

IN BRIEF

Tibetan spiritual leader Dalai Lama lauds RSS' service to India

Nagpur, Oct 2 (UNI) : Tibetan spiritual leader Dalai Lama has praised the Rashtriya Swayamsevak Sangh (RSS) for a century of dedicated service to India's cultural heritage.

In a message on the occasion of the RSS completing 100 years, he lauded the organization's efforts in preserving ancient Indian traditions and promoting a value-based society.

The Dalai Lama said RSS members work with a strong sense of duty and dedication, strengthening individuals both physically and spiritually. He noted the organization's outreach to remote areas for educational and social development, as well as its active role in providing relief during natural disasters.

Reflecting on his personal interactions with the RSS over the past fifty years, he expressed appreciation for its work in fostering human values, religious harmony and safeguarding India's ancient knowledge. He also acknowledged the RSS's support for the Tibetan community in India. The message was shared during the RSS centenary celebrations held in Nagpur.

North Maharashtra University celebrates Gandhi Jayanti

Jalgaon, Oct 2 (UNI) : North Maharashtra University in Jalgaon observed Mahatma Gandhi Jayanti with a special devotional programme called 'Bhajan Prabhat', paying homage to Mahatma Gandhi and remembering former Prime Minister Lal Bahadur Shastri. The event featured poetess Bahinabai Chaudhary singing bhajans in tribute to the national leaders.

Organised under the university's Ideology Department and Mahatma Gandhi Study and Revision Centre, with the Music Department hosting the programme at Chhayavati, the gathering included renditions of various bhajans encompassing the spiritual teachings of Kabir and other saints.

The ceremonies involved the worship of statues of both Mahatma Gandhi and Lal Bahadur Shastri, while a specially arranged selfie point with Gandhi's portrait attracted students who took photographs with Vice Chancellor Prof. V. L. Maheshwari.

Violence can't bring meaningful change; only democratic processes can transform society: Bhagwat

Nagpur, Oct 2 (UNI) : RSS Chief Mohan Bhagwat while speaking at the Vijayadashami event in Nagpur today said that violence cannot bring meaningful change; only democratic processes can transform society.

At the centenary celebrations of the Rashtriya Swayamsevak Sangh here, Bhagwat addressed key national issues, emphasising democratic change, national security and environmental concerns. He underscored that societal grievances arise from administrative inefficiencies and government neglect. "Violence cannot bring meaningful change; only democratic processes can transform society," he said, referring indirectly to the arrest of environmental activist Sonam Wangchuk under the National Security Act. Highlighting India's



RSS Chief Mohan Bhagwat speaks during 'Rashtriya Swayamsevak Sangh Vijayadashami Utsav 2025', in Nagpur on Sunday.

relations with neighbouring countries, he called for peace and stability in the region, describing neighbouring nations as culturally connected to India. Reflecting on national challenges, he praised the

"Mahakumbh Mela" in Prayagraj (UP) for its scale and management, saying it fostered faith and unity among citizens. On security, Bhagwat cited the Pahalgam terror attack that killed 26 Indian tourists, stressing

the importance of vigilance and strengthened capabilities while maintaining friendly relations with neighbouring states.

Addressing domestic extremism, he said the root

causes of Naxalism, exploitation, injustice and lack of development must be tackled through justice, dialogue and inclusive growth.

He also spoke about economic disparities, environmental degradation and the erosion of human values, urging India to prioritise self-reliance and reduce dependence on other nations amid global uncertainties, including recent U.S. tariff policies.

He warned that environmental challenges in India and neighbouring countries, such as irregular rainfall and glacial retreats, could destabilise the region and be exploited by forces seeking unrest in India.

Concluding, he stressed that democratic means, national unity and vigilance remain essential for India to address both internal and external challenges effectively.

Ladakh administration orders magisterial probe into Leh violence

Srinagar, Oct 2 (UNI) : The Ladakh Administration has ordered a magisterial inquiry into the September 24 violence in Leh, which left four people dead and over hundred injured. The inquiry report will be submitted within four weeks. An official statement today said District Magistrate Leh has appointed Sub-Divisional Magistrate Nubra Mukul Beniwal as the inquiry officer to probe the circumstances that led to the law and order breakdown and the subsequent police action resulting in casualties.

The inquiry will examine in detail the sequence of events and the police response that claimed the lives of four individuals — Jigmet Dorje of Kharnak, Rinchen Dadul of Hanu, Stanzin Namgail of Igoo, and Tsewang Tharchin of Skurbuchan. One of the slain Tsewang Tharchin was a Kargil war veteran. The administration has appealed to the public to cooperate with the inquiry and submit any oral or written statements, along with supporting material such as photographs or videos, between October 4 and October 18 at the DC Office Conference Hall, Leh, or directly before the inquiry officer. The magisterial probe comes amid growing calls for accountability following last week's violence in Leh, which erupted on 15th day of a hunger strike led by climate activist Sonam Wangchuk, who has been booked under National Security Act and sent to Jodhpur jail in Rajasthan. After the violence officials blamed Wangchuk for inciting the protests. Ladakh's Leh Apex Body, spearheading the statehood and special status campaign, withdrew from the scheduled talks with the Centre and asked the union government to first order a judicial inquiry into the killing of civilians and release of all those detained last week.

Pune Cong pays tribute to Mahatma Gandhi, Lal Bahadur Shastri

Pune, Oct 2 (UNI) : The birth anniversaries of Mahatma Gandhi, the Father of the Nation, and former Prime Minister Lal Bahadur Shastri were observed at Congress Bhavan by the Pune City District Congress Committee here today.

City Congress president Arvind Shinde and former IAS officer, ex-president of the Marathi Sahitya Sammelan Laxmikant Deshmukh offered floral tributes to the portraits of Gandhi and Shastri.

Speaking on the occasion, Deshmukh said Gandhian thoughts were most relevant in present times when attempts were being made to create discord in society.

"To counter this, we must adopt the path of non-violence shown by Mahatma Gandhi. India should move forward on the foundation of Gandhiji's ideas and the values of the Congress. Lal Bahadur Shastri's slogan 'Jai Jawan Jai Kisan' also needs to be raised once again in the country," he said.

He alleged that the present ruling authorities are running the nation in an unconstitutional manner. "We will create public awareness about the Constitution and Gandhian principles," Deshmukh added.

Former minister Balasaheb Shivarkar, Maharashtra Pradesh Congress treasurer Adv. Abhay Chhajed, former mayor Kamal Vyavahare, former corporator Rafiq Shaikh and several others were present.

Dr Hedgewar and Dr Ambedkar are my inspiration: Ex-President

Nagpur, Oct 2 (UNI) : Former President of India Ram Nath Kovind on Thursday said two great personalities who hold a special place in his life are Dr Keshav Baliram Hedgewar and Dr Bhimrao Ramji Ambedkar, speaking at the RSS Vijayadashami event in Nagpur. Kovind said the city is closely associated with the memories of those who shaped modern India. "Two such great personalities who hold a special place in my life are Dr Keshav Baliram Hedgewar and Dr Bhimrao Ramji Ambedkar," he said. He noted that the principle of social justice enshrined in the Constitution framed by Dr B.R. Ambedkar enabled a person from a modest social and economic background like him to reach the highest constitutional post of the country. At the same time, he said, Dr Hedgewar's profound vision helped him understand India's social and national perspective in its entirety.



