

THREE NEW ESCALATORS START ROLLING AT MULUND RAILWAY STATION

■ Home Times Network

For the elderly and differently-abled passengers, boarding a train at Mulund railway station will be more comfortable thanks for the additional three newly installed escalators inaugurated on Sunday.

Three new escalators at Mulund railway station were inaugurated by North East Mumbai MP Manoj Kotak on Sunday. "This will make the traffic for senior citizens and disabled citizens at the stations become easier," said Manoj Kotak.

After the stampede at Elphinstone railway station, the railway administration has decided to increase the number of escalators at all railway stations in the city for the easy movement of commuters and

Contd. on page 2





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Post increase in toll rates, MNS holds protests in Mulund

■ Home Times Network

The Maharashtra Navanirman Sena (MNS) staged an agitation on Saturday against the increase in toll plaza rates at Anand Nagar Toll Naka at the Eastern Express Highway in Mulund East. The members of the MNS party took to the roads in Mulund and Thane with placards in hand and demanded a reduction in the toll charges scheduled to increase on October 1. The MNS workers

warned that if the toll rates are not reduced, then the party will conduct a 'bitter' protest.

The protest had continued for two continuous days. On day one, i.e., October 1, 2023, the MNS protests formed a human chain blocking more than 4 kilometers of the Eastern Express Highway. The protestors held a peaceful protest, carrying the party flags and banners in their hands and raising slogans against

the growing inflation. A large number of MNS workers and women workers participated in this movement.

On day two, i.e., October 2, on the occasion of Gandhi Jayanti, MNS workers adopted the Gandhigiri style of protest. The protestors dressed in the guise of Mahatma Gandhi came on the road and motivated citizens to raise their voices against the mounting toll prices.

A member of the MNS told HOME TIMES, "We have adopted peaceful measures to register our protest against the 'unjust' increase of the toll rates. However, if the government gives a deaf ear to our protest, then let me warn the government that in the coming days, MNS will conduct a 'bitter' protest in the trademark MNS style."

Heavy police bandobast was deployed during this protest.

THREE NEW ESCALATORS START... (CONTD FROM PG.1)



to avoid stampede-like accidents. In Mulund, the railway had started the construction work on building three new escalators. On Sunday, all three escalators were inaugurated at the hands of North East

Mumbai MP Manoj Kotak.

The CR has constructed two escalators for commuters moving out of Mulund West and one escalator for passengers moving out of Mulund. The inauguration of the

escalators witnessed a large number of BJP workers, along with the local MLA. According to the statistics, 111 escalators of the Central Railway are operational at the railway stations in Mumbai.

In a single year CNG/PNG rate slashed for the third time!

■ Home Times Network

In a huge relief to the common man; amidst growing inflation and increasing prices of every commodity, CNG and PNG prices have been slashed once again after the Centre revised domestically produced natural gas prices. This is the third consecutive drop in the price. Earlier rates were dropped in April and February.

The price of CNG has been dropped by ₹3 per kilogram, while the price of PNG has been reduced by ₹2 per Standard Cubic Meter (SCM). After the change, the new price of CNG is 76 per kg and the domestic PNG price is 47 rupees. The new rates are effective from October 1.

Rates of CNG and PNG are revised on April 1 and October 1 each year, particularly for newer fields situated in challenging-to-access areas like deep-sea

locations. The price drop is possible because the price of gas from deep-sea and high-pressure, high-temperature (HPT) areas has been reduced to USD 9.96 per million British



thermal units (mmBtu) from USD 12.12, as reported by the oil ministry's Petroleum Planning and Analysis Cell (PPAC).

This year, on April 7, the price of CNG was reduced by Rs. 8 per kg, and the price of domestic PNG was reduced by Rs. 5. Further, the price of CNG was reduced by Rs 2.5 in February. This is the third consecutive drop in the price.

BMC T-WARD AND MULUND POLICE CONDUCT 'SHRAMDAAN HI SEVA'!



■ Home Times Network

The clarion call of Prime Minister Narendra Modi to dedicate the 154th birth anniversary of 'Father of the Nation' Mahatma Gandhi as the Swachhata Hi Seva (SHS) campaign witnessed a zealous response in the country. On October 1, the nation participated with enthusiasm in the 1-hour citizen-led 'Shramdaan Hi

Seva' under the 'Ek Tareekh Ek Ghanta Ek Saath' cleanliness drive. In Mulund, the BMC-T-Ward launched the cleanliness drive at eight places.

