

सुखवीर सिंह चौधरी व राजाराम चौधरी सहित 14 नेताओं ने थामा भाजपा का दामन



जयपुरा भाजपा प्रदेश अध्यक्ष मदन राठौड़ ने नागौर और सरावाई माध्यमिक के वरिष्ठ कांग्रेसी नेताओं के भाजपा प्रदेश कार्यालय पर चाही का दुष्टा पहनकर भाजपा परिवार में शामिल किया। प्रदेश अध्यक्ष मदन राठौड़ और प्रदेश उपाध्यक्ष ज्योति सिंह की उमरिति में नागौर की राजनीति में सक्रिय भूमिका निभाने वाले नागौर कांग्रेस के पूर्व जिलाध्यक्ष सुखवीर सिंह चौधरी ने सरपंच, जिला परिषद सदस्य, पूर्व सदस्यों के साथ भाजपा परिवार में सदस्यता ग्रहण की। इस दौरान पूर्व जिला परिषद सदस्य एवं सरपंच राजाराम चौधरी, पूर्व पंचायत समिति सदस्य लादूराम कुदाम, यूथ कांग्रेस से मनवालन चौधरी, विडं बसवाम, पंचायत समिति सदस्य भोमसिंह गौड़, तेजाराम चौधरी के साथ कार्यकार्ता दिनेश वैष्णव, त्रिवेण विनोई, सुखराम प्रजापत, अमृताराम जाजड़ा, अदुराम लेणा, कांग्रेसी अवेशानुदीन व स्वायत्रा माध्यमिक सदस्य असीम खां के साथ भाजपा में विवासन जिला परिषद सदस्यता ग्रहण की।

भाजपा प्रदेश कार्यालय पर प्रदेश अध्यक्ष मदन राठौड़ ने नागौर कांग्रेस के पूर्व जिलाध्यक्ष सुखवीर सिंह चौधरी, सरपंच, जिला परिषद सदस्य, पूर्व सदस्यों को दुष्टा पहनकर भाजपा परिवार में शामिल किया।

भाजपा कांग्रेस कार्यकार्ता ने गलत धारणाएं कार्यकर्ताओं का समान परिवार के फैलाने का काम कर रही है, इससे कांग्रेस सदस्य के रूप में किया जाता है। ऐसे में कांग्रेस के मूल कार्यकर्ता भाजपा परिवार में शामिल हो रहे हैं। भाजपा प्रदेश अध्यक्ष मदन राठौड़ की नीति पर कार्य किया जाता है। भाजपा ने आवश्यकता की गति की रूपीयता के चक्रों की नीति का विवर किया कि जो भी किसी भी भाजपा परिवार के लिए आवश्यकता हो रही है, उसे नियुक्त किया जाएगा।

भाजपा प्रदेश अध्यक्ष मदन राठौड़ ने आवश्यकता की गति की रूपीयता के चक्रों की नीति का विवर किया कि जो भी किसी भी भाजपा परिवार के लिए आवश्यकता हो रही है, उसे नियुक्त किया जाएगा।



त्यौहारी सीजन में जाम लगना आम बात हो गई है। अभी दीपोत्सव के 6 दिन त्यौहार को मना कर लोग वापस अपने कार्यस्थल पर पहुंच रहे हैं जिससे सड़कों पर टैफिक जाप की स्थिति बनी हुई है। सीकर रोड स्थित 14 नवम्बर पुलिया के पास शहर की तरफ आने वाली सड़क पर शाम को वाहन लंबे जाम में फंस गये।

भाजपा की डबल इंजन सरकार रामगढ़ में विकास के नए आयाम करेगी स्थापित : मदन राठौड़

जयपुरा भाजपा प्रदेश अध्यक्ष मदन राठौड़ सोमवार को अलवर के रामगढ़ विधानसभा क्षेत्र में भाजपा प्रदेशी सुखवीर सिंह के समर्थन में प्रचार-प्रसार अध्यक्ष मदन राठौड़ ने कहा कि रामगढ़ की जनता भाजपा के प्रत्याशी सुखवीर सिंह के साथ कार्यकार्ता और कांग्रेस के समर्थन में एक और अलवर के विवासन जिला के लिए, सुखवीर सिंह को जीताना विधानसभा भेजेगा। भाजपा की डबल इंजन सरकार रामगढ़ में विकास के लिए नए आयाम स्थापित करेगी।

