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Bharat Band receives mixed response in Navi Mumbai



By Crime Reporter NAVI MUMBAI: Bharat Band organized by the opposition parties, led by Congress party on Monday, received mixed response in Navi Mumbai. The Band was called to protest against the collapse of the rupee and rising fuel prices. Except for shops selling essential commodities, other businesses and shops too joined the protest against rising inflation by shutting down businesses.

Currently, the Indian rupee is facing a huge fall in international markets. The fuel prices have been rising continuously since last 15 days.

According to financial experts, petrol may reach 100 rupees in the next few days. Due to the direct effect of the rising fuel prices at the cost of the commodity, the inflation has reached the high spot. Due to rising inflation, some people tend to at-

tribute it to Modi's misgovernance.

The Congress party had called for a shutdown on 10th of September by taking advantage of the rising inflation and thus asking the citizens to protest against the government.

All the opposition parties along with the left parties of the Congress in this state, including NCP, MNS, PWP, MIM, RPI had supported it. The Shiv Sena, who always expressed anger over the Modi government,

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Mumbai Bypass route inaugurated



By Manoj Gole NAVI MUMBAI: The much waited Mumbai Bypass route was open for public on Monday. The route that was closed since last five months for

Cont. on pg. 2

Mobile App of CIDCO's Grand Housing Scheme 2018 launched

Aims to make the process of applying for Housing Scheme easier

By Chandrashekhhar Hendve NAVI MUMBAI: CIDCO's Grand Housing Scheme 2018 was inaugurated by Chief Minister Devendra Fadnavis 13 August 2018. On September 10, 2018, mobile application of

cants seeking application through computer are required to go to the Internet cafe or similar place. But through this mobile application, the applicants can do all the procedures very easily and convenient-



this scheme was launched by Vice President and Managing Director Mr. Lokesh Chandra, CIDCO. On this occasion CIDCO Chief Vigilance Officer, Mr. Vinay Kargaonkar and CIDCO joint director Prajakta Lavangare Verma were present.

The procedure for applying for mobile housing scheme will be the same. Appli-

ly till payment of the deposit from anywhere and at any time.

The app is available in the Google Play Store named "CIDCO Online-2012" and it has been developed by Probatee V. Similarly, in order to apply for this scheme, there are easy procedures, self-photographs, scan of Aadhaar card, PAN

Cont. on pg. 8

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MGM Hospital, Vashi	61526666
Apollo Cliic, Vashi	27881322
MGM Hospital, CBD	27572293
MGM HospitalKalamboli	27423405
Vashi Civic Hospital	27899901
Nerul Civic Hospital	27703760
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Sale of vehicles seized in forest crimes

By Manoj Gole
Deputy Warden (Wildlife) Thane office will sell the vehicles seized in the forest crimes. It includes a mix of motor cycles, trucks, tempo, pickup vane, jeeps
The tender form will be available at the Deputy Forest Officer (Wildlife) office at Tansa and

Phanasad between September 17 and September 26 for a fee of 500 rupees. The tender will be accepted on September 28, 2018 from 10 am to 1 pm and will be opened at 3 pm the same day. Upon submission of the tender, the dues of 5000 rupees are to be taken from the sub-rescuer (wildlife) Thane's new names.

Mumbai Bypass...

Cont. from pg. 1
the on-road turnover of the railway over bridge, for construction of bridge bearings, and concretization work. Guardian Minister Eknath Shinde inaugurated the route in the presence of Deputy Commissioner of Transport, Amit Kale, Executive Engineer of Public Works Department, Panvel SP Shrivage, Section Engineer Ashish Jatal and others.

While there are

still some works pending at the bottom of the bridge. The pavement was also done by the Public Works Department, in addition to the overall 6-km-wide external road that was inundated in July due to heavy rains. The road going through the Parasik tunnel also had to be repaired. The junction of Mumbra and Shilpatta has been concretized, besides a safety wall have been provided in some places.

Due to this, traffic was diverted through the Airoli, Shilpa for around 4 months.



नवी मुंबई महानगरपालिका

शहर अभियंता विभाग

फेर-निविदा सूचना क्र. नमूमपा/का.अ. (नेरूळ) विभाग/45/2018-19

अ. क्र.	कामाचे नांव	अंदाजपत्रकिय रक्कम (रु.)
1	नेरूळ विभागात स्वच्छ भारत सर्वेक्षण -2018 साठी फ्लेक्स बॅनर व विनेल स्टीकर पुरविणे व बसविणे.	रु.2,78,457/-
2	नेरूळ विभागातील प्र.क्र.80 येथील शिवाजी नगर बेस्ट चाळ RCC शौचालय 1 व 2 ला पाण्याचे पंप पुरविणे व बसविणे, शिवाजीनगर बेस्ट चाळ RCC शौचालय-2 च्या मागच्या बाजुस टाईल्स बसविणे, शिवाजीनगर नमूमपा शाळा क्रमांक-16 शौचालयास रॅम्प व रेलिंग पुरविणे व बांधणे	रु.1,42,057/-

