

Newsband

The Dynamic Daily Newspaper of Navi Mumbai

Vol. 12 • Issue 79 RNI No. MAHENG/2007/21778 | Postal Regn. No. NMB/154/2017-19/Vashi MDG Post Office Navi Mumbai, Wednesday 1 August, 2018 Pages 8 | Price ₹ 1

Kharghar's Swastika Ghosh excels in International Table Tennis Tournament

Wins Bronze Medal for herself and two Gold Medals for her team



By Ashok Dhamija
NAVI MUMBAI: Junior and Cadet Open Table Tennis Tournament had recently taken place in Jordan's Capital Amman. In this tournament, a girl from Kharghar excelled. Shri Ramsheth Thakur Public School's student Swastika Ghosh gave a wonderful performance and bagged bronze medal. She also helped her team to win second gold medal. Thus this is another achievement for the Kharghar girl. Swastika is receiving appreciation

for her performance in this tournament from all quarters.

International Table Tennis Federation had organized the Junior and Cadet Open Table Tennis

Tournament at Amman from 25 till 29 July 2018. Swastika Ghosh, the 10th standard student of Ramsheth Thakur Public School had also participated in

this tournament. She gave a wonderful display as an individual as well as team player and also as a captain.

Cont. on pg. 8

Noble Act by former MP Ramsheth Thakur

Spends from his own pocket to repair damaged road at Panvel

There were a big number of potholes on Manghar-Mosare Road at Panvel Taluka. Hence the vehicle drivers and pedestrians were facing great difficulties. Former MP Ramsheth Thakur, with the help of TIPL Company, personally spent from his pocket to fill up the potholes. The residents of that region thanked him for this great service. (By Vijaykumar Kamble)



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Grand Health Camp and Insurance Schemes for Panvel residents on 5 Aug at CKT College

On the occasion of MLA Prashant Thakur's birthday

BJP's Raigad district president MLA Prashant Thakur has this time refused to accept any gift from anyone during his birthday. Instead he has organized a Free Grand Health Camp and Free Insurance Scheme as a gift to residents of Panvel Taluka. This is the 12th year of the health camp and it will take place on 5 August at Khanda Colony's CKT College. (By Vijaykumar Kamble)



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Rensabai Kirtan At Sanpada Gurudwara On August 5th

By Ashok Dhamija
NAVI MUMBAI: Gurudwara Sri Guru Singh Sabha, Sanpada will host Rensabai* Kirtan by Mumbai Kirtan Jatha, coming Sunday Aug 5th, 2018 from 7.30 pm to 12.30 am on the occasion of Agnam Divas (Birth Anniversary) of Dhan Dhan Sri Guru Harkrishan Sa-

hib ji, the eighth of the ten human form Gurus (divine messengers) of Sikhism at its premises in Plot 2C, Gurudwara Road, Sector 9. All are welcome to be part of this spiritual congregation.

**A Punjabi word which means "all night" and is used to refer to an "all night"*

CHANGE OF NAME

I have changed my name from **JYOTIPAL SINGH SOKHI** to **JYOTIPAL HARBHJAN SINGH** as per affidavit dated 31st July 2018

CHANGE OF NAME

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A married woman raped after being promised a job

By Crime Reporter
NAVI MUMBAI: A 19 year old married woman resideing at Mumbai's Naigaon area was told by one Mehboob Alam (40) that he would fetch

her a job in his friend's office after which he raped her. Panvel Taluka police has registered a criminal case of rape against the accused. It was found that in this

incident, the victim's husband's uncle Subhash Vishwakarma (35) had handed her to Mehboob and hence the police have arrested him too as joint accused.

Old woman hit by speeding bike, dies

By Crime Reporter
NAVI MUMBAI: An old woman who was walking from Kamotho to Kalamboli was hit by a speeding motor cycle from

behind resulting in her death. This incident occurred on Sunday evening. The police have arrested the motor cyclist who was responsible for

this accident. The accident victim is Bahuli Devi Vishwakaram (69) and she was staying with her family at Mota Khanda.