Former President Kovind writes message in RSS' visitors diary

Former President of India Ram Nath Kovind today penned a message in the RSS visitors' diary while attending the Vijayadashami event as the chief guest at the RSS headquarters in Nagpur. In his message, he wrote: "It is a matter of great pride for me to come to the sacred residence of the revered Dr. Hedgewar. The Sangh is completing its centenary year and to witness this historic occasion is indeed a privilege for me."

(See on page 3)

Veteran Gandhian Leader Dr. GG Parikh passes away ...



Veteran Gandhian, freedom fighter and socialist thinker Dr Gunvantrai Ganpatlal Parikh, popularly known as GG Parikh, passed away in Mumbai on Thursday at the age of 101. He breathed his last at his residence on Grant Road.

(See on page 2)

Crowds throng Shivaji Park for Uddhav's Rally, Shinde Sena ...



Thousands gathered at Shivaji Park in Dadar West near the sea face to attend the Uddhav Thackeray-led Shiv Sena's Dussehra rally at 5 pm today. Seating arrangements had been made, according to Sena leaders at the venue.

(See on page 3)

Double-engine govt fulfilling Bapu, Shastri's vision: CM Yogi



Uttar Pradesh Chief Minister Yogi Adityanath today paid tributes to Mahatma Gandhi and former Prime Minister Lal Bahadur Shastri on their birth anniversaries, stating that the double-engine government is working to realise their dreams.

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Police personnel perform rituals as part of the 'Shastra Pooja' on the 'Vijayadashami' festival, in Thane on Sunday.

Veteran Gandhian Leader Dr. GG Parikh passes away at 101 on Gandhi Jayanti

Mumbai, Oct 2 (UNI) : Veteran Gandhian, freedom fighter and socialist thinker Dr Gunvantrai Ganpatlal Parikh, popularly known as GG Parikh, passed away in Mumbai on Thursday at the age of 101. He breathed his last at his residence on Grant Road. His demise coincided with the 156th birth anniversary of Mahatma Gandhi, a leader he deeply revered throughout his life.

Born in 1923, Dr Parikh turned 100 on December 30, 2023. He was among the last of the freedom fighters of his generation. A medical practitioner by education, he took part in India's freedom struggle, the Goa Liberation movement, the Samyukta Maharashtra movement, and also stood firmly against the Emergency. He was imprisoned twice, once during the Quit India

Movement of 1942 while he was a student at St Xavier's College, and again during the Emergency in 1975.

Dr Parikh was a committed socialist and founder-chairman of the Yusuf Meherally Centre (YMC) at Tara in Raigad district, which he set up in 1961. The centre has since been engaged in a wide range of philanthropic activities, including rural healthcare, education, women's empowerment, tribal upliftment through village industries, agricultural training, skill development, employment generation and disaster relief. Even in his advanced age and bound to a wheelchair, Dr Parikh made it a point to visit the YMC every week, travelling nearly 90 km from Mumbai.

He had voted in every election since India's first general elections in 1951-52,

reflecting his lifelong commitment to democracy. In one of his public addresses shortly before turning 100 at the Mumbai Press Club, he remarked, "An undeclared emergency is far more dangerous than a declared one," underscoring his unwavering belief in constitutional values.

Tributes poured in from across the country following his passing. Congress state president Harshavardhan Sapkal described him as a tireless worker for independence, justice and equality. He noted that Dr Parikh's ideals and work would remain a source of inspiration. Tushar Gandhi, great-grandson of Mahatma Gandhi, and activist Feroze Mithiborwala, in a message from Sevagram Ashram in Wardha, called him the "Saint of the Socialists"

and said the country had lost a true Bharat Ratna on Gandhi Jayanti itself.

Journalist and peace activist Jatin Desai, who knew him closely, remembered him as a true socialist committed to Gandhian values. Rich tributes were also paid to him during the Constitution Satyagraha March from Nagpur to Wardha, recognising his lifelong contribution to nation-building. Dr Parikh's body will be donated to Sir JJ Hospital in Mumbai, in line with his wishes, adding one last act of service to a life devoted to society.

Kovind recalls Gandhi's praise for RSS discipline and social equality

Nagpur, Oct 2 (UNI) : Former President Ram Nath Kovind today lauded the Rashtriya Swayamsevak Sangh (RSS) for its century-long work in nation-building, recalling Mahatma Gandhi's remarks on the discipline and social equality observed in the organisation.

The former President who was the chief guest at the RSS's annual Vijayadashami celebration here, cited Gandhi's visit to an RSS rally in Delhi in 1947 where he noted the absence of caste-based discrimination and appreciated the Sangh's anti-untouchability stand since the time of its founder Dr. K.B. Hedgewar.

"Gandhi observed the brotherhood among RSS volunteers, their discipline and commitment to social equality. He had also acknowledged Dr. Hedgewar's work for eradicating untouchability," Kovind said.

Kovind concluded his speech by appealing for unity and harmony in society, saying collective effort was essential for national progress.

Union Minister Nitin Gadkari, Maharashtra Deputy Chief Minister Devendra Fadnavis and several dignitaries across India and abroad were present on the occasion.

India condemns terror attack on Manchester synagogue, urges for united action to combat terrorism

New Delhi, Oct 2 (UNI) : India today condemned the terror attack on a synagogue in Manchester in which two people were killed on Yom Kippur, the holiest day in the Jewish calendar.

India also said the fact that the attack took place on October 2, Mahatma Gandhi's birth anniversary which is observed as the International Day of Non-Violence is particularly saddening.

In a statement on X, the Ministry of External Affairs spokesperson Randhir Jaiswal said terrorism is a menace which the global community must combat and defeat through united and concerted action.

"We condemn the terror attack on the Heaton Park Synagogue in Manchester, during Yom Kippur services today. It is particularly saddening that this heinous act was committed on the International Day of Non-violence.

"This attack is yet another grim reminder of the challenge we face from the evil forces of terrorism, which the global community must combat and defeat through united and concerted action.

"Our thoughts and prayers are with the victims, their families, and the city of Manchester. We stand in solidarity with the people of the United Kingdom in this moment of grief," the post read.

Two people were killed and four were hospitalised after a man drove a car at people gathered outside the Heaton Park Hebrew Congregation Synagogue, and later also stabbed some people. The British Police have declared it as a terrorist incident.

The incident occurred on Yom Kippur, the holiest day in the Jewish calendar.

UK Prime Minister Keir Starmer condemned the attack and said the fact it has taken place on Yom Kippur, the holiest day in the Jewish calendar, "makes it all the more horrific".

Police said that two people have died and a third person - believed to be the suspect - is also presumed dead. Three more people are in a serious condition.

