

**ARBiT**

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

# राष्ट्रदूत

Rashtradoot

Metro

**Anti-Aging? - More Risks than Benefits**

Anti-aging processes, magical or medicinal, have limited abilities and can often be fatal if wrongly administered

**90 Years It Took...****Mango The King**

Through this Sanskrit verse, the mango becomes more than a fruit, it becomes a ruler whose presence transforms all others

## क्या अमित शाह के उम्मीदवार बालियान कांस्टिट्यूशन क्लब के प्रैसिडेंट का चुनाव जीत जायेंगे दिल्ली में?

### मुजफ्फरपुर के जाट नेता संजीव बालियान का मुकाबला, क्लब के बीस साल से प्रैसिडेंट, बिहार के राजपूत नेता राजीव प्रताप रुड़ी से है

- रेप मित्रता -

- राष्ट्रदूत दिल्ली ब्यूरो -

नई दिल्ली, 12 अगस्त: भारत की संसद से जुड़े मौजूदा और प्रवृत्ति सांसदों की सदस्यता वाले कांस्टिट्यूशन क्लब अफ इंडिया के चुनाव को लेकर इस बार जैसी चर्चा और उत्सुकता देखी जा रही है, जैसी पहले कभी नहीं हुई।

आज लैन्यांस के दिल्ली स्थेन विकल भाइ पेटल हाउस में इप क्लब स्थेन दिल्ली में चुनाव हुए, जहां सिवाय सभी की तमाम बड़ी हस्तियां मतदान करने पहुंची।

इस बार चुनाव का दिलचस्प पहलू यह है कि मुकाबला भाजपा के ही दो नेताओं ने बीच है।

राजीव प्रताप रुड़ी, जो विछले 20 वर्षों से क्लब के अध्यक्ष रहे हैं, इस बार के खिलाफ मैदान में भाजपा की संजय बालियान, जो उत्तर प्रदेश के मुजफ्फरपुर से जाट संसद है।

लेकिन इस मुकाबले का सबसे अहम पहलू यह है कि संजय बालियान को समर्थन मिला है देश के सभी ताकतवर गृह मंत्री अमित शाह का, जो रुड़ी को

- अब तक इस क्लब के चुनाव में सौ से सवा सौ वोट ही पड़ते थे, पर इस बार 707 की गोटिंग हुई है, तथा इसमें 38 पोस्टल बैलेट भी हैं। मजे की बात है कि दोनों उम्मीदवार भाजपा के सदस्य हैं। तथा नामी गिरामी भाजपा नेता जैसे अमित शाह, जे.पी. नड़ा, गिरिराज सिंह, खट्टर, गजेन्द्र सिंह शेखावत, रिजिजु, कृष्ण रेड्डी के आलावा दो राज्यपाल भी वोट करने उतरे।
- कांग्रेस के दो वरिष्ठ नेता जो एक दूसरे के सख्त खिलाफ भी हैं, वोट करने आये और चर्चाओं के अनुसार बालियान के पक्ष में मतदान किया, क्योंकि वे दोनों नेता भी जाट ही हैं।
- कांग्रेस की ओर से सोनिया गांधी व मलिकार्जुन खड्गे भी वोट करने आये।

हराना चाहते हैं।

पी नड़ा दोनों एक ही कार में बैठकर चोट

जहां आम तौर पर इस चुनाव में डालने पहुंचे, वहीं, सोनिया गांधी और 100 के करीब बोट पढ़ते हैं, इस बार कांग्रेस अध्यक्ष मलिकार्जुन खड्गे भी 38 मतदान करने पहुंचे।

707 बोट थोड़ा गए, जिसमें से 38 बोट डालने वालों में गिराज सिंह, 1295 है।

अमित शाह और भाजपा अध्यक्ष जे

राज्यपाल और कई अन्य मंत्री शामिल थे। दिलचस्प बात यह रही कि कांग्रेस

के दो बोट नेता, जो अमरीतर पर एक-दूसरे के छुट्टी विरोधी माने जाते हैं और उन्होंने भी संजय बालियान को वोट दिया, सिफेर इसलिए, क्योंकि वे भी जाट समुदाय से संबंधित विधिवैदी की समीक्षा की

