI)."

He added, "Besides, shopkeepers selling food without mentioning the expiration date on packed products or loose sweets kept in trays and containers will also face punishment. If any food samples are found to be insecure and detrimental to health, imprisonment of up to 3 months and a fine will be charged. And if it is found below the standard, the adjudicating officer can charge a fine of Rs 2 to 5 lakhs."

The FDA commissioner has directed his officers to take strict action and suspend the licenses of those violating the law. Meanwhile, the FDA has also appealed to manufacturers and traders to use quality ingredients for sweets and namkeen items for sale during the festival season.

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The FDA urges customers as well as shopkeepers to be careful

Confectioners who make sweets should avoid making sweets in the open.

Businesses dealing in food products need to keep the quality better.

It has been ordered to keep adulterated raw materials, especially milk products, at the right temperature.

Special attention must be paid to the quality of the oil for frying.

Shop managers also have to be careful while selling sweets in the open because keeping sweets in the open can pose a risk to food safety.

More emphasis should be laid on checking the adulteration of raw materials for milk and products, especially milk and milk products.

Customers should also be careful while buying khoya, paneer, and ghee. They should buy only good-quality materials and keep away from adulterated materials.

Shopkeepers have been instructed to purchase milk, khoya, ghee, paneer, etc. only from licensed sellers registered with FSSAI.

Mulund Radiates Festive Joy During Navratri

■ Home Times Network

The nine-day-long Navratri festival was celebrated with traditional pomp and gaiety in Mulund. However, with heavy hearts, devotees on Tuesday bid a tearful adieu to Goddess Durga on Visarjan Day and immersed Maa Durga at the various natural and artificial ponds in Mulund.

The nine incarnations of Maa Durga were worshipped with due rituals and traditional rites at the various public pandals in Mulund and across the country. Devotees sought forgiveness for the mistakes committed consciously and unconsciously and sought blessings for their prosperity. On the tenth day, the idols of Maa Durga were immersed in lakes and natural and artificial ponds.

The BMC T-Ward made elaborate arrangements for the Visarjan of the Maa Durga idols. Apart from the two ponds- Morya Talab and Ganesh Ghat- in Mulund East, the civic body



had created two artificial ponds in Kalidas in Mulund West.

According to the data, 88 household idols, 62 public idols, and 2263 Garba were immersed in Morya Talab, Mulund East,

while 12 household idols and four public pandals were immersed in Ganesh Ghat, Mithaghar. Along with this, 779 Garba were also immersed in Ganesh Ghat Pond. 14 domestic

idols and 874 Garba were immersed in an artificial pond at Kalidas, Mulund West.

In short, the Navratri festival concluded with joy and happiness.

EXTREME FINANCIAL FIX: FAKE ROBBERY STAGED TO CLEAR DEBTS

■ Home Times Network

A complex plan devised by an employee to escape his financial troubles ended up backfiring, ultimately coming apart thanks to the vigilant law enforcement.

In the neighbourhood of Mulund East, an unsettling trend had emerged, where some individuals were attempting to ease their financial burdens by misappropriating their employer's money.

One of those involved was Rahul Butak, an employee working for a chocolate business owner in Crawford Market, Mumbai. Rahul's job involved the collection and deposit of payments at his employer's residence in Mulund.

On October 21, Rahul executed a scheme with significant consequences. He gathered a sum of Rs 160,000, originally intended for his employer, and set off on his usual

delivery route. However, he never reached his intended destination. Later, the merchant made a distressing call to Rahul's wife, alleging that her husband had been accosted by four assailants on Nahur Road in the Cement Yard area. These supposed criminals brandished a knife, made off with the money, and disappeared.

Upon receiving the merchant's report, the police were alerted, and

they commenced an inquiry with Rahul about the incident. As they probed deeper, they began to notice inconsistencies in Rahul's account, raising suspicions. Consequently, the police initiated a counter-investigation.

