

Central Chronicle

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

EDITORIAL

Rising inflation

These days the prices of green vegetables are skyrocketing in the whole country and vegetables have gone beyond the reach of common people. The prices of potatoes and tomatoes have broken all records. Vegetables are being sold at more than 80-90 and no one is asking the vegetable vendors and middlemen the reason for this. Due to the lack of any concrete control by the government on the prices and MRP of food items, especially vegetables, the condition of the poor is becoming pitiable. It seems as if the fruit and vegetable vendors have no fear of rules and laws and they are busy earning huge profits by selling vegetables and fruits at arbitrary prices. Due to the lack of any fear of administrative action, fines and penalties or license cancellation, hardly any vegetable or fruit seller takes the trouble of putting up a board displaying their prices in his shop. According to the data released by the National Statistical Office, retail inflation increased to 5.49 percent in September, which was 3.65 percent last month. Wholesale inflation has increased to 1.84 percent in September. The main reason behind the increase in inflation was the increase in the prices of food and vegetables. No matter how much the prices of food items and vegetables increase in the retail market, the farmers never get its benefit. On the contrary, hoarders hoard food items and make huge profits by increasing inflation by creating artificial shortage of goods in the market. The poor and the middle class have to bear the brunt of rising inflation. It is expected from the officials that along with keeping an eye on the availability of food items, especially fruits and vegetables, they will keep their prices under control and will ask the vegetable vendors to display the daily prices on a board, so that the poor and the general public can be saved from being looted by them.

Everyone is well aware of the fact that before the food items reach the common man, the pockets of the brokers, middlemen and commission agents are already filled. Whereas the farmers never get the right price for their products. It seems that the administration does not know what is the condition of the prices of vegetables and other food items in the markets? 30-35 years ago, whenever the genie of inflation raised its head, we would definitely see and hear news of dharna-demonstration and protests by the opposition parties. But now it seems as if the political parties have nothing to do with the problems faced by the general public. Hardly any shopkeeper would put up a price list, let alone giving a bill. Government control on the prices of goods is nowhere visible. The common customer is being looted openly. Will the Income Tax Department also investigate the income and tax liability of such sellers? The question also arises that when there is abundance of useful goods in the country, then why is there a price rise and why are farmers poor? It is true that the population is increasing, but with global cooperation and many other measures, the availability of goods is also increasing in the same proportion, then why are things being sold so expensive and why is inflation prevalent? Who is creating artificial scarcity of food items despite good monsoon and better production, why are governments not able to control them? In democracy, political parties also get the benefit of forming governments ultimately due to the grace of the people, then why do they ignore the interests of the common people? The government should strictly implement the provisions of the Essential Commodities Act 1955 and the Prevention of Black Marketing and Maintenance of Supply of Essential Commodities Act 1980.

Suicide: A major mental health problem

Er. Prabhat Kishore
Suicide is one of the leading causes of untimely unnatural death, especially among teenagers and people below the age of thirty. It is the act of intentionally giving up one's own life for various reasons. It is one of the leading causes of death.

Psychological conditions, such as depression, anxiety, failure to achieve targeted mission, loss of joy in life, reduced problem-solving ability, impairment in emotional regulation etc. increase the risk of suicide. Factors such as unemployment, poverty, discrimination, homelessness, encourage the risk of suicide.

Doctors and psychologists consider the suicide attempts as a series of symptoms of depression. The person having high moral strength soon recover from depression and lead a normal life; but the discouraged people succumb to the challenging situation and eventually take their own lives. It is often associated with mental illness, bipolar disorder, personality disorder, schizophrenia, autism, obesity-related disorder, post-traumatic stress disorder.

People suffering from cancer, AIDS and other chronic painful diseases end their lives. Sometimes family problems also become the reason for suicide. Presently a large number of students are ending their lives either due to low grading or not being able to compete in competitive examinations.

According to ICMR report about 12% of Indian students suffer from psychological, emotional and behav-

oural conditions. 63% students are stressed due to academic pressure and 56% have symptoms of anxiety. 29% students lack concentration and 43% have mood swings. Constant use of smartphones has led to mental health issues developing in the students. Our education system does not impart moral and ethical values to students. These situations lead to suicide attempts and country loses young minds.