फेर-निविदा पुस्तिका दिनांक 11 /09 /2018 ते दिनांक 18/ 09 /2018 दुपारी 3.00 वाजेपर्यंत ई-टेंडरींग सेल, तळ मजला नं.1 व 2 गोवर्धन चौक से 15ए सी.बी.डी., बेलापूर, नवी मुंबई येथुन विकत घेता येतील सदर निविदा सुचना नमूमपा www.nmmc.gov.in संकेतस्थळावर प्रसिध्द करण्यात आली आहे. निविदा पुस्तिकेमध्ये निविदेबाबत सविस्तर नमुद केले आहे

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नवी मुंबई महानगरपालिका

जाक्र-नमूमपा/जसं/जाहिरात/841/2018

Traffic Department makes tight security arrangements for Ganesh Festival

By Crime Reporter
NAVI MUMBAI: To ensure that devotees traveling towards Konkan don't face problem on the eve of Ganeshotsav, the Navi Mumbai Traffic Police have made special arrangements for the National Highway No. 66. About 350 police personnel including 100 police officers, Ambulances have been deployed, said traffic division's deputy commissioner Sunil Lokhande.

Ganeshotsav is celebrated on a large scale in Konkan. The devotees going to Ganeshotsav in Konkan will be going through the Mumbai-Goa National Highway. In order to avoid any mishap, the police administration has instructed all the concerned authorities to be well prepared.

On the National

Highway, it is ensured that there will be no traffic congestion, and this will be monitored by patrolling team. Apart from this, a help center has been established in 10 places on this highway and each of these helpers will have 3 staff. In the event of emergency, people can take help from the help centers. Similarly, towing vehicles have been arranged at 14 places in case vehicles break down to avoid traffic snarls along the highway.

Besides, a mobile patrol will be kept on the highway by the police inspector. Public address system at Vashi, Kharghar, Palaspe Fort Junction and other important places have also been installed along with temporary CCTV cameras, said

Deputy Commissioner of Police Sunil Lokhande.

Control Room at Palaspe

Control room has been set up at Palaspe traffic chowk and the local police inspector will control it. The representatives of other departments including Health Department, Transport, RTO, Public Works Department will be present in the Control Room of Palaspe.

Besides, 12 ambulances have also been deployed on the highway and the citizens have also been advised to follow the instructions given by the transport system and help in the Ganeshotsav period. Navi Mumbai Transport Department's Deputy Commissioner, Sunil Lokhande has appealed.

Suzuki Motorcycle India gives five well equipped motorcycles to city police



By Crime Reporter

NAVI MUMBAI: With an aim to help Navi Mumbai police maintain law and order, Suzuki Motorcycle India Pvt. handed five well-equipped and updated motorcycles as part of its CSR activity on Monday. Navi Mumbai Police Commissioner Sanjay Kumar, Joint Commissioner of Police Dr. Suresh Mehal, HQ's Deputy Commissioner of Police Rajesh Bansode, Police Deputy Commissioner Tushar Doshi, Police Traffic Division's Deputy Commissioner Sunil Lokhande and Vice

Suzuki Motorcycle India Pvt Ltd has started Helmets for Life campaign with the help of Navi Mumbai Police, due to the increase in number of deaths in road accidents amongst people riding motorist because of the absence of helmet, many have lost their lives. Under this campaign, Suzuki will distribute 1,000 helmets to the citizens, Sanjeev Rajshakaran, Executive Vice President of the company said.

President of Suzuki Company Sanjeev Rajshakaran were also present.

The 150cc motorcycles have sirens, contact machinery, and other updated facilities. These well-equipped motorcycles will help the police to maintain law and order in the city.

The motorcycles was handed over to the traffic branch in the presence of Police Commissioner Sanjay Kumar on Monday. At this time, the Commissioner of Police, appreciated the company's initiative, and said that the motorcycles will help them to a great extent.

Rain Poems Recitation held



Navi Mumbai's Marathi Sahitya Sanskruti Kala Mandal and Navi Mumbai Kala Mandal had organized 'Rain Poems Recitation' at Sahitya Sangh Mandir. The event received great response. (By Chandrashekhar Hendve)

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Navi Mumbai Municipal Corporation

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Tender Notice No. :- NMMC/HEALTH/15/2018

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Estimated cost :- Rs 3 Lakh

Details regarding above mentioned tenders is available on Navi Mumbai Municipal Corporation web site www.nmmc.gov.in and www.nmmc.maharashtra.tenders.in tenders are require to note the same.

Last date for online bid preparation is Dt. 19/09/2018, 11.00 A.M.