भारत में जाटीय हकीकत का इससे बेहतरीन नहीं और उदाहरण नहीं दिखाता।

राहुल गांधी और प्रियंका गांधी संविधान क्लब के सदस्य नहीं हैं, इसलिए वे बोट नहीं डाल सकते।

गिराजी अब भी जारी है और रुड़ी आगे बढ़ती है। यह हाल वोटेज चुनाव इस समय राजस्थानी की सिवायत का सबसे गर्म यूद्ध बन चुका है और सत्तरूढ़ दल के लिए भी यह बुरी खबर है।

अब बोटों की गिराजी का मौजूदा रुझान देते रहते तक जारी रहता है, तो यह गैरी बोटों ने ही सत्र से पहले सर्वदलीय बैठक बुलायी।

विधायिका गांधी की गिराजी का खिलाफ राज्यपाल हरिभाऊ बासुदेव देवनानी ने गैरी बोटों के लिए एक बड़ा राजनीतिक झटका साझित हो गया। राजीव प्रताप रुड़ी इस समय लगातार (शेष अंतिम पृष्ठ पर)

### जस्टिस वर्मा पर महाभियोग के लिए समिति गठित

नई दिल्ली, 12 अगस्त: लोक सभा अध्यक्ष ओम बिड़ाला ने इलाहाबाद उच्च न्यायालय के न्यायाधीश यशवंत वर्मा के खिलाफ महाभियोग चलाने के प्रस्ताव पर अंतर्वाकरण को तीन सदस्यीय समिति के गठन की घोषणा की, जिसमें उच्चमान न्यायालय और उच्च न्यायालय के एक-एक न्यायाधीश और एक

- लोकसभा के अध्यक्ष ओम बिड़ाला ने तीन सदस्यीय समिति गठित की है सुप्रीम कोर्ट व हाईकोर्ट का एक-एक जज व एक कानूनविद शामिल है।

कानूनविद शामिल है।

बिड़ाला ने लोकसभा में महाभियोग प्रस्ताव को लेकर सदनको अवगत कराते हुए कहा कि इस समिति में उच्चमान न्यायालय के न्यायाधीश अरविंद कुमार, मद्रास उच्च न्यायालय के मुख्य

(शेष अंतिम पृष्ठ पर)

- प्रियंका गांधी ने एक्स पर ट्रैटीट किया था, कि इजरायल ने 60 हाजार व्यक्तियों को मार डाला है, गाजा पर अपने आक्रमणों से। इनमें 18,430 बच्चे हैं। इजरायल ने सैकड़ों व्यक्तियों को भूख से मरा है, लाखों व्यक्तियों को इसी तरह मारने की धमकी दे रहा है। तथा भारत सरकार इस मुद्दे पर चुप्पी साधकर, इस नरसंहार में सहभागी हैं।
- इजरायली राजदूत का कहना है कि मानव जीवन का नुकसान गाजा में हमास की रणनीति के कारण है, क्योंकि वे और उनके सैनिक नागरिकों को शील बनाकर गोला-बारी करते हैं। तथा गत पचास साल में इस क्षेत्री की आबादी में 450 प्रतिशत की वृद्धि हुई है, अतः जनसंहार का आरोप निराधार है। इजरायल ने बीस लाख टन भौजन गाजा स्ट्रीप पर भेजा है, पर हमास उस पर कंजा करके भूखमरी का छलावा करता है।

प्रियंका गांधी ने इस सोशल मीडिया पोस्ट पर इजरायली राजदूत की तीव्री प्रतिक्रिया साझी आई, जिसमें उन्होंने कहा कि उन्हें हमास के आँकड़ों पर विश्वास नहीं करना चाहिए।

राजदूत अजर ने कहा: "शर्मनाक 25,000 हमास आतंकवादियों को मार क्षति हमास की उन नीच रणनीतियों का गिराया है। मानवीय जीवन की भयावह (शेष अंतिम पृष्ठ पर)

अंजन रॉय -  
- राष्ट्रदूत दिल्ली ब्यूरो -

नई दिल्ली, 12 अगस्त: इजरायली राजदूत अजर अजर उत्तर प्रदेश के नेतृत्व में अमेरिका, पाकिस्तान जैसी वैश्विक वास्तविकता की ओर बढ़ गया है और भारत से दूर हो गया है। वॉशिंगटन की सड़कों का नजारा अब विविध विचारों वाले की पश्चिमी लोकांत्रिक शहर की बाजाय, नियन्त्रण के विवादों के धमकी भरे बयानों को देखा जाता है।