मदन राठौड़ ने कहा कि भाजपा ने जनता भाजपा के प्रत्याशी सुखवीर सिंह के साथ कांग्रेस के समर्थन में एक और अलवर के विवासन को हासिल किया। भाजपा ने जनता भाजपा के प्रत्याशी सुखवीर सिंह के साथ कांग्रेस के समर्थन में एक और अलवर के विवासन को हासिल किया।

मतदान में पूर्व आधा चुनाव अपने पक्ष में कर लिया भाजपा में पक्ष प्रमुख, बूर्झा समिति, मंडल और शक्ति केंद्रों के साथ कांग्रेस के समर्थन में जुटे हुए हैं। वहीं क्षेत्र के विकास के लिए आयाम जीता जाना चाहिए। भाजपा ने जनता भाजपा के प्रत्याशी को उपचुनावों में उत्तर कर दिया है।

मतदान में उत्तर कर दिया है। इस अधार पर भाजपा प्रदेशी

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Guy Fawkes Night

A celebration, featuring mesmerizing fireworks, commemorating a historical event with bonfires and sparklers lighting up the night sky. Sometimes also called Guy Fawkes Day, this event has been around since just a few months after the Gunpowder Plot took place, on November 5, 1605. Also known as Guido Fawkes because of his historical fighting for the Spanish, Guy Fawkes was involved with a large conspiracy to kill James I of England, only two years after he took the throne, as the plotters were angry because of the king's lack of acceptance of the Roman Catholic faith.

#FALSE INFO

Fighting 'Fake News' can cut Trust in Reliable Sources, too

The idea of the redesigned strategies was to foster a critical, yet not overly skeptical, engagement with information. For instance, rather than focusing on whether news is either true or false, one of the redesigned strategies emphasized understanding political biases in news reporting.



Forts to fight false information increase public skepticism towards 'fake news,' but they also breed distrust in genuine, fact-based news sources, new research finds.

Studies have shown that few people actually come across false information in their day-to-day lives. And yet, concerns about the harm of 'fake news' may have increased in recent years. High-profile events such as the Capitol Riots, vaccine-hesitancy during the COVID-19 pandemic, and the war in Ukraine have fueled these concerns.

At the same time, fact-checking initiatives are on the rise. Major news platforms like BBC and CNN have incorporated fact-checking into their regular offerings, while media literacy campaigns have flourished with programs designed to educate the public on how to make sense of what is true and false.

"Public discourse on fake news not only increases skepticism towards false information but also erodes trust in reliable news sources, which play a key role in functioning democracies," says first author Emma Hoes.

According to Hoes, the potential gains from reducing misperceptions must be carefully weighed against the broader implications of heightened skepticism.

"This is particularly the case in many Western democracies, where reliable, fact-based news is fortunately still much more common than misinformation," she says.

Hoes and her fellow researchers therefore call for a deeper overhaul of current approaches to combat misinformation, fact-checking, media literacy initiatives, and dedicated news reporting, and compared them with three alternative strategies. The idea of the redesigned strategies was to

A couple of weeks ago, Elon Musk's company, Space X, made headlines when it successfully launched its colossal *Starship* rocket and caught the returning 232-foot-tall booster using 'chopsticks,' at the launch pad, a feat which has never been attempted in human history, bringing Space X a step closer to its goal of building a fully, rapidly, reusable rocket system for sending cargo and humans on interplanetary expeditions. Rashtradoot brings you an exclusive interview with one of the team's key members, who accomplished this feat, Sanjeev Sharma, who is working as the principal engineer in Space X.



PART:1

It is Rocket Science, dammit!