As per WHO report, more than 700000 people die by suicide every year worldwide. Approximately 1.5% of all deaths worldwide are by suicide. 77% of suicides occur in low and middle-income countries. Although suicide deaths are under-reported in many countries due to social, cultural, and legal concerns.

Economic condition is also one of the causes of suicide. As per a report, in 64% of the suicide cases, the per-

whereas women are more likely to self-poisoning, exsanguination etc.

Attempted suicide is a crime in many countries. Assisted suicide is when a person helps another person to die either by advice or any other means. In this case the person assisting is more responsible. In some countries and jurisdictions, helping a person to die is illegal. Physician Assisted Suicide (PAS) is an end-to-life measure for a person suffering from a painful, terminal illness. In some countries, PAS is legal under certain circumstances, whereas in some countries it is illegal.

Suicide is a global phenomenon and occurs throughout the lifespan. Hence, effective, and evidence-based interventions are needed to prevent it. Individuals, families, and societies must play constructive role to save lives and create healthy and strong citizens. Most people who are contemplating suicide do not know who to speak to. Talking openly can give the concerned people other options or time to rethink their decision, thus preventing suicide.

Multiple psychosocial interventions have assessed, that can be applied to reduce the chance of suicide attempt by an individual. Cognitive behavioural Therapy (CBT), Dialectical behavioural therapy (DBT), medication or combination of medications, team-based collaborative care approaches and other preventive techniques, which may vary on an individual-to-individual basis, may be helpful.

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WHO says that India is the most depressed country in the world. One in four Indian children in 13-15 age-group suffer from depression. One in seven Indians between 15-24 age group feel depressed and lack interest in doing things. In India, the National Crime Records Bureau (NCRB) statistics show a consistent rise in suicide rate from 9.9 per lakh population in 2017 to 12.4 per lakh population in 2022, ranging from 0.6 per lakh population in Bihar to 43.1 per lakh population in Sikkim.

son's income has been found below Ra 1 lakh, while in 32% of the cases the income has been only Rs 1 lakh to Rs 5 lakh.

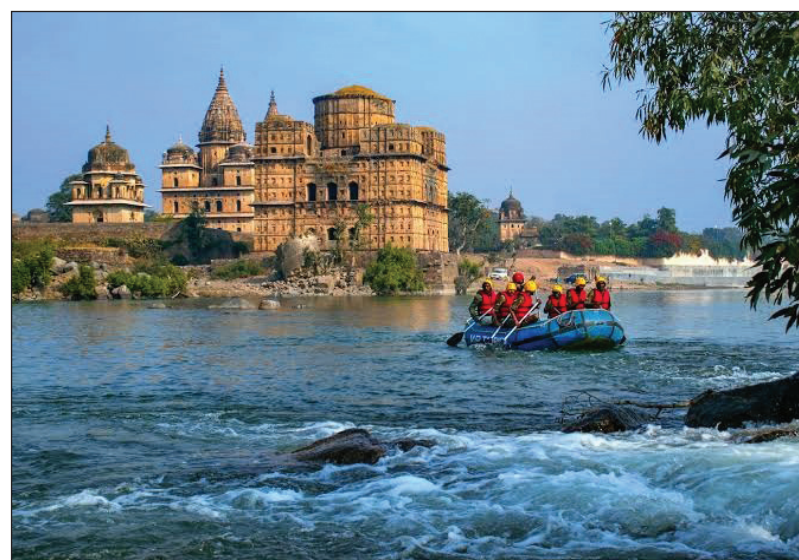
Women have higher rates of suicidal thinking, non-fatal suicidal behaviour, and suicide attempts. Suicide statistics show that although suicide attempt rate is about 3 times higher in women, but the suicide death rate is 2 to 3 times higher among men than women. Men chose violent suicide methods such as firearms, asphyxiation hanging etc,

MP Tourism Board bags Water Tourism Excellence Award

International (England based) travel magazine 'Lux-Life' has awarded the 'Inland Water Tourism Excellence Award 2024' to MP Tourism Board in Marine Tourism Award. Marine Tourism Awards 2024 has honored the achievements of the world's most notable tourism experience businesses that give unforgettable experiences to tourists. This honor by the magazine has been given to MP for innovating in the field of water tourism, enhancing tourist experience and developing innovative tourism structures in the water bodies of the state.