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जाक-नमूमपा/जस/जहिरात/844/2018 Navi Mumbai Municipal Corporation

Bharat Band at Uran



During Bharat Band, Uran Congress, PWP and MNS stage protest (By Dinesh Pawar)

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432 units of blood collected in 2 camps in Mumbai

By Ashok Dhamija

Nirankaris are serving the society selflessly, with several social activities round the year and one of the major activities is blood donation which is observed almost weekly in the Mumbai Metropolitan area. On Sunday, 09th September, the Sant Nirankari Charitable Foundation arranged 2 blood donation camps wherein 432 units of blood were collected. One of the camp was organized at N.M.Joshi Marg Municipal School, Delisle Road where 265 units were donated the other was organized at Vidyavihar in which 167 units blood were donated.

In the camp at Delisle Road 175 units of blood were collected by Nair Hospital and 90 units were collected by Wadia Hospital. This camp was inaugurated by Mr. Gopinath Bamugade, local Sector Sanyojak of the Man-



dal.

In the camp at Vidyavihar Rajawadi Hospital collected 167 units of blood. This camp was inaugurated by Dr. R. S. Yadav, Sector Sanyojak of Thane

area of the Mandal. Local Sector Sanyojak Mr. Prakash Joshi and Kshetriya Sanchalak of Sewadal Mr. Babubhai Panchal were present

Cont. on pg. 7

Demonstrations staged under 'Rashtriya Hindu Andolan' at Sanpada

And other 3 places in Mumbai • To protest against demand for imposition of ban on Sanatan Sanstha and unjust action taken against 'Hindutvavadis'



SANPADA: various pro-Hindu organizations participated in agitations staged near Sanpada railway station on 8th September. Besides Sanpada, similar demonstrations were also staged at Bhandup, Dharavi and Andheri on the same day; whereas demonstrations under RHA were staged at Mulund on 9th September.

In last one month, 9 'Hindutvavadis' were arrested in connection with Nalasopara explosives issue and Dabholkar's murder case. None of them has been a seeker of Sanatan Sanstha; even then, baseless and phony demand for imposition of ban on Sanatan Sanstha is being made by few political parties, organizations, so-called progressive factions and Muslim leaders. Some of the media channels are telecasting shocking and misleading news, making noise about non-existing Hindu terrorism. On the other hand, supporters of naxalites arrested in connection with Koregaon-Bheema issue are conveniently sheltered which is double-standard. True face of people calling Hindus as 'Hindu terrorists' although accusations made against them are not yet proved; whereas glorifying naxalites as thinkers, social activists and 'human rights' activists has now been exposed. It is now time for Hindus to decide with whom they want to go; whether to go with

righteous and truthful Sanatan Sanstha or support naxalites wearing mask of secularism under the guise of progressiveness. Dharma i.e. God always protects those who try to protect Dharma, stated Dr. Uday Dhuri while addressing demonstrators from various pro-Hindu organizations participating in agitations staged near Sanpada railway station on 8th September. Besides Sanpada, similar demonstrations were also staged at Bhandup, Dharavi and Andheri on the same day; whereas demonstrations under RHA were staged at Mulund on 9th September.

Demonstrations were staged on 8th September at Bhandup, Dharavi, Andheri in Mumbai and at Sanpada in Navi Mumbai, in support of innocent 'Hindutvavadis' arrested in Nalasopara explosives case and against unjust demand of imposition of ban on Sanatan Sanstha. Similar demonstrations were staged at Mulund on 9th September. Shri. Prabhakar Bhosale of Shri Shivakarya Pratishthan (Vikhroli), advocate Santosh Dubey, Joint District Minister of Vishwa Hindu Parishad and advocate Ashish Chaurasia; along with office bearers and members of Bajarang Dal, Hindu Mahasabha, RSS, Bajarang Shakti, Shri Shivapratishthan Hindustan, Yuva Hitakarini, Yoga

Vedanta Samiti, Sanatan Sanstha, Hindu Janajagruti Samiti, so also Shri Shivakarya Pratishthan (Vikhroli), Vajra Dal, Panchsheel Mitra Mandal, Siddhivinayak Kreedha Mandal, Saileela Mitra Mandal (Bhandup) participated in demonstrations. It was demanded during demonstrations that in-depth investigations should be conducted into people who are hatching conspiracy targeting pro-Hindu organizations.

