



Sobremesa

जयपुर • कोटा • बीकानेर • उदयपुर • अजमेर • जालोर • हिण्डौनसिटी • चूरू

राष्ट्रदूत

Rashtradoot

Metro

They talked about the choices they made, the paths they took, and the 'what ifs' that lingered in the back of their minds

First woman poet
of 16th century!These Are
Yours On The
Indian TrainEssential Services
Offered by
Indian Railways

राहुल गांधी की अनुपस्थिति में कांग्रेस की केन्द्रीय चुनाव समिति की बैठक होगी

**यह बैठक बिहार के प्रथम चरण के चुनाव के उम्मीदवारों
के चयन के लिए आयोजित की गई है।**

रेपु मित्रता-

-राष्ट्रदूत दिल्ली ब्लूरो-

नई दिल्ली, 7 अक्टूबर बिहार विधानसभा चुनाव के पहले चरण के उम्मीदवारों की अंतिम रूप देने के लिए कांग्रेस की केन्द्रीय चुनाव समिति (सेन्ट्रल इलेक्शन कमेटी-सीईसी) की मीटिंग कल आयोजित की जाएगी। इस बैठक में राहुल गांधी और मलिकार्जुन खड्गे, दोनों मौजूद नहीं होंगे।

राहुल गांधी इन दिनों दक्षिण अमेरिका के 20 दिन के दौरे पर है और वे 9 अक्टूबर को ही दिल्ली लौटने वाले हैं। जो नेता बैठक में शामिल नहीं हो पाएंगे, उन्हें एक बैठक जूम पर आयोजित की जाएगी।

लेकिन असली समझा यह है कि महागठबंधन अब तक यह तय नहीं कर पाया है कि कौन सी पार्टी किंतु सीटों पर चुनाव लड़ेगी। यह मुझे अभी पूरी तरह खुला हुआ है।

कांग्रेस के लिए सीटों की संख्या

- राहुल व खड्गे जूम के मार्फत बैठक में शामिल होंगे। जैसा कि विदित है, राहुल बीस दिन की सात अमेरिका की यात्रा पर गये हैं और नौ अक्टूबर को ही लौटेंगे। पर, थोड़ी अटपटी बात यह है कि महागठबंधन अभी तक यह भी निश्चित नहीं कर पाया है कि उसकी घटक पार्टियों में कौन किंतु सीटों पर चुनाव लड़ेगा।
- अपुष्ट समाचारों के अनुसार कांग्रेस 50-55 सीटों पर ही उम्मीदवार खड़ा करेगी। यह संख्या गत चुनावों की संख्या से कम है। विचारपीय बात यह है कि बिहार के चुनावों में किंतु भी कीमत पर जीत हासिल करना भाजपा के लिए अतिवास्थक है। इस अवसर पर राहुल गांधी ने सात अमेरिका की यात्रा का प्रोग्राम क्यों बनाया। दूसरी ओर भाजपा ने दिवाली के अवसर पर चुनाव के मध्य पैसा, शराब आदि वितरित करने का कार्यक्रम तय कर लिया है।

50 से 55 के बीच मानी जा रही है, इसके साथ ही, कांग्रेस पार्टी ने यह नियमित विधानसभा चुनाव में लड़ी अभी तक महागठबंधन के मुख्यमंत्री पद के प्रयासों के साथ में उत्तर चुनी है, और चर्चा है कि वह दीवाली से पहले मतदाताओं को लूटाने के लिए बड़े पैमाने पर धन और शराब बांट सकती है और इधर, विषय अब तक सीट बंटवारे को के दौरे पर क्यों नहीं, जबकि प्रधानमंत्री एक बैठक के बाद सामूहिक रूप से नेत्रन्द्र मोदी इन चुनावों को हर कीमत पर जीताना चाहते हैं।

महागठपूर्ण यह है कि राहुल गांधी इन अहम बिहार चुनावों पर ध्यान एवं समय देने के बजाय, दक्षिण अमेरिका के दौरे पर क्यों नहीं, जबकि प्रधानमंत्री एक बैठक के बाद सामूहिक रूप से नेत्रन्द्र मोदी इन चुनावों को हर कीमत पर जीताना चाहते हैं।

विषय के सामने मुश्किलों का

अम्बार है, जबकि भाजपा पुरी तैयारी के साथ चैम्पेन में उत्तर चुनी है, और चर्चा है कि वह दीवाली से पहले मतदाताओं को लूटाने के लिए बड़े पैमाने पर धन और शराब बांट सकती है और इधर, विषय अब तक सीट बंटवारे को की अंतिम रूप नहीं दे पाया है, जिससे चुनावी मुकाबले में उसकी शमिति को हाती रखी रही है।