The BMC T-Ward held the cleanliness drive at Swapna Nagri, Mehul Circle, Lokmanya Tilak Marg Mulund East, Garuda Cooperative Housing Society Mulund East, etc. The cleanliness campaign witnessed



unprecedented participation from politicians, students, government officials, Lion Lady Auxiliary from Lions Club of Mulund, social workers, and ordinary citizens who came together to work towards a cleaner India. This collective effort showcased the power of community participation in driving change.

In addition, the cleanliness

campaign was conducted at Mulund Police Station. Deputy Commissioner of Police Purushottam Karad of Zone VII and Senior Police Inspector of Mulund Police Station Kantilal Kothimbire, along with other police officers, police employees, and other social workers, jointly cleaned the police station premises and other places.



High-Tech Water Closets to come up on Railway stations

■ Home Times Network

With Prime Minister Narendra Modi boosting the Nari Shakti, the Central Railway (CR) Mumbai Division has even joined hands to empower women by introducing hygienic, hi-tech, and upgraded washrooms at seven prominent railway stations, including Mulund in Mumbai. The washroom is rechristened WOLOO (Women's Loo) or Powder Room, as mentioned in Western culture.

Powder Rooms will have all the modern facilities of a five-star hotel, offering a superior-class hygienic environment equipped with toilets, washbasins, mirrors, and makeup items. In short, refreshment zone where the ladies can freshen up at

affordable rates. The powder rooms will start within two months!

Senior DCM of Mumbai Division Robin Kalia, informing about the initiative, said, "The powder rooms will have four toilets, which will cover half the area. Apart from refreshing, these powder rooms will also have licensed retail shops selling women's hygiene products, beauty products, personal care products, cosmetics, gift items, etc., at the marginal retail price (MRP)."

Powder rooms will initially be installed at LTT, Ghatkopar, Kanjurmarg, Mulund, Thane, Mankhurd, and Chembur stations.

Female passengers need to pay Rs 10 for availing of the facility. Office-going ladies can buy pass facilities for just Rs 365

(annual). Digital payment facilities are also available.

The powder rooms will be managed by decent, well-dressed, polite staff with valid identity cards, and each powder room will have a cleaning staff to maintain 100 percent hygiene, as is available at airports and five-star hotels. Senior DCM of Mumbai Division Robin Kalia said, "We have already marked the construction site of the Powder Room at the specified seven stations. The work and cost of erecting the structure are borne by the contractors, who will win a 5-year contract to run the project. In return, Central Railway is expected to fetch revenue of ₹39.48 lakh per annum for 5 years from the licensee looking after the Powder Room."

EDITORIAL

Hawker Politics: The Root of the Perpetual Problem

Following the tragic stampede at the Elphinstone Road station's foot-over bridge (FOB), in which 23 people died, the Brihanmumbai Municipal Corporation (BMC) began sporadic action at many places against the hawker's menace. The court even ordered the removal of hawkers from the 150-meter zone from the railway stations. BMC did a crackdown on hawkers who disrupted the movement of commuters on the FOB and station premises. However, these actions are temporary and pop up when an accident occurs, or the BMC gets a whip from the Mumbai High Court.

In short, the problem of hawkers in Mumbai has become a sore eye. Though the BMC has made laws, even BMC officials are authorized to punish illegal hawkers and penalize those caught red-handed hawking on the road. But the action is an eyewash, and the laws are feeble. A hawker caught hawking in the morning can be seen back in business in the evening on the same spot.

Mulund's RRT Road is infamous for illegal hawking. It is the BMC's responsibility to take action against these illegal hawkers, but since 2019, Mulund T ward has not taken any stringent action against illegal hawkers. When countered to curb illegal hawking, T-Ward has many reasons to tighten the critics' lips. First Corona, then the issue of lack of manpower or the visit of a VIP; thus, T-Ward wards off action against the illegal hawkers.

Due to leniency in the action against illegal hawkers, the hawkers' authority gathers momentum, and they become stronger. This gives them the advantage to encroach; as a result, since 2019, the illegal encroachment on RRT roads has been swelling. Apart from the illegal hawker's encroachment, the BEST bus also run on the same road. Due to this, there is no space left for pedestrians to walk on the road. The hawkers on the footpath, the adjacent roads, and the bus in the middle of the road are making life miserable for Mulundkars to walk on the road.

