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राष्ट्रदूत

Rashtradoot

जयपुर, बुधवार 25 जनवरी, 2023

epaper.rashtradoot.com



हर रिश्ते का रखे ख्याल...



ओसवाल का कमाल कपड़ों में डाले नई जान

ओसवाल वॉशिंग रेंज के साथ कीजिये कपड़ों की ऐसी दमदार धुलाई जिससे रेशा-रेशा खिले, पर रंग न छूटे। ओसवाल से धोइए और कपड़ों को रखिए एकदम चकाचक!



बेहतर सफाई



कपड़ों की देखभाल



पैसे की बचत



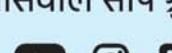
कपड़ों की चमक
व रंग बरकरार



बरसों का विश्वास



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ओसवाल सोप ग्रुप



हर रिश्ते का रखे ख्याल...

6 करोड़ परिवारों का विश्वास

जब अपने घर का हो सवाल, तो सिर्फ ओसवाल

क्यालिटी प्रोडक्ट्स की विशाल श्रृंखला

ओसवाल सोप	डिशवॉश टब	व्हाइट सोप	वॉशिंग पाउडर	डिटर्जेंट पाउडर	नहाने का साबुन
100g	1kg	250ml	500ml	1Ltr.	100g
गिलसरिन बाथ सोप	लिक्विड हैंड वॉश	लिक्विड डिशवॉश	डिटर्जेंट लिक्विड	टॉयलेट क्लीनर	देसी खांड
1kg	250g	800g	1kg	1kg	1kg
चाय पत्ती	डस्ट चाय	पोहा	जीरा	सैंधा नमक	काला नमक
1kg	250g	500g	1kg	1kg	500g
बासमती चावल	हल्दी पाउडर	मिर्च पाउडर	धनिया पाउडर		
1Ltr.	5Ltr.	1Ltr.	5Ltr.	1Ltr.	50g
कच्ची घानी तेल	रिफाइंड सोयाबीन तेल	रिफाइंड सोयाबीन तेल पाउच	मूँगफली तेल	अगरबत्ती	घास की झाड़ू
1Ltr.	5Ltr.	1Ltr.	5Ltr.	1Ltr.	50g
चना दाल	मूँग दाल	हरी मूँग दाल	काबुली चना	तूअर दाल	उड़द धुली दाल
1kg	1kg	1kg	1kg	1kg	1kg

अब घर बैठे मँगवाए ओसवाल उत्पाद

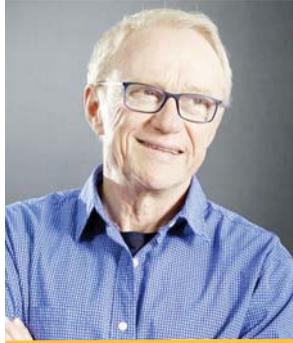
ओसवाल रिटेल शॉप्स की
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Heroes reporting from the Conflict Zones

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Rashtradoot

Metro

The landscape of war journalism has altered. Over 1,000 journalists have been killed in action since 1961.

Gut Bacteria Affect Brain Health

Beautiful Coffee Shops in India

Scrumptious dishes and delightful brews

राहुल गांधी ने सार्वजनिक मंच से दिग्विजय सिंह की टिप्पणी को गलत बताया

पर, राहुल गांधी ने साथ में यह भी कहा कि, पार्टी के विचार तय होते हैं, भाजपा व संघ की तरह ऊपर से नहीं थोपे जाते

-जाल खंबाता-

-राष्ट्रदूत दिल्ली ब्लूरो-

नई दिल्ली, 24 जनवरी। पूर्व कांग्रेस अध्यक्ष राहुल गांधी ने मंगलवार को कहा कि वे कांग्रेस नेता दिग्विजय सिंह के "बाया" से पूरी तरह असहमत हैं। जातव्य है कि पूरी "भारत जाड़ा यात्रा" में गांधी के साथ रहे दिग्विजय सिंह ने 2019 की अन्तिम लस्ट्रिक पर एक अनोपचारिक टिप्पणी की थी।