Elderly woman saved by free surgery in Mumbai

Mumbai, Oct 2 (UNI) : A 65-year-old woman has received a new lease of life after undergoing a complex surgical procedure at the Bharat Ratna Dr Babasaheb Ambedkar Municipal Corporation General Hospital in Kandivali, successfully addressing health complications that had persisted for 15 years.

The operation has provided significant relief to the patient who had been battling chronic health issues over this extended period.

According to hospital authorities, the woman had been experiencing persistent bleeding problems following menopause, which necessitated medical intervention.

After comprehensive diagnostic procedures including sonography and MRI examinations, physicians determined that surgical intervention was unavoidable.

The patient's pre-existing conditions of diabetes and high blood pressure further complicated the medical situation, making the procedure particularly challenging from a clinical perspective.

A team of specialist doctors nevertheless accomplished the operation successfully, maintaining effective control over bleeding throughout the surgical process.

Gandhi statue unveiled in Udgir

Latur, Oct 2 (UNI) : Former Minister Sanjay Bansode emphasised the enduring relevance of Mahatma Gandhi's principles during the inauguration ceremony of a statue dedicated to the Father of the Nation at Mahatma Gandhi Park in Udgir.

He described Gandhi's life as a living embodiment of truth, non-violence and simplicity, noting that his influence extended beyond India's independence to inspire global movements for peace, justice and social

awareness. Bansode stressed the importance of contemporary society, particularly the younger generation, understanding and implementing Gandhian ideals in daily life.

He highlighted how Gandhi employed non-violence and Satyagraha as powerful tools in the freedom struggle, ultimately liberating India from British rule while promoting social harmony and envisioning a self-reliant nation.

The event saw participation from distinguished guests

including former Mayor Rajeshwar Nettoor, Ramesh Ambarkhane, Chief Officer Somnath Jadhav, Usha Kamble and Sudhir Bhosale.

Bansode expressed confidence that the newly installed statue would serve as an enduring inspiration for citizens and youth alike.

A substantial gathering of esteemed citizens, political workers, municipal council employees and women attended the function, reflecting community engagement with Gandhian values.

Foundation stone laid for Ambedkar statue, Constitution pillar in Raigad

Raigad, Oct 2 (UNI) : The foundation stone for a life-size statue of Dr Babasaheb Ambedkar and a Constitution pillar was laid with great enthusiasm in Dhamote village of Karjat tehsil in Raigad district.

This initiative, spearheaded by village

Sarpanch Mahesh Virle and social worker Justana Virle, has infused new intellectual and cultural energy into the local community. The ceremony coincided with the observance of the 69th Dhamma Chakra Parvatan Day, adding significance to

the event. A substantial rally commenced from Sai Mandir, witnessing active participation from youth, women and senior citizens alike. The procession featured drum beats and resonant chants of "Jai Bhim" throughout, culminating at the Bhoomi Poojan site. Subsequently, a felicitation function was arranged by the Samita Samiti at Discovery Hotel, aligning with Vijayadashami celebrations. Sarpanch Mahesh Virle emphasised the necessity of transmitting Dr Ambedkar's ideologies to successive generations, noting that the Constitution pillar installation serves as an enduring symbol of his principles for society.

Marking the centenary of the RSS, which was set up by its first Sarsanghchalak (chief) Dr Keshav Baliram Hedgewar on September 27, 1925, Bhagwat performed 'Shastra Puja' (worship of weapons) at the Reshimbagh ground of

the RSS headquarters, where traditional arms and replicas of modern weapons were displayed.

Former President Ram Nath Kovind, who was the chief guest of the event, union minister of Road Transport and Highways Nitin Gadkari as well as Maharashtra Chief Minister Devendra Fadnavis were also present.

Recalling the Pahalgam terror attack, Bhagwat said: "Although we have a friendly nature towards everyone, we have to be cautious and need to become capable of ensuring the safety of our country.

Within the country as well, there are unconstitutional elements who try to destabilise the country. After the Pahalgam attack, the positions taken by various nations revealed the nature and extent of their friendship with India."

The RSS chief said the new tariff policy implemented by the United States was done keeping in mind their own interest, though everybody is affected by them.

"The world functions with inter-dependence. No country can survive in isolation. However, this dependence must not turn into compulsion. We need to rely on swadeshi and focus on self-reliance. We should strive to maintain diplomatic relations with all friendly nations, according to our own desire and without any compulsion," he said.

"Unrest in our neighbourhood is not a good sign. The regime change in Sri Lanka, Bangladesh and more recently, in Nepal due to a violent outburst of public anger is a cause for concern for us.

Forces wanting to create such disturbances in Bharat are active both inside and outside the country. Democratic movements bring change. Violent uprisings don't. They cause an upheaval, but the status quo remains," Bhagwat said.

"Anarchy allows foreign powers to play their games. The world is looking towards India for

solutions to global problems. The universe wants India to lead by example and show the world a way," he added.

Focusing on the government's firm action on the extremist Naxalite movement, he said the movement has been largely brought under control due to the firm actions of the government and the realisation among people about the hollowness of their ideology.

Bhagwat said the frequency of natural calamities has increased. "The Himalayas are our security wall and a source of water for the entire

South Asia. If the existing patterns of development promote the calamities that we are seeing, then we will have to reconsider our decisions.

The present situation in the Himalayas is a warning."

He appreciated the management of mega Maha Kumbh in Prayagraj early this year. "The Maha Kumbh Mela set a new world record, attracting unprecedented number of pilgrims from across India and surpassing all benchmarks for management excellence. It inspired a wave of faith and unity across the nation," Bhagwat said.



GOVERNMENT OF MAHARASHTRA
Maharashtra Medical Goods Procurement Authority, Mumbai
e-mail - maha.mmgsa2023@gmail.com
MMGPA, 1st Floor, Aranya Bhavan, St. Georges Hospital Compound,
MUMBAI - 400 001.

TENDER NOTICE

Date :- 01.10.2025

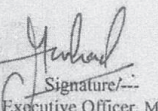
Chief Executive Officer, Maharashtra Medical Goods Procurement Authority, Mumbai invites tender in two Envelope system from the eligible bidders for the following items for purchase of medicines.

Sr. No.	Tender No.	Name of Item(s)	Prebid Meeting	Period of sale, download & submission of bid	Bid Opening
1	E-222	Reusable Capacity Coupling Current Quality Monitoring Electrode with Cautery machine	Dt.09.10.2025 At 2.00PM	Dt. 01-10-2025 at 4.00PM to Dt. 24-10-2025 Upto 02.00 PM.	Dt. 27-10-2025 at 02:00 PM.

1. For detailed information, the interested bidders may visit the website <https://mahatenders.gov.in>.

2. The Chief Executive Officer reserves the right to increase or decrease the quantity to be purchased and also reserves the right to cancel all the tenders without giving any reason to.

For e-tendering help/information, please contact.
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Chief Executive Officer, Maharashtra Medical Goods Procurement Authority, Mumbai

DGIPR/2025-26/2877

Beauty

We all know how spices like haldi and dhania can rev up a dish, but the culinary benefits apart, did you know spices can also work wonders for the skin and hair?