Shailaza Singh
Published Author,
Poet and a YouTuber

What would you do if you got 100 million dollars? Perhaps, you would buy a palace or take a grand trip around the world? Maybe, you would just live life king-size for the rest of your days? But not Elon Musk.

When he sold off his stake in PayPal, a payment platform, he founded Space X, a spaceflight services company in 2002. Later, he also invested in Tesla, an electric vehicle manufacturing company, and acquired the social media platform, Twitter, and renamed it X. Today, Space X has become the world's dominant space launch provider, rivalling the Chinese program, launching on the Falcon 9 rocket. Cadence, it helps NASA and United States Armed Forces in their Space Missions, too. In fact, its Crew Dragon spacecraft will also be bringing back Sunita Williams and Butch Wilmore, the stranded astronauts in the International Space Station since NASA's Starliner developed propulsion problems and was deemed too risky to be deployed for the return of the two astronauts. Two weeks ago, Space X's Starship launched and caught back its colossal rocket's booster using 'chopsticks,' as its giant mechanical arms are affectionately called.

After completing my course, I became the assistant mechanical engineer in Dhanbad in Eastern Railway (as it was known at that time). Soon, I got promoted and became the divisional mechanical engineer; it was a very tough place to work in. It was all coal mines and the primary job was to check the freight in terms of railway wagons and trains and engines get combined into a train, and make sure that we dispatch these trains over to northern railway or thermal power plants everywhere. The area was so out of place. There were no facilities there. That place shaped my work ethics.

I was surrounded by very hard-working people. But all said and done, my motivation has always been about doing new things rather than working on the existing things or maintaining existing things or processes. So, I was there, only for two and a half years, and then in 1994, I was transferred to the newly established rail coach factory in Kapurthala. At that time, Punjab was coming out of terrorism and one wanted to go there. But it was a very modern setup with a supercomputer, high-tech machines, and systems. So, I went there and I stayed till 2001. I started as a senior design engineer and was promoted to deputy chief engineer in mechanical design. We had to do everything from scratch, including migration from manual and mechanical printing to computer-based systems, which was first, even for the private sector in India. At that time, we also got some grants from the UN, and as a result, we got international experts to come to us and teach us how to design from scratch.

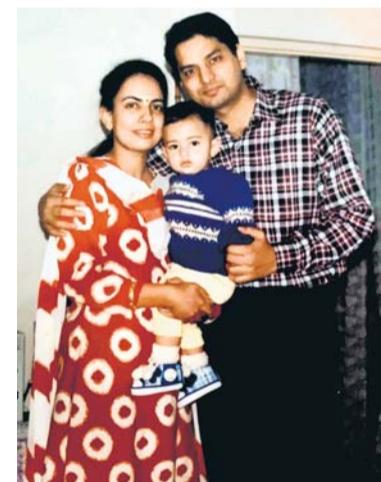
Before that, I used to think that a lot of our engineering was essentially iterative and just tweaking what we had. But then, when we worked with these international experts, who taught us first principles and how to go about it, I realized that I needed to learn more if I wanted to be better.

By that time, I had already been in the workforce for about eight to nine years. By the end of



Sanjeev Sharma at Boeing Office.

#RASHTRADOOT EXCLUSIVE



Sanjeev Sharma with his wife and son in 2001.

2001, I had applied for further studies. I wanted to get a master's degree in mechanical engineering and focus on areas where I think I lacked in terms of computer simulation analysis. Today, everything is available online, but back in the 2000s, you couldn't learn anything by yourself since there was no internet. So, one had to go back to school.

Before that, I used to think that a lot of our engineering was essentially iterative and just tweaking what we had. But then, when we worked with these international experts, who taught us first principles and how to go about it, I realized that I needed to learn more if I wanted to be better.

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interested in product development, research and design. Mechanical engineering is my first love. But my experience in the Indian Railways taught me that in India, the reason most people do engineering is not to get into the technical aspect of things but just to use it as a stepping stone to doing MBA in IIM to become a well-rounded general administration sort of an officer. Had I gone back, I would have been responsible for human resources or procurement or something like that and would have lost this side of the work.

