Chronicle

Founder: Late Shri Ramgopal Maheshwari Inspiration: Late Shri Prafulla Kumar Maheshwari

EDITORIAL

Train accidents

These days the series of train accidents in the country is not stopping. Two days ago, another train accident took place in Chakradharpur near Tatanagar in Jharkhand. 18 coaches of Howrah -CSMT Mail going from Howrah to Mumbai have derailed. At least two passengers died in this accident, while 50 people were injured. It is said that a freight train also derailed on this route two days ago. According to the data, four major rail accidents have occurred in the country in the last 14 months, in which more than 320 passengers have lost their lives. In fact, Indian Railways transports about 2.5 crore passengers to their destinations every day on a nationwide track network spread over more than one lakh km. A government railway safety report for the year 2019-20 has found that derailment was responsible for 70 percent of railway accidents, which was more than 68 percent last year. After this come cases of train fire and collision, which are responsible for 14 and eight percent of the total accidents respectively. This report counted 40 derailment incidents related to 33 passenger trains and seven freight trains during the year 2019-20. Out of these, 17 derailment incidents occurred due to track defects. While nine incidents have occurred due to defects in trains, engines, coaches, wagons. Actually, derailment of trains remains a problem for the railways. A train can derail due to many reasons. Track maintenance can be poor, coaches can be damaged, and there can be mistakes in driving. To prevent train accidents, it is very important to keep repairing the train tracks. Railway tracks made of metal expand in the summer months and contract in winter due to fluctuations in temperature. In such a situation, they need regular maintenance. A little negligence can cause a major accident. Tightening loose tracks, changing sleepers and, among other things, lubricating and adjusting switches. Such track inspection is done on foot, trolley, locomotive and other vehicles.

According to the report of railway experts, there is not one reason but many reasons for train derailment. The main reason is considered to be mechanical fault on the railway track i.e. the equipment installed on the railway track getting damaged. Apart from this, these accidents happen when there are cracks on the tracks. At the same time, loosening of the equipment that holds the train coaches can also be a reason for this. Apart from this, breakage of the axle on which the train bogie is placed can also be a possible reason for the train to derail. Wearing of wheels on the train tracks due to continuous movement can also be the reason for the train to

During the summer season, the structure of the tracks changes many times. Apart from this, turning a fast moving train at high speed or applying brakes can also be the reason for the train leaving the track. The only way to stop this is to keep the repair work going. Last time after a rail accident, the former General Manager of the Railways had told that there have been no recruitments in the Railways for the last few years. That is, trains are not being maintained due to lack of staff. There is also a question whether the Railways is trying to increase the speed of trains without preparation? Are our tracks in a position to run ultramodern trains like Vande Railway Minister Ashwini Vaishnav himself has been a big administrative offi-cer. He is also considered sensitive. In such a situation, his focus should be completely on the safety of the railways.
Actually, Railway Minister
Ashwini Vaishnav also holds the
IT Ministry. This time he has also been given the Ministry of Information and Broadcasting. BJP has also made him in-Obviously, due to so much responsibility, his focus is not on the railways. The government should also think in this regard. Overall, the safety of passengers should be paramount for the Railways.

Youth-led initiatives spark hope for children and adolescents living with HIV

"As a young person living with HIV, I had self-stigmatised myself due to the fear of discrimination... fear of discrimination if I dare disclose my HIV positive status to others... this fear had stopped me from living life like a normal person," said a youth living with HIV who is interning with Human Touch Foundation in Goa, India.

"I and my youth peers have confronted HIV-related stigma and discrimination in schools, workplaces and societal levels. Sometimes, it is the teachers who were not cooperating or discriminating against them. The fear of disclosure – which means sharing our HIV positive status with family members, friends or others in society - the fear of being discriminated, is faced by many.. the fear if we would be thrown out of the house or will our friends

Internal stigma (or self-stigma) is real, incisive, and invisible. But people who face it are visible. "It is important to tackle stigma and discrimination at all levels of the socio-ecological level - individual, family and peers, community and structural level, to affect sustainable and transformative change. We need evidence-based multi-level interventions (to tackle all forms of stigma and discrimination - including internal

stigma) for lasting change," said Nadine Ferris France, CEO of Beyond Stigma and Certified Facilitator of Inquirybased Stress Reduction (IBSR). Internal stigma is a mindset of negative beliefs, thoughts, and behaviours about HIV, which manifests as shame, guilt, feelings of contamination, reduced self-

overcome my fears of stigma and discrimination related to disclosure – and helped me in various ways.