What your grandmother said has come true, with more people realizing the benefits of Indian spices in fighting acne, clearing clogged pores and enhancing the complexion.

Benefits galore

Several spices can add value to the skin. Says Dr Rashmi Shetty, Mumbai based cosmetologist and anti-ageing expert, "Some of our spices like cardamom, cinnamon, garlic etc are great immune boosters. They have some or the other property which increase metabolic rate and enhance the immune system. When we prepare Indian detox drinks and diets, spices are always used in them, so consuming them orally is also very good for the skin and body. And when it comes to using spices in beauty treatments I find two ingredients to be very useful, coriander and turmeric."

Cinnamon

People are not very aware of it, but cinnamon has some great benefits. It has very good anti-



bacterial properties, it improves blood circulation. It can be used for pimples. Just make a paste of it and apply it on the affected areas on the skin. When applied overall on the face, it will help in skin rejuvenation as it improves blood circulation.

Turmeric

"Turmeric has wonderful anti ageing, antibiotic and antiseptic properties. As a beauty product, it is often used in skin creams also. Every other product touts 'haldi' as an ingredient. It also has good skin lightening properties. It can be used as a facepack along with honey for wonderful results on skin," reveals Dr Shetty. Dermatologist, Dr Madhuri Agarwal, shares a few more:

Coriander seeds

These are very cooling and soothing. If you soak them overnight and use the water as eyes drops, it clears your eye, gives a wonderful cooling effect and makes the eyes look more bright, shiny and more white.

Black pepper

How Indian spices enhance your beauty Treatment

Black pepper is very good for exfoliation. If you make a powder of it and apply a paste on your acne marks and blemishes, it will help exfoliate the affected skin and give it a clearer appearance. It can also help in clearing pimples. A little curd can also be added to black pepper powder and applied for beauty benefits.

Ginger

Ginger can aid in skin rejuvenation and it improves the skin colour and texture. It can be applied as a paste on the skin and left for some time. It will improve skin tone. It is said to reduce blemishes.

Red masoor dal

Though it is not among the spices, this still a great beauty product. It can be used in face packs and has anti-tanning properties. Use it as a body scrub, especially for dry skin. To gain its benefits, make a dry paste of it and add chandan (sandalwood) and haldi (turmeric) and apply this on the skin. Grind masoor dal and store it in an airtight jar for further use in your face packs and pastes.

Be careful

Things to be kept in mind when using these spices:

1. Apply the paste or other mixture correctly. It should not go into the eye. To be safer, avoid the eye and eyebrow area completely.
2. Also, ensure it does not touch the hair as certain spices can bleach the hair.
3. Do a patch test by applying the mixture on the inside of the elbow first, to avoid any redness.

Secrets to make your Fragrance last long

Layer your smell and moisturize your skin to make your fragrance last all day, says an expert.



open which when you apply the fragrance will soak up the scent better and the fragrance will stay longer as it gets layered on top of a line extension toiletry wash.

* After you have a shower, moisturize your skin with a generous amount of fragrance-free lotion or a body lotion with the same fragrance you use. Moisturized skin blends well with the perfume ensuring long lasting fragrance. On dry skin, the fragrance will dissipate faster.

* Perfumes tend to react with fluctuating body temperature throughout the day and emit scent accordingly. To maximize the smell of your perfume, apply it on your pulse points as they tend to react with warmth of your blood and emit the fragrance accordingly. Wear the perfume on wrist, inside of your elbows, the nape of your neck and on your cleavage. Also, never rub the area where perfume is applied as it breaks down and diminishes the fragrance.

* Depending on the fragrance and the season, it is advisable to spray a little on your clothes too, particularly in winters on your sweaters or pullovers for a longer lasting smell. Thumb rule for spraying - always spray the perfume approximately 15 to 20 cms away from your body. Spraying an even amount of fragrance over a large area will have longer effect than concentrating it over smaller spot on skin.

Another way is to spray the fragrance in air and slowly walk into the mist. This will evenly distribute the fragrance across your body and will last longer too.

Ashokkumar, CEO and director of perfume house All Good Scents, shares how:

* Start with a warm shower. Use a shower gel, body wash or a scented soap all over your body and then spray the fragrance once your body becomes dry. When you take warm shower, it causes your pores to

Budget friendly beauty tips

We are all constantly looking for beauty tips which are easy on the pocket, after all what's better than looking good and not spending much while you are at it.

Here are a few budget-friendly beauty tips you can follow
Stay hydrated: Drinking the mandatory eight glasses a day can do wonders to your skin and body. Staying hydrated is a simple yet important step in ensuring a healthy, supple skin. You can consume other liquids as well.

Make up remover: Make sure you remove your make up before you sleep, and you don't need expensive products to do the same. Olive oil and baby oil can help as well.

Sleep well: Getting sufficient sleep will keep you healthy and active throughout the day. It is important for day-to-day functioning and can rejuvenate you to start the new day afresh. Not getting proper sleep can give you dark circles and puffy eyes and keep you irritable throughout the day.

Green vegetables and fruits: If you binge on fast foods and sugary delights often, its time to stop. Fruits and vegetables are rich in antioxidants and can do wonders for the skin and overall nourishment of your body.

Rainproof Your hair

With the heavy downpour and thick monsoon winds blowing our way, you can feel the moisture seeping into your luscious locks. Ever wondered, what excess moisture could do to your hair? For starters, the humid air during the monsoons can leave your hair feeling wet and sticky, notwithstanding the blow dry session you've just been through. If that's not bad enough, getting wet in the rains with inadequate hair care can leave you with an itchy, flaky scalp that is prone to dandruff, bacterial and fungal infections. "Exposure to extreme and contrasting climatic conditions--extreme heat in the summers to the damp monsoons--can take a toll on your hair, ultimately leaving it frizzy and unmanageable. The extreme variations in weather often strip off the outermost layer of your hair, making it brittle, rough and dry," informs celebrity hairstylist Adhuna Akhtar. Here are some expert tips to battles hair woes in the monsoons.

Fight that frizz

For those used to light, airy tresses, a rough and unpredictable monsoon can surely strike havoc. However, it takes only a slight change in your regular hair care routine to ensure beautiful, stylish hair all-year-round. Oiling your hair regularly is one such trick. If you thought hair oiling was a grandmother's myth to healthy hair, here's what hairstylist-to-the-stars Savio John Pereira says, "Go in for deep oil massages to condition your hair and scalp during monsoon. Use a hair mask after your shampoo to moisturise hair. Identify your hair type and then use the right shampoo and conditioner for good results. Hair tends to break easily when wet in the rains or even otherwise. So avoid brushing wet hair, instead use a wide toothed comb. Make sure you towel dry your hair thoroughly or semi-dry it with a dryer to remove all the excess moisture in the hair."



Getting wet and soaked in the showers is a pleasure that few can resist, but think again. Pereira reiterates, "Air pollutants dissolved in rainwater may spell doom for your tresses and make hair bonds weak, thus making your hair dull and frizzy." So avoid wetting your hair this monsoon. And yes, never ever tie wet hair. You knew that, right?