Apart from RRT, a similar scene is visible on Mulund's many prominent roads, like VP Road, Devi Dayal Road, MG Road, and J.S. Dosa Road.

The hawkers' problem can be solved if the BMC follows the Supreme Court order and implements the Street Vendors (Protection of Livelihood and Regulation of Street Vending) Act and gives legalized space to hawkers, but the multimillion-dollar question is: What about the officers who let the hawkers or encroachment come in the first place? Why is no action being taken against them? What about the politicians who protect such illegal activities by pressuring the administration not to take action in such cases? Until the politics over hawkers is rooted out, the problem will continue!!!

Hemanshu Kothari



Heavy rainfall alleviates water scarcity concerns



■ Home Times Network

Water scarcity fears have been alleviated due to the return of heavy rainfall, bolstering the reservoirs. In recent days, substantial rain has replenished all seven lakes that provide water to Mumbai, significantly reducing the chances of water shortages until the next monsoon. A yellow rain alert has been issued for Mumbai and adjacent districts for the next four days, anticipating more rain in the lake catchment areas.

Mumbai and its surrounding areas rely on water sourced from

Traditionally, Mumbai experiences the onset of monsoon in June; however, this year saw rainfall in the ensuing months, cities and suburbs faced the risk of severe water shortages. To proactively address this, a 10 percent water reduction was initiated from July 1. Fortunately, adequate rainfall was received in July and August, resulting in the lakes reaching their maximum water storage levels. Consequently, the threat of water shortages until the next monsoon has significantly diminished.

BELOW ARE THE CURRENT WATER STORAGE LEVELS AND CAPACITIES FOR EACH LAKE:

Upper Vaitrana: 2,25,601 out of 2,27,046
Modak Sagar: 1,28,910 out of 1,28,925
Tansa: 1,43,534 out of 1,45,080
Middle Vaitarana: 1,92,040 out of 1,93,530
Bhatsa: 7,09,630 out of 7,17,037
Vihar: 27,698 out of 27,698
Tulsi: 8,046 out of 8,046

seven lakes: Upper Vaitrana, Modak Sagar, Tansa, Middle Vaitrana, Bhatsa, Vihar, and Tulsi. The primary water sources are Modak Sagar, Tansa, Middle Vaitrana, Upper Vaitrana, and Bhatsa lakes. As of October 1, the combined water storage across these lakes stood at 99.18 percent, reflecting a 0.61 percent increase from the previous year, alleviating concerns about water scarcity until the next monsoon.

In the same period last year, by the final week of September, water storage levels were at 95 percent, leading to the decision to not enforce water reduction measures until this year's monsoon. However, due to the delayed onset of the monsoon this year, a precautionary 10 percent water cut was implemented. The substantial rainfall this year has replenished the lakes, eliminating the need for a water cut.

NCP activists held ahead of the planned protest

■ Home Times Network

The political atmosphere in Maharashtra has become highly charged in the wake of tragic deaths of innocent patients in government hospitals across various parts of the state. Protests denouncing the alleged negligence of the government in delivering proper healthcare facilities have erupted at numerous locations. Accusing the state government of incompetence in managing government hospitals, the opposition has taken to the streets, demanding the resignation of the health minister. In Mulund, a protest organized by the Nationalist Congress Party took place near the railway station on a recent Thursday.

Opposition parties have mobilized in response to the patients' deaths in government hospitals in both urban and rural areas of Maharashtra. The sombre situation stretches from Nanded to Thane to Nagpur, where patients have lost their



lives due to the opposition's claims of inadequacies in medicine supply and healthcare staff. The government is held entirely responsible for this grim state of affairs. Consequently, the opposition vehemently demands the resignation of Health Minister Tanaji Sawant. In the evening in Mulund, a protest was staged in the vicinity of the railway station under the

leadership of Taluka President Amit Patil from the Nationalist Congress Party {Sharad Pawar}. Furthermore, NCP activist Gurujotsinkir from Mulund was apprehended at his residence immediately after announcing intentions to halt train services. As the day progressed, the police continued to detain protestors. The government's inability to provide adequate

medical facilities in government hospitals is resulting in the loss of innocent lives. As a result, NCP activists are calling for the government to acknowledge its failures and step down. During this event, spirited slogans were raised against the government, leading to a significant deployment of police forces in the Mulund railway station area.