जम्मू के झज्जर कोटली काल्ये में अधिकार एक पैस कांग्रेस में राहुल गांधी ने स्पष्ट किया कि दिग्विजय का संदर्भ बायन उनका बयान है। कांग्रेस इसे खारिज करता है क्योंकि "हम अपनी भारतीय सेना का सम्मान करते हैं तथा हम सेना द्वारा किये गये किसी कार्य का साक्ष्य या सबूत नहीं माँगते क्योंकि हमें अपनी सेना पर गवर्नर के विचार तय होते हैं, भाजपा व संघ की तरह ऊपर से नहीं थोपे जाते

एक प्रश्न के उत्तर में राहुल ने कहा: "हम एक लोकतांत्रिक पार्टी हैं, तानाशाह नहीं। हम अपनी पार्टी को दबाव वा जबरदस्ती के सिद्धांतों पर नहीं चलाते, पार्टी के विचार दिग्विजय सिंह

- उन्होंने कहा, "जब पार्टी में बातचीत होती है तो, सब तरह के विचार व मत व्यक्त किये जाते हैं, कुछ विचार गलत और उभयने वाले होते हैं, जैसा दिग्विजय सिंह के प्रकरण में हुआ, पर, उन्हें बात करने का पूरा हक व अवसर मिलता है। पार्टी उनके विचारों से कर्तव्य सहमति नहीं रखती, पर डरा-धमका कर उनको चुप नहीं कराया जाता।"
- राहुल गांधी ने यह भी स्पष्ट किया कि, पार्टी दिग्विजय सिंह के विचारों से नाइफाकी रखती है, कांग्रेस पार्टी सेना की बहुत इज़ज़त करती है तथा अपनी कार्यवाही के लिये सेना को प्रमाण देने की कोई जरूरत नहीं है।
- राहुल गांधी ने जोर देकर दोहराया कि, पार्टी में जब बातचीत होती है, कई अतिवादी व हास्यप्रद बातें भी कही जाती हैं, जैसा कि, दिग्विजय सिंह की टिप्पणी में साफ जाहिर हो रहा है। मुझे खेद है कि, पार्टी के एक वरिष्ठ नेता के बारे में यह कहना पड़ा है।

के विचार से ऊपर है। पार्टी के विचार कहा कि दिग्विजय सिंह के विचार पार्टी के अन्दर होने वाली चार्जों से उद्भूत होते हैं।" उन्होंने और व्याख्या करते हुये सेनाएं किसी भी काम को असाधारण

रूप से अच्छी तरह करती हैं ताकि उन्हें किसी भी कार्य के लिये सबूत देने की जरूरत नहीं होती।"

दिग्विजय सिंह ने भी इस विवाद को समाप्त करने की कोशिश करते हुये कहा, "मेरे मान में अपने सुरक्षा बलों के लिये आपर सम्मान है।" राहुल गांधी ने कहा, "हमारी पार्टी की संरक्षित है कि हम विचार-विनियम एवं बातचीत की छट्ट देते हैं तथा कार्य-कम्ही जब बातचीत होती है तो अतिवादी विचारों वाले लोग भी अपने विचारों को व्यक्त करते हैं। इसका गहरा बातचीत का माहौल देते हैं। भाजपा और आर.एस.एस. में संबंध नहीं होता। वे बस निर्णय लेते हैं कि ऐसा होगा तथा इसके बाद कोई व्यक्ति उस बारे में कुछ भी नहीं कह सकता। यह सब नोटबंदी की तरह होता है। प्रधानमंत्री एक सुबह उठते हैं तथा कहते हैं कि हम नोटबंदी कर रहे हैं या फिर सब कुछ जो...एस.टी. की तरह होता है, जिसके फलस्वरूप देश की तरह होता है जो एक साथ संस्कृत होता है।" प्रधानमंत्री एक सुबह उठते हैं तथा कहते हैं कि हम नोटबंदी कर रहे हैं या फिर सब कुछ जो...एस.टी.