From the scorching heat to the refreshing, cool showers of monsoon, are your tresses ready for the climate change? Celebrity hairstylists tell you how to look after those locks and keep them feeling healthy and beautiful.

Don't let the monsoon dampen your spirit. While there are umpteen styles to try your hand at, read about the top two styles to sport during this season. Akhtar mentions, "We're lucky this

is the year of the bob. Many women are opting to chop their long locks for a short, flirty and fun haircut. Wear it classically straight or opt for a trendy, dishevelled wavy bob or 'wob' either way a bob never goes out of fashion and it is the perfect accessory for the wet and wild monsoons." Braids are another big hit that have made a come back even on the runways and red carpet. Pereira suggests, "Braided hairstyles are the best option to keep your hair up and away from the nape. From fish tails, French braids, twisted braids, multiple braids, waterfall braids, etc, try any for a fun twist. It can be worn the classic way, which is at the back or to the side depending on the occasion."

So go out there and get cracking on your monsoon coiffure now! RAINPROOF your hair Annabel Dsouza ? ? From the scorching heat to the refreshing, cool showers of monsoon, are your tresses ready for the climate change? Celebrity hairstylists tell you how to look after those locks and keep them feeling healthy and beautiful With the heavy downpour and thick monsoon winds blowing our way, you can feel the moisture seeping into your luscious locks. Ever wondered, what excess moisture could do to your hair? For starters, the humid air during the monsoons can leave your hair feeling wet and sticky, notwithstanding the blow dry session you've just been through. If that's not bad enough, getting wet in the rains with inadequate hair care can leave you with an itchy, flaky scalp that is prone to dandruff, bacterial and fungal infections. "Exposure to extreme and contrasting climatic conditions--extreme heat in the summers to the damp monsoons--can take a toll on your hair, ultimately leaving it frizzy and unmanageable. The extreme variations in weather often strip off the outermost layer of your hair, making it brittle, rough and dry," informs celebrity hairstylist Adhuna Akhtar. Here are some expert tips to battles hair woes in the monsoons.



GATHER THOSE
EVERGREEN MOMENTS.

Take in the green, serene vistas of God's Own Country.
Reconnect with absolute joy and peace. And rediscover
that magical sense of togetherness.



Come
Together
in Kerala

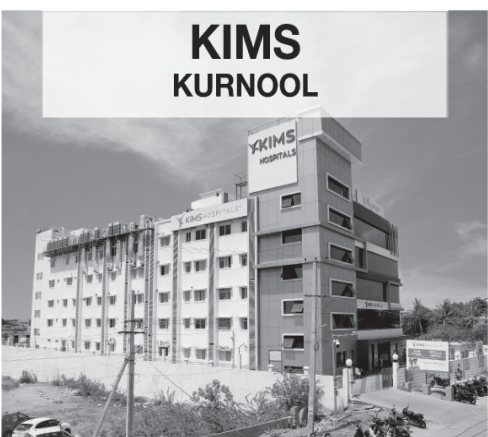
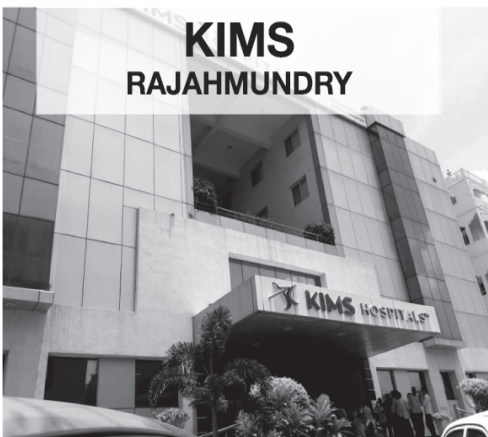
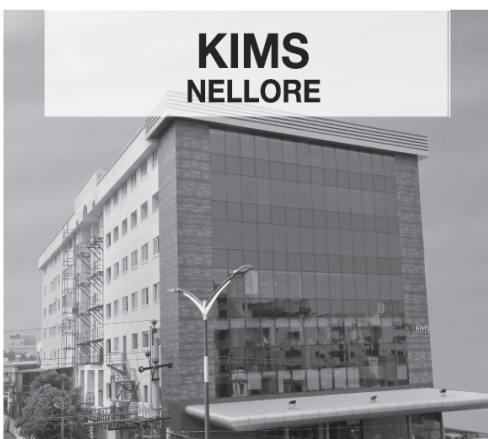
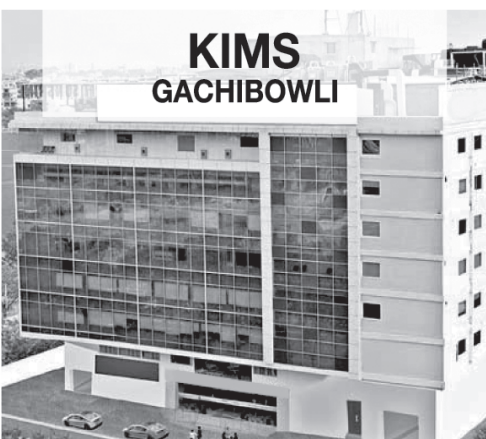
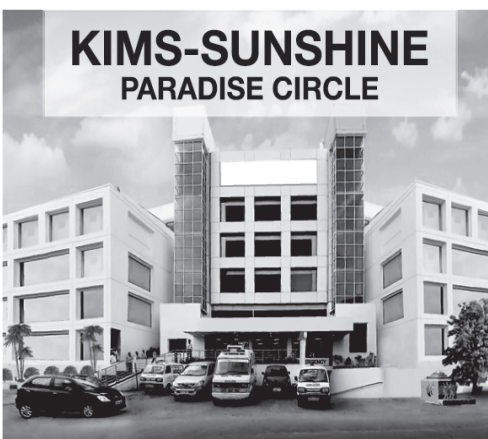
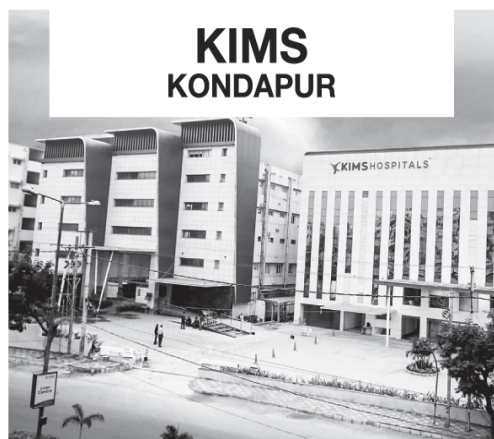


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Travel

Panchgani

Deriving its name from the surrounding five hills that envelop it, Panchgani offers a window to the past. Located just about 38 metres below Mahabaleshwar, at an altitude of 1334 metres, the approach to this beautiful hill station is replete with lovely views of the Krishna River to one side, and the plains on the other. A quintessentially residential area, it exudes a charm that harks to a time gone by. Whether in the old colonial architecture, the Parsi homes, and century-old boarding lodges. The best vantage point to take in the world below can be found at Table Land, a flat mountain peak overlooking the plains. To mix things up, head to the local bazaar where business moves along at an unhurried pace, setting a leisurely tone for your time spent here.