इसलिए कोई आश्वर्य नहीं कि प्रियंका गांधी साथी व्यक्तियों को देखती है।

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- राष्ट्रदूत दिल्ली ब्यूरो -

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ट्रम्प ने "डिक्टेटरशिप" की दिशा में एक और कदम उठाया

वॉशिंगटन की सड़कों पर सेना की दुकडियां तैनात की, इस तैनाती की घोषणा करते समय उनके पीछे रक्षा मंत्री पीट हेगसेट और

इंटेलिजेंस के चीफ काश पटेल अटेंशन में खड़े थे

अंजन रॉय -  
- राष्ट्रदूत दिल्ली ब्यूरो -

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अनहोनी बात यह है, कि, अब तक शहरों की सड़कों वॉकलिनियों में कानून-व्यवस्था बनाये रखने की जिम्मेदारी विश्व के दूसरे सबसे बड़े प्रजातंत्र में, पुलिस की मानी जाती थी।

- इतिहास गवाह है, कि, हर प्रजातंत्र का राष्ट्रीय प्रमुख "डिक्टेटरशिप" का पद सम्भालने से पहले ऐसा ही पहला कदम उठाता है, कानून व्यवस्था को खतरा होने का बहाना प्रचारित करता है।

आपकी विश्वासी जीवन की धमकी भरे बयानों को देखती है, वॉकलिन अमेरिकी राष्ट्रपति ने अपराध की घटनाएँ होती रही हैं। लेकिन अब तक किसी अमेरिकी राष्ट्रपति ने घेरेलू अपराधों से निपटने के लिए सेना का उपयोग करने के बारे में सोचा तक नहीं (शेष अंतिम पृष्ठ पर)

अंज









## #JANAB PEER ALI KHAN

## 90 Years It Took...

The Forgotten Martyr of 1857!



**T**he Revolt of 1857, also known as India's First War of Independence, was a watershed moment in the nation's history. While many names like Mangal Pandey, Rani Lakshmi Bai, and Bahadur Shah Zafar are widely recognized, there were countless other brave souls who sacrificed their lives for the cause of freedom. One such lesser-known yet significant figure



was Janab Peer Ali Khan, a revolutionary from Bihar who played a crucial role in organizing resistance against the British in Patna.

## Early Life of Peer Ali Khan

Peer Ali Khan was born in 1812 in Azamgarh, in present-day Uttar Pradesh. Orphaned at a young age, he moved to Patna, Bihar, where he worked as a bookbinder. Though his profession seemed modest, he harbored strong patriotic sentiments and was deeply disturbed by the oppressive British rule in India. His workplace became a hub for revolutionary discussions, and he gradually became involved in anti-British activities, using his contacts and position to support the freedom movement.

## Role in the 1857 Revolt

Peer Ali Khan emerged as a key figure in the underground revolutionary network in Bihar during the 1857 revolt. Unlike many who fought openly on the battlefield, Peer Ali worked covertly, organizing secret meetings, spreading revolutionary ideas, and distributing pamphlets and letters calling for rebellion. He used his skills as a bookbinder and his position

## Arrest and Martyrdom

The British soon became aware of his activities. Acting on intelligence, the British authorities arrested Peer Ali Khan along with many of his fellow revolutionaries in July 1857. During interrogation, he refused to betray his comrades or apologize for his actions. On July 7, 1857, Peer Ali Khan and 14 of his associates were publicly hanged by the British in Patna. His execution was meant to send a strong message to those who dared to oppose British rule, but instead, it strengthened the resolve of many Indians to continue the fight. He was only 45 years old when he attained martyrdom.

## Legacy

Though history did not give Peer Ali Khan the recognition he deserved, his contributions have been rediscovered in recent years. The Government of Bihar has acknowledged his sacrifice, and his memory is honoured at the Peer Ali Park near the Patna Railway Station. Streets and institutions in Bihar have been named after him. He is remembered as one of the earliest revolutionaries who fought against British rule long before the emergence of organized national political movements.