A minor girl abducted by unidentified kidnapper

By Crime Reporter
NAVI MUMBAI: A 16 year old minor girl residing at Sukapur region in Panvel was kidnapped by an unidentified person. Khandeshwar police have registered a criminal case of abduction against the unidentified person and they have started a search for the kidnapped girl.

BJP's Dilip Singhvi bereaved

BJP's Panvel City deputy president Dilip Singhvi's father Mukna-mal Singhvi expired on Tuesday 31 July. He was 97. The last rites of Mukna-mal Singhvi will take place on 1 August at 10.30 am at Takka Cemetary. (By Vijaykumar Kamble)



One arrested for murdering during the Navi Mumbai Band on 25 July

By Crime Reporter
NAVI MUMBAI: Maratha Samaj had called for a Navi Mumbai Band on 25 July. During the agitation that took place on this day, one Rohan Todkar lost his life. Koparkhairane police have registered a criminal case of murder against his killer. Crime Branch conducted an investigation and on Monday night managed to arrest Santosh Daware (23) from Koparkhairane village.

Workshop for Journalist on 1 August

By Chandrashekhar Hendve
A workshop for journalist on the subject 'Impact of Fake News and Security against it' will take place at Mantralaya on 1 August. Cyber Cell's police superintendent Balsingh Rajput will give guidance on this subject. The event will take place in Vartahar Sangh's Cell at Mantralaya at 3 pm. Information and Public Relations Directorate's director Shivaji Mankar has called upon all the journalists to attend this event.

Plantation Drive at Sector 11 Koparkhairane

On the eve of MLA Sandeep Naik's birthday



By Chandrashekhar Hendve
NAVI MUMBAI: Corporator Munawar Patel organised a Tree Plantation Program in Sector 11 Koparkhairne. The event was inaugurated by MLA Sandeep Naik and corporator Munawar Patel. Corporator Patel & NGOs of Ward arranged a surprise birthday event and children cut the birthday cake on the Jogging Track. The corporator, NGOs

& citizens of ward next did tree plantations. The participants included children, women, senior citizens, youngsters, joggers and citizens of ward.

MLA Naik appreciated the work which was done for ward development in a short period by Corporator Munawar Patel. He also thanked the NGOs, active citizens of area for taking care of the

Ward. He also revealed the upcoming project related to elevated bridge, Senior Citizen Virangula Kendra and Garden for Sector 11 Koparkhairane.

All residents celebrated Tree Plantations Event festival for making area green. Corporator Munawar Patel thanked all those who cooperated with him to make the event a success.

Collegian from Panvel dies after falling off bike on NH 4

By Tutu
NAVI MUMBAI: A collegian from Panvel died on old Mumbai Pune highway (NH 4) on Monday morning in Kalote village under Khalapur

Cont. on pg. 7



Cleanliness Drive at KK and Vashi



Public Awareness Campaign related to Cleanliness took place at Amit Sagar Society at Vashi Sector 9. At Koparkhairane Sector 15 too there was a similar event conducted by Stri Mukti Sanghatna. (By Chandrashekhar Hendve)

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City Footballer Jahnvi Shetty among four state players selected for national duties

To partake in SAFF U-15 Women's Championship 2018 next month

By Ashok Dhamija

NAVI MUMBAI: Four girls from Maharashtra including Ryan International School Sanpada, star football player Jahnvi Shetty have been selected to represent India in the SAFF U-15 Women's Championship 2018 to be played in Bhutan from August 8 to 19, 2018. The other state players who were included in the 23-member Indian squad which was announced by AIFF on Tuesday includes Priyanka Sujeesh and Mmehak Lobo (Both from Mumbai), and Anjali Barke from Pune. As may be recalled the above players were part of the 35 players (five of whom were from Maharashtra) who were shortlisted for the 'India Preparatory Camp' that was held at Cuttack, Odisha last month.

Jahnvi who studies in class 9th has also led her team in various



Ryan Sanpada Jahnvi Shetty (3rd From Left) along with Priyanka Sujeesh, Anjali Barke and Mmehak Lobo are the four Maharashtra players who have been selected for the Indian U-15 team.