विषय के सामने मुश्किलों का

अम्बार है, जबकि भाजपा पुरी तैयारी के साथ चैम्पेन में उत्तर चुनी है, और चर्चा है कि वह दीवाली से पहले मतदाताओं को लूटाने के लिए बड़े पैमाने पर धन और शराब बांट सकती है और इधर, विषय अब तक सीट बंटवारे को की अंतिम रूप नहीं दे पाया है, जिससे चुनावी मुकाबले में उसकी शमिति को हाती रखी रही है।

विषय के सामने मुश्किलों का

अम्बार है, जबकि भाजपा पुरी तैयारी के साथ चैम्पेन में उत्तर चुनी है, और चर्चा है कि वह दीवाली से पहले मतदाताओं को लूटाने के लिए बड़े पैमाने पर धन और शराब बांट सकती है और इधर, विषय अब तक सीट बंटवारे को की अंतिम रूप नहीं दे पाया है, जिससे चुनावी मुकाबले में उसकी शमिति को हाती रखी रही है।

विषय के सामने मुश्किलों का

अम्बार है, जबकि भाजपा पुरी तैयारी के साथ चैम्पेन में उत्तर चुनी है, और चर्चा है कि वह दीवाली से पहले मतदाताओं को लूटाने के लिए बड़े पैमाने पर धन और शराब बांट सकती है और इधर, विषय अब तक सीट बंटवारे को की अंतिम रूप नहीं दे पाया है, जिससे चुनावी मुकाबले में उसकी शमिति को हाती रखी रही है।

विषय के सामने मुश्किलों का

अम्बार है, जबकि भाजपा पुरी तैयारी के साथ चैम्पेन में उत्तर चुनी है, और चर्चा है कि वह दीवाली से पहले मतदाताओं को लूटाने के लिए बड़े पैमाने पर धन और शराब बांट सकती है और इधर, विषय अब तक सीट बंटवारे को की अंतिम रूप नहीं दे पाया है, जिससे चुनावी मुकाबले में उसकी शमिति को हाती रखी रही है।

विषय के सामने मुश्किलों का

अम्बार है, जबकि भाजपा पुरी तैयारी के साथ चैम्पेन में उत्तर चुनी है, और चर्चा है कि वह दीवाली से पहले मतदाताओं को लूटाने के लिए बड़े पैमाने पर धन और शराब बांट सकती है और इधर, विषय अब तक सीट बंटवारे को की अंतिम रूप नहीं दे पाया है, जिससे चुनावी मुकाबले में उसकी शमिति को हाती रखी रही है।

विषय के सामने मुश्किलों का

अम्बार है, जबकि भाजपा पुरी तैयारी के साथ चैम्पेन में उत्तर चुनी है, और चर्चा है कि वह दीवाली से पहले मतदाताओं को लूटाने के लिए बड़े पैमाने पर धन और शराब बांट सकती है और इधर, विषय अब तक सीट बंटवारे को की अंतिम रूप नहीं दे पाया है, जिससे चुनावी मुकाबले में उसकी शमिति को हाती रखी रही है।

विषय के सामने मुश्किलों का

अम्बार है, जबकि भाजपा पुरी तैयारी के साथ चैम्पेन में उत्तर चुनी है, और चर्चा है कि वह दीवाली से पहले मतदाताओं को लूटाने के लिए बड़े पैमाने पर धन और शराब बांट सकती है और इधर, विषय अब तक सीट बंटवारे को की अंतिम रूप नहीं दे पाया है, जिससे चुनावी मुकाबले में उसकी शमिति को हाती रखी रही है।

विषय के सामने मुश्किलों का

अम्बार है, जबकि भाजपा पुरी तैयारी के साथ चैम्पेन में उत्तर चुनी है, और चर्चा है कि वह दीवाली से पहले मतदाताओं को लूटाने के लिए बड़े पैमाने पर धन और शराब बांट सकती है और इधर, विषय अब तक सीट बंटवारे को की अंतिम रूप नहीं दे पाया है, जिससे चुनावी मुकाबले में उसकी शमिति को हाती रखी रही है।