## Anti-Aging? - More Risks

It's vital to understand that in most countries, health supplements are regulated differently from pharmaceutical drugs. Unlike drugs, which must undergo rigorous testing for safety and efficacy before being marketed, supplements are largely 'assumed to be safe' until proven otherwise. This lack of pre-market scrutiny is a significant concern and a primary reason why some supplements can pose serious risks. Manufacturers can also make exaggerated and incorrect claims about their products without substantial scientific evidence to back them up, often leading to misleading marketing with dire

Dr. Goutam Sen  
CTVS Surgeon  
Traveler  
Storyteller

The recent death of a middle-aged actress on various doubtful anti-aging supplements has become the hot topic in the fashion pages. It is of interest because large numbers of youngsters feel that health supplements are harmless and can really be effective in retarding the physical signs of aging. The wrinkles and the sagging chin are gone. The weight is within control and all is well with the world. The unregulated nature of this industry, coupled with misinformation and a 'more is better' mentality, can transform seemingly harmless supplements into serious health hazards. It has contributed to premature death in vulnerable populations like young adults in alarming numbers.

Health supplements, also known as dietary or nutritional supplements, are products designed to provide nutrients that might be missing from a person's diet or to offer additional health benefits. The ingredients can range from well-known vitamins and minerals to herbs, amino acids, enzymes, botanicals and other substances. Vitamins and Minerals are arguably the most common type, including popular ones like Vitamin C, Vitamin D, calcium, iron, and multivitamins. They aim to fill nutritional gaps of specific bodily functions.

Herbal Supplements derived from plants like Ginkgo Biloba, Echinacea and Ginseng are often marketed for various health concerns for muscle enhancement to immune support. Amino acids and proteins are widely used by athletes and fitness enthusiasts. These

include protein powders (whey, casein and soy), branched-chain amino acids (BCAAs) and creatine aiming to support muscle growth and recovery. The purported mechanisms of action for health supplements vary widely depending on their ingredients by filling nutritional gaps in iron deficiency anemia and Vitamin D deficiency.

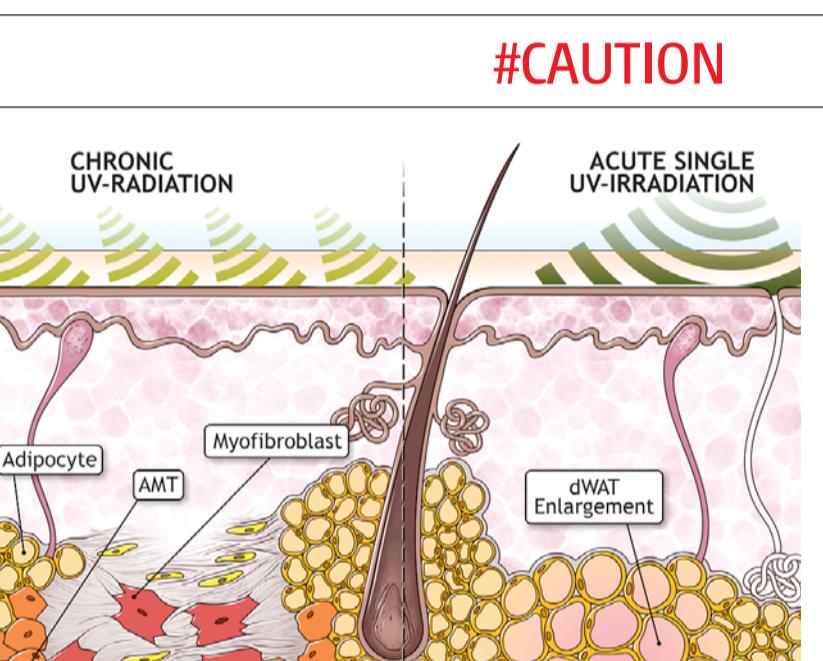
A vegan might take a B12 supplement as this vitamin is primarily found in animal products.

Vitamin C is crucial for collagen synthesis and immune function.

Supplements like protein powders provide building blocks for muscle repair and growth or enhance energy production during high-intensity exercise.

Caffeine, a common ingredient in pre-workout supplements, acts as a stimulant to improve focus and reduce fatigue.

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and in rare but documented cases, even death. It's crucial to understand that these are not without risks, especially when administered without proper medical supervision or to individuals with pre-existing heart conditions. Since both these products are available without prescription and are administered by unqualified hacks or so-called beauty specialists, they lack any safety precautions. The administration is based on notions rather than standard operating protocols.