DSO, NMASA football tournaments with élan in the recent past provides the coach an options of playing in the right wing position or as a central defensive midfielder because of versatility. Mmehak on the other hand is among the four forwards who are part of the Indian team, while Priyanka has been included as a defensive

midfielder, and Anjali is one of the two goalkeepers in the team.

India who finished runners-up in the first edition of this prestigious international football competition held in 2017 is clubbed in Group-A along with hosts Bhutan and Sri Lanka in the. The Indians open their campaign against Sri Lanka on Thursday, Au-

gust 9 and after a gap of three days will clash with the home team Bhutan on Monday, August 13.

Defending champions Bangladesh who edged past their neighbours by a solitary goal, along with Nepal and Pakistan are other three teams participating in the championship and they have been drawn in Group-B.

Jellyfish on the Sea Shores of Mumbai

Appeal to Avoid Going Into Sea Water

By Chandrashekhar Hendve

Jellyfish which have recently been flown along with water have been seen on the sea shores of Mumbai. The stings of these jellyfish are toxic, though they are not dangerous. As you move around on the sea shore, do not get into sea water as far as possible. This is appealed by Fisheries Commissioner Arun Vidhale.

Some special types of fish come to the beaches of Mumbai for reproduction and for food. Some species, being light in weight, come to the sea shores. These include jellyfish, blue jelly, madosa, Portuguese

man of war, porphita etc. They sting the person who come in their contact, or by touching the toxic substances present in them, there is physical pain, and the body becomes red, there



may be deafness, or that particular part becomes numb. Do not panic if this happens. When this happens, pour the vinegar on that part and add a little hot water, the intensity of the pain gradually decreases. If there is more pain, get treatment in nearby dispensary, it has also been appealed.

An advertising copywriter writes the slogans, straplines and other words (copy) for adverts which appear on radio and television, digital channels or in posters and brochures.

The Work

As an advertising copywriter you would usually work on more than one project at a time. You could be:

- Studying the product, the target group of consumers and the particular message which the account executive and the client wants

- Developing creative ideas with colleagues

- Writing copy which expresses the message clearly, briefly, memorably and persuasively

- Presenting ideas to the creative team and the client

- Proofreading the copy carefully

- Working to a strict deadline and agreed budget

- Making sure that the work keeps to the Advertising Codes of Practice

- Working with the art director, photographers, designers and other creative people

- Keeping up to date with cultural trends.

Pay

The figures below are only a guide. Actual salaries may vary, depending on:

- Where you work

- The size of company or organisation you work for

- The demand for the job.

Starting salaries are between £18,000 and £20,000 a year for a junior copywriter. With ex-

Advertising Copywriter

perience, salaries can rise to around £35,000 a year. Senior copywriters, with up to 15 years' experience, can earn up to £100,000 a year and creative directors who have won campaign awards can get over £100,000 a year.

Conditions

You work in an office most of the time, usually within a creative department.

You will work to tight deadlines, and must be willing to work long hours, including evenings and weekends.

You may have to visit clients at their offices, or attend photo or film shoots.

Part time work is also available.

Getting In

There are no formal entry requirements and creativity and good writing skills are more important than formal qualifications.

However, competition for jobs is fierce and most



entrants have a qualification in a relevant subject including English, advertising, marketing or journalism.

For entry to a Higher National Diploma (HND) course you normally need 1-2 Highers plus some subjects at National 5. For a degree course you need 4-5 Highers.

You need a good portfolio of your work. You must take your portfolio round different agencies.

You may have to sit a copywriting test.

You may have to do several work experience placements without pay before getting your first job.

Employers rarely advertise posts. The best way in is to email or write to advertising agencies on spec.

Most Scottish agencies are in Glasgow or Edinburgh, but it's likely that you will move around for work.

What Does it Take?

You should have:

- Creative ideas

- Skill in writing good clear copy in a range of styles

- A high standard of grammar, punctuation and spelling

- An interest in popular culture and trends

- Excellent communication skills

- Team working skills

- Excellent attention to detail

- The ability to work to tight deadlines.

Cont. on pg. 6



By CK Subramaniam

Test cricket is the conventional name of the game and England cricket team pioneers in the gentleman's game are ready to play one thousand test match at Edgbaston, Birmingham on 1st August. ICC lauds England for this historic feat. The series opener against India will be a milestone test for England as this will be a landmark match.