Mobile thefts on surge in Mulund

■ Home Times Network

Mulundkars Beware! Take care of your mobile phones, as there is a steady surge in the theft of mobile phones in Mulund. According to Mulund police, in a single month, more than 22 cases of mobile thefts have been registered. What is more disgraceful is that during the Ganesh Utsav, the thefts of mobiles have been the maximum; almost 50 percent of mobiles were stolen during the Ganesh Utsav. Alarmed by the increase in mobile theft cases, the Mulund police have cautioned people to be vigilant and take proper care of their mobile phones.

After gold chains, the burglars have shifted their focus to mobiles, as mobile phones

are as expensive as gold. Senior Police Inspector Kantilal Kothimbare told HOME TIMES, "As per the statistics, 22 mobile theft cases have been reported in Mulund West from September 1 to September 30. Of the 22 theft cases, the Mulund police have been able to arrest just four accused. What is distressing is that most of the mobiles have been stolen during the Ganesh Utsav."

Cautioning the people to be vigilant during the upcoming festival season, Kantilal Kothimbare said, "During festivals, the chances of theft are higher due to the rush. Anti-social elements mingle with the common citizens and escape stealing valuables like purses, gold chains, and mobile phones. With the onset of festival

seasons like Dussehra and Navratri to start in a few days, Mulund Police has appealed to the citizens to be careful and protect their valuables."

Methods to be vigilant during festivals

- A) Keep checking your valuables at regular intervals.
- B) Avoid unnecessary conversations with strangers.
- C) Never remove your jewellery on the insistence of a stranger and keep it in a handkerchief or a bag on the street.
- D) While visiting crowded areas, keep an eye on the activities around you, and if possible, keep a close guard on your mobiles and other valuables.

Mulund to get Rs 36 crore Olympic-style ground by 2025

■ Home Times Network

With Indian athletes amassing heap of medals at the Asian Games 2023, the sports ministry is playing better stadiums in India to encourage budding athletes. As a first step, the Brihanmumbai Municipal Corporation (BMC) has ambitious plans to develop the city's inaugural Olympic-standard stadium in Mumbai. In the proposed stadium slated to open in 2025, the

civic body said the project, estimated to cost Rs 36 crore, will come up on a 24,682 square-meter land parcel near Kalidas Natyagruh in Mulund West.

Kishore Gandhi, Deputy Municipal Commissioner (Gardens), said, "The stadium is one of the first kinds of international stadiums in Mumbai. The goal is to make a parallel stadium at par with Olympic standards, which

entails the engagement of specialized agencies for the construction of these world-class sports facilities. It is being developed by the BMC." "The construction of the stadium will start in January 2024, and the project is targeted to be completed in 18 months. Besides, a modular grandstand with a seating capacity of more than 560 people is also to be developed," he added.

ABMC senior official added, "While it is too early to decide about the registration and fees, we may charge a nominal fee from those who want to avail of the facility. The stadium is for the public; hence, the fee will be such that it is suitable for the ordinary citizen," he added, "The benefits of which will now be available to the citizens and Olympic sports lovers living in Mulund and surrounding areas."

BMC begins the 'First QR Code Rabies campaign' in the city

■ Home Times Network

The dog menace in the city has been an age-old hazard; hence, to bring an end to the problem of roadside canines and make Mumbai rabies-free, the Brihanmumbai Municipal Corporation has launched a massive vaccination drive on Saturday to cover around 15,000 stray dogs in six city wards. The key highlight of the campaign is that it is a 'First QR Code Rabies campaign' that will apply the latest QR code to help the civic body provide details about the vaccination status, information about the feeder, and other relevant medical information.

Informing about the Rabies campaign, a senior BMC officer said, "The drive is organised at six municipal wards, i.e., R North (Dahisar), R Central (Borivali), R South (Kandivali), P North (Malad), S (Bhandup, Kanjurmarg), and T (Mulund) wards. More than 100 employees of BMC have been appointed for the work. Besides, the civic body has roped in 15 different NGOs as well as Mumbai Veterinary College to help in carrying out the drive. The drive started on Saturday, September 29, and will continue till October 10."

An official of the BMC T-Ward said, "The

campaign is a huge success; in the past six days, more than 8500 street dogs have been vaccinated for rabies across Mumbai, while in Mulund East and West, 1011 dogs and 358 cats have been vaccinated, totalling 1369 animals."

