

# राष्ट्रदूत

Rashtradoot

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epaper.rashtradoot.com



हर रिश्ते का रखे ख्याल...

छर में स्क्राफ़-स्फ़राई और मन में विश्वास  
आपके आँगन हो लक्ष्मी का वास



### ओसवाल फूल झाड़ की विशेषताएँ

- मजबूत हैंडल
- पकड़ने में आसान
- ज्यादा चले
- मिट्टी कम उड़े
- बेहतर क्वालिटी के घास से बनी
- हर तरह की सतह पर इस्तेमाल योग्य

तीन हैप्पी टच ब्रूम की खरीद  
पर एक हैप्पी टच ब्रूम  
**फ्री\***

तीन डायमंड ब्रूम की खरीद  
पर एक डायमंड ब्रूम  
**फ्री\***

तीन गोल्ड ब्रूम की खरीद  
पर एक गोल्ड ब्रूम  
**फ्री\***

अन्य झाड़ उत्पाद

ओसवाल सींक झाड़ (मोती) | ओसवाल सींक झाड़ (पन्ना) | ओसवाल स्मार्ट प्लास्टिक झाड़ (प्लेटिनम) | हैप्पी टच झाड़ (गोल्ड) | हैप्पी टच झाड़ (डबल डायमंड) | हैप्पी टच झाड़ (क्वीन)



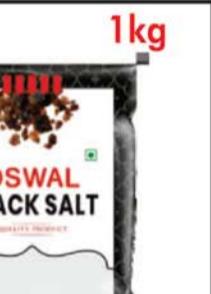
हर रिश्ते का रखे ख्याल...



# ओस्वाल सोप ग्रुप

## 6 करोड़ परिवारों का विश्वास

क्यालिटी प्रोडक्ट्स की विशाल श्रृंखला  
जब अपने घर का हो सवाल, तो सिर्फ ओसवाल

 मूंगफली तेल	 कच्ची घानी तेल	 रिफाइंड सोयाबीन तेल	 रिफाइंड सोयाबीन तेल पाउच	 बासमती चावल	 ओसवाल चावल	 पोहा
 चाय पत्ती	 डस्ट चाय	 देसी खांड	 धागा मिश्री	 हल्दी पाउडर	 मिर्च पाउडर	 धनिया पाउडर
 जीरा	 सोया चंक्स	 मैज स्टार्च पाउडर	 सैंधा नमक	 काला नमक	 मूंग दाल	 हरी मूंग दाल
 सांभर मसाला	 चना मसाला	 रायता मसाला	 अल्कलाइन वॉटर	 ओसवाल सोप	 हाइट सोप	 मल्टीकलर सोप
 वॉशिंग पाउडर	 डिटर्जेंट पाउडर डिटर्जेंट केक	 डिटर्जेंट लिक्विड	 डिशवॉश लिक्विड	 डिशवॉश टब डिशवॉश केक	 बाथ सोप	 ग्लिसरिन बाथ सोप
 लिक्विड हैंड वॉश	 शॉवर जैल	 ग्लास क्लीनर टॉयलेट क्लीनर	 नीरवी पशु आहार	 पशु आहार 8000g	 हैप्पी टच फ्लोर वाइपर	 फूल झाड़ू
 फ्लोर क्लीनर	 अगरबत्ती	 धूपबत्ती				

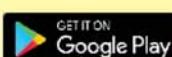


### अधिक जानकारी के लिए

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विपणन :

अब घर बैठे मँगवाये ओसवाल उत्पाद



नकली माल से सावधान









## Savouring the Versatility of Mushrooms

ational Mushroom Day, observed annually on October 15, shines a spotlight on one of nature's most versatile and nutritious foods. From earthy shiitakes to delicate button mushrooms, these fungi are celebrated for their rich flavors, culinary adaptability, and health benefits, including immune support and antioxidants. On this day, chefs, home cooks, and food enthusiasts explore creative ways to incorporate mushrooms into meals, from hearty soups and savory sautés to gourmet dishes. Beyond the kitchen, National Mushroom Day also highlights sustainable farming and foraging practices, encouraging appreciation for this humble ingredient that adds both taste and nutrition to our plates.