Principal Secretary Tourism and Culture Department and Managing Director, MP Tourism Board Shri Shiv Shekhar Shukla said that this honor is a symbol of the natural resources of our state and the innovations made in the field of tourism. There are immense possibilities of water based tourism in the state and the department is continuously working in the conservation and sustainable development of our water bodies.

Despite being surrounded by land on all sides, 37 activities are being conducted in various water bodies of



MP in collaboration with private stakeholders in 22 notified water bodies. 16 boat clubs are being operated by the Madhya Pradesh Tourism Department. Unique activities like scuba diving are being conducted in Sailani Island, 6 cruise projects have been identified, out of which work

has already started on the cruise project from "Statue of Oneness" in Omkareshwar to "Statue of Unity" in Gujarat. Hydrographic survey has also been done for the route of 3 cruise projects of Narmada River, and route surveys are to be done for 3 cruise projects of Chambal River.

Principal Secretary Shri Shukla said that this award is a proof of the continuous efforts of the department to establish Madhya Pradesh as a major inland water tourism destination, which provides visitors a unique and unforgettable experience of nature, culture and hospitality.

Water tourism in Madhya Pradesh is on an uprise. Here best time to experience water tourism is summer season i.e. from March to June month when temperature rises and for relaxation, tourist turns towards water tourism destinations like Hanuwantiya island, Sailani island, Kutni dam, Bargi dam, Gandhi Sagar dam, Bargi dam etc. Apart from back-water of dams and rivers, we can also get experience of lake water tourism in Madhya Pradesh. We can find such destinations in all regions of state like in Eastern region, Western region and Northern region. Thus if you are planning a short tour for Central India then you have option to add some water tourism destination/s in your plan, close to your travel region. Just check the given below tabular information to understand it better.

Social Issues

Music therapy: Cow treated by playing flute



The friend said to us, There is a saying about the flute - if there is no bamboo, the flute will not play! Some people play the flute of peace by making others fight with each other. Because of the flute, someone is named Bansilal, Bansidhar or Muralidhar. You must have heard the old song sung by Suraiya - Murliwale Murlu baja, Murlu ki dhun sun naache jiva! The meaning of a devotional song is - O green bamboo flute, what penance did you do that Lord Krishna keeps you on his lips."

We said, "The importance of the flute is not less even today. Sushma Swaraj's daughter's name is also Bansuri. In Vastu Shastra, hanging a flute on the door is considered auspicious. Playing the flute is an art. The biggest name in flute playing has been Pannalal Ghosh."

The friend said, "The tune of the flute not only makes the mind happy, it also cures diseases. Naresh Thakkar and his son Karan have treated more than 1 lakh cows in Nadiad, Gujarat, just

by playing the flute. These people go to different Gaushtalas and play the sweet tune of the flute. This has helped the sick cows recover quickly. The stress level of the cow reduces by listening to the tune of the flute. It feels relaxed and relieved."

We said, "Now when Shri Krishna used to go to graze the cows in Gokul, all the cows used to get mesmerized by the melodious tune of his flute. Even the Gopis used to come running, forgetting their senses. The flute has a great significance in Krishna Leela."

The friend said, "Right now we are talking about Naresh Thakkar of Nadiad who treats sick cows with music therapy and that too absolutely free of cost! Since it is not possible to go everywhere, Naresh Thakkar and his son are now making audio of flute tunes which will be given to the country's Gaushtalas for free so that lakhs of cows can be treated. There will be 3 types of audios. One for calves, one for lactating cows and one for older cattle.

Science Fact

Indian astronaut Shubhanshu Shukla goes inside SpaceX's Dragon spacecraft

Whitson shared that training for the Ax-4 mission has officially commenced, with the crew feeling "right at home" after completing a comprehensive onboarding process in Houston.



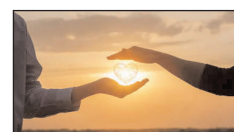
At SpaceX, Group Captain Shukla and his fellow crew members underwent suit measurements and pressurization tests, essential steps in ensuring the safety and comfort of astronauts during their mission. Training for Ax-4 has begun and I already feel right at home. After a comprehensive onboarding process in Houston we traveled to @SpaceX in Hawthorne for suit measurements and pressurization tests. The crew also had their first introduction to Dragon!