Under the relentless scrutiny of the police, Rahul eventually broke. He confessed to the authorities, disclosing the actual nature of the incident. He admitted

to fabricating the entire robbery narrative in a desperate effort to alleviate his financial difficulties and debts.

With the truth now exposed, the police seized the misappropriated funds, filed charges against Rahul, and subsequently took him into custody. The authorities are currently pursuing an ongoing investigation into this intricate web of deceit.

EDITORIAL

Combating Pollution: Seeking Solutions

The rapidly increasing deterioration in air quality in Mumbai is becoming a reason to worry. Just like Delhi, Mumbai is becoming hazardous for people suffering from respiratory diseases and infants. The air quality in Mumbai has deteriorated considerably, making the air worse than in Delhi. According to the System of Air Quality and Weather Forecasting and Research (SAFAR), with an Air Quality Index (AQI) of 181, Mumbai witnessed the most polluted air on October 24. But this is not a surprise. Over the past three to four years, every October, Mumbai's air quality has been deteriorating at an increasing pace.

According to the Executive Director of Research and Advocacy, Centre for Science and Environment, earlier, there was satisfaction in Mumbai that the sea breeze would blow the pollution away since it's a coastal city. But the data recently has been showing otherwise. As pollution in Mumbai makes headlines and the sinking air quality of Mumbai degrades, there is an urgent need to act fast before things get worse.

On pondering the reason for the downfall of air quality in Mumbai, environmental experts blame construction activities as the primary cause of poor air quality in the financial capital of Mumbai. In the mad race of development, the new ideology of the re-development of the Mumbai cluster into skyscrapers has polluted the air beyond healing. To add salt to injury, the construction of the metro trains has made matters more horrifying. As per sources, more than 6 thousand construction works are going on in Mumbai. Apart from construction, there are refineries, power plants, and chemical plants in Mumbai, which are all substantial sources of air pollution. What is pitiable is that in the development race, Mumbaikars have sacrificed the green lungs, mountains, and mangroves, which are the saving grace to balance the ecosystem.

The increasing air pollution is becoming a hazard for children and adults, as they are facing health problems due to long-term exposure to air pollutants. Exposure to high levels of pollution reduces lung function, increases respiratory infections, and aggravates asthma. Long-term or chronic exposure to fine particulate matter increases a person's risk for diseases like stroke, heart disease, chronic obstructive pulmonary disease, and cancer. Hence, with air pollution becoming a life-threatening issue, Mumbaikars must change their lifestyle. It is high time Mumbaikars stop their luxurious lifestyle and start using public transport. Especially e-mobility (electric vehicles, hybrid vehicles, and CNG vehicles for public transport services) and the use of public transport as needed. Use new systems and technologies, such as air quality monitoring systems, etc. Promote greenery within the city. Citizens should manage waste properly, including zero-waste schemes, and reduce pollution. Use a mask where there is more pollution. In a nutshell, beware of the increasing air pollution.

**Hemanshu
Kothari**



BJP launches Kamal Mitra campaign in Mulund T Ward

■ Home Times Network

With the upcoming Brihanmumbai Municipal Corporation (BMC) and the Lok Sabha election 2024 around the corner, the Bharatiya Janata Party's Mahila Morcha (Women Wing) has launched a new campaign, Kamal Mitra. The BJP Mumbai Mahila Morcha announced the Kamal Mitra on Monday, October 23. The Kamal Mitra has also been initiated in Mulund, and a Kamal Mitra has already been posted at Mulund BMC T-ward. Mulund ladies can seek all information about government women's schemes from the Kamal Mitra.

What is 'Kamal Mitra'?

Kamal Mitra is a unique training program through which BJP Mahila workers will be trained about the various women-centric schemes launched by Prime Minister Narendra Modi. Schemes like Ujjwala Yojana, Sukanya Samridhi Yojana, Pradhan Mantri Awas Yojana, Matrutva Vandana Yojana, etc. Kamal Mitra aims to popularise

the women's government schemes for the maximum number of women across India and make the maximum number of women in the country its beneficiaries.