#RELEASE  
**'It's like they're family'**

"We've been waiting two years for this moment, and now they're finally back."



Visitors at Hostage Square in Tel Aviv.

**T**ears and pride filled Hostage Square in Tel Aviv as all 20 living Gaza hostages were released after over two years of captivity, with praise for President Trump and boos for Netanyahu.

Press from the world over was present for this occasion, and the Israeli people present at the spot were held out the mike to register their reactions, some of which were shocking. One lady present did not have the usual expected reaction for the moment. While she does not know any of the hostages personally, she said it feels like she does. "We feel like we all know

**E**xited but scared" was how another woman described how she was feeling. She noted that the fate of some of the hostages is still uncertain, and also stressed that the suffering of the families right now is "unimaginable".

She thanked Donald Trump for his efforts to secure the deal.

In fact, praise for Trump was one of the standouts of the first release. When the President's name was mentioned on the livestream, the crowd erupted into mass cheers and whoops. Similarly, when Air Force One landed, the crowd cheered.

No love was lost for Israel's Prime Minister in Hostage Square; his name was met with boos and jeers, bar a group of about three women yelling 'Bibi'.

"Do they not know it's the wrong forum for that," whispered a man in front of me, echoing the general anti-Netanyahu sentiment at the square. "Terrorists from Hamas's Izzadin al-Qassam

**Hamas hostage ceremonies in previous release**

During earlier exchanges this year, some handovers in Gaza were conducted in highly visible settings that

**Key conditions**

The handover follows the IDF's full repositioning over the weekend, a key condition for activating the first tranche of the agreement. The government had simultaneously provided a parallel list of Palestinian prisoners for release, with final approvals confirmed just ahead of implementation. Disputed over specific names and timing were resolved in recent



Hamas appears to set up chair for a hostage handover ceremony, October 13, 2025.

# 'So why does the Left hate Netanyahu so much?'

When one dares compare the transformation that he (Netanyahu) has undergone with that of Turkish President Recep Tayip Erdogan, he is insulted, failing to see the similarities. Speaking of myself, I can say that since 1988, when Netanyahu first entered politics as a young, dashing and impressive novice, who seemed to bring a breath of fresh air into our rather staid political arena, I have progressively turned from an impressed observer into an increasingly worried one, with growing negative personal feelings. The first event that left me feeling disgusted and personally offended was in 1997, when Netanyahu was recorded whispering to the old Rabbi Yitzhak Kaduri: "The left-wingers have forgotten what it means to be Jews." My immediate reaction was: "I have not forgotten what it means to be a Jew - you, sir, have forgotten what it means to be a mensch."

**Bulbul Joshi**

ay before yesterday saw what the world had been waiting to witness with bated breath. It should happen, the rest of us thought, even if a major operator in this effort is our hated 'Trump'. This one we are ready to appreciate!

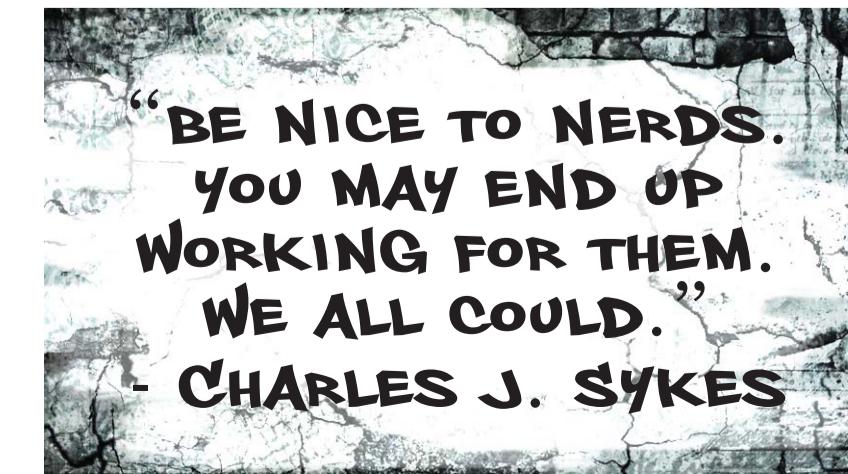
But lo and behold! Israel has an opposition! And just like any opposition that any government has! Operative, sometimes any which way. While the Israeli parliament was congratulating each other on a tough win, almost tearfully, and all could appreciate it, they were not fighting just the Hamas, they were fighting a huge part of the world to stay in command of their land, at least till the large portion of the world's wise ones decided otherwise. This is the correct truth. That sanctified moment saw what the world is made up of, and some of it is opposition. So, we need to know what they had against this win, rather Netanyahu.