(शेष अंतिम पृष्ठ पर)

के विचार कहा कि दिग्विजय सिंह के विचार पार्टी के विचार कहा कि दिग्विजय सिंह के विचार पार्टी के विचार नहीं हैं।" उन्होंने और व्याख्या करते हुये सेनाएं किसी भी काम को असाधारण

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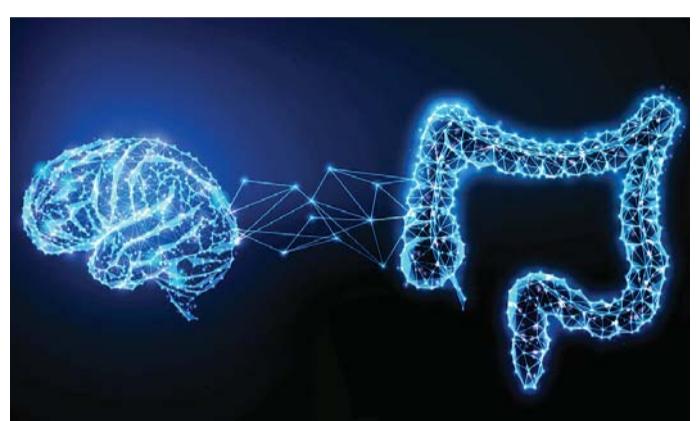
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#MIND&BODY

Gut Bacteria Affect Brain Health

The findings suggest a new approach to preventing and treating neurodegenerative diseases by modifying the gut microbiome with antibiotics, probiotics, specialized diets or other means.



A growing pile of evidence indicates that the tens of trillions of microbes that normally live in our intestines - the so-called gut microbiome - have far-reaching effects on how our bodies function. Members of this microbial community produce vitamins, help us digest food, prevent the overgrowth of harmful bacteria and regulate the immune system, among other benefits. Now, a new study suggests that the gut microbiome also plays a key role in the health of our brains, according to researchers from Washington University School of Medicine in St. Louis.

The study, in mice, found that gut bacteria - partly by producing compounds such as short chain fatty acids - affect the behaviour of immune cells throughout the body, including ones in the brain that can damage brain tissue and exacerbate neurodegeneration in conditions such as Alzheimer's disease.

"We gave young mice antibiotics for just a week, and we saw a permanent change in their gut microbiomes, their immune responses, and how much neurodegeneration related to a protein called tau they experienced with age," said senior author David M. Holtzman, MD, the Barbara Burton and Reuben M. Morris III Distinguished Professor of Neurology.

"What's exciting is that manipulating the gut microbiome could be a way to have an effect on the brain without putting anything directly into the brain."

Evidence is accumulating that the gut microbiomes in people with Alzheimer's disease can differ from those of healthy people. But it isn't clear whether these differences are the cause or the result of the disease - or both - and what effect altering the microbiome might have on the course of the disease.

To determine whether the gut microbiome may be playing a causal role, the researchers altered the gut microbiomes of mice predisposed to develop Alzheimer's-like brain damage and cognitive impairment. The mice were genetically modified to express a mutant form of the human brain protein tau, which builds up and causes damage to neurons and atrophy of their brains by 9 months of age.

They also carried a variant of the human APOE gene, a major genetic risk factor for Alzheimer's. People with one copy of the APOE4 variant are three to four times more likely to develop the disease than people with the more



Christine Lamb



Prakash Bhambhani

The writer is a senior journalist

#OLD STORIES

"the ultimate foreign correspondent"

She was last year's recipient of the Prix Bayeux, Europe's most prestigious award for war correspondents and chosen by Britain's top-selling women's magazine Grazia as one of its Icons of the Decade.

War Journalism

She spent a year as a Nieman Fellow at Harvard University. She is the author of the best-selling book *The Africa House* as well as *The House of Stone: The True Story of a Family Divided in War-Torn Zimbabwe: Waiting*.