● So, you wanted to remain on the technical side of things?

Yes, it excited me to be an engineer and bring new technology for the benefit of society at large. For example, my research and work on hard drives. I realized that if we produce hard drives that can store data cheaply, it's easy to unlock several uses for digital data, which is precisely what happened. All the progress and information technology revolution would not have happened, had the hard drives not updated their capability by 25 per cent every six months for decades. Just imagine, the first 512 MB hard drive price by IBM cost thousands of dollars, and today, you can get a hard drive of many ter-

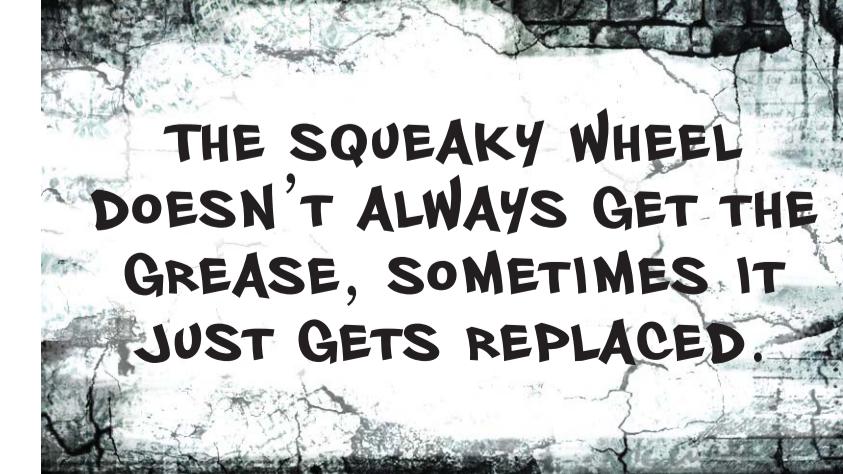
Well, I have been out of India for a good two decades, now. But when I was there, almost everyone, who was doing engineering, was willing to mix up the timing and 'weight' of your meals, there is something you can do to blunt the negative effect of eating the bulk of your calories late in the day.

To be continued...



Sanjeev Sharma mentoring water loop.

THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott



ZITS



By Jerry Scott & Jim Borgman



A couple of weeks ago, Elon Musk's company, Space X, made headlines when it successfully launched its colossal *Starship* rocket and caught the returning 232-foot-tall booster using 'chopsticks,' at the launch pad, a feat which has never been attempted in human history, bringing Space X a step closer to its goal of building a fully, rapidly, reusable rocket system for sending cargo and humans on interplanetary expeditions. Rashtradoot brings you an exclusive interview with one of the team's key members, who accomplished this feat, Sanjeev Sharma, who is working as the principal engineer in Space X.



PART:1

#FITNESS

The Digestive Power of an After-Dinner Walk

"Eat breakfast like a king, lunch like a prince, and dinner like a pauper."



For centuries, when someone referred to 'dinner,' they meant a meal, the largest of the day, which was eaten around noon. A lighter 'supper' was then consumed in the evening. Starting in the 18th century and accelerating in the 19th and 20th, the hour, at which dinner was eaten, moved later and later in the day. This shift occurred for various reasons. Later dinners became fashionable. Lights facilitated dining after dark.

While these large evening meals may be convenient in our modern, industrialized societies, emerging research has shown that this schedule doesn't align very well with our innate human biology.