People calling supporters of naxalites as thinkers, social activists etc were also condemned during the demonstrations. Pune police arrested organizers of Elgar Conference and active members of CPI (Maoist), which is a banned organization, viz. Surendra Gadlinga, Shoma Sen, Mahesh Raut, Rona Wilson and Sudhir Dhavale. Very serious and shocking facts were revealed during their interrogation such as hatching plot to kill Prime Minister Narendra Modi like Rajiv Gandhi's murder, topple the existing Government and waging war etc and 'think tank' of naxalites viz. Varvara Rao, Arun Pereira, Gautam Navlakha, Varnam Gonsalves and advocate Sudha Bhardwaj were also arrested. After these arrests, leftists, Congressmen, so-called thinkers and those, who call themselves as social activists

Cont. on pg. 6

Preparing for Ganesh Festival

Citizens gear up for Ganesh Chaturthi which will be observed across the Nation on September 13
(By Sumit Renose)



Why young people suffer from Heart ailments

I met one of my acquaintances in market last week, she was with one young person aged around 36 or 37. She introduced him as her brother in law. Then two days back I got the news that the young man is no more, he suffered a cardiac arrest and could not be saved. It made me think, we associate heart ailments with old age but now the cases of young men suffering from heart disease have increased.

One lady hadn't been feeling well for a few days, with a handful of symptoms—chest pressure she attributed to the summer's heat, plus diarrhoea, indigestion, intense sweats—that made her wonder whether she had a virus. But it wasn't a virus. It was a heart attack. The lady was only 40 years old. Her young age, healthy diet, exercise plan, and lack of smoking history seemed at odds with her heart attack. If anything, her health markers showed no signs of having poor cardiovascular health: older in age, maybe with a poor diet or an obesity diagnosis, maybe someone who smoked cigarettes all their life. But the reality is that heart disease does not discriminate: It can affect anyone.



Rather, the root of the heart disease might be harder to find. The lady's heart attack was caused by a near-fatal blood clot—which doctors think was caused by her birth control—and Sjogren's syndrome, an immune disorder that can increase the risk of heart attack. Cardiologists say that heart disease is typical-



ly caused by risk factors that they call The Big Four: diabetes, tobacco use, high blood pressure and cholesterol. But it's important to remember that these aren't the only risk factors and that poor cardiovascular health can affect even the (seemingly) healthiest of people. In February 2017, celebrity fitness trainer Bob Harper, known for coaching individuals through weight loss on

NBC'S The Biggest Loser, suffered a heart attack and went into cardiac arrest in a gym in Manhattan.

Many attacks are caused by an increased level of what's known as lip (a), or lipoprotein (a), a cholesterol level that can increase the risk of heart attack. Having a high level of this cholesterol, id, is particular-

ly sneaky in that it doesn't show up on a regular cholesterol screening ordered by your doctor. In other words, you have to know to ask for it. The problem is that many people, especially young people and those who are ostensibly in good health, aren't getting screened for these kinds of abnormalities either because they don't feel

Cont. on pg. 6

Research Paper on Social Service presented by Maharshi Adhyatma Vishwavidyalay bags the first prize

In the International Conference held in South Carolina, USA • True help is spiritual help!

By Rupesh Redkar, Research Section, Maharshi Adhyatma Vishwavidyalay, contact: 9561574972

In recent years there has been a push to acknowledge and incorporate Spirituality and Religion in the field of social work. This means taking into account both the spiritual beliefs and religiosity of the social workers as well as their clients. What is the relationship between Spirituality and social work? Is social work an efficient medium to progress spiritually? Mr. Krishna Mandava of Maharshi Adhyatma Vishwavidyalay put forth his thoughts on this topic in his research paper titled 'Does social service result in spiritual growth?' He categorically stated that, "True help is spiritual help!" Mr. Mandava was speaking on the 9th of September in the 7th international conference on Knowledge, Culture and Society held in South Carolina, USA held between 8th and 10th September 2018. His Holiness Dr. Jayant Athavale is the author of this research paper; Mr. Krishna Mandava and Mr. Sean Clarke



Mr. Krishna Mandava of Maharshi Adhyatma Vishwavidyalay while presenting the research paper.

being the co-authors. The research paper bagged the first prize in this international conference. The conference was organised by the International Economics Development and Research Center (IEDRC), Hong Kong.

Mr. Mandava further explained that for many social workers undertaking social service is also a means to express themselves spiritually. However, for most people the meaning of Spirituality is highly arbitrary. Spirituality put simply is the quest of an individual to experience the Divine. This is done through some form of spiritual practice under an evolved spiritual guide that is as per universal principles. It basically means transcending one's five senses, mind

and intellect, and experiencing the highest level of consciousness which is the Soul or the God principle within each of us.