विषय के सामने मुश्किलों का

अम्बार है, जबकि भाजपा पुरी तैयारी के साथ चैम्पेन में उत्तर चुनी है, और चर्चा है कि वह दीवाली से पहले मतदाताओं को लूटाने के लिए बड़े पैमाने पर धन और शराब बांट सकती है और इधर, विषय अब तक सीट बंटवारे को की अंतिम रूप नहीं दे पाया है, जिससे चुनावी मुकाबले में उसकी शमिति को हाती रखी रही है।

विषय के सामने मुश्किलों का

अम्बार है, जबकि भाजपा पुरी तैयारी के साथ चैम्पेन में उत्तर चुनी है, और चर्चा है कि वह दीवाली से पहले मतदाताओं को लूटाने के लिए बड़े पैमाने पर धन और शराब बांट सकती है और इधर, विषय अब तक सीट बंटवारे को की अंतिम रूप नहीं दे पाया है, जिससे चुनावी मुकाबले में उसकी शमिति को हाती रखी रही है।

विषय के सामने मुश्किलों का

अम्बार है, जबकि भाजपा पुरी तैयारी के साथ चैम्पेन में उत्तर चुनी है, और चर्चा है कि वह दीवाली से पहले मतदाताओं को लूटाने के लिए बड़े पैमाने पर धन और शराब बांट सकती है और इधर, विषय अब तक सीट बंटवारे को की अंतिम रूप नहीं दे पाया है, जिससे चुनावी मुकाबले में उसकी शमिति को हाती रखी रही है।

विषय के सामने मुश्किलों का

अम्बार है, जबकि भाजपा पुरी तैयारी के साथ चैम्पेन में उत्तर चुनी है, और चर्चा है कि वह दीवाली से पहले मतदाताओं को लूटाने के लिए बड़े पैमाने पर



Celebrating the Ocean's Most Intelligent Invertebrate

Observed every year on October 8, World Octopus Day honours the mysterious and highly intelligent octopus, a creature known for its remarkable problem-solving skills, colour-changing abilities, and unique three-heart circulatory system. The day highlights the importance of marine conservation and the need to protect delicate ocean ecosystems where these fascinating animals thrive. From their incredible camouflage techniques to their ability to squeeze through tiny spaces, octopuses showcase nature's creativity and adaptability. World Octopus Day encourages people to learn more about ocean life, reduce plastic waste, and support sustainable seafood practices to safeguard marine biodiversity for future generations.

#SERVICES

These Are Yours On The Indian Train

Essential Services Offered by Indian Railways



Indian Railways and its ticketing platform, IRCTC, offer a variety of services designed to enhance passenger comfort and safety throughout their journey. From affordable accommoda-

Comfortable Stay Options: Dormitories and Retiring Rooms

For passengers with long layovers or who need a rest between connecting trains, Indian Railways provides dormitories and retiring rooms at many major stations. Dormitories are budget-friendly shared accommodations with basic bedding and amenities, perfect for solo travelers or those on a tight schedule. Retiring

Secure Your Belongings: Locker and Cloakroom Facilities

At many stations, Indian Railways offers locker and cloakroom services for temporary baggage storage. This is particularly handy if you have a long wait at the station or want to explore without carrying heavy luggage. Cloakrooms allow storage of

Assistance When You Need It: Medical Emergencies on Trains

Medical emergencies can occur anytime during travel, and Indian Railways ensures passengers have access to prompt medical aid. Train staff are trained in basic first aid and can assist passengers who fall ill. In serious sit-

Travel with Peace of Mind: Free Travel Insurance

When booking tickets through the IRCTC platform, passengers can opt for travel insurance that provides coverage against accidental injury or death during the journey. This insurance is available for confirmed and

Food During Delays: Complimentary Meals

Indian Railways understands the inconvenience caused by train delays. For premium trains like Rajdhani, Shatabdi, and Duronto, if the train is delayed by more than two hours, passengers are entitled to free meals onboard. IRCTC staff distribute complimentary meals that typically include staples like rice, pulses, pickles, tea, and coffee. This service helps alleviate hunger during unforeseen delays and ensures passengers remain comfortable.

Compensation for Delays: Refund Policies

In the event that your train is delayed by three hours or more, you have the right to cancel your ticket and claim a full refund. Passengers can file a Ticket Deposit Receipt (TDR) online via the IRCTC

Additional Passenger Benefits

Beyond the above, Indian Railways provides several other helpful amenities. Waiting Rooms: Access to waiting rooms with seating and sometimes air-conditioning is provided for ticket holders.

Complaint Redressal: Passengers can report grievances via helpline 139, online portals, or station complaint boxes.