The vital statistics is that out of the 999 tests that England have played so far since their debut against Australia in March, 1877, they have won 357 tests and lost 297 tests and 345 ending in draws. It will be a historic event and on behalf of cricket family ICC Chairman Shashank Manohar congratulate England on their unique achievement and the first country to reach the milestone.

England have dominated India since their first Test in June 1932, winning 43 and losing

One thousand test for England

25 out of a total of 117 Tests. On home turf, England have won 30 Tests and India have emerged winners on six occasions with 21 Tests ending in draws. Edgbaston has hosted six Tests between the two sides, with England leading 5-0 on a head-to-head. England is ranked fifth in the world in Test cricket,



and Cook admitted the team was a long way away from the side of 2011 which reached number one.

England squad for first Test: Joe Root (capt), Moeen Ali, James Anderson, Jonny Bairstow (wk), Stuart Broad, Jos Buttler, Alastair Cook, Sam Curran, Keaton Jennings, Dawid Malan, Jamie Porter, Adil Rashid, Ben Stokes.

India has a good side and it is going to be an

interesting series. My money is on England as they have the strike bowlers and the home advantage to add to their all round side. I think the advantage probably lies with England. India is becoming a very good touring team. It is going to be tight series. The beautiful thing about India is, they got such a big pool of players to call upon. If somebody gets injured, the replacements are generally pretty good. They have Dinesh Karthik up there now. Ashwin - Karthik duo can do wonders in both batting and making an useful combination in hitting the bully's eye.

I think it is massively dry in England and a lot of runs are going to be scored. Home series generally goes with the home team. If the ball swings then Jimmy Anderson and Stuart Broad are going to play a massive role, but if it they fail, then how are they going to get someone like Kohli and other star batsman of Indian side is a thousand dollar question.

Vikhroli residents drown in Pali Bhutvali dam in Karjat



By Tutu NAVI MUMBAI: Two Vikhroli, Mumbai, residents got drowned in the Pali Bhutvali dam in Karjat taluka, Raigad at around 3 pm on Sunday in the area that falls within the jurisdiction of Neral police station. The duo had tried to swim in the dam but got drowned. A family of ten were on a picnic to the inaccessible areas of the dam side. The incident occurred at the Matheran hill side of the dam.

The victims are Saif Ali Naik (22) and Aman Shaikh (19). Saif Ali Naik had completed graduation while Aman was a class XI student. Their uncle Ismail Naik said, "The family of ten comprising of four men, four women and two

children were on a picnic. The remaining members of the family were sent back home. Aman without learning swimming first ventured in to the dam water and started drowning. Saif Ali jumped to save Aman but both were drown."

The Karjat tehsildar Avinash Koshti said, "The incident occurred at around 3 pm on Sunday at the Matheran hill side. They had trekked around 45 minutes through the inaccessible area of the dam side. Their bodies were recovered from around 20 ft deep water of the dam by rescuers of Apghatgrastachya Madatisathi Samajik Sanstha- Khopoli by 7 pm."

The Neral police station sub-inspector RS Mohite said, "The rescue team faced challenging trekking area through the forest. Torch lights are used."

Social activist Uday Patil said, "After restrictions the tourists flow has gone down drastically. The recurrence of mishaps points to flaws in the safety and security system around tourist spots."

The Apghatgrastachya Madatisathi Samajik Sanstha- Khopoli head Gurunath Sathelkar said, "The Karjat tehsildar had to carry rescue items with our team as the area is very difficult to trek. Bringing the bodies from the spot to road was another challenge."