**Though I do not deny Netanyahu's many economic and political achievements, I shall be happy to see the Netanyahu era comes to an end.'**

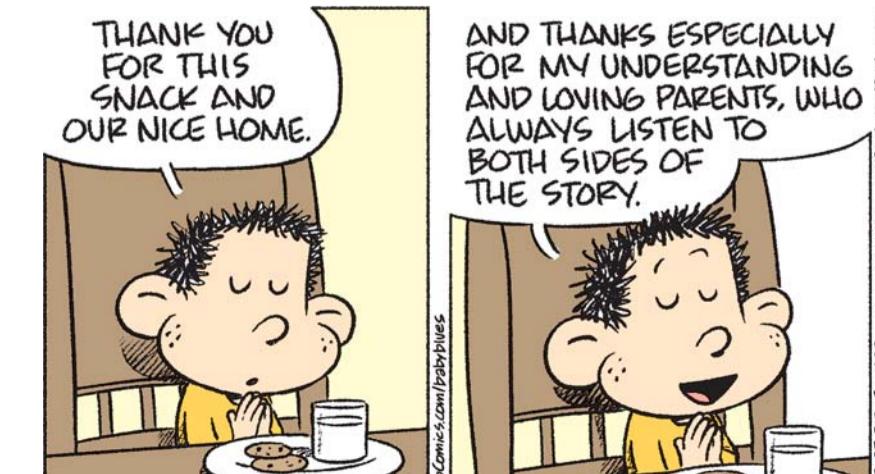
The above headline is the title of an article that appeared in the most recent issue of Ha-Umma, an intellectual eight-page monthly published by Yossi Ahimeir, written by one of the coeditors of Maariv, Doron M. Cohen, in Israel. Cohen argues that in Israel, there are both right-wing



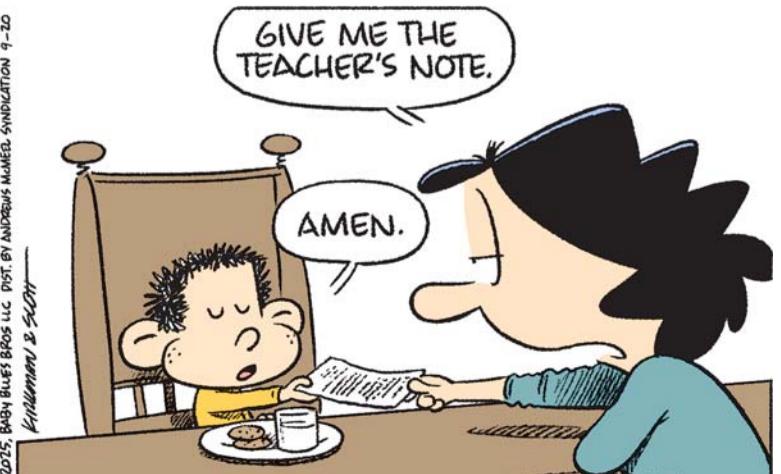
**THE WALL**



**BABY BLUES**



By Rick Kirkman & Jerry Scott



**ZITS**



**F1**

**A**t some point, he started to assume a Louis XIV stance, "Etat, c'est moi." Now, he has gone on to depicting his rivals as mentally unstable crooks, even though it is he who has been indicted on serious charges, and mental instability is no stranger to his closest environment. Especially in the last few years, since his criminal investigations turned into charge sheets, and then indictments, his former support for the rule of law, effective gatekeepers and well-functioning democratic institutions seem to be evaporating into thin air.