Wheelchair Assistance: Available at most major stations to aid differently-abled passengers.

"I remember I once switched Dad's coffee with a cup of hot tea," Sunil confessed, his voice a conspiratorial whisper. "He just took a sip and said, 'Huh, this coffee tastes a bit weak today,' and then just drank the whole thing." The others stared at him in disbelief. "You did that?" Anjali exclaimed, a mix of horror and amusement on her face. "And he never found out?" Sunil shook his head, a smug smile on his lips. "Never. He thought it was just a bad batch of coffee."

Sobremesa

#FAMILY



#FAMILY

tions to emergency medical assistance and compensation for delays, knowing these services can make your travels smoother. Here's a comprehensive guide to some of the key services available to train travelers in India.

He ancestral home, Sansar Villa, was built on an elevated area in the middle of the giant plot gifted to the Dewan of Jaipur in the late 19th century. Many generations have lived in this place which consisted of two buildings.

The big central one surrounded by garden and vegetable patches was the residential building. It was enlarged as the family grew larger.

The other smaller building in the front on one side was called the 'Baitakhana.' It was there from the beginning. This was the place where formal meetings of visitors and hosting of grand dinners were conducted. A time distinguished by the fact that the entire family could be seated there. As children, we often peeped behind the large doors to see the elegantly dressed Indians and White men who came to dine. As a family, it was not our practice to dine there.

This time, it was decided that when the family gathered for Durga Puja, we would make an exception and have a really formal meal there. The one with the best crockery and cutlery! The menu was royal, well thought out and cooked over many days. A whole troop of cooks followed mother's instruction to serve a meal gargantuan in proportion with all kinds of meats and favourite vegetables for each child followed by various Bengali sweets, Gokul Pithe, Sandesh and Patti Shapta were on the list. Caramel pudding was an oddity.

We began early and ate with a gusto not commonly seen. The dinner lasted long in the night.

The next morning, the table, a silent witness to countless gatherings, groaned under the weight of empty plates and forgotten crumbs.

The last remnants of a feast, a half-eaten roti, a lone dal bowl and a scattered array of pickle jars, lay like a

doors at night. "Remember that time, we tried to climb onto the roof to get the cricket ball?" Rohan reminisced, a wide grin spreading across his face. "Priya, you were so scared, so almost cried."

Priya's eyes widened in mock indignation. "I did not! I just said I didn't want to get yelled at by Dad."

"And then you slipped and landed right in Mom's rose bushes,"

Anjali added, her laughter echoing in the quiet room. "She was furious but Dad just pretended he didn't see anything."

A collective wave of nostalgia washed over them. They remembered building forts out of bedsheets and pillows, turning the living room into a magical kingdom. They remembered late-night study sessions fuelled by matni and endless cups of chai. They remembered the heated conversations they had on the terrace, their dreams and fears whispered into the cool night air. The topic shifted to mischief they thought their parents never knew about.

"I remember I once switched Dad's coffee with a cup of hot tea,"

Sunil confessed, his voice a conspiratorial whisper. "He just took a sip and said,

"Huh, this coffee tastes a bit weak today," and then just drank the whole thing."

The others stared at him in disbelief. "You did that?" Anjali exclaimed, a mix of horror and amusement on her face. "And he never found out?"

Sunil shook his head, a smug smile on his lips. "Never. He thought it was just a bad batch of coffee."

Rohan, not to be outdone, told the story of the time he and Sunil secretly hosted a party in the house when their parents were away for the weekend. "We told them we were

building a life with someone. Anjali, who had chosen to focus on her career, defected her decision to get married with quiet confidence. Rohan, still single, joked about his 'bachelor for life' status, but a hint of longing in his eyes gave him away. Priya, the last to get married, spoke of the beautiful and messy journey of finding your soulmate.

Their spouses, who had been listening with a mixture of amusement and fascination, now joined in, sharing their own perspectives and anecdotes. The circle grew wider, the conversation more inclusive. They were no longer just a family of four, but a larger, more complex unit, bound not just by blood, but by love and shared experiences.

As the hours passed, the moon rose high in the night sky, casting a silver glow through the window. The candles on the table had guttered down to stubs, their flickering flames casting dancing shadows on the walls. No one wished to get up. The stories flowed, one tale after another, each one a thread in the rich tapestry of their lives.

As the night drew to a close, a comfortable silence settled over the group. The last sips of coffee were taken, the final crumbs of dessert devoured. They sat there, a silent testament to the power of sobremesa, that magic period of time after a meal where people sit and talk, where the most meaningful conversations happen and where the bonds of family are renewed and strengthened.