MOVIE NAME	INOX RAGHULEELA MALL VASHI Tel. 6699 1212	INOX GLOMAX MALL KHARGHAR Tel. 6659 5959	PVR: Orion Mall, Panvel 095943 57088	BALAJI MULTIPLEX KOPARKHAIRANE 022-2755 4245	MUKTA A2 CINEMAS: K MALL, PANVEL 070453 39395
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Mission: Impossible Fallout (H)			AM: 9:15 PM: 3:15, 9:45	PM: 2:45	AM: 10:00, 11:45 PM: 2:30, 5:15, 8:00, 10:45
Mission: Impossible Fallout (E)	AM: 9:00, 10:20 PM: 12:00, 1:30, 3:10, 4:40, 6:20, 7:50, 9:30, 10:15, 11:00	AM: 9:15, 10:05 PM: 1:15, 2:20, 4:25, 7:35, 9:30, 10:45	AM: 10:30 PM: 1:40, 4:50, 8:00, 11:10	AM: 9:30 PM: 12:15, 5:45, 11:15	
Pipsi (M)	PM: 5:50	PM: 6:00	PM: 5:45	PM: 3:30	PM: 12:30
Saheb Biwi Aur Gangster 3(H)	AM: 9:00, 11:55 PM: 2:50, 8:20, 11:20	AM: 9:10 PM: 5:25, 10:55	AM: 11:55 PM: 2:25, 8:00, 10:55	AM: 10:00 PM: 5:30, 10:30	PM: 12:45, 5:30, 8:00, 10:45
Chumbak (M)	PM: 5:50	PM: 8:10	PM: 8:15	PM: 8:15	PM: 3:30
Nawabzaade (H)	AM: 9:10 PM: 7:40	PM: 12:50	AM: 10:45 PM: 5:45	PM: 12:45	PM: 8:15
Ant-Man and the Wasp (H)				PM: 3:30	
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Incredibles 2 (E)				AM: 6:00	
Hotel Transylvania 3: A Monster Vacation	AM: 9:25 PM: 2:25	PM: 12:05	PM: 3:30	PM: 8:45	
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EDITORIAL

Issue : 79

1 August 2018

Honest public servants should be protected

Sincere anti-corruption efforts should be done. The amendments to the Prevention of Corruption Act, 1988, is a good effort aimed at combating corruption in government. The amended form may have a liberating effect on honest officials. It is more concise and restricts criminal misconduct to two offences: misappropriating or converting to one's own use property entrusted to a public servant or is in his control, and amassing unexplained wealth. A person "shall be presumed to have intentionally enriched himself" if he cannot account for his assets through known sources of income.

By making citizens liable for offering a bribe to a public servant, the anti-corruption law has been brought in line with the UN Convention Against Corruption. The only exception to this rule is when one is forced to give a bribe. The penal provision can empower people to refuse to pay a bribe.

Public servants need to be protected against unfair prosecution. The "giver" is equally responsible as the "taker", however, it still seems difficult to curb the corruption in the form of bribes. After this amendment, a corrupted official per se, may remain assured that no one is going to complain because of the nature of the amendment which says "both" are culprits. Nevertheless, this amendment is in line with the UN Convention Against Corruption and that's the only good thing about it.

The giver having to face music hampers levelling of charges. The insulated provisions for bureaucracy indulging in corruption act as dampener for the teetotal laws to crack down on corruption. Requirement of prior sanction for initiating investigation against government officers is a shield for corrupt govt officers; such officers will commit corruption with impunity.

Corruption should be curbed at any cost. Law maker make policy for their interest and they don't introduce anything that will benefit public but introduce thing which is better for themselves. It's not their fault; it's our fault; we choose them.

When an individual is forced to part with bribe and he has to report to law enforcement agencies within seven days and if the agencies refuse to accept what is the alternative? Further prior permission to start investigation only will help increase corruption since the permission to start investigation is very rarely sanctioned.

While assets not proportionate to income can be assumed as obtained illegitimate it is to be proved by court and it may take its own time hence it is indirect protection. Still the law favours the corrupt.

The amendment saving the honest officials is welcome. The previous provisions were menacing the officials who exercised their power which resulted in favour to some others. Indeed prevention of corruption should start from top brass. If the polity is very strict and serious on corruption the officials will have the fear. But now the top to bottom fearless corruption made it normal and the public servants demand it. Another side of the coin is the public who yield to the demand for corruption from polity and officials. Hence eradicating corruption is a two way process and this will never happen. Lakhs of officials are booked for corruption but it is not a whistle blower and corruption is still rampant. Strong judiciary with time bound trials may have some effect on corruption.