How is a Kamal Mitra appointed?

The appointment of Kamal Mitra is based on training and an examination. The BJP women workers who successfully pass this training will be appointed as Kamal Mitra. A certificate will also be awarded to the women who pass the Kamal Mitra test.

What is the role of Kamal Mitra?

These Kamal Mitras will be posted in every ward of the municipal corporation, and their role is to educate ladies about every new policy issued by the central and state governments and how it can be accessible to women.

The information of all those female Kamal Mitras will also be made available on the NaMo portal so that anyone can contact them and seek their help.

BMC's Clean Air... (Contd. from pg.1)

throwing construction material or debris does not comply with these rules, the vehicle will be sealed. Construction sites exceeding one acre must maintain a 35-foot barricade, while those under one acre should have a 25-foot barricade. Further, green cloth or jute sheet coverings should be deployed at construction sites, regardless of the construction stage. The BMC has said any uncovered building under construction will face a stop-work notice from the BMC.

The tires of all vehicles must be compulsorily cleaned to remove dust before leaving the

construction sites and before plying on the road. BMC can directly issue a stop-work notice if any site, (government or private) is found negligent in complying with pollution-related regulations. Along with this, many other guidelines have also been issued by the Municipal Corporation for the under-construction site.

All the guidelines are to be followed by other agencies, including the SRA, MHADA, MIDC, MSRDC, MMRDA, BPT, Airport Authority of India, Railways, government or semi-government authorities, and private construction sites.

MULUND FOB WORK IN PROGRESS

■ **Home Times Network**

Mulund East and West Foot Over Bridge repair work is now in progress, with restricted access to the bridge. The railway administration has taken action to address the deteriorating condition of this vital bridge in response to public demands for swift repairs. The restoration project began on October 20 after successful advocacy for its rehabilitation.

This foot over bridge, connecting the east and west sides near Mulund railway station, has consistently made headlines due to safety concerns. It was identified as a potential hazard during a bridge audit conducted after the Paral bridge accident. Despite temporary repairs, the bridge's condition continued to worsen.



Consequently, the railway administration has launched a comprehensive repair program for the bridge, which has been off-limits to the public since October 20. The bridge is currently restricted, and individuals are not allowed to enter the area. It is expected that the repairs will be completed in time for Diwali, at which point the bridge will be reopened for railway commuters.

GUARDIAN MINISTER VOWS TO MAKE MUMBAI BANNER-FREE

■ **Home Times Network**

Despite court orders prohibiting illegal banners and hoardings in public places, the civic authorities have failed to crack the whip on violators who time and again put-up political posters and deface the city. These banners became a sore eye, particularly during the festival season, when every political party tries to win the voters' attention by advertising on huge banners. The city witnessed a horde of 'Bannerbazi' during the recently concluded Ganesh festival and Navratri.

Fumed by these ugly political banners, the Guardian Minister directed responsible officers from the civic bodies to take action on

these illegal banners as soon as possible. Acting on the Minister's diktat, the Brihanmumbai Municipal Corporation started action against illegal banners across Mumbai, including Mulund.

According to the data shared by Mulund T Ward, a total of 190 illegal banners have been removed in Mulund East and West from October 1 to October 27. On condition of anonymity, an official working in T-ward said that every day T-ward takes action against 20 to 35 illegal banners in Mulund, but despite the action, the culprits pay no heed and keep putting up banners. "There are still many



areas in Mulund where these illegal banners have been put up, and these banners are on the radar of the T-Ward. We would soon take action against these," he added.