Keechakadara

As accounted in the Mahabharata, this is the place where Bheema killed Keechaka, the villain and threw him into the valley below. Taking its name from the incident, Keechakadara is also often referred to as Chikhaldara. Aside from its mythological roots, there's more to this beautiful hill station. Situated at an altitude of 1118 metres in the Vidarbha region, this is the only hill resort in the area, and has the added attraction of being the only coffee-growing area in Maharashtra. This is even a great place for wild life enthusiasts to do some spotting as panthers, bears, sambar, wild boar, and wild dogs thrive here and it is neighboured by the famous Melghat Tiger Project which has 82 tigers. Hurricane Point, Prospect Point, and Devi Point are all great vantage points to take in the views, and this is also a good starting point for excursions to Gavilgad and Narnala Fort.

Bhandardara

Also cradles within the Sahyadri Hills,



5 hill stations in Maharashtra to get away to

Through the length of its state, Maharashtra encompasses a landscape ranging from the steeply rising Western Ghats, all the way down to the seashore of the Arabian Sea. Cradled within is carpeted green mountain walls, are the most stunning hill stations, each with a charm that's all their own. Take a break from the frenzied pace of the city and get away to these oases of calm.

Bhandardara, with its soaring mountain ranges, plunging waterfalls and carpet of green, attracts tourists all through the year. For a short hour-long journey, this hill station offers city dwellers a drastically contrasting landscape and stunning surroundings. Bright green paddy fields and clear blue skies punctuated with a labyrinth of gurgling streams, provide all the essential ingredients for a weekend away from the madding crowds. There's enough to keep you busy through the days. Built in 1910, Wilson Dam stands 150-

metres-high and has a beautiful garden at the base. of Wilson Dam there is a garden endowed with thick greenery, streams and gigantic trees, the silently serene Arthur lake which mirrors the beauty of its surroundings in its blue waters, Mount Kalsubai, which is Maharashtra's highest peak at 1646 metres and draws in serious trekkers to its summit, the Agasti Risha Ashram which has been mentioned in the Ramayan and the ancient Ratangad Fort which offers panoramic views from its ramparts.

Matheran

Discovered back in 1850 by Hugh Malet, collector for the Thane district, Matheran sits atop the Sahyadris Mountain range and is another hot weekend getaway for city slickers. This gorgeous and quaint hill station is best accessed via the slow-moving toy train which chugs along over a leisurely two-hour-long journey from the valley below. Sprawled across a lush green,

undulating hilltop, Matheran sits at a height of about 800 metres with drastic, steep cliffs offering the most stunning views of the plains below. Make your way up to Hart Point at night, and take in the dreamy, twinkling lights of Mumbai far below, meander through the winding ways and feast your eyes on the British-Parsi architecture of the local homes, walk up to Charlotte Lake, and do a spot of shopping in the market where you'll find lots of leather goodies, hats and ofcourse the famous sweet-sticky chikki best eaten hot and fresh.

Mahabaleshwar

Translating to mean 'God of Great Power' in Sanskrit, Mahabaleshwar is a favourite hill destination with Maharashtrians. Once the summer capital of the Bombay Presidency during the British Raj, it offers visitors a perfect blend of modernity with old-world charm. Aside from being abound with natural beauty, there's lots you can do here to keep entertained. All parts of the hill station are accessible by car, so getting around is no problem, and if you're feeling adventurous, just climb onto a horse and get going. Make your way to Malcolm Peth, the bazaar at the heart of Mahabaleshwar, which has a good mix of hotels, shops and restaurants. Visit Mount Malcolm which was built in 1829 and once served as the Governor's residence, Moraji Castle which was home to Mahatma Gandhi back in 1945, and wind down at the Mahabaleshwar Club in the evening over drinks. During the day you can take the short drive up to Venna Lake and go boating or fishing, and proceed a little further down to Panchgani, and walk through the strawberry fields.

5 reasons why you should visit

Kerala during the Monsoon

During the rains, god's own country transforms into a veritable paradise with lush greenery gracing its backwaters and hills, cloudy sunsets, cool breeze and the cheerful fervour of an array of festivals. Intermittent showers heighten the romance of the season. It might not be the best time to hit the beaches, but here are five reasons why Kerala in the monsoon will leave you singin' in the rain.

Snake boat races

The months between July and September are water sports season, with the backwaters around Alappuzha playing host to a series of snake boat races. The most famous of the lot is the Nehru Trophy Boat Race, generally held on the second Saturday of August every year. The regatta takes place on the Punnamada Lake, and features ceremonial processions and magnificent floats. Its star attraction is the synchronised rowing of traditional 30-metre-long snake-boats or chudan valloms, which have a raised prow resembling a snake.

The Onam sadya feast

This ten-day harvest festival celebrates the homecoming of the mythical king Mahabali, but it's also a good excuse to feast on some of Kerala's most lip-smacking vegetarian fare. Traditionally served on palm leaves, the nine-course banquet is held on the last or tenth day. It's best savoured at a local home, but you don't manage to get an invite then most local restaurants also offer these meals. The preceding days are filled with costume parades, boat races and shopping discounts.

Great hotel deals

Sandwiched between Kerala's sweltering summers and its peak tourist season (November to March), the monsoon is a great time to snag deals at otherwise expensive hotels and resorts. If you've ever fantasised about an indulgent houseboat

trawl through the backwaters, then this is the time to get the best bargains. To avail the best discounts, make sure you plan your visit before the end of September, after which tariffs being climbing up again.