QR code collar

The drive involves the implementation of vaccine doses and making the dogs wear a collar that will consist of QR codes. Once scanned, the QR codes will give details about the vaccination status, along with details of the feeder and other relevant medical information. Besides, the other importance of the QR

Code is that if a dog ever becomes a victim of an incident, then the code can be scanned and information can be given to the concerned feeder. Along with this, information about when the dog has been tested for rabies can also be obtained through that code.

Citizen laud the Rabies drive.

Lauding the QR Code Rabies drive, an animal enthusiast said, "Earlier in 2014, a dog census carried out by the civic body showed that there are around 95,000 stray dogs in Mumbai, and currently, in 2023, the estimated dog population is about 1,64,000. It is

alarming because, on an average, Mumbai reports around 80,000 cases of dog bites, the highest in Maharashtra. Hence, the QR Code rabies drive will decrease the dog bite instances in the city.

"Later, the civic body is likely to take up the initiative in other parts of the city to vaccinate the stray canine population, estimated at over 1.50 lakh," informed Kishore Gandhi.

Dr Kalimpasha Patha, said, "We have a target of 15,000 dogs, after the target is reached, we will evaluate the process and assess our performance before moving on to the next phase of vaccinating more dogs."

Minister Uday Samant graces Senior Painters Award Program in Mulund

■ Home Times Network

Mulund's eminent Maharashtra Seva Sangh organised a Senior Painter Award Programme on Sunday. The program has been held nonstop for the last nine years to boost the talent of senior citizens and keep the artists in them alive.

On this occasion, veteran musicians Sharad Ponkshe along with other artists were honoured by Cabinet Minister Uday Samant. The event was a huge success and was attended by a large section of the citizens.

On the occasion, Cabinet Minister Uday Samant attacked the opposition parties and gave a befitting reply to the eyebrows



being raised on the foreign tour by the ruling party leaders. The minister also posed a few questions for the opposition to

reply to.

In addition, responding to the tweet from Raj Thackeray that he made over the loudspeaker

during the festival season, Uday Samant said the government will soon take a concrete decision.



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Linguistic Dispute generates discontent: MP Kotak and MLA Kotecha Raise Serious Concerns

■ Home Times Network

A linguistic dispute in Mulund, has ignited heightened political tensions within the state. This issue has been met with widespread criticism across various levels. MP Manoj Kotak and MLA Mihir Kotecha have taken a strong interest in addressing this matter and have formally corresponded with the deputy registrar's office, urging them to take necessary actions to prevent similar incidents in the future. In response to their concerns, the Deputy Registrar's office has swiftly issued a circular

to all societies, underscoring the importance of precautionary measures to mitigate such disputes.

The recent incident at Mulund's Shiv Sadan Society, where a Marathi woman was denied a position, exacerbated the situation. The woman took to social media to seek assistance from political figures regarding Marathi-related issues. The linguistic dispute has generated discontent among the general public as well. Industries Minister Uday Samant, along with BJP leaders Chitra Wagh and Prasad Lad, joined local MP

Manoj Kotak and MLA Mihir Kotecha in expressing support for the woman. They reassured her of government backing. Subsequently, MP Manoj Kotak and MLA Mihir Kotecha formally urged the deputy registrar's office to take proactive measures to prevent similar incidents in the future. The Deputy Registrar's office has directed societies to disseminate circulars conveying this instruction.

In response, the Deputy Registrar's office took substantial action on Tuesday by issuing a

letter reinforcing the principle that no flat should be denied to any citizen based on caste, religion, race, gender, or language. The onus of any discriminatory acts lies with the society office bearers. In the event of such incidents, these office bearers will face appropriate consequences. The Deputy Registrar's office has conveyed this directive to all housing societies. People's representatives are hopeful that these proactive measures will deter future incidents of a similar nature.

Surge in pickpocketing in Mulund's Vegetable Market

■ Home Times Network

The vegetable market in Mulund is witnessing a concerning rise in pickpocketing incidents, with a recent case involving the theft of a gold chain worth 70 thousand rupees from a woman's handbag. The RRT road in Mulund has become a hotspot for pickpocketing, particularly targeting shoppers purchasing vegetables in the area.

On October 3rd, a Mulund resident named

Pinky Joshi visited the market to get her three gold chains repaired. She entrusted two of the chains to jewellers for repairs and placed the third chain in her bag, which did not require any fixing. While shopping for vegetables on RRT Road, her son alerted her to the bag being tampered with from below.