In today's world, most people think only about themselves and their own families. Not many of us put others before ourselves. So for one to get the thought of serving others, it is a noble one and it is a reflection of a person's humanity. This is especially so when the social worker does it selflessly and as a volunteer without being paid for it. Thinking of others over ourselves helps in spiritual growth. How can a social worker spiritualise these events so that both he and his clients can grow spiritually? Firstly for a social work-

Cont. on pg. 6

MOVIE NAME	INOX RAGHULEELA MALL VASHI Tel. 6699 1212	INOX GLOMAX MALL KHARGHAR 6659 5959	CARNIVAL LITTLE WORD MALL KHARGHAR 9322301165	BALAJI MULTIPLEX KOPARKHAIRANE 022-2755 4245	MUKTA A2 CINEMAS: K MALL, PANVEL 070453 39395
The Nun (H)		AM: 10.30 PM: 2.40, 4.45, 6.50, 11.00	AM: 10.30 PM: 2.40, 4.45, 6.50, 11.00	AM: 10.00 PM: 12.30, 3.00, 5.50, 8.35, 11.00	AM: 10.00, 11.30 PM: 1.30, 3.45, 6.00, 10.45
The Nun (E)	AM: 9.00, 11.35 PM: 1.55, 4.15, 6.35, 8.55, 11.15	PM: 12.35, 8.55	PM: 12.35, 8.55	AM: 9.30 PM: 4.30, 6.45, 8.50, 11.00	
Paltan (H)	AM: 9.00 PM: 1.00, 4.15, 7.30, 10.45	AM: 10.15 PM: 1.20, 7.00, 10.30	AM: 10.15 PM: 1.20, 7.00, 10.30	AM: 9.00 PM: 3.00, 8.25, 11.15	AM: 11.00 PM: 4.30, 10.15
Stree (H)	AM: 9.00, 11.45 PM: 2.30, 5.20, 8.10, 10.00, 11.00	AM: 9.00, 11.45 PM: 2.30, 5.10, 7.50, 10.30	AM: 9.00, 11.45 PM: 2.30, 5.10, 7.50, 10.30		PM: 12.15, 2.45, 5.15, 8.15, 10.30
Party () (M)	PM: 12.00	PM: 8.05	PM: 8.05	AM: 11.45	PM: 2.00
Gold (H)	PM: 11.00			PM: 12.00	
Pari Hoon Main (M)	PM: 5.45			PM: 12.00	
Laila Majnu (H)	AM: 9.20 PM: 2.40, 5.35, 11.05	AM: 9.20 PM: 2.30, 10.05	AM: 9.20 PM: 2.30, 10.05	PM: 2.15, 11.15	
Savita Damodar Paranjpe (M)	PM: 12.05	PM: 12.05	PM: 12.05		
Halkaa (H)	PM: 12.05, 8.30				
Bogda (M)	PM: 2.30				
Gali Guleiyan (H)	PM: 2.30, 7.25				


EDITORIAL

Issue : 113

11 September, 2018

Will the IPPB enterprise succeed?

Prime Minister Narendra Modi launched the India Post Payments Bank (IPPB). The government-owned payments bank will be able to accept deposits of up to ₹1 lakh from customers but without the rights to use these funds to advance risky loans at higher interest rates.

The primary rationale behind the public payments bank idea is to help in the government's goal of achieving financial inclusion by providing savings, remittance, and payments services to the rural and unorganised sectors of the economy. The postal system has a wide network of branches across India. There are 155,000 post offices in the country.

The IPPB promises to pay an interest rate of 4% to its savings account customers. The IPPB is also likely to face stiff competition from private companies, which are far more customer-friendly compared to the government-owned behemoths.

The core strength of IPPB lies in its humongous reach across the country. It will certainly have an edge over other private players in rural areas, where it has 1.39 lakh post offices. However, the real success will depend on the way the organisation actually delivers the services. Reskilling huge number of postmen to enable them to deliver financial services through smart phones, terminals will be a challenge.

Also, Jan-Dhan Yojana succeeded in creating 30 crore bank accounts, large section of which was from these rural areas; so do we expect these people to open a new account now?

Possibilities are boundless for IPPB. It should enter e-commerce business in future, utilizing its century old experience of delivering posts/articles and emerging technologies.

Private entities look at customer as king and ensure speedy & effective services are rendered to their customers. This is a point to be considered by IPPB along with revenue generation.

One of the advantage of the Postal Dept. managing the services of postal payment bank is that it is mostly corruption free. That is a welcome feature.

With the launch of the IPPB, the current central government has really taken a venturesome effort towards the financial inclusion of the rural and unorganised sectors' people. It's a nice initiative by the government. It will surely help the rural population and increase revenues for the postal department.

We have paytm, airtel, etc payment banks but there is very less participation from rural areas as there is less faith on private entities and lack of awareness about online transactions. India's post payment bank payment bank is government entity so rural people participation will be more and also it operates by post office so postmen can help uneducated people in rural areas and also it is offering 4% interest rate and having the option of online mode; so people from remote places can participate. It is the game changer in financial inclusiveness.

Demonstrations staged...

Cont. from pg. 4

condemned such arrests. They staged agitations all over the country and obtained their order for house-arrest thus saving them from actual arrest; held press conferences. Few political leaders even

met the naxalites kept under house-arrest. Why is there one law for Hindus and another law for supporters of naxalites? It was also demanded during the demonstrations that law should be passed for

taking stringent action against supporters of anti-national naxalites and extending all rights to our army and police for elimination of naxalism spread all over the country, including urban naxalism.