himself. It has to do with his inclination to manipulate facts, both past and present, well before the term 'fake news' was invented by US President Donald Trump in 2016, and with increasing frequency he simply lies. It has to do with his total lack of respect for and libelous comments about his rivals, who he is inclined to view as personal enemies, as well as enemies of the state. At some point, he started to assume a Louis XIV stance, "Etat, c'est moi." Now, he has gone on to depicting his rivals as mentally unstable crooks, even though it is he who has been indicted on serious charges, and mental instability is no stranger to his closest environment. Especially in the last few years, since his criminal investigations turned into charge sheets, and then indictments, his former support for the rule of law, effective gatekeepers and well-functioning democratic institutions seem to be evaporating into thin air.

And incidentally, though in his earlier days as a leader, one may have counted Netanyahu as a neoliberal realpolitik pragmatist, in the last three to five years, he is much more of an opportunist, whose first and foremost concern is how to avoid standing trial and facing justice over three serious charges of bribery, fraud and breach of trust. His prime purpose has been to preserve his right-wing religious bloc, which he believes will save his neck. If he were to believe that a left-center bloc would serve his interests, he would have acted completely differently.

The hatred/ detestation of Netanyahu originates elsewhere. It has to do with his personality and modus operandi: his stinginess and sponging on wealthy acquaintances and the state. It has to do with troubled relations with employees, both by his wife and

Recep Tayyip Erdogan, he is insulted, failing to see the similarities. Speaking of myself, I can say that since 1988, when Netanyahu first entered politics as a young, dashing and impressive novice, who seemed to bring a breath of fresh air into our rather staid political arena, I have progressively turned from an impressed observer into an increasingly worried one, with growing negative personal feelings. The first event that left me feeling disgusted and personally offended was in 1997, when Netanyahu was recorded whispering to the old Rabbi Yitzhak Kaduri: "The left-wingers have forgotten what it means to be Jews." My immediate reaction was: "I have not forgotten what it means to be a Jew - you, sir, have forgotten what it means to be a mensch."

Since then, Netanyahu hasn't lost an opportunity to speak disparagingly of the Left. Hating them with a hissing, or 'small', equating it with weakness and treasonous conduct, and accusing it of loving Palestinians while hating religious Jews. As a proud left-winger, I take all this very personally, and my criticism of this man, the democratically elected prime minister of my state, has progressively turned into disgust and detestation.

No, I do not hate Netanyahu, I hate Yigal Amir, who assassinated Rabin, the antithesis of Netanyahu in most respects. I had the honor of meeting Rabin on several occasions, and had a lot of faith in and respect for the man. I detest Netanyahu for his personal traits, his audacity, and his pretension to speak in my name, as a Sabra and as a liberal Jew, when I reject much of what he says, does and stands for. Though, I do not deny Netanyahu's many economic and political achievements, I shall be happy to see the Netanyahu era comes to an end.

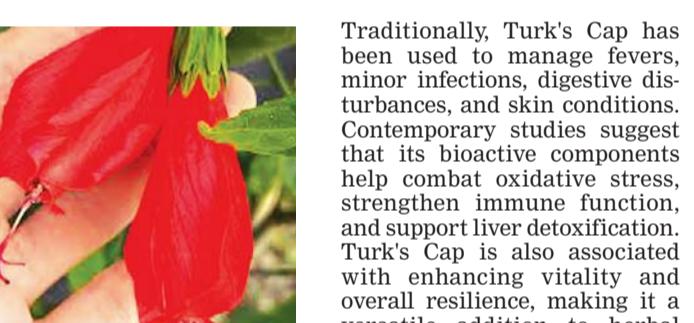
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**H**ibiscus, a genus of flowering plants known for its vivid blooms, has long been celebrated not only for its ornamental value but also for its extensive medicinal properties. Among the most studied and widely used varieties are Roselle (Hibiscus sabdariffa), Red Hibiscus, Turk's Cap, and Cranberry Hibiscus. Each of these varieties possesses unique bioactive compounds and health-promoting qualities, making them valuable in traditional medicine and modern wellness practices.