For Allah: Pakistan's Struggle for Democracy and The Sewing Circles of Herat: A Personal Voyage Through Afghanistan, which was runner-up for Best Nonfiction book in the Barnes & Noble's Discover Great New Writers Awards. Her most recent book is *Small Wars Permitting: Dispatches from Foreign Lands*, a collection of her reporting.

Effects of the Conflict

"Journalists have become targets of war and the danger that they face has magnified many times over," then observed Christina Lamb, the author of several bestsellers, including *Farewell Kabul: From Afghanistan To A More Dangerous*



Jaipur Literature Festival

Festival, flew David Grossman

from

Israel, Christina Lamb and Don McCullin from the UK and the veteran writer and photo-journalist Samantha Subramanian from India spoke about their experiences and challenges as war correspondents.

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Don McCullin

World from which she read excerpts, while discussing the ethics of reporting from dangerous war zone

David Grossman is an Israeli author who addressed the Israeli-Palestinian conflict in his 2008 novel *To the End of the Land*. Grossman lives in Israel, within the Israeli-Palestinian conflict zone. "I try to look at the effect of the conflict on both sides and try to understand how it affects human relationships, language and future prospects. So many things are affected by conflict," he said.

Lamb stressed that Afghanistan was ravaged by war since 1978 and there was no reconstruction or development. The war has left Afghanistan one of the poorest and most dangerous nations.

Now Afghanistan is ruled by the conservative Taliban. Poverty has hit the Afghans hard and the country is facing major humanitarian crisis.

After the Fall of Kabul, in which the Islamist Taliban drove out the Islamic Republic of Afghanistan government after its 20-year-rule, the Taliban promised to set up a

new constitution for Afghanistan.

The Islamic State continue their insurgency, carrying out many bombings. Afghanistan is also badly affected by earthquakes and flooding.

"I am not content with snippets. I want to know the truth. Generally, mainstream news coverage does not necessarily reflect the whole picture and we don't get too much depth anymore," said McCullin who prefers to get to the bottom of things as he likes uncovering information through first-hand experiences.

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"I feel as though I'm here on false pretences," smiled Lamb, referring to attending the JLF as The Sunday Times foreign correspondent and not a conventional travel writer.

Yet, she still believes that foreign intervention in Afghanistan was necessary. "We need to understand why foreign powers intervene and what is their interest? They would come in to clean up their political plan to end the war. Foreign intervention should not continue without a proper understanding of the ground realities."

Bitter about the role of various foreign forces in Afghanistan, Grossman agrees that because of their vested interests, outside forces did not allow the war to end.

"I have always approached conflict in an intimate, personal way. As a result, I do not regard my journalism as 'covering' anything. Instead I always try to become a witness to the larger picture: I try to look at the effect of this conflict on both sides. I try to understand how conflict affects human relationships, language, prospects of a future."

Grossman believes that conflict infiltrates the innermost organs of a society and impacts individuals deeply. "The challenge is to remain sombre and disband stereotypes," he observed that it took courage to examine oneself for the stories and realities of both sides rather than necessary if there was to be any hope of resolving it. "A larger war is lost when people become habituated to it as a way of life, giving up on the possibility of a better alternative and this is why war reporting is so important to keep alternatives alive," he added.

War photographer Don McCullin produced his first war assignment for The Observer in 1964, covering the civil war in Cyprus. In 1966, he began his 18-year affiliation with The Sunday Times magazine, covering numerous conflicts and battle

haunts him, he says, adding that it has left him in a "constant existential paradox" that makes it difficult to disengage when he returns home. "You come back. You live with these stories. You frame your own terrors and guilt in the larger picture," observed Subramanian.

McCullin also described the alienation that he sometimes feels like the odd man out as a result of his extreme experiences. "Your personal emotions will catch up with you sooner or later for there are situations you can't control. Sometimes, I am asked to share stories from conflict zones at dinner parties, but I know that most people don't want to hear that the truth."

The heroes of the conflict zone won the hearts of the audience with their disclosures. It was a session which is still remembered by the regulars to the JLF as one of the liveliest of the sessions.

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