Upon inspection, it was apparent that the bag had been discreetly cut open from the bottom, and the gold chain wallet inside was

stolen. Despite a thorough search within the bag's compartments and the surrounding area, the chain remained elusive. The bag had been skilfully cut using a blade, suggesting a deliberate attempt to steal the wallet.

In the wake of this distressing incident, Pinky Joshi, accompanied by her husband, reported the theft to the Mulund police station two days later, formally filing a complaint.

Two Minors Go Missing in Mulund: Police Launch Investigation

■ Home Times Network

Concern has gripped Mulund as two underage boys have gone missing under mysterious circumstances, prompting a flurry of questions within the community. Did they leave voluntarily or were they taken against their will? This uncertainty has fuelled discussions, leading the Mulund police to launch a search for the missing minors.

The boys in question are Manthan, 16 years old, and

Soham, 14 years old, both residing in Mulund. They disappeared after expressing their intention to visit a store to retrieve a Casio device for their household. They had informed their family about their trip to shops near the railway station for this purpose. However, on October 3, they left home in the afternoon and did not return by 5:00 PM as expected. Concerned, their family reached out to a friend's residence, only to discover that the duo had

supposedly gone to CST to buy the Casio.

Subsequent attempts to contact them were futile, as they did not have mobile phones. The minors whereabouts remained unknown to their family members. By 8:00 PM, they had not returned home, prompting their family to wonder if they had sought refuge with neighbours or relatives in Pune. Despite investigating this possibility, no traces were found at the mentioned locations.

As worry grew, the families

visited the Mulund police station around 10:30 PM, filing a formal complaint and suspecting that the minors might have been abducted due to their prolonged absence. Recognizing the seriousness of the situation, the Mulund police swiftly took action, obtaining photographs of the missing minors and registering a case of kidnapping. They are currently conducting a thorough search to locate the minors and bring resolution to the case.

Crime Branch Zone VII seizes 60 kg of Ganja in Mulund

■ Home Times Network

The Mumbai Police Crime Branch Unit VII seized a massive 60 kg Ganja worth Rs. 24 lakh in Mulund in a major operation. The police have arrested four accused and seized the Ganja as well as the vehicle that was used to transport the Ganja from Buldhana into Mulund.

The Mumbai Crime Branch Unit VII of Mumbai received a tip-off that a massive assignment of illegal drug Ganja is being smuggled into Mulund for sale across Mumbai. The police swung into action mode and kept a hawk's-eye on the vehicles entering Bal Rajeshwar



Marg in Mulund West. As per the tip-off, an Innova car entered the Bal Rajeshwar Marg in Mulund West at the scheduled time. The car was parked near a public

toilet located in the same area.

Spotting the car, the police approached it and began interrogation. However, the driver and his accompanists failed

to give a satisfactory reply. Hence, the police began a search operation and discovered 60 kg of banned Ganja worth Rs 24 lakh in the market.

The arrested accused

are identified as Mohsin Sheikh and Mohammad Khan, both Bhandup residents and two boys from Mulund, Rohit Bhalerao and Rakesh Gaikwad.

POLICE CRACKDOWN ON GANG DRUGGING AUTO DRIVERS WITH SPIKED DRINKS

■ Home Times Network

Mulund and Navghar police have jointly busted a gang that was robbing rickshaw drivers by offering cold drinks mixed with intoxicants. A 42-year-old accused, Sharad, from Kalyan, has been arrested. Meanwhile, two accused are still absconding.

According to Navghar Police, an auto driver named Narayan Linge was waiting at a rickshaw stand at Airoli Sector 13 for passengers when two men entered his auto and requested a ride to the MHADA signal in Mulund East. When the

rickshaw reached its destination, the passengers asked Narayan to stop the rickshaw as they felt thirsty and took cold drinks from a nearby hotel. As a noble gesture, the passengers also offered a cold drink bottle to the rickshaw driver.


Unaware of the evil design behind offering the cold drink, Narayan drank the cold drink. Soon after consuming the cold



drink, Narayan became drowsy and went into deep sleep. However, when he woke, he was surprised to find his gold ring and Rs 4000/- in cash stolen! The rickshaw driver immediately reported a complaint at the Navghar police station. The incident happened in June.