Kanak's pen...

Cont. from pg. 5

concerned for their cardiovascular health or because their doctor doesn't think they need to be tested. Heart disease kills more than 800,000 people a year. And of those 800,000 people, 160,000 people happen to be below the age of 65. So it's not just an elderly person's disease. Many of the preventative measures can seem fairly rudimentary, but they're still aggressively important. First up is knowing your family history, and not just for straightforward heart disease but also for strokes, diabetes and cholesterol levels. Ask your immediate and extended family for their medical history, too, as it could tip your doctors off to test you for various things they might've otherwise not tested you for.

Doctors also recommend other very basic but critical preventative care: Exercise at least 30 minutes every day and eat a healthy diet high in plant-based foods and low in red meat (a 2017 study found a connection between red meat and mortality linked to cardiovascular disease, cancer, respiratory disease, stroke, diabetes, infections, kidney disease and liver disease). As far as cholesterol and blood pressure go, start paying attention to it in your

twenties. Get your cholesterol tested every five years and ask your doctor questions about what your results mean and how you may need to change your diet and lifestyle if they're less than satisfactory. As far as blood pressure goes, be aware of it when you go to the doctor. High blood pressure is defined as 130/80 by the American College of Cardiology, which also says that the prevalence of high blood pressure is increasing so much that it's expected to triple in men under the age of 35 and double in women of the same age. Something else to stay away from? Any kind of smoking, including e-cigarettes, which have been linked to arterial stiffness, higher blood pressure and an increased heart rate. If preventing heart disease (and all cardiovascular diseases) means making smart choices now that will pay off the rest of your life. Lack of exercise, a poor diet and other unhealthy habits can take their toll over the years. Anyone at any age can benefit from simple steps to keep their heart healthy during each decade of life. Here's how:

Choose a healthy eating plan. The food you eat can decrease your risk of heart disease and stroke. Choose foods low in saturated fat, trans fat, and sodium. As part of a

healthy diet, eat plenty of fruits and vegetables, fibre-rich whole grains, fish (preferably oily fish—at least twice per week), nuts, legumes and seeds and try eating some meals without meat. Select lower fat dairy products and poultry (skinless). Limit sugar-sweetened beverages and red meat. If you choose to eat meat, select the leanest cuts available.

Be physically active. You can slowly work up to at least 2½ hours (150 minutes) of moderate-intensity aerobic physical activity (e.g., brisk walking) every week or 1 hour and 15 minutes (75 minutes) of vigorous intensity aerobic physical activity (e.g., jogging, running) or a combination of both every week. Learn the Heart Association's Guidelines for Physical Activity in Adults and in Children. Additionally, on 2 or more days a week you need muscle-strengthening activities that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms). Children should get at least 60 minutes of activity every day. It's never too early or too late to learn the warning signs of a heart attack and stroke. Not everyone experiences sudden numbness with a stroke or severe chest pain with a heart attack. And heart attack symptoms in women can be different than men.

Research Paper...

Cont. from pg. 5

er it is important to understand that there are often spiritual factors behind why their clients are facing problems such as Destiny, Negative energies, problems due to departed ancestors. When the problem of a client has a spiritual root cause, it is best to provide spiritual help or employ a spiritual solution to help. What this means for a social worker is that regardless of the situation he should always try to employ spiritual measures along with physical or psychological help.

On a personal front, a social worker needs to monitor his attitude and behaviour towards the client and the situation because spiritually inappropriate thoughts and actions can

nullify all the good work he is doing. For example, pride can lead to spiritual stagnation or regression, high emotional involvement leads to attachment, expectations leads to unhappiness and doership (that is see how much I have done) can lead to a give-and-take account.

Our research has shown that chanting the Name of God as per the religion of one's birth is a simple yet powerful spiritual practice that is free and helps in both the prevention and cure of problems which are due to spiritual causes. We recommend that this spiritual practice be done both by social workers and their clients. True help is spiritual help — as it enables people to become independent and not victims of their adverse destiny.