High-dose IV Vitamin C, particularly at pharmacological concentrations, can dangerously increase iron absorption and deposition in organs like the heart, liver and pancreas. This can exacerbate organ damage, leading to muscular damage of the heart, liver failure, or dia-

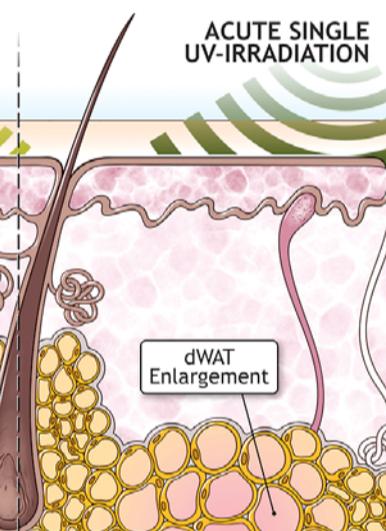


## Celebrating the Art of Beautiful Writing

World Calligraphy Day celebrates the timeless art of beautiful handwriting. This day honours the creativity, skill, and cultural significance of calligraphy across the globe. From ancient scripts to modern lettering styles, calligraphy continues to inspire artists, designers, and enthusiasts alike. It encourages people to slow down, appreciate detail, and express themselves through pen and ink. Workshops, exhibitions, and social media challenges are often held to showcase this elegant art form. World Calligraphy Day reminds us that in a fast-paced digital world, the beauty of hand-crafted letters still holds lasting charm.



## #CAUTION



While generally considered safe in appropriate doses and when given to healthy individuals, IVC (Vit. C) can pose risks. It is especially so with very high doses in certain susceptible individuals. Vitamin C is metabolized in the body. When very high doses of Vitamin C are administered intravenously, particularly rapidly, the body can produce an excessive amount of oxalate. In severe cases, a condition called oxalate nephropathy can occur, where these crystals deposit in the kidney tubules, causing life-threatening acute kidney injury or even kidney failure.

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High-dose IV Vitamin C, particularly at pharmacological concentrations, can dangerously increase iron absorption and deposition in organs like the heart, liver and pancreas. This can exacerbate organ damage, leading to muscular damage of the heart, liver failure, or dia-

betes, potentially contributing to premature death.

All the same, it is difficult to attribute sudden death directly to it.

The other anti-aging supplement, which is in common use, is Glutathione. It is a powerful antioxidant naturally produced by the body. IV glutathione has gained popularity for skin lightening and 'detoxification.' While glutathione is involved in detoxification, it can, in excessively high doses, especially over a prolonged period or with impurities, mislabeled or simply toxic at high doses.

The potential for adverse drug interactions, organ damage (especially liver and kidney), cardiovascular events and even death, highlights the critical need for caution.

The production should fall under regulatory systems. Young people are especially vulnerable due to their developing bodies. Their metabolic responses are susceptible to marketing hype.

Instead of relying on supplements, the cornerstone of health for young individuals remains a balanced diet rich in whole foods, regular physical activity, adequate sleep and professional medical guidance.

Any decision to take a supplement, particularly for a young person, should always be made in consultation with a healthcare professional to assess individual needs, potential risks and appropriate dosing, if any.

The notion that 'more is better' or that 'natural' equates to 'safe' is a dangerous misconception when it comes to health supplements.

Health supplements can play a legitimate role in addressing specific nutritional deficiencies under medical supervision. Their widespread unregulated, and often indiscriminate use, particularly among young people, carries substantial risks. The allure of quick fixes for appearance or performance, combined with aggressive marketing and a lack of proper scientific scrutiny, can lead to the consumption of products that are contaminated, mislabeled or simply toxic at high doses.

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While generally considered safe in appropriate doses and when given to healthy individuals, IVC (Vit. C) can pose risks. It is especially so with very high doses in certain susceptible individuals. Vitamin C is metabolized in the body. When very high doses of Vitamin C are administered intravenously, particularly rapidly, the body can produce an excessive amount of oxalate.

In severe cases, a condition called oxalate nephropathy can occur, where these crystals deposit in the kidney tubules, causing life-threatening acute kidney injury or even kidney failure.