She added: "As I am living with HIV, I faced a lot of stigma and discrimination from my own family as well as from society. People in the society (perhaps she meant neighbourhood) told the



vices, like nutritional counselling for example. My voice is heard there," she said. Patriarchy adds another intersectional layer to stigma and discrimina-

Her both parents are living with HIV Mother works but father is out of work She had to drop out of school due to stigma and discrimination. She chose to work. But she had to quit her job at a local supermarket due to stigma and discrimination. Luckily, she found a job as Outreach Assistant, Adolescent Health and Wellbeing at Human Touch Foundation and now helps children and other young people with HIV who come to seek help and support. "I got to know my HIV status at the age of 13" Another young person living with HIV shared with us: "I got to know my HIV status at the age of 13. I was with my relatives because I had lost my parents. That is when I first felt being stigmatised and discriminated against by my

6 Internal stigma (or self-stigma) is real, incisive, and invisible. But people who face it are visible. "It is important to tackle stigma and discrimination at all levels of the socio-ecological level - individual, family and peers, community and structural level, to affect sustainable and transformative change. We need evidence-based multi-level interventions (to tackle all forms of stigma and discrimination - including internal stigma) for lasting change," said Nadine Ferris France, CEO of Beyond Stigma and Certified Facilitator of Inquiry-based Stress Reduction (IBSR).

efficacy, self-loathing, low self-esteem and self-rejection.

"Internal stigma happens when we internalise external stigma and judgements and believe that they are true. Internal stigma also happens in the absence of external stigma and discrimination", explained Nadine.

Another female youth living with HIV shared with CNS: "From my child-hood I have been touched by Human Touch Foundation which helped me

family to not let me come out otherwise I will spread the virus to their children. I even faced it in my relationship with one guy. I knew him for one year and had shared everything with him but still he blamed me that I got infected because I have been sleeping with oth-

ers."
"I am heard there" "I could overcome my self-stigma and fear of discrimination because of Human Touch Foundation. From my childhood they

Congressmen from across state will gather in Lahar to support the leader in crisis

Gwalior Chambal Notes Harish Dubey

Dr. Govind Singh of Lahar, who has been a cabinet minister several times in the Congress's provincial government and the leader of the opposition in the assembly, lost the election in 23 after being an undefeated MLA for more than three decades. In the same Lahar where not even a leaf would move without him, he is now struggling with the government, administration and the ruling party to save his residence. He has been accused of building a mansion on government land. The staff came to his mansion for measurement. Now the Congress has come forward to defend him. On this 9th August, the Congress is organizing a workers' conference on a large scale in Lahar, in which Jeetu Patwari and Umang Singhar will be present, and there are plans to bring some leaders from Delhi as well. Sources reveal that the purpose of this political gathering is to give strength to the troubled Govind Singh and to put pressure on the administration, and also to sound the bugle for the Vijaypur by-election.

Sahab Singh in trouble

Sahab Singh, the Congress MLA with a strong image who represents the Gwalior countryside, is currently in trouble. After being accused of allegedly beating up women in a dispute over an electricity transformer, the police hurriedly registered an FIR against him, and since the matter was related to Dalit women, the Human Rights Commission also swung into action and summoned a report from the SP within fifteen days. On the other hand, the MLA is saying that a political conspiracy is being hatched against him, considering himself innocent. It is worth noting that Sahab Singh had defeated the current BJP MP of Gwalior in the assembly elections eight months ago.

Elections of Sanatan Dharma Mandal temple on Aug 10

The people of the city never knew when the elections of Sanatan Dharma Mandal, one of the oldest and biggest temples of Gwalior, were held and when the new team took charge after removing the old team from the field, but the way the elections of the organization of about six hundred devotees who have faith in Lord Chakradhar have been tumultuous this time and the series of alle-

gations and counter-allegations, threats, viral videos, press conferences full of accusations, have surpassed the elections of organizations like the Chamber of Commerce and Jiwaji Club, located a few meters away from this temple, which become a political arena due to the presence of stalwarts in the elections. The elections are to be held on August 10 and seeing the heat between the groups contesting the elections, the police is also making its preparations so that an incident of adharma does not take place in place of dharma.