Shockingly, another auto rickshaw in Mulund West was

looted similarly in September. Terrified by the news, the Mulund police received many complaints from the frightened auto rickshaw drivers community to save them from the gang. Hence, the Mulund and Navghar police worked jointly and, with the help of technical assistance, arrested Sharad from Kalyan. During interrogation Sharad informed about his two gang members. The two other accomplices of Sharad are hiding in Gujarat. The police are working to nab them.



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Menopause and Itchy Dry Skin – The Hormone connection

The female reproductive hormone, oestrogen is responsible for triggering the body's production of collagen and body's oils, that keeps the skin moist and supple. During the perimenopause and menopause stage there is reduction in the oestrogen levels. This results in reduction of collagen and oils which leads to dry itchy skin.

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- Follow healthy diet high in vitamin C and omega-3-fatty acids, 2-3 helpings of fruits and salads, greens, sprouts, flaxseeds, millets, nuts. Avoid processed foods and refined sugars
- Reduce intake of caffeine and alcohol which dehydrate the skin
- Avoid hot water showers or bathing because it robs the body of natural oils
- Get plenty of sleep and rest
- Drink 12-14 glasses of water daily
- Daily routine of brisk walks, yoga, pranayama, smile meditation helps in regulating hormones and stay healthy



SUJOK THERAPY

Magnet Therapy
– Daily apply bar magnets on the outer side of index and small finger for 2 hours (As shown in Pic.1)



Acupressure
– Massage the ovaries and uterus corresponding points on the palm with thumb and fingers for a minute, 4 times daily (As shown in Pic.2)



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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
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Sunita Desai is a Tarot reader since 2003, Grand master in Reiki, Four levels in Chakra Meditation, Master in Marma, GP in Shiatsu, crystals and Pyramid expert, master Acupressurist, aroma therapist, Pranic healer, aura reader & Virtue Practitioner.

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Tarot readings, predictions & tips for the week (07th - 13th October 2023)

 <p>Mesh / Aries (A, L, E) Prediction: You will be accepted by all your dear and near people. Someone will help you nicely. Advice: (i) Try to be friendly with all known and unknown people. (ii) Be humble and help elderly people. (iii) Pay attention to your memory.</p>	 <p>Kark / Cancer (Da, Ha) Prediction: You will face some difficult situation. You will spend money on useless things. Advice: (i) Be optimist and social and selfless. (ii) Feed birds and animals. (iii) Pay attention to insight.</p>	 <p>Tula / Libra (Ra, Ta) Prediction: You will be negative with some very small experience. Your sixth sense will help you. Advice: (i) Don't think too much on small matters. (ii) Don't take responsibilities of others. (iii) Pay attention to fear and survivals.</p>	 <p>Makar / Capricorn (Kha, Ja) Prediction: You will have to work very very hard this week to reach your goal. Advice: (i) Donate some cash to needy. (ii) Use things indigo in colour. (iii) Pay attention to your love and care.</p>
 <p>Vrishabh / Taurus (Ba, Va, U) Prediction: You will not get support from the people whom you trust. Situation will be more powerful than planning. Advice: (i) Take quick decisions and take prompt actions. (ii) Try to follow the time and situation as it is. (iii) Pay attention to new relations.</p>	 <p>Sinha / Leo (Ma, Tt) Prediction: You will get some help from unknown person. You will get some good news. Advice: (i) You need to be more active. (ii) Be attentive and focus properly on your aim. (iii) Pay attention to your cosmic energy.</p>	 <p>Vrushchik / Scorpio (Na, Ya) Prediction: You may travel for some purpose. You will meet some high-profile personalities. Advice: (i) Make use of your skills and abilities. (ii) Your social nature should be used properly. (iii) Pay attention to your strength.</p>	 <p>Kumbh / Aquarius (Ga, Sa, Sha, Sh) Prediction: This week is good for you and you will get solutions of many problems. Advice: (i) Take care while crossing roads and talking. (ii) Use things green in colour. (iii) Pay attention to your work.</p>
 <p>Mithun / Gemini (Ka, Gha) Prediction: You will be happy with your originality and flexibility. Someone will try to cheat you. Advice: (i) Your experience will be your teacher remember. (ii) Your feelings and strength will remain stable. (iii) Pay attention to your investment.</p>	 <p>Kanya / Virgo (Pa, Tha, Nn) Prediction: Your well-wisher will give some advice and you will get good results. Advice: (i) To overcome your frustrations, you need to be humble. (ii) Don't be selfish and hasty. Wait and watch. (iii) Pay attention to your pleasure.</p>	 <p>Dhanu / Sagittarius (Bha, Dha, Fa) Prediction: Your greed will become a hurdle in your way of happiness and harmony. Advice: (i) Feed birds and animals. (ii) Use things grey in colour. (iii) Pay attention to your kindness.</p>	 <p>Meen / Pisces (Da, Cha, Tha, Za) Prediction: Money fluctuations are there and something unwanted things are there in this week. Advice: (i) Haste is waste so go slow. (ii) Use things yellow in colour. (iii) Pay attention to your faith.</p>