Roselle, or Hibiscus sabdariffa, is particularly known for its deep red calyxes, which are commonly used to prepare teas, jams, and herbal extracts. This variety is abundant in anthocyanins, polyphenols, flavonoids, and vitamin C, all of which contribute to its potent antioxidant and anti-inflammatory activity. Traditionally, Roselle was widely used across Africa, the Caribbean, and Asia to manage blood pressure, support kidney function, and aid digestion. Modern research supports these uses, showing that regular consumption of Roselle tea can help lower both systolic and diastolic blood pressure, reduce cholesterol levels, and promote heart health. Its high vitamin C content boosts immunity, while its mild diuretic properties assist in detoxification and maintaining kidney health. In addition, Roselle is linked to improved metabolism and weight management, making it a holistic aid for overall wellness.

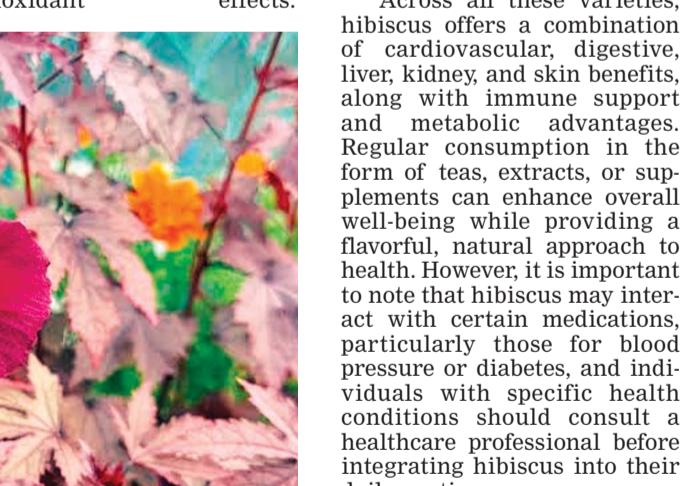
Red Hibiscus, known scientifically as Hibiscus rosa-sinensis, has been revered in traditional systems such as Ayurveda and Chinese medicine for its therapeutic, skin, and internal health. The plant contains significant amounts of flavonoids, anthocyanins, and saponins, which provide strong antioxidant and anti-inflammatory benefits. Traditionally, it has been used to support digestive health, alleviate bloating, and improve gut function. Scientific studies further indicate that it may help regulate blood pressure, support heart health, and combat diabetes. Emerging research also suggests potential anti-cancer properties, owing to its ability to reduce oxidative damage to cells.

Cross all these varieties, hibiscus offers a combination of cardiovascular, digestive, liver, kidney and skin benefits, along with immune support and metabolic advantages. Regular consumption in the form of teas, extracts, or supplements can enhance overall well-being while providing a flavorful, natural approach to health. However, it is important to note that hibiscus may interact with certain medications, particularly those for blood pressure or diabetes, and individuals with specific health conditions should consult a healthcare professional before integrating hibiscus into their daily routine.



Externally, red hibiscus extracts and oils have been used for centuries to promote hair growth, prevent premature graying, and condition the scalp naturally. Its applications in skincare are equally notable, with traditional preparations used to moisturize, heal minor wounds, and reduce signs of aging. Internally, red hibiscus supports digestion, improves liver function, and may help regulate blood sugar levels, offering both preventive and restorative health benefits.

Turk's Cap hibiscus, though less widely known, is increasingly gaining its medicinal potential. Rich in phenolic compounds, tannins, flavonoids, and organic acids, which provide strong antioxidant and anti-inflammatory benefits. Traditionally, it has been used to support digestive health, alleviate bloating, and improve gut function. Scientific studies further indicate that it may help regulate blood pressure, support heart health, and combat diabetes. Emerging research also suggests potential anti-cancer properties, owing to its ability to reduce oxidative damage to cells.



By Jerry Scott & Jim Borgman