Now entrepreneurs from all over the country will gather in Gwalior

After successful organization of Regional Industry Conclave first in Bhopal and then in Jabalpur, Scindia had insisted on holding the next Industry Conclave in Gwalior and CM Mohan Yadav has put his seal on it. The date has also been fixed as 28th August. The industry and business world of the city is excited and preparations have begun. Seeing the enthusiasm shown by the local businessmen and entrepreneurs in the Business Conclave held at the Agriculture University here yesterday, it can be believed that through the Conclave to be held in Gwalior at the

end of this month, big industrial houses will come to this region and billions of rupees will be invested. The target has been set to bring about 1500 companies from the country and abroad to this industry fair. Establishing trust in the guest investors towards the law and order of Gwalior Chambal is also a big challenge before the organizers.

BJP leader objects to Atal Smarak

When the pace of work on the grand memorial being built in memory of Atalji on the forest hill of Siraul at a cost of Rs. 20 crores for the last one year slowed down, the collector visit ed Siraul hill and strictly warned the officers to speed up the work. This was fine till now but it was surprising when Raj Chaddha, the former district president of Atalji's party, who was the founding president of BJP, openly opposed the construction of Atal Smarak here. He says that it does not make sense to clear a dense forest spread over 19 hectares to build a memorial here. At present, even BJF leaders are unable to answer his objection. Raj Chaddha has linked the entire issue to environmental protection. He has even been suspended from the party once for making simi-

India's good start in Olympics



Friend said to me: A total of 117 Indian athletes, including five reserves, are on the hunt for medals and sporting immortality at the Paris 2024 Olympics, which runs from July 26 to August 11. There will be Indian interest in a total of 69 medal events across 16 sports - archery, athletics, bad-minton, boxing, equestrian, golf, hockey, judo, rowing, sailing, shooting, swimming, table tennis and tennis - at the Paris 2024

I said: Neeraj Chopra, who created history at Tokyo 2020 by winning gold in men's javelin throw, is a part of the 29-member Indian athletics contingent to France and will look to contribute to India's Paris 2024 Olympics medal tally. Badminton ace PV Sindhu, weightlifter Mirabai Chanu, boxer Lovlina Borgohain and select members of the Harmanpreet Singh-led Indian men's hockey team will be the other returning Olympic medal-lists in the Indian contingent to Paris 2024. The likes of Avinash Sable, Antim Panghal, Rohan Bopanna, Chirag Shetty-Satwiksairak Rankireddy, Vinesh Phogat and Aman Sehrawat will also be eager to add to India's Olympic medal tally at Paris

Friend said: Manu Bhaker won the first medal for India at the Paris 2024 Olympics. She bagged a brone and became the first Indian woman to win an Olympic shooting medal. She then created history to become the first Indian to win two medals at a single edition of the Olympics after she clinched a mixed team 10m air pistol bronze with Sarabjot Singh. Overall, India have won 37 medals at the Olympics to date. Interestingly, it was Norman Pritchard's dual silver which opened India's account in Paris 1900. KD Jadhav, with a wrestling bronze at Helsinki 1952, was the first individual athlete from independent India to get on the Olympic medal winners list. Weightlifter Karnam Malleswari became the first woman to win an Olympic medal at Sydney

I said: Rifle shooter Abhinav Bindra was the first Indian to win an Olympic gold medal in an individual event at Beijing 2008 and was the only one to do so for over a decade before Neeraj's javelin triumph at Tokyo 2020. Men's hockey, with 12 medals including eight golds, has been the biggest contributor to India's Olympic medals tally followed by wrestling

Science Fact

Electrical brain implants may help patients with severe brain injuries

For people with traumatic brain injuries, cognitive functions like memory, attention and mood regulation can become exceedingly difficult. But "there is no therapy for this kind of problem, even though it's so prevalent," says Nicholas Schiff, a neurologist at Weill Cornell Medical College in

Now, in a small study of individuals who have suffered moderate to severe brain injury, five patients scored better on a test of attention and

information processing after having electrodes surgically implanted into the thalamus, an early stop for information coming in through the senses, Schiff and colleagues report December 4 in Nature Medicine. The study participants and their families also reported improvements in their symptoms and daily lives after deep brain stimulation. The results suggest that direct stimulation of the thalamus could be used to treat cognitive impairment caused by traumatic brain injuries. More than 5 million people in the United States alone live with the effects of moderate to severe traumatic brain injuries, often caused by common events like falls and car crashes. oIn deep brain stimulation, electrodes are implanted into the brain and — powered by a pacemaker — used to electrically stimulate targeted brain regions. The technique has long been used successfully to treat other conditions, for instance to quiet the tremors caused by Parkinson's disease or the seizures of epilepsy.

|Spiritual

Devotional dedication to Shri Guru Raya through images

Movies about Raya's life miracles have been made in Kannada, Tamil and Telugu languages. Famous movie stars and technicians have dedicated their devotion to Roy.