Augmentation Of Coaches In Existing Ganpati Special Trains On KR Route

By Ashok Dhamija

PANVEL: Central Railway has decided to augment the coaches in existing Ganpati Special Trains 2018 with two additional ones via Konkan Railway Route*, with halt at Panvel in order to clear extra rush of passengers during the festive season. The details are as under :

Sr. No	Train No.	Existing Composition	Revised Composition
1	01039 / 01040 Lokmanya Tilak (T) - Zarap - Lokmanya Tilak (T) Special	Total = 17 Coaches SLR - 02 General - 04 Coaches Sleeper - 08 Coaches 2 Tier AC - 01 Coaches 3 Tier AC - 02 Coaches	Total = 19 Coaches SLR - 02 General - 04 Coaches Sleeper - 10 Coaches 2 Tier AC - 01 Coaches 3 Tier AC - 02 Coaches
2	01431 / 01432 Pune - Sawantwadi Road - Pune Special	Total = 20 LHB Coaches SLR cum Generator - 02 3 Tier AC - 04 Coaches Sleeper - 08 Coaches General - 06 Coaches	Total = 22 LHB Coaches SLR cum Generator - 02 3 Tier AC - 05 Coaches Sleeper - 08 Coaches General - 07 Coaches
3	01433 / 01434 Pune - Sawantwadi Road - Panvel Special		
4	01435 / 01436 Panvel - Sawantwadi Road - Panvel Special		
5	01447 / 01448 Pune - Sawantwadi Road - Panvel Special		
6	01449 / 01450 Panvel - Ratnagiri - Pune Special		

* There will be no change in the existing schedule and halts of the above mentioned Ganpati Festival Specials

Booking of Additional Ganpati Special Trains From Thursday

By Ashok Dhamija

PANVEL: The following additional Ganpati Special Trains* that will run via Konkan Railway route with halt at Panvel, will be open for booking from Thursday Aug 2, 2018 through Inter-

net and all Passenger Reservation Systems (PRS) :

A) Train No.01013 / 01014 Mumbai CSMT - Sawantwadi Road - Mumbai CSMT (Weekly) Special.
B) Train No. 01421 / 01422 Pune

Jn. - Zarap - Pune Jn. (Weekly) Special.

Passengers may kindly note the same.

* For more information about schedule, composition and halts of above Ganpati Special Trains refer article in Newsband Dt July 31st, 2018.

Advertising Copywriter...

Cont. from pg. 4

You also need:

IT skills for research and writing copy
Resilience to cope with stress and criticism

Business awareness.

Training

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The Communication, Advertising and Marketing (CAM) Foundation offers the Diploma in Marketing Communications which includes advertising modules.

The Institute of

Practitioners in Advertising runs a Continuing Professional Development (CPD) programme for employees of IPA member agencies.

The Publishing Training Centre has relevant distance learning courses.

Getting On

In a big agency you can get promotion to senior copywriter or creative director.

You could go freelance or open your own agency.

There may be opportunities to work abroad, particularly if you specialise in an industry sector that is big in other countries.

More Information

The organisation D&AD runs an annual award competition, New Blood. There are many creative categories in which to enter, including copywriting. Working individually or in a team, you complete a piece of work according to a real-life brief, which is then judged by the company representatives and an international panel of top creative experts. It is open to anyone in full or part time education, or recent graduates who have finished their course within the past two years, or anyone under the age of 24.

A Clarion Call

It is time to revamp the Panvel bus stand with modern facilities. Panvel bus terminus is in pathetic state and it looks like there is no one who cares for the passengers travelling on this busy route. Both, the State Transport (ST) and the Asiad Buses ply through this route. The frequency with which these buses touch this point for reporting and filling fuel has made the bus stand the most dangerous for the passengers. There is no parking system for buses and the drivers take advantage of their experience to park their vehicles wherever they wish. There are near misses when people wait at the bus stand.

In south India, all the major bus stands like Mysore, Trivandrum and Coimbatore, are well-equipped with excellent facilities, whereas the Panvel bus stand is in a pathetic state. It is time to revamp the bus stand with modern facilities and do a world of good for the passengers and provide them with the best facilities to enjoy. The roads inside need proper concretisation and maintenance work for the buses to manoeuvre easily. The potholes have to be filled to cater to the needs of a number of buses plying from this crucial junction.