Ravan's Effigy burnt to ashes in Mulund

■ Home Times Network

Ravan Dahan, which symbolises the victory of good over evil, was celebrated with great zeal, pomp, and show across the country. The traditional ceremonial of burning the effigy of demon Ravan on Dussehra, was held with much fanfare and splendour in North India, particularly Ayodhya in Uttar Pradesh. In Mulund, a sea of people gathered to witness the burning of the effigy of Ravan at Mulund Colony in Mulund West.

Dussehra and Vijayadashami have a place of great significance in the Hindu community. The festival of Dussehra is a symbol of goodness and victory over evil. It is believed that on Dussehra Lord Rama killed Ravana and liberated his wife Sita from the detention of the demon Ravan. Similarly, on Vijayadashami, Goddess Durga defeated the demon Mahishasura after nine nights and ten days of battle. It is celebrated as the victory of truth over falsehood.

The festival of Ravana Dahan is celebrated in Mulund Colony for the last 51 years by the Ganesh Charitable Trust.



Each year, a gigantic effigy of Ravana is erected and burned in the presence of a massive crowd and several eminent personalities from politics and business attending the event. This year, Mumbai Congress Working President Charan Singh Sapra, Congress workers, along with Ganesh Charitable

Trust President Harvinder Alag, Vice President Janardhan Wankhede, and citizens were present in large numbers to enjoy the festival.

Using the platform for political gain, the Congress party labelled the state deputy chief minister incompetent of solving the unemployment problem

in the state. A congressman replied to the accusation of the state deputy chief minister that the opposition is spreading propaganda regarding the government resolution for contractual recruitments in various government departments.

Daytime robbery shocks Mulund residents

■ Home Times Network

A shocking incident transpired in Mulund, where a brazen thief committed a daring daytime robbery within a residential building. This audacious criminal singled out an elderly woman, making off with her precious gold chain. This unsettling event marks a departure from the typical street-based chain-snatching crimes, leaving Mulund's residents deeply perturbed by the violation of their home's sanctity.

The victim in this distressing ordeal is Sharda Ben Shah, a 74-year-old woman, who had left her home for errands in Mulund West's Tambe Nagar area. On the afternoon of October 24, around 2:00 PM, she returned to the Shripad Building, seeking the safety of its confines. As she ascended the staircase to her second-floor residence, an unknown assailant stealthily approached her, forcibly wrenching her gold chain from her neck before vanishing in a swift escape.

Despite Sharda Ben's attempts to raise an alarm, her cries fell on deaf ears, and the thief disappeared before assistance could arrive.

In the aftermath of this harrowing incident, Sharda Ben and her family promptly reported the crime to the Mulund Police Station, filing a complaint against the elusive thief. Presently, the Mulund police force is actively involved in the pursuit of the culprit.

Boy attacks his GF during Navaratri Festi in Mulund

■ **Home Times Network**

During the Navratri Festival, a distressing incident unfolded as a friend brutally attacked a young woman. This shocking episode occurred when Salim Khan, a resident of Anandnagar, area of Mulund East encountered

a 28-year-old woman who was also from the same neighbourhood. Seething with anger due to her refusal to engage with him, Salim resorted to a horrific act. He wielded a blade and viciously struck the unsuspecting woman's neck while she was

attending the festivities in honour of the goddess.

The victim, who had come to seek the blessings of the deity, suffered immensely as a result of this ruthless assault. Her agonizing screams pierced the air as she lay in a pool of

her own blood. Fearing the consequences of his actions, Salim hastily fled the scene. Subsequently, the injured woman was promptly admitted to MT Hospital for urgent medical attention.

Upon receiving the victim's account of the incident, the Mulund

police swiftly took action. They registered a case against Salim Khan and apprehended him. The investigation into this distressing event is currently underway, seeking to unravel the motivations and circumstances behind this heinous act.

Love Triangle Sparks Clash in Mulund

■ **Home Times Network**

In the vicinity of the Mulund police station, a dramatic confrontation unfolded when two young men found themselves entangled in a rivalry for the affections of a young woman. The situation escalated rapidly, resembling a scene from an action movie.