BOIOA – Gujarat Unit ‘GARV’ magazine

KUDOS to Bank of India (BOI) Officers' Association - Gujarat unit for releasing its first e-magazine "GARV" on Bank's Foundation Day in Ahmedabad. As a part of go green initiative the General Secretary Com. Shvetang Trivedi and his entire team deserves praise for their commendable efforts as "GARV" magazine will be now be circulated on a quarterly basis to all Officers. "GARV" stands for our 4 Zones viz. Gandhinagar, Ahmedabad, Rajkot & Vadodara. "GARV" magazine is launched to develop closer contacts with members through this medium of communication. BOIOA - GARV is now a text book to understand each other, to understand banking management and day today happenings in our bank. BOIOA "GARV" magazine will inspire all officers for a new beginning enlighten with hope, confidence and faith in each other in the road ahead. In short, this BOIOA - GARV is an EMPLOYER- EMPLOYEE educational news journal on happy peaceful and purposeful relationship between the two. FBOIOA- General Secretary Shri Sunil Kumar in his message says that the launching of "GARV" magazine on Bank's Foundation day by BOIOA- Gujarat Unit itself shows members commitment for the Bank. Through this medium, BOIOA - GS Com. Shvetang Trivedi urged upon all members to strive hard to make free our mother institution - Bank of India free from PCA. FBOIOA - President Dr. V. Chidambara Kumar, NBG-GM Shri Arun Kumar Jain, BOIOA - Gujarat Unit President Co. Harshad Parmar, BOIOA- Ex GS Com. Pravinsinh Jadeja and Zonal Managers of all 4 Zones of Gujarat have conveyed their messages for commendable efforts taken in launching its "GARV" magazine by BOIOA - Gujarat Unit.

- Vinod C. Dixit, Ahmedabad

Hike in fuel price deliberate

Nobody really understands the intention of the Sarkar, which has "deliberately" increased the petrol and diesel prices to keep the lazy Nation that we are fit and healthy. This rise in prices are actually a part of Fit India scheme, under which the government wants people to walk or paddle their way to work.

This one action in the rise in prices will have a multiplier effect as far as keeping the nation

Letters to the Editor...

fit is concern. The subsequent rise in prices of food items will result in people reducing their intake, which will directly impact and reduce obesity and people will feel fit. Rumours are that government plans to make the Nation a uniform one, Weight wise at least for the time being, if there isn't Uniform Civil Code at least to begin with uniformity in weights of countrymen should be okay !!!

- Syed Abdul Monim, Vashi

Memory of Passwords

Today, we all have a long list of websites and apps that require a seemingly endless array of login details and passwords to access them. Keeping track of all of them is a tedious affair. This is where password managers come into play. Password Memory is one such app that is able to encrypt and manage your passwords, providing you with a high level of security due to using several different algorithms to perform the encryptions.

Passwords are the most common authentication mechanism that are only increasing with time. Previous research suggests that users cannot remember multiple passwords. Therefore, users adopt insecure password practises, such as password reuse in response to their perceived memory limitations. The critical question not currently examined is whether users' memory capabilities for password recall are actually related to having a poor memory.

This issue is imperative: if insecure password practises result from having a poor memory, then future password research and practice should focus on increasing the memorability of passwords. If, on the other hand, the problem is not solely related to memory performance, but to users' inaccurate perception of their memory, then future research needs to examine why this is the case and how such false perception can be improved.

The theory goes - if you want to be truly certain that your passwords are not lost or stolen, make sure they are only stored in your head. From your personal email accounts to the computer system in your car, hackers can disrupt your life and steal valuable information from just about any device with an Internet connection. With more devices connected to the Internet than ever before, the only logical place to keep your passwords and information safe is in your brain, right?

There are many questions and answers inside this theory, but for now, let's focus on this one: Can you rely on your memory to store all of your passwords? In sum, your passwords depend on your fallible human memory, and with the increasing complexity and quantity of passwords, it's almost impossible for us to remember all of your passwords.

Remembering passwords is never easy, especially with so many different sites requiring some kind of registration. Password memory is a very powerful password manager that offers maximum protection and makes life a lot easier than having to remember passwords for each separate site.

For regular users remembering passwords will not be of much of a problem as they will be able to change without much discomfiture. But for rare users it may cause a concern when they open their PC. As a regular user of many email ids, I generally prefer to have 'Good' as the start of the password and change it as per time and the situation. That helped me to remember my ten plus pass words without much difficulty.

Many users must authenticate to multiple systems and applications, often using different passwords, on a daily basis. At the same time, the recommendations of security experts are driving increases in the required character length and complexity of passwords. The thinking is that longer passwords will result in greater "entropy," or randomness, making them more difficult to guess. The greater complexity requires inclusion of upper- and lower-case letters, numerals, and special characters. How users interact and cope with passwords of different length and complexity is a topic of significant interest to both the computer science and Cognitive science research communities.

Password Memory 2009 encrypts and manages your passwords and helps you to log in to websites much more easily and quickly than having to enter them every time you visit them. FireFox already offers this option although Password memory 2009 is surely a much safer way of storing particularly sensitive passwords. In fact, Password Memory 2009 uses several different algorithms to guarantee a very high level of security. You can very well choose an option of having a password manager or put forth your memory as the best friend in memorising the multiple passwords.

- C. K. Subramaniam, Sanpada

Bharat Band receives...

Cont. from pg. 1

has taken steps to remove the common man from the anti-inflationary agitation. As a result, the people of the state have also become angry. There was also a discussion among the general public against the inflation.