The visit also marked their first introduction to the Dragon spacecraft, SpaceX's state-of-the-art vehicle designed for both cargo and crew missions to the International Space Station (ISS). As part of the Ax-4 mission, the Indian Air Force officer is expected to spend approximately 10 days aboard the ISS, conducting various scientific experiments and research activities. The Axiom Space missions are part of a new era in commercial spaceflight, offering opportunities for private citizens and researchers to access the microgravity environment of the ISS. Ax-4 will be the fourth such mission organized by Axiom Space in partnership with SpaceX and Nasa. Nasa has already indicated that it will continue with the Dragon spacecraft through 2025 as the Boeing Starliner needs more time to get fixed.

Spiritual

Why We Suffer, Fall In Love And Feel Joyful

This article explores the spiritual connections among souls, suggesting that these bonds transcend rational explanation and are linked by past lives and unfinished business. It delves into the concepts of Atma and Brahm and explains how relationships reflect deeper, cosmic purposes.



It is intriguing to realise the connect that one soul feels with another soul, kindred or otherwise. It may appear quite baffling to find a seemingly unknown or unconnected certain individual or a creature appearing as known or familiar. One may find it difficult to explain as to why and how one feels the way one does for some individuals - feels drawn or close, connected or simply repelled or appalled. Explain the link between physical health and mental well-being. This is a strange phenomenon, not easily understood in rational terms. One has to understand it in a larger spiritual context. There is an individual soul, the Atma, and a universal soul, Brahm, alternatively called Jivatama and Paramatma, respectively. Atma is a part of Brahm just as a drop is of the ocean.

The drop in itself is not the ocean, but without these drops the ocean is not possible. The ocean is real because of these countless drops, connected with each other in some uncanny way. So is the case with limitless sky, which is the sum total of many parts, each appearing as a complete sky in itself but not being so in reality. One can also draw an analogy with the letters of the alphabet. Each letter is complete, but it can become more meaningful only when joined with other letters in a more purposeful pattern. The drop is aspirational and so is the piece of sky, and letters of the alphabet. It is their aspiration and their journey towards completeness and fulfilment that is to be understood. It is in this aspiration, this journey, that individual souls find purpose in connecting with one another, in forms human or otherwise.

Quotes



Omar Abdullah's first resolution on statehood is nothing less than ratification of the August 5, 2019 decision. No resolution on Article 370 and scaling down the demand to mere statehood is a huge setback, especially after seeking votes on the promise of restoring Article 370.

PDP youth president, Pulwama MLA Waheed Para



That Hardeep Singh Nijjar, the Khalistani militant who was murdered last year, was a Canadian is a myth. He was actually a foreign terrorist who used fraudulent documents to claim asylum in Canada several times starting in 1997.

Canada opposition leader Maxime Bernier



Will the governor who suffers from a Dravidian allergy ask them to leave out 'Dravida' in the national anthem? The Union Government should immediately recall the Governor, who is deliberately insulting Tamil Nadu and the sentiments of the people of Tamil Nadu.

Tamil Nadu CM MK Stalin

Tech

New Research Waves Red Flag Over Gaming Scams Aimed at Kids

A gaming platform is warning parents about gaming scams aimed at children. Cybercriminals are targeting young gamers, exploiting their innocence for financial gain, according to a report released Friday by Mobile Premier League (MPL), a popular gaming platform. Gaming scams pose grave risks to children's safety, privacy, and financial security, particularly because younger people are more vulnerable, MPL noted. Cybercriminals may exploit personal information to commit identity theft, access bank accounts, or even engage in online harassment and cyberbullying, it added. Additionally, malware infections can compromise device security, exposing children to further risks. "Children are particularly vulnerable because they are less able to distinguish between what is real and what is imaginary compared to adults," explained Alex Ambrose, a policy analyst with the Information Technology & Innovation Foundation (ITIF), a research and public policy organization in Washington, D.C. "Children may confuse fictional immersive experiences with real ones," she told TechNewsWorld. "This is a normal part of a child's cognitive and emotional development, but there are still questions as to how immersive experiences like gaming exacerbate this confusion." Kimberly Sutherland, vice president of fraud and identity strategy at LexisNexis Risk Solutions, a global data analytics and services company, added that scammers target kids for a number of reasons. "They can be targeted to get access to their parents' information, or unfortunately, they're often targeted for more harmful reasons, like for online sex crime and predatory activity," she told TechNewsWorld.