This incident occurred at approximately 4:30 pm near the Shiv Sena branch in the Mulund East Railway Station area. The young woman in question was standing in the area when two suitors approached her, each pressing for an answer regarding her romantic inclinations. What began as a heated exchange of words soon devolved into a physical altercation, witnessed by a

curious crowd of on lookers.

Amidst the chaos, one of the feuding men procured a knife from a nearby watermelon stall, wielding it menacingly against his rival. Fearing for his safety, the other young man made a hasty retreat, prompting a chase through the streets. Remarkably, the young woman joined in the pursuit, adding to the astonishment of the spectators.

Several vigilant street vendors, recognizing the gravity of the situation, stepped in courageously to corner the knife-wielding youth. However, his rage got the better of him, and he made a perilous attempt to harm the young woman with the knife. At this critical moment, a Good Samaritan named

Shantaram Bombale, along with other alert vendors, intervened, disarming the agitated individual.

Local police received a prompt notification, and within 15 minutes, a police vehicle from the Mulund Navghar police station arrived at the scene. The police took the young man with the knife into custody, as well as the two others who had been pursuing him.

Were it not for the timely and brave intervention of the street vendors and concerned locals, a potentially tragic incident involving harm to the young woman and the other suitor could have unfolded. Thanks to their swift action and courage, a catastrophe was averted.

DARING JEWEL THIEF STEALS 8 LAKH WORTH OF GOLD

■ **Home Times Network**


The crime rate in Mulund is increasing, and the situation has worsened so much that burglars are daringly looting houses and shops by breaking the front door. A few days ago, burglars looted a

house in broad daylight and entered the house by breaking the front lock. Recently, in a shocking theft case, a culprit broke the grill of a jewellery shop in Mulund West and escaped with booty worth Rs 8 lakh!

According to Mulund Police, on October 25, Ramesh Jain (48), a resident of Mulund and owner of a gold jewellery shop on JN Road in Mulund West, closed his shop at 9 p.m. as usual and went home.

However, to his utter shock, the next day, when Ramesh Jain opened his shop, he was startled to observe that the grill of the shop was broken and gold jewellery worth Rs 8 lakh was stolen. Jain immediately went to

Mulund Police Station and reported the incident. Mulund Police has registered a case under sections 380, 454, and 457 of the IPC against an unidentified person and assured Jain to nab the accused.



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"SU-JOK"

MENOPAUSE - Mood Swings

TREAT AND PRESENT NATURALLY,
WITHOUT ANY MEDICINE - VI



DR. MONISHA RAWAT

It is important to keep in mind that menopause is not a disease but an important phase of a woman's life cycle.

During the transition phase of perimenopause to menopause, a woman's reproductive hormonal levels of oestrogen and progesterone start fluctuating and gradually decline. These hormonal changes can also affect serotonin and norepinephrine levels, which are brain chemicals responsible for promoting feelings of well-being and happiness. This condition triggers a number of symptoms which are physical as well as psychological. Many of these changes have a direct connection to menopausal mood swings.

Symptoms

- Anger and irritability
- High Anxiety
- Forgetfulness
- loss of confidence



- Feelings of sadness and depression
- Loss of concentration.

Treatment and Prevention

At our 'Monisha's Mantra'; we have helped several women in their menopausal phase to overcome their mood swing condition, naturally without Medicine and without any Side-effect, in the following manner:

- Practice calming techniques like yoga-pranayama, smile meditation, and abdominal breathing daily
- Eat healthy by including more confidence, green leafy vegetables, nuts, seeds, sprouts, and lentils, millets
- Avoid alcohol, white sugar, processed foods, and aerated beverages
- Be active with daily morning-evening walks and stretching exercises which help in elevating our mood and also keep us fit.