NCP, Congress, MNS, PWP office bearers gathered at Shivaji Chowk in Vashi and protested against rising inflation; they shouted slogans against Modi

government. Meanwhile, buses of the Navi Mumbai Municipal Transport Service



were running on the road. Auto rickshaws were also plying. While the petrol pump were shut down in the

city. MNS workers shut the shops at Airoli, Vashi, Kopardhairane, Sea-

wood, Nerul and CBD areas.

Although opposition parties have called for a shutdown

in the entire country under the leadership of the Congress party, in Navi Mumbai, the



NCP and MNS activists were on the road to make the closure successful. At this time, the MNS

workers showed their aggression by moving on the streets and traders shut their

shops on their own and showed their participation in the band.

432 units of..

Cont. from pg. 4

on the occasion. This camp was visited by local Corporator Mr. Parmeshwar Kadam and Ex Corporator Pravin Chheda. Both of them appreciated the selfless services of Sant Nirankari Mission towards the society and Mission's humanitarian teachings all over.

Rev. Bhupinder Singh Chugh, Zonal Incharge of Mumbai Zone of the Mandal visited at both the camps and blessed the devotees who donated their blood in the spirit of devotion.

Over 3000 students participate in Karmaveer Marathon 'Run For Quality Education'

By Chandrashekhar Hendve

NAVI MUMBAI: Over 3000 students across 45 schools and colleges from Navi Mumbai, Thane, Raigad and Ratnagiri districts came together on Sunday morning to participate in the Karmaveer Marathon.

The Karmaveer Marathon, 'Run for Quality Education' was jointly organized by Karmaveer Bhaurao Patil College and Modern School, Vashi, on the occasion of 131st birth anniversary of Padmabhushan Karmaveer Bhaurao Patil on 9th September 2018. The guests for the inaugural function were Sandeep Naik, MLA, Jayavant Sutar, Mayor of NMMC, Raju Shinde, Member Transport Committee, NMMC and Prakash More, Corporator, NMMC.

The aim of the marathon was to create the awareness about the need of quality education among young generation. The competition was taken into



three groups for three, five and six km running for boys and girls separately.

The prize distribution programme was held in Barr. P. G. Patil Auditorium. Sanjeev Naik Ex. M. P, was the chief guest and

Dasharath Bhagat, General body member, Rayat Shikshan Sanstha was the president of the function. Dr. V. S. Shivankar, the Principal of K.B.P College introduced and welcomed the guests. The principal of Modern School

Sumitra Bhosale and Deshmukh from Vashi Police Station were also present for the programme.

The top winners in each group were given cash prizes and certificates. Students excelled in Marathon as follows:

Group I Class- V to VII (Boys) 3 Kms - Sanjay Prasad Ayodhyaram - Gardian High



School and Jr. College, Dombivali.

Group I Class- V to VII (Girls) 3 Kms - Sharvani Anil Gurav - Radhikabai Meghe Vidyalaya, Airoli.

Group II Class- VIII to X (boys) 5 Kms - Akash Sunil Togle - Chh. Shahu Maharaj Vidyalaya, Rabale.

Group II Class- VIII to X (girls) 5 Kms - Sakshi Sanjay Jadyal - Ratnagiri Sawarda Highschool, Ratnagiri.

Group III Class- Jr & Sr College (boys) 6 Kms - Karan Harishchandra Mali - P.N.P College, Alibag.

Group III Class- Jr & Sr College (girls) 6 Kms - Madhuri Sunil Deshmukh - S.I.C.E.S Degree College, Ambernath.

The programme's chief guest former MP

Sanjeev Naik addressed the audience and he said that Run For Quality Human Being with the Quality Education is the need of the time. Addressing in the capacity of the president, Dashrath Bhagat appealed that, "Ignorance is a slave but person is not a slave. Slavery vanishes if the knowledge is gained and the knowledge can be gained only through the quality education which Karmaveer Bhaurao offered in his era. The co-ordinator of the programme was Prof. T.S. Mane.

The vote of thanks was proposed by Prof. D. G. Manolkar. This programme was completed by Sangita Malate.

Mobile App...

Cont. from pg. 1

card or check information and uploading it. Apart from the web application, the OTP for mobile app registration is received instantaneously.

available for economically weaker sections and low income groups. The complete information about the entire scheme is available on the website <https://lottery.cidcoindia.com> and toll free number for any complaint

(approximate) - 1,53,624

Number of applicants applying (approximate) - 1,29,533

The number of applicants who completed the application (approximate) - is 79,664.



Similarly, mobile application fee and deposit payment is more secure than public web applications like internet cafes.

Through this housing scheme of CIDCO, 14,838 apartments are

related to this issue. 1800 222 756 has been given. The current status of this scheme is as follows.

Number of Visitors to the Plan Website (approximate) - 2,30,573

Number of total registered applicants

This application has been made by CIDCO to make the process of registering secure, fast, and easier to facilitate. Interested applicants are invited through CIDCO to avail the maximum benefit of this housing scheme.

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