Proper shelters have to be provided to keep the passengers waiting for the bus to protect them from summer and monsoon. There is a need for provision for physically-challenged. In fact, it should be made mandatory with proper maintenance. Hygienic eating outlets are required and public convenience is to be maintained. NMMC and CIDCO should untie and modernise the Panvel bus stand this year. Let us not just bask in the glory of the past performance, but strive for excellence in maintenance as well.

We all look forward to the alternative of concrete roads as the panacea to avoid frequent repairs to roads in this pocket. It would be a long term solution but a permanent one to the people using the roads in the city. The advantages of switching over to concrete roads are many. Apart from their long life, they also save on fuel, provide for better driving comfort and use cement, a plentifully available commodity in the country. Maintenance costs are also lower.

Concrete Roads have a small Green Advantage as well. Being white-topped they reflect light at night which means the intensity of street lighting can be brought down in terms of wattage. The main disadvantage is that bitumen roads will cost only one fourth of what is the outlay for concrete roads. But more importantly, concrete roads require a long time period for laying and setting, as much as a month for one km stretch as compared to a

Letters to the Editor...

bitumen topped road that requires one fourth time. Anyway, concrete roads are the ultimate solution to the pressing problems of potholes.

- C K Subramaniam, Sanpada

Encourage Kids to Eat Healthy Food

Children are at a time in their life when they are constantly growing and learning new knowledge. In order for children to grow properly, they must eat a well-balanced diet. A well-balanced diet incorporates all of the food groups represented in the food guide pyramid. It is time to get kids involved and cultivate good eating habits. We need to go to the source and find out the right combination. Try to make healthy snacks available. Give them freedom of choice. Teach healthy eating habits early. Conducive environment and the attitude of parents are crucial when feeding the children. The reward for good behaviour could be offered once in a while to encourage them.

As parents, you are going to make decisions



as to what you want to serve. The better approach is to put the food on the table and encourage a child to try it. But don't complain if he/she refuses, and don't offer praise if he/she tastes it. Just ask her if she wants some more or take seconds yourself, but try to stay neutral. There lies the knack of cultivating good eating habits among growing children. But it is important to avoid distraction during mealtime. Do not pressure children to eat. Keep the food before them for sometime and then start feeding. For mothers, feeding the right kind of food and preparing attractive lunchbox fare for young children are the most challenging tasks.

It is common to see mothers offering quick bites when the children refuse to eat meals. They must understand that it is alright for the little ones to skip a meal if they are not hungry.

Allow children to get messy when they eat. Limit the duration of meals and if it extends beyond half an hour, it is an indication that the child is not interested in that particular food. Stop feeding and come back only when the child gets hungry. However, picky eating is a common childhood behaviour and the habit will wane with time.

A healthy, balanced diet for children provides essential vitamins, minerals and other nutritional goodies that kids need for healthy growth and development. Vitamins and minerals are vital for our bodies to function properly and each one plays a specific role in the body. Pulses, for instance, are rich in nutritive content and can be cooked in a variety of ways. Packaged food high in salt and trans-fats should not be introduced to the children. Psychiatrists suggest that attractive plates and spoons can be used to encourage better eating habits among children. It is time to increase the appetite of children from young age by providing food having all the green vegetables. As an appetiser mothers can feed children with a fruit before going for regular food.

Childhood obesity is a harsh reality. Parents should take it seriously. They should not assume that when they grow up they will become slim. The quality of junk food is deteriorating. Preference should always be given to home cooked food. All soft drinks have very high levels of sugar which ultimately leads to fat gain. Once in a while eating outside is fine but if it becomes too often it will lead to fat gain in children who already have low metabolism. The number of overweight children in India has doubled in recent years, with a quarter of children considered overweight or obese. Causes of obesity in children include unhealthy food choices, lack of physical activity and family eating habits.

Eating vegetables provides health benefits and children who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Vegetables provide nutrients vital for health and maintenance of your body. It can be a challenge to encourage children to eat vegetables and fruits every day. Early childhood is an important time to establish healthy eating patterns. A balanced diet is key to healthy eating habits because it provides children with the nutrients they need to grow.