Police efficiency lauded: Lost gold ornaments recovered in just 2 hours

■ Home Times Network

The Mulund Navghar police demonstrated exceptional efficiency and dedication in swiftly recovering 25 tolas of gold ornaments inadvertently left in a rickshaw and returning them to the owner within just two hours. Their proactive approach has garnered praise from various quarters.

On a recent Sunday, Sub-Inspector Sandeep Patil, the Officer on duty, was approached by Vasanthi Madhavan Nadar at the police station. Ms. Nadar informed them that during her rickshaw trip from Gavanpada Signal to Mulund station that morning, she had unknowingly left behind a bag containing 25 tolas of gold meant for her daughter's wedding, along with essential documents. Realizing her mistake as she got off near Mulund railway station, she promptly reported the incident to the Navghar police station.



Understanding the gravity of the situation, Sandeep Patil promptly elevated the matter to senior officers and the crime detection team, led by Assistant Police Inspector Dhadwe, Police Sub-Inspector Sanap, and their diligent team members, which included Police Sub-Inspectors Nale and Rajput. The team carefully examined the CCTV

footage from the Mulund East area and successfully identified the rickshaw's number. Through meticulous investigative work, they located and reached out to the rickshaw puller, ultimately reuniting the lost gold jewellery, weighing 25 tolas, with its rightful owner.

The Navghar police conducted an extensive search

for the rickshaw puller in the area, utilizing technical information and thoroughly analysing CCTV footage. Their unwavering efforts resulted in the successful recovery of the missing gold ornaments, earning them well-deserved acclaim and appreciation for their outstanding performance in handling this case.

NAHUR RESIDENT CHEATED OF RS 9 LAKH IN CRYPTOCURRENCY SCAM!

■ Home Times Network

Cryptocurrencies have seen a boom in recent years. Companies like Bitcoin have grown from relatively unknown to a multi-trillion-dollar market. Unfortunately, this has unlocked opportunities for scammers to take advantage of and capitalize on security weaknesses to initiate scams. These scams are simple: cybercriminals

attract gullible people to invest money in crypto assets and offer fake investments. A similar case of fake investment has been unearthed in Nahur.

According to Navghar Police, five years ago, a resident of Nahur, Ashfaq Khan (43), met Indrabhushan Chaudhary, a resident of Borivali East. The two became friends and used to discuss plans

to increase money. Indrabhushan had experience in the trading of cryptocurrency and forex; hence, he would entice Ashfaq to invest in cryptocurrency as it offered a great chance of doubling money.

On June 10, Indrabhushan met Ashfaq and, as usual, asked him to invest in cryptocurrency. He tempted Ashfaq that if he intended to earn Rs 25,000 in just a week,

he must invest Rs 1 lakh and promised that after a week it would increase to Rs 1.25 lakh. Excited by the easy method of growing money, Ashfaq got carried away and invested Rs 2 lakh to earn Rs 50,000 in a single week.

In the company of Indrabhushan, Ashfaq invested as much as Rs 9 lakh in cryptocurrency, hoping to make a massive profit of Rs 10

lakh or more in just a week. However, after more than 8 days, when Ashfaq did not receive any money, he contacted Indrabhushan, he declined to talk to him.

Ashfaq realized of being cheated, and reported the matter to the Navghar police. The Navghar police have registered a cheating case against the accused, Indrabhushan Chaudhary, under Section 420 of the IPC.



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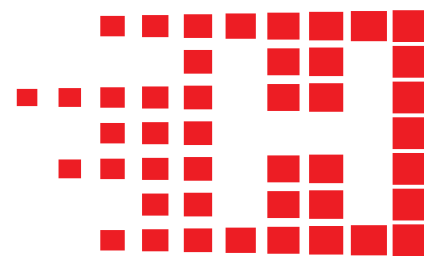
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