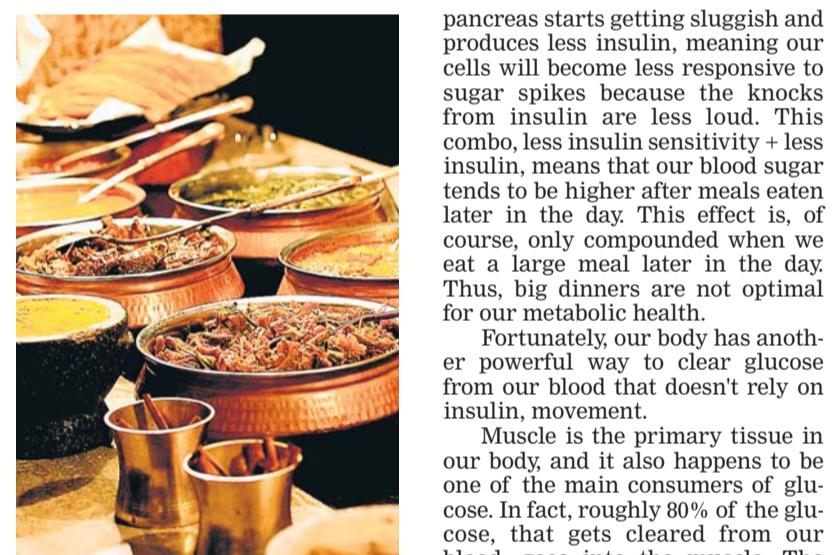
Because the efficiency of our metabolism peaks in the morning and then declines throughout the day, people who eat the bulk of their calories early on, improve their blood sugar and insulin sensitivity. They also have more energy, more than people who eat their biggest meals later in the day, and this is true even when people are eating the same amount of calories overall and doing the same amount of physical activity. Meal timing alone can make a significant difference in overall metabolic health.

It turns out that there's much wisdom in the old saying, "Eat breakfast like a king, lunch like a prince, and dinner like a pauper."

While it may be beneficial to eat a bigger breakfast/lunch and keep one's dinner small (or non-existent), according to Hendrikse, research, the ideal daily eating window is something like 8:00 AM to 2:00 PM., most people won't find this idea very appetizing for reasons both practical and psychological. There is something very satisfying about sitting down with loved ones for a big meal after the stress of the day is over.

If you're understandably not willing to mix up the timing and 'weight' of your meals, there is something you can do to blunt the negative effect of eating the bulk of your calories late in the day, an after-dinner walk. Whenever we eat, glucose hits our blood, and insulin rises to shuttle it into our cells. In the morning hours, our cells are more insulin sensitive, so that when insulin metaphorically knocks on their doors, the cells are more receptive to opening up and letting glucose in.

As the morning wears into evening, our cells become less insulin sensitive, meaning they start ignoring insulin's 'knocks,' leaving glucose in our blood. What's more, as the day progresses, our



pancreas starts getting sluggish and produces less insulin, meaning our cells will become less responsive to sugar spikes because the knobs from insulin are less loud. This combo, less insulin sensitivity + less insulin, means that our blood sugar tends to be higher after we eat later in the day. This effect is, of course, only compounded when we eat a large meal later in the day. Thus, big dinners are not optimal for our metabolic health.

Fortunately, our body has another powerful way to clear glucose from our blood that doesn't rely on insulin, movement.

Muscle is the primary tissue in our body and it also happens to be one of the main consumers of glucose. In fact, roughly 80% of the glucose, that gets cleared from our blood, goes into the muscle. The moment the muscle starts moving, contracting and relaxing, it opens its glucose doors, even though insulin isn't there knocking on them. And so, if we just get up and start moving, our muscles begin greedily consuming all of that glucose.

By getting your muscles to soak up glucose in the absence of insulin, an after-dinner walk blunts blood sugar's rise and allows it to come down quicker.

In a study done on people with diabetes, participants, who were asked to walk for 10 minutes after each main meal, improved their blood sugar curve more than those who were told to walk for 30 consecutive minutes at a random time, and this improvement was particularly striking after the evening meal.

Walking is also an aid to digestion in other ways. Because the intestinal system slows down when you sleep, a big evening meal can sit heavy in your stomach, disrupting your sleep. Research shows that a post-dinner walk stimulates the stomach and intestines, causing food to pass through them more quickly and giving your digestion a head start before you hit the hay. Walking after a meal can also diminish gas, heartburn, and bloating.