Teaching kids to eat healthy provides them a good opening and will bring them much needed encouragement to remain healthy throughout their life. It is time for kids to eat healthy food.

- C.K.S, Navi Mumbai

Collegian from...

Cont. from pg. 3
police station. The girl and her friend were heading to a waterfall when two bikes had a minor collision. Her friend sustained fracture in his left hand. The girl and the boy fell 20 ft away from the mishap spot.

The deceased girl Sanjana Gawade (17), Takka, Panvel was riding pillion on a Pulsar bike with her friend Dipak Das (20), also Panvel resident. The duo had gone for a trip to the Mahad temple and were heading for a picnic. Dipak survived the accident.

Quoting Dipak, the Khalapur police

constable AB Sawant said, "The accident occurred at 8.45 am when the duo were trying to overtake another biker (details unknown). The other biker came on to their way resulting into collision with their bike handle. Sanjana got flung off the bike and both fell 20ft away in two different directions. She was

hit on her head after falling on road side boulder and she died on the spot. The other biker fled the spot."

AB Sawant added, "The biker wearing helmet was over-speeding but lost control. The girl did not have helmet. The duo had paid a visit to Mahad temple followed by waterfall at Morbe and were

heading towards Dhamani waterfall. Dipak works in a medicine store where as Sanjana was a first year graduate student."

The Apghatgrast-achya Madatisathi Samajik Sanstha-Khopoli rescue activist Pooja Sathelkar said, "The bike rider was rushed to the Khalapur public health

centre with left hand fracture and then referred to another hospital in Navi Mumbai. The girl rolled over on the highway."

Another Khalapur police constable RS Walve said, "A fatal accident has been registered. The dead body has been handed over to the girl's relatives."

Interactive Session With Doctor Reinforces Importance Of Healthy Habits Among Students

By Ashok Dhamija

NAVI MUMBAI: 'A good doctor's comforting and reassuring words are sometimes more powerful than medicines'. An Interactive Session with Senior Dr. Rashmi Prasad, MBBS, MS was organized for the students of Montessori section and Standard I at Ryan International School, Kharghar on Monday July 30th, 2018. The Doctor spoke to the students about the importance of inculcating Healthy Habits in their lifestyle in order to remain fit and for optimal performance in school. In addition she made the students aware of the importance of exercise, washing hands regularly, proper brushing tech-



Senior Dr. Rashmi Prasad answers to queries raised by the young participants with compassion

niques and maintaining hygiene to keep diseases at bay. She also advised the children to avoid junk food, drink milk, adequate water and eat lots of fruits and vegetables. A prac-

tical demonstration on a doctor checks patients using stethoscope and dresses a wound using antiseptic, cotton and bandage too was organized on the occasion.

"An Interactive Ses-

sion with Dr Rashmi Prasad a Senior Doctor associated with Sion Hospital about the importance of inculcating Healthy Habits was organized as part of 'Healthy Food and Nu-



A student volunteers during a practical demonstration session of medical checkup

trition' festival. The session was informative, engaging and offered visual learning experience. It also helped the tiny tots to remove all their inhibitions relat-

ed to doctors and injections. Students enjoyed the session and eagerly waited for their turn to ask questions to the doctor," shared Swapna Wale, Section Head, Montessori Section of the institute.

Exposed...



A street mast light junction box near Terna Speciality Hospital and Research Centre, Nerul (W) is exposed to vagaries of nature including rains. It's high time that concerned authorities act at the earliest to prevent any mishaps at this important 'T' junction. (By Ashok Dhamija).

Swastika Ghosh...

Cont. from pg. 1

She helped in defeating China's Taipai team with a score of 3-2 and against Thailand 3-1. Owing to Swastika's contribution the team won second Gold Medal. In her personal game she won bronze.

In the past, Swastika had participated in various competitions held in the country as well as abroad and she had given wonderful performances then too. Jannardhan Bhagat Shikshan Prasarak Sanstha's chairmn and former MP Ramsheth Thakur, vice chairman Y T Deshmukh and Principal Raj Aloni congratulated Swastika and her trainer for their achievements.

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