Sunil finally pushed his chair back, a contented smile on his face. "Well, I guess it's time to call it a night. Or is it morning?"

The others groaned in protest, but they knew he was right. They slowly rose from their chairs, their movements sluggish with a mix of fatigue and contentment. They hugged each other tightly, a silent promise to meet again soon, not just for a holiday or a special occasion, but for the simple joy of being together.

As they walked out of the dining room, they left behind a trail of memories, a legacy of a family that had grown up, grown apart and then, miraculously, found their way back to each other. The old magic of a simple evening dinner had returned.

Priya, the quietest of the bunch, still clung to her mother's arm, her eyes filled with tears of joy. She had a secret part-time job as a barista to save up for a trip to Paris, a trip she never told her parents about. She revealed that she finally went last year, and it was a 'dream

come true.'

The tales spilled out, a cascade of forgotten memories and buried secrets. Little things: the time Sunil tried to bake a cake for their mother's birthday and set off a small fire in the kitchen. At another time, Anjali and Rohan accidentally locked themselves out of the house and had to spend the night in the car; the time Priya wrote a love letter to her high school crush and had her sister, Anjali, deliver it for her.

The hours melted away, the night a blur of laughter, tears, and heartfelt confessions. They were no longer just siblings; they were friends, confidants and a source of strength for one another. The bonds that had been forged in childhood had only grown stronger with time, a testament to the enduring power of family.

The hours melted away, the night a blur of laughter, tears, and heartfelt confessions. They were no longer just siblings; they were friends, confidants and a source of strength for one another. The bonds that had been forged in childhood had only grown stronger with time, a testament to the enduring power of family.

As the night drew to a close, a comfortable silence settled over the group. The last sips of coffee were taken, the final crumbs of dessert devoured. They sat there, a silent testament to the power of sobremesa, that magic period of time after a meal where people sit and talk, where the most meaningful conversations happen and where the bonds of family are renewed and strengthened.

Sunil finally pushed his chair back, a contented smile on his face. "Well, I guess it's time to call it a night. Or is it morning?"

The others groaned in protest, but they knew he was right. They slowly rose from their chairs, their movements sluggish with a mix of fatigue and contentment. They hugged each other tightly, a silent promise to meet again soon, not just for a holiday or a special occasion, but for the simple joy of being together.

As they walked out of the dining room, they left behind a trail of memories, a legacy of a family that had grown up, grown apart and then, miraculously, found their way back to each other. The old magic of a simple evening dinner had returned.

Priya, the quietest of the bunch, still clung to her mother's arm, her eyes filled with tears of joy. She had a secret part-time job as a barista to save up for a trip to Paris, a trip she never told her parents about. She revealed that she finally went last year, and it was a 'dream

come true.'

The tales spilled out, a cascade of forgotten memories and buried secrets. Little things: the time Sunil tried to bake a cake for their mother's birthday and set off a small fire in the kitchen. At another time, Anjali and Rohan accidentally locked themselves out of the house and had to spend the night in the car; the time Priya wrote a love letter to her high school crush and had her sister, Anjali, deliver it for her.

The hours melted away, the night a blur of laughter, tears, and heartfelt confessions. They were no longer just siblings; they were friends, confidants and a source of strength for one another. The bonds that had been forged in childhood had only grown stronger with time, a testament to the enduring power of family.

As the night drew to a close, a comfortable silence settled over the group. The last sips of coffee were taken, the final crumbs of dessert devoured. They sat there, a silent testament to the power of sobremesa, that magic period of time after a meal where people sit and talk, where the most meaningful conversations happen and where the bonds of family are renewed and strengthened.

Sunil finally pushed his chair back, a contented smile on his face. "Well, I guess it's time to call it a night. Or is it morning?"

The others groaned in protest, but they knew he was right. They slowly rose from their chairs, their movements sluggish with a mix of fatigue and contentment. They hugged each other tightly, a silent promise to meet again soon, not just for a holiday or a special occasion, but for the simple joy of being together.

As they walked out of the dining room, they left behind a trail of memories, a legacy of a family that had grown up, grown apart and then, miraculously, found their way back to each other. The old magic of a simple evening dinner had returned.