The worship of Raya started in the days when Kannada film industry activities were taking place in Chennai. Senior technicians BR Pantulu, Singh Thakur used to perform special pooja in the Mantralaya before the film production. It is as if

he kept the first copy of his film in Brindavan and worshiped it before releasing it. Kannada superstar Dr.Rajkumar, Tamil star Rajinikanth, director Hunasuru Krishnamurthy Dwarkeesh and their contemporaries had to seek Raya's grace before performing auspicious deeds.

Babu Krishnamurthy featured many guest artists from the Kannada film industry. In 2011, Sri Raghavendra Swamy Kannada film was released. It didn't take long for the filmmakers to see the devotion towards Roy on screen. Directed by the Mahatma of Singh Thakur Mantralaya. Dr. He brought

Actor Srinath Raghavendra acted in Vaibhav (1981). The film directed by

life to the role of Raj Roy. Rajinikanth is a great devotee of Tamil film industry's popular actor Rajinikanth Raya. In 1985, he played the role of Sri Raghavendra in the Tamil film 'Sri Raghavendra'. SP Directed by Muthuraman, it was dubbed into Telugu

under the title 'Sri Manthralaya Raghavendra Swami Mahatyam'.

Shree Gururaghavendra Vaibhava serial which came out in 2010 on Kannada TV was popular. Director B. Lasuresh had told the story of Raya in 565 episodes. Another serial titled Shree Raghavendra Mahime (2012) featured



The avoidable landslides of Wayanad

Sir,

The death toll in the devastating landslides in Kerala's Mepaddi area in Wayanad district has risen to 163. Two massive landslides, triggered by unprecedented rainfall of 572mm over 48 hours, struck near Mepaddi in Wayanad district within a span of two hours early on Tuesday. Heavy rain in one of India's most attractive tourist destinations (Wayanad is not meant to be a place for resorts. Now there are 1000 registered resorts & 2500 illegal home stays. Blame is definitely on the greedy landlords & investors who converted an eco-sensitive zone into a tourist area for money) led to collapsed hillsides early eco-sensitive zone into a tourist area for money) led to collapsed hillsides early on Tuesday, sending torrents of mud, water and tumbling boulders through tea and cardamom estates and small settlements.

It was the worst disaster in the state since deadly floods in 2018. Actually, the fundamental reason for these incidents is the utter neglect towards adoption of sustainable practices. And that includes increased footfalls, deforestation, land grabbing, unplanned development etc. And at the root of all this will be failure/lack of government policies to support the sustainable development goals. Under such conditions we are living. We may once again think of our own doing... degradation of fragile slopes by encroaching the forest, and making the land unprotected by tree and shrub covers and their roots which bind the soil. On all the three zones, (Eastern Ghats, Western Ghats and Sub Himalayan) this is a common feature, and till we wake up, it will continue. But nature doesn't take a fraction of a second to demolish the burge constructions and bouses. We take a fraction of a second to demolish the huge constructions and houses. We are so helpless against nature yet we never try to be humble. We boast as if we are the controllers of the universe. Really, it is heart wrenching to see and hear about such a devastating calamity.

Bidyut Kumar Chatterjee

|Tech

Messenger finally gets end-to-end encryption by default

Meta is now rolling out end-to-end encryption for one-on-one conversations and calls on Messenger, finally fulfilling a promise that's been in the works for quite a while. According to the firm, when endto-end encryption is enabled, only you and the person you send a message to on Messenger may view its contents, according to The Verge.

Encrypted chats were first introduced as an opt-in option in Messenger in 2016, but after a lengthy process, end-to-end encrypted texts and calls for discussions between two

people will now be the standard moving forward.

"This has taken years to deliver because we've taken our time to get this right," Loredana Crisan, VP of Messenger, said in a statement shared with The

"Our engineers, cryptographers, designers, policy experts and product managers have worked tirelessly to rebuild Messenger features from the

According to Crisan, using encrypted chats would not result in the loss of Messenger features such as themes and custom reactions. Crisan does, however, caution that it may "take some time" for all Messenger chats to transition to

According to The Verge, while this is a good step, end-to-end encryption for group Messenger chats is still opt-in for now. Instagram messages are also not encrypted by default, though Meta said in August that would happen "shortly after" the rollout of default private Messenger chats.

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