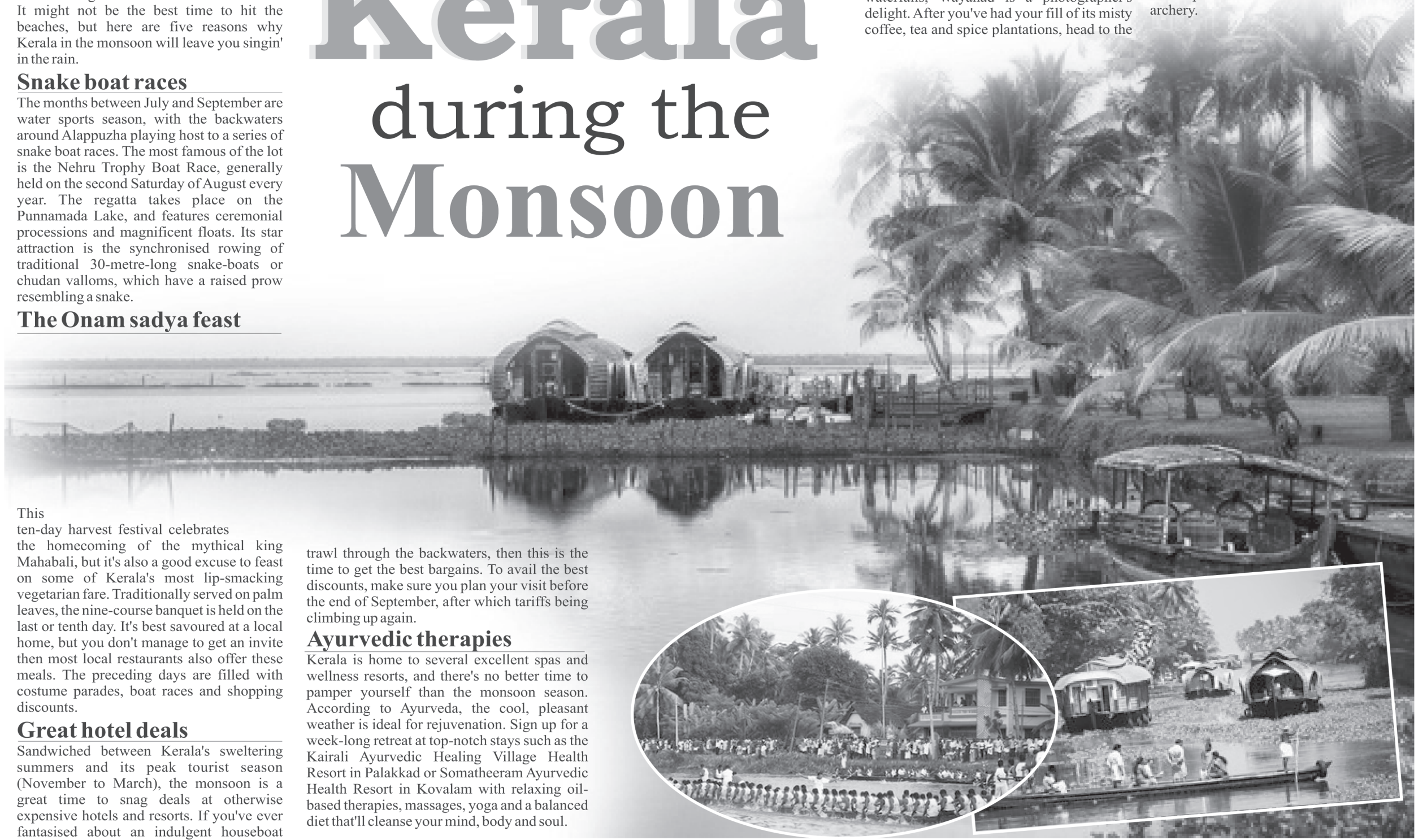
Ayurvedic therapies

Kerala is home to several excellent spas and wellness resorts, and there's no better time to pamper yourself than the monsoon season. According to Ayurveda, the cool, pleasant weather is ideal for rejuvenation. Sign up for a week-long retreat at top-notch stays such as the Kairali Ayurvedic Healing Village Health Resort in Palakkad or Somatheeram Ayurvedic Health Resort in Kovalam with relaxing oil-based therapies, massages, yoga and a balanced diet that'll cleanse your mind, body and soul.

Wayanad's natural splendour

With virescent hills carpeted with plantations, rainforests and tumbling waterfalls, Wayanad is a photographer's delight. After you've had your fill of its misty coffee, tea and spice plantations, head to the

Wayanad Wildlife Sanctuary that hosts numerous migrating birds in this period. Wayanad's tourism department also holds an annual monsoon carnival in July with village excursions, rain treks as well as local sports such as mud football and archery.



Central Railway celebrates Mahatma Gandhi Jayanti with Swachhotsav at CSMT

(Standard Post Bureau)
Mumbai, Oct 2 : Central Railway observed Mahatma Gandhi Jayanti on October 2, 2025, with a series of activities as part of Swachhata Pakhwada-2025 under the ongoing Special Campaign 5.0. The commemorative events witnessed enthusiastic participation from senior officials, staff, and the public, reflecting the values championed by Mahatma Gandhi - cleanliness and social harmony.

Shri Vijay Kumar, General



Manager, Central Railway, graced the occasion, beginning the day's programme with a solemn homage to Mahatma Gandhi & Lal Bahadur Shastri on their birth anniversaries at the Suburban Concourse. A vibrant rangoli at the Suburban Lobby symbolised the greatness of the Mahatma and his teachings, inspiring all to keep their surroundings clean.

On this occasion, the

General Manager inspected EMU rakes decorated with Mahatma Gandhi's murals and Swachhata slogans. He also visited the Motorman's cabin of the EMU rakes.

The General Manager further inspected the new dedicated Senior Citizen Compartment in one EMU rake. Sanpada Car Shed of Central Railway has converted a luggage compartment of a Bombardier EMU rake into such a special facility,

following the earlier initiative by Matunga Workshop, which pioneered the conversion of a Siemens EMU luggage compartment for senior citizens. This compartment are equipped with enhanced seating configuration for comfort and accessibility, stainless steel tubular partitions for improved ventilation and visibility, and vinyl wrapping inside the compartment for enhanced ambience and

view appeal. These upgrades mark a thoughtful step towards providing greater comfort for senior citizens. 7 seats have been provided for the elderly along with antiskid flooring and grab handles to ensure safer travel.

The General Manager also inspected an Electric Loco and a Diesel Loco painted with Mahatma Gandhi's portrait and message of "Swachhata Hi Seva" & 'Swachhotsav'. An inspiring Nukkad

Natak presented by artistes of Cultural Academy, Parel Workshop, on the theme "Swachhata Hi Seva Hai" was highly appreciated by the General Manager. A "Waste to Art" exhibition on cleanliness and social consciousness was also organised. Visitors and staff engaged enthusiastically at the specially designed Gandhi mural and selfie point.

Pamphlets of swachhata oath were also distributed to the commuters to increase the participation and inculcate cleanliness habits. Shri Parteek Goswami, Additional General Manager, Principal Heads of Departments and Senior Officers of Central Railway, along with Shri Hresh Mina, Divisional Railway Manager, Mumbai Division, and Branch Officers from Mumbai Division, were present during the occasion.

As part of Special Campaign 5.0 (October 2-31, 2025), Central Railway will undertake activities focusing on Swachhta and systematic disposal of e-waste. The campaign will also emphasize thorough cleanliness, improved space management, workplace beautification, environment-friendly initiatives, green practices, and digitization across the network. Special attention will be given to direct public engagement, incorporating citizen feedback at stations, and maximizing revenue through disposal of redundant materials and scrap, thereby institutionalizing Swachhta and modern management standards across the railway.

SCR Observes Swachhotsav with Pledge as part of Swachhata Hi Seva - 2025

Mr Sanjay Kumar Srivastava, General Manager administers the Swachhata pledge and participates in Shramadhan at Kacheguda Railway station.



(Standard Post Bureau)

Hyderabad, Oct 2 : The Swachhata Hi Seva campaign with the theme of 'Swachhotsav' that commenced on 17th September, 2025 culminated today marking the birth anniversary of the Father of the Nation Mahatma Gandhi. On the occasion, Shri Sanjay Kumar Srivastava, General Manager, SCR administered the Swachhata Pledge to officials and led the Shramadhan activity today at Kacheguda Railway station today i.e., 2nd October, 2025. Shri Satya Prakash, Additional General Manager, SCR; Shri Santosh Kumar Verma, Divisional Railway Manager, Hyderabad Division and other senior officials also participated.