SUJOK THERAPY



Acupressure
- Massage the correspondence heart point on either palm with a diagnostic probe or thumb for a minute, 3-4 times daily (As shown in Pic 1)

Seed Therapy - Massage the corresponding brain point on the upper inner side of the thumb with a probe for a minute and applying dried green pea (Vatana) at night before sleeping (As shown in Pic 2)



International Sujok Association (ISA) Certified Course Schedule:
(1) Online International - Meridian Sujok Ki (Level II) - 01/11/ To 10/11/2023 (2) Online - Sujok Basic (Level I) - 29/11 To 08/12/2023 (3) Residential - Meridian Sujok Ki (Level II) - 02/12 To 04/12/2023 (4) Offline - Sujok Basic (Level-I) - 09/12 To 11/12/2023 (5) Online - Meridian Sujok Ki (Level II) - 18/12 To 2nd to 28/12/2023

Dr. Monisha Rawat - Founder of 'Monisha's Mantra', Mumbai and Global We Care Foundation -

M.Sc., M.D. (Alternative Medicine), Life Coach, Master in Sujok, Consulting Nutritionist, Corporate Trainer, Holistic Counselor, Sujok Diabetes Specialist, International Lecturer for Sujok & Smile Taiji. ISA Authorized Lecturer for SUJOK Level - I, II, III & IV Award Winner as a BEST PERFORMING TEACHER by International Sujok Association (ISA) - SIC 2019 • National Excellence Health Award - 2019 During COVID-19 • Award winner of International Women Excellence Empowerment Award (WEE) - 2020 as a RISING STAR • Award winner of India Best Therapist Award for the Year 2021 by MKSS • Award Winner of ET CHANGE MAKER-2022 for Health & Wellness powered by Economic Times-Ascent & Navbharat Times

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Writer of two books on Personality Development (which are taught in Gujarati medium schools in Maharashtra) For personal consultation, You can contact her on: **+91 93234 30355 or desaisunita02@gmail.com**



Tarot readings, predictions & tips for the week (28th October - 03rd November 2023)

 <p>Mesh / Aries (A, L, E) Prediction: Your emotions will change from time to time this week and you will have some complex people around you. Advice: (i) Meditation and visit to a holy place will help you. (ii) Use orange colour and avoid sky blue colour. (iii) Pay attention to your confidence.</p>	 <p>Kark / Cancer (Da, Ha) Prediction: You will get some good amount of money and that will be used properly. Advice: (i) Try to be more kind and generous. (ii) Use green colour and avoid sweets. (iii) Pay attention to your trust.</p>	 <p>Tula / Libra (Ra, Ta) Prediction: Very positive vibrations will be felt from your dear and near people. You will feel relaxed. Advice: (i) Donate some useful things to needy people. (ii) Love thyself and the people around you. (iii) Pay attention to your financial things.</p>	 <p>Makar / Capricorn (Kha, Ja) Prediction: You will feel yourself powerful in many matters and people will support you. Advice: (i) Donate your old clothes to needy people. (ii) Use things pink in colour. (iii) Pay attention to your target.</p>
 <p>Vrishabh / Taurus (Ba, Va, U) Prediction: You will learn something new which will help you in many ways. Your finance is okay. Advice: (i) Donate some used things needy. (ii) Use red colour and eat green things. (iii) Pay attention to your greed.</p>	 <p>Sinha / Leo (Ma, Tt) Prediction: Your long-awaited work will complete very speedily. Some good news is there for you. Advice: (i) Be friendly with new people. (ii) Control your anger and excitements. (iii) Pay attention to your trauma.</p>	 <p>Vrushchik / Scorpio (Na, Ya) Prediction: You will travel to complete your work and will get full satisfaction. Advice: (i) Don't waste your energy on useless things. (ii) Take care of your valuable things. (iii) Pay attention to your character.</p>	 <p>Kumbh/Aquarius (Ga, Sa, Sha, Sh) Prediction: You will get confused many a time success is there but with some extra pressure. Advice: (i) Think twice before you do something new. (ii) Use things red in colour. (iii) Pay attention to your love and care.</p>
 <p>Mithun / Gemini (Ka, Gha) Prediction: You will get victory over your situations or problems and peace is on the way. Advice: (i) Take help from someone whom you trust. (ii) Use yellow colour and gold ornaments. (iii) Pay attention to your decisions.</p>	 <p>Kanya / Virgo (Pa, Tha, Nn) Prediction: You will be happy with one or other reasons. Everything is under your plans. Advice: (i) Co-operate your well-wishers. (ii) Don't doubt the intentions of people. (iii) Pay attention to your negativity.</p>	 <p>Dhanu/Sagittarius (Bha, Dha, Fa) Prediction: There is some money improvement this week and your outlook will help you. Advice: (i) Control your emotions when they are negative. (ii) Use things yellow in colour. (iii) Pay attention to your work.</p>	 <p>Meen / Pisces (Da, Cha, Tha, Za) Prediction: You will find some better way to get peace of mind and satisfaction. Advice: (i) Avoid arguments and try to understand the opinions of the people. (ii) Use things dark blue in colour. (iii) Pay attention to your faith.</p>