High-dose IV Vitamin C, particularly at pharmacological concentrations, can dangerously increase iron absorption and deposition in organs like the heart, liver and pancreas. This can exacerbate organ damage, leading to muscular damage of the heart, liver failure, or dia-

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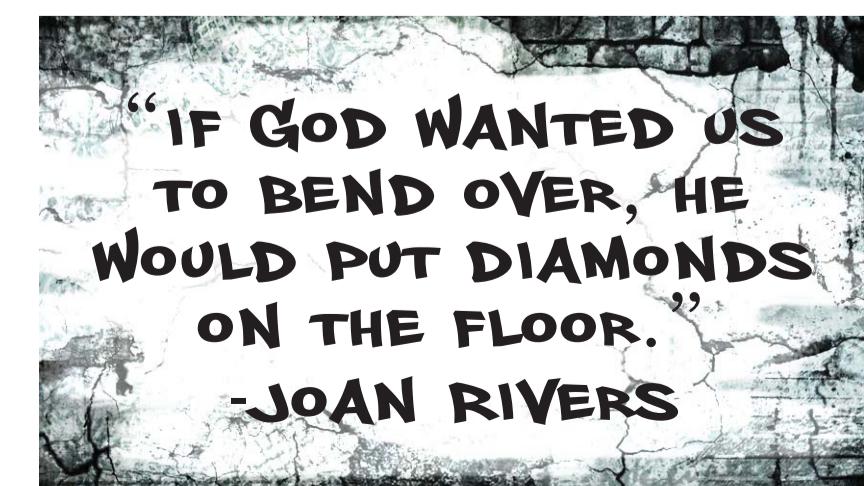
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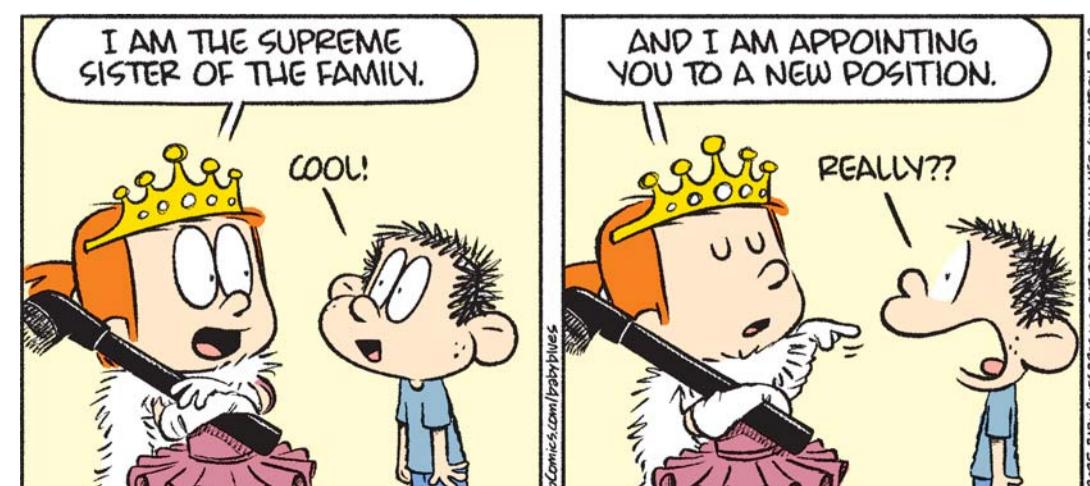
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## THE WALL



## BABY BLUES



## ZITS



## #POETRY

## Mango: The King

Through this Sanskrit verse, the mango becomes more than a fruit, it becomes a ruler whose presence transforms all others



## The Verse

अम्रः फलान् दूषितं समृद्धः सुप्रसिद्धान् शूरः  
नामिकेल्पस्त्रिका प्रसादः वारः वर्षे गीतिविवरेन्द्रियः ॥  
पत्रः स्वर्णोद्भवस्त्रिन् यथा समावित् सुप्रापातिमा ॥  
सर्वेऽपि फलासामग्रर्मणं, नग्रा वर्षन् प्रस्त्रपूर्वम् ॥

The mango, rich and majestic, is the king of all fruits. Fragrant and sweet, it perfumes the very air. While grapes burst from coconuts bow in homage, Even the bulky jackfruit sets aside its pride, When the warmly scented mango arrives. All fruits, recognizing their sovereign's path, Bend low and spread out in reverent welcome.