Shri Sanjay Kumar Srivastava, General Manager along with officials and staff participated in Shramadhan activity at Kacheguda Railway station. He along with the officials cleaned the circulating area of Kacheguda Railway station. The General Manager felicitated Safai Mitras at the station and also distributed prizes to winners of essay writing &

drawing competitions held. A Nukkad Natak show on the theme of cleanliness was performed by Railway employees at the station to spread awareness among the public. A cultural program on the theme of Swachhata was also performed.

Speaking on the occasion, Shri Sanjay Kumar Srivastava stated that today we are celebrating the 11th anniversary of the launch of Swachh Bharat Mission. The General Manager stated that Swachhata is not just a one-day activity but should be followed every day throughout the year. He stated that it is the duty of every citizen to keep trains, stations and surroundings clean. The General Manager advised the officers and staff to actively take part in the Swachhata Campaign and also encourage their family members and neighbors to participate in the Swachh Bharat mission. He appreciated the efforts of Hyderabad Division in organizing the Swachh Bharat Diwas program at Kacheguda station.

SCR is also undertaking 'Swachhata Pakhwada' campaign which is being

observed from 2nd October to 15th October, 2025. During the Swachhata Pakhwada campaign, SCR will hold special drives and cleanliness drive initiatives as per the directives on ensuring clean stations, trains, tracks, colonies, office premises, public awareness programs etc. The activities will be taken up with the true spirits involving all the stake holders towards making a visible impact on cleanliness at various railway establishments such as stations, offices, workshops, maintenance depots, hospitals / health units, colonies and in trains. The Swachhata Hi Seva campaign aims to bring awareness on the importance of 'Swachh Rail Swachh Bharat' mission among the public, rail users and railway fraternity. Extensive awareness campaigns will also be carried out to educate people on observing good cleanliness habits. During the 'Special Campaign 5.0' several initiatives will be taken up from 2nd to 31st October, 2025 for institutionalizing Swachhata and disposal of pending references across Indian Railways.

Chairman & CEO, Railway Board Mr Satish Kumar participated in Amrit Samvaad, interacts with passengers at New Delhi Railway station

(Standard Post Bureau)

Mumbai, Oct 2 : In line with the vision of Amrit Kaal and guided by the principal of Panch Pran as enunciated by Hon'ble Prime Minister, the Ministry of Railways has launched a new citizen-centric initiative under Special Campaign 5.0. This initiative, inspired by Rail Chaupal held last year across Indian Railways, was now organized in the form of Amrit Samvaad.

Today, Chairman & CEO, Railway Board Shri Satish Kumar participated in Amrit Samvaad at New Delhi Railway Station. During the Amrit Samvaad, he interacted with passengers and took feedback of the passengers on the various aspects of improvements done at stations.

Shri Satish Kumar also awarded 8 Safai Mitras for their commendable performance during Swachhta Hi Sewa Campaign and 3 student



winners of painting competition organised on the theme of Cleanliness. Amrit Samvaad provides a direct platform for dialogue between railway authorities and citizens, ensuring passenger feedback, concerns and suggestions are heard. Amrit Samvaad shall be organized at Amrit stations and other prominent stations across Indian Railways from 2nd October to 31st October. The initiative will

highlight improvements made at stations under the Amrit Bharat Station Scheme, including:

- Upgraded waiting halls and toilets.
- Improved lifts, escalators, and passenger information systems.
- Free Wi-Fi and One Station One Product kiosks.
- Landscaping and aesthetic enhancements.
- Facilities for Divyangjans and other accessibility measures.

Amrit Samvaad will also gather suggestions for further improvements, such as:

- Better circulation and integration with city transport systems.
- Additional passenger amenities.
- Energy-efficient and sustainable solutions.
- Improved platform covers and personalized facilities for travellers.

The initiative focuses on strengthening citizens'

participation, support station modernization, and align with India's broader vision during Amrit Kaal for a developed, modern, and passenger-friendly railway network.

During "Swachhta Hi Sewa Campaign 2025", Indian Railways organised various activities to promote cleanliness. A brief overview is as under:

Report on Swachhat Hi Sewa - 2025 (17.09.25 to 02.10.25) - Swachhata Activities by Indian Railways

Double-engine govt fulfilling Bapu, Shastri's vision: CM Yogi

Gorakhpur, Oct 2 (UNI) : Uttar Pradesh Chief Minister Yogi Adityanath today paid tributes to Mahatma Gandhi and former Prime Minister Lal Bahadur Shastri on their birth anniversaries, stating that the double-engine government is working to realise their dreams.

After offering floral tributes at the Gorakhnath

Temple, the Chief Minister said that under Prime Minister Narendra Modi's leadership, the Swadeshi movement, central to Gandhi's philosophy, has become a model for the world. CM Yogi highlighted that UP's Swadeshi efforts, inspired by Bapu's vision, are seeing remarkable success. The One District, One Product (ODOP)

scheme is achieving global recognition, and the state is moving towards self-reliance "from chips to ships." He noted that world-class defence equipment, including the BrahMos missile and AK rifles, are now being manufactured in the state's Defence Manufacturing Corridor, marking a significant step in

Swadeshi. To further boost this movement, the CM announced that Swadeshi fairs would be organised in every district before Diwali. He also urged people to use the new 25 percent discount on Khadi products, effective today, to generate employment and strengthen the economy. Recalling Gandhi's emphasis on

cleanliness, the Chief Minister said PM Modi has elevated this value through the Swachh Bharat Mission, which has built over 12 crore toilets across the country. Paying tribute to Lal Bahadur Shastri, the CM described him as a true Gandhian and a staunch advocate of self-reliance who gave the slogan 'Jai Jawan, Jai Kisan'.

Raj CM targets Congress for spreading corruption in co-op bodies

Jaipur, Oct 2 (UNI) : Rajasthan Chief Minister Bhajan Lal Sharma today hit out at the Congress for rampant corruption allegedly committed by party leaders in the cooperative bodies in their previous regimes.

Inaugurating the membership drive for the cooperative bodies in the state here on the Dussehra today, Sharma vowed to eliminate "symbolic Rawans" from the co-operative movement.

The CM said, "On this day, Lord Ram killed sinner Rawan. Today there are many Rawans in the cooperative bodies. That is why I appeal to you to help eliminate evil forces. I assure you all wrong doers will be sent behind bars."

Sharma said the cooperative movement is the effective means of prosperity of

farmers. "Laudable work has been done through cooperative movement in Gujarat and Maharashtra, but in Rajasthan it could not work for raising the income of our farming communities. The reason is the Congress' protracted control over these cooperative bodies", he said.

"Under their regimes, Congress leaders caused rampant corruption in cooperative bodies. They did not take any interest in opening up much of the movement to the people and did not make new members in the cooperative bodies. They remained seeped in corruption," said the CM. He said his government is opening the membership drive for co-operative societies with the goal of forming at least one cooperative samiti/ society in every gram panchayat and cleanse the movement of corruption.