Criminal Cuffed: Bike Thief Caught During Check-Naka Operation

■ Home Times Network

The Mulund police have recovered a bike stolen four months ago from the parking lot at Mulund railway station. The accused was nabbed accidentally during a Naka Bandi at Check Naka. The accused is identified as Maruti Ghogare and has confessed his crime of lifting the bike from the

railway parking lot.

According to Mulund police, on October 24, during a Naka Bandi at Mulund Check-Naka, a team of Mulund police was engaged in checking suspicious vehicles when suddenly a black-coloured Bajaj Pulsar bike stopped at the Check-Naka. One of the police officers noticed that the number

plate on the front of the Bajaj Pulsar bike seemed to be tampered with. Hence, the police officer took the biker aside for interrogation. During interrogation, the biker failed to give satisfactory replies. Hence, the police took him into custody, but before the police could seize him, the biker attempted to escape, but

the vigilant police on patrol caught him.

The accused was taken into police custody, and during custody, after a good bashing, he spilled the beans. He confessed that he had stolen the bike from Mulund railway station. Interestingly, on July 11, a complaint was lodged at the Mulund police station that a

black Pulsar was stolen from a parking lot in the Mulund station area. During the police investigation, it was revealed that the bike recovered from the accused was the same black Pulsar stolen from the parking lot. Finally, the mystery of the stolen bike was solved after four months.



Flesh trade racket busted in Mulund

■ Home Times Network

The Pantnagar Police rescued two women sex workers from the heinous flesh trade business in a raid at a spa in Mulund West. The famous Spa and Salon allegedly conducted illegal prostitution under the guise of offering 'Extra Service' to the clients'. The police arrested the assistant manager of the parlor and seized cash worth Rs. 75,000/-

According to the Pantnagar Police Station, they received a tip-off that Vihaan Spa & Salon in Mulund West was illegally carrying prostitution. Acting on the tip-off, a police officer disguised in plain clothing visited the spa as a customer. On inquiry, he unearthed that the flesh trade was being carried out under the guise of 'extra service'. The police raided the spa and rescued two sex workers.



The police seized Rs 75,000 in cash and arrested Ayaan Akhtar

Hussain Khan, the assistant manager of the spa. Mulund

Police is currently investigating the matter further.



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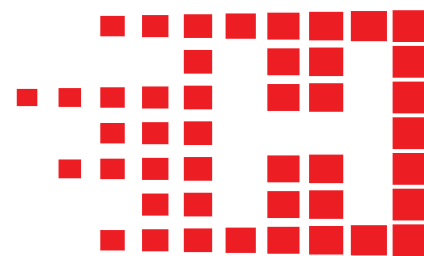
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