## A Kingdom of Fruits

In this verse, the mango is portrayed not just as a fruit, but as a monarch presiding over a kingdom of flavors. Its fragrance announces its arrival, its name is that of royal incense, and its presence transforms the orchard into a courtly celebration.

- Coconuts, known for their towering form and tufted crowns, are imagined here as proud soldiers or ministers who lower their heads in respectful salutation.

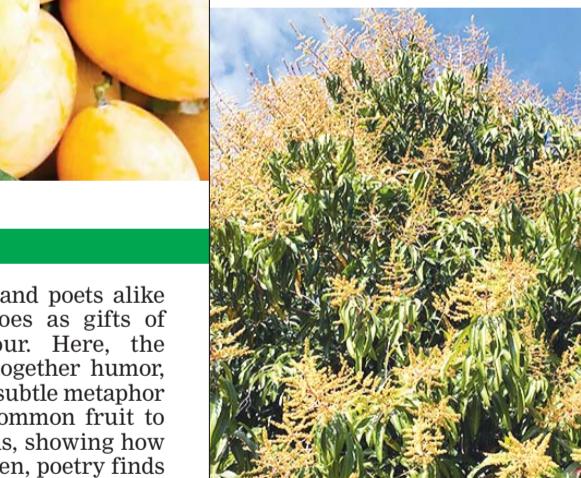
- Grapes, delicate and musical, express their delight

through metaphorical song, a poetic nod to how grapes often become wine, and how both wine and music intoxicate the senses. Jackfruit, despite its enormous size and spiky armor, lets go of its pride when the mango, warm, fragrant, and irresistible, steps into the limelight. The imagery of all the fruits lining up along the royal path creates a scene of procession, as if nature bows to the mango's seasonal reign.



Conclusion

Through this Sanskrit verse, the mango becomes more than a fruit, it becomes a ruler whose presence transforms all others. Coconuts bow, jackfruits surrender their pride, and grapes sing in joy. It is a reminder that even among the most gentle, reverence commands gentle reverence, and that beauty, fragrance, and sweetness are timeless virtues, worthy of a crown.

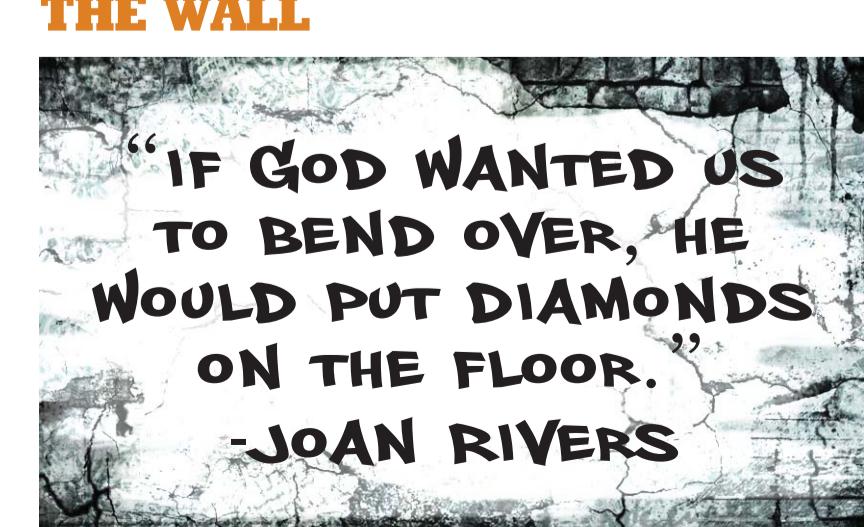


## A Deeper Symbolism

To his poetic tradition goes beyond taste. In Sanskrit culture, mangoes symbolize abundance, fertility, and divine love. The spring season (Vasanta) is often depicted with mango blossoms, and the koel bird is said to sing in delight when the mango trees

blow. Kings and poets alike offered mangoes as gifts of highest honour. Here, the verse brings together humor, elegance, and subtle metaphor to elevate a common fruit to mythical status, showing how even in a garden, poetry finds politics, pride, and pageantry.

## THE WALL



## BABY BLUES



## ZITS