Priya, the quietest of the bunch, still clung to her mother's arm, her eyes filled with tears of joy. She had a secret part-time job as a barista to save up for a trip to Paris, a trip she never told her parents about. She revealed that she finally went last year, and it was a 'dream

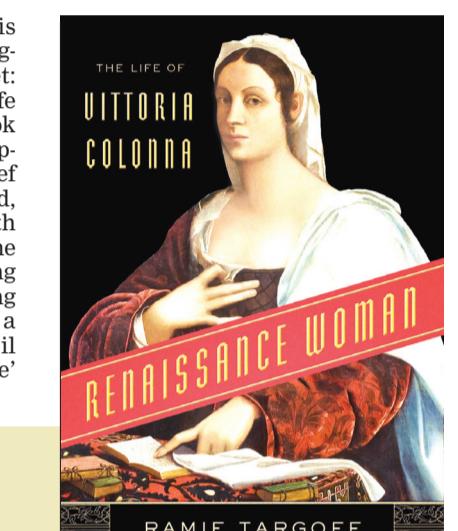
#VITTORIA COLONNA

First woman poet of 16th century!

The book chronicles Colonna's development as a writer, her grief over the death of her husband, and her friendship with Michelangelo, with whom she carried on a long and moving correspondence

A new book just published by Macmillan introduces readers to Vittoria Colonna, a 16th-century writer who was the first woman to publish a book of poems in Italy. Little is known and long neglected, she channelled her grief about her husband's death and profound religious yearnings into sonnets that inspired women writers for centuries. Earlier this year, Ramie Targoff, a professor of English at Brandeis University, published a biography of the poet: 'Renaissance Woman: The Life of Vittoria Colonna.' The book chronicles Colonna's development as a writer after her grief over the death of her husband, and her friendship with Michelangelo, with whom she carried on a long and moving correspondence. The following is a sample of her writing, a poem titled 'Di cost nobil fiamma Amor mi cince' (which Targoff translated):

*Love wrapped me in so noble a flame
That even once spent it continues to burn.
Nor do I fear new fire, since the first
Is so strong it extinguishes all others.
So rich a bond ties me to that fine yoke,
That my heart disdains all lesser chains.
It feels no longer either hope or fear;
Since one fire inflames it, one knot binds it tight.
A single pungent arrow afflicts my breast
So that it keeps alive the immortal wound,
Love consumed the passion where once he lit it,
He broke the bow with his enduring shot,
Melted all other knots in tying this one.*



Ramie Targoff.

What do you think she would have thought of your book?

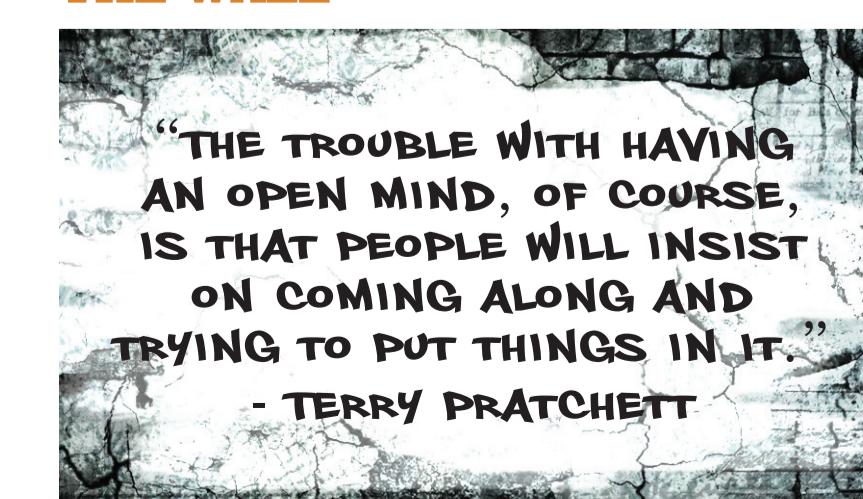
I think she was delighted. My book presents her in a very sympathetic way but also in a very complex way as a person who had real struggles. The idea that she was just a saint diminishes her. That's not all of who she was. At the same time, I didn't want to represent her as a saint because that was also struggling at the time. She was a very formidable person who had a lot of grief. This book represents many different facets of her life, with sympathy but also with objectivity.

What's your next project?

Because of this work on Vittoria Colonna, I started getting more interested in women's writing. I want to write a composite biography of three or four extraordinary women who wrote at the time of Shakespeare who don't know about. If you asked someone who had taken a college English class on Shakespeare to name a woman from that time, they typically can only think of Queen Elizabeth or fictional characters in Shakespeare's plays. I want to change that.



THE WALL



BABY BLUES



ZITS



By Jerry Scott & Jim Borgman

