

# Central Chronicle

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

## EDITORIAL

### Social and cultural concerns

The Rashtriya Swayam sevak Sangh is celebrating its centenary year from Vijayadashami this year in Dussehra in 2026. The Sangh was established in Nagpur on Vijayadashami in the year 1925. Then Dr. Keshav Baliram Hedgewar founded the Sangh with five children aged 8 to 13 years. The special thing is that till 1922, Dr. Hedgewar was the president of the Nagpur unit of the Congress. The Sangh, which started with five child volunteers, is today called the largest cultural organization in the world. On the occasion of Gudi Padwa on Sunday, Prime Minister Narendra Modi went to Nagpur and paid tribute to the Dr. Hedgewar Smriti Mandir. On this occasion, the Prime Minister said that the Sangh is protecting Indian culture like Akshay Vat. Narendra Modi reached the headquarters of the Sangh for the first time as Prime Minister.

Earlier in the year 2000, Atal Bihari Vajpayee had visited the Sangh headquarters as Prime Minister. Both Atal Bihari Vajpayee and Narendra Modi have been full-time workers of the Rashtriya Swayamsevak Sangh i.e. preachers. In its 100-year journey, the RSS has faced bans thrice. Each time, measures had to be taken as per the court's instructions. Many allegations are made against the RSS, but even its opponents accept the service spirit and discipline of this organisation. Whenever there is a natural calamity in the country, the RSS comes forward to help.

In the 1962 war, the volunteers of the RSS managed the traffic in the Northeast and Assam. Pleased with the service spirit of the RSS, the then Prime Minister Pandit Jawaharlal Nehru invited a contingent of the RSS to participate in the 1963 Republic Day parade. At that time, a contingent of 3000 volunteers participated in the Republic Day parade. In 1965, when Pakistan

attacked, Lal Bahadur Shastri called an all-party meeting, in which the then RSS chief MS Golwalkar was also invited. In 1934, Mahatma Gandhi visited the RSS camp in Wardha. There he was surprised to see that the volunteers of the RSS were eating together without any caste discrimination.

At that time, there was an atmosphere of social inequality in the society. In such a situation, people of upper caste used to eat in a separate row. It is clear that the Rashtriya Swayamsevak Sangh has played an important role in social service and in removing social inequality. The Sangh has been praised from time to time in this matter. As far as the Prime Minister's visit to Nagpur is concerned, Narendra Modi has been the district, department pracharak of the Rashtriya Swayamsevak Sangh and the organization minister of the BJP. During this time, Narendra Modi came to Nagpur for the first time in 1970 for the third year training of the Sangh Shiksha Varg i.e. OTC.

After that, he went to Nagpur many times but his visit as the Prime Minister is important because for the last several days, there have been reports of differences between the BJP and the Sangh. However, under the centenary year, the Sangh is mainly working with the aim of spreading the message of the five changes of family awareness, environmental protection, indigenous lifestyle, social harmony and civic duty to every village and town. At present, about one and a half lakh service projects of the Sangh are running in the entire country. Through which emphasis is being laid on works like medicine, education, self-employment, self-reliance. Obviously, the Sangh is engaged in serving the nation along with social concerns.

## Is long-acting HIV treatment as good as taking daily pills?

**BOBBY RAMAKANT - CNS**  
Treatment for people living with HIV (antiretroviral therapy) is lifesaving and revolutionary as it has made HIV akin to any other chronic disease. It has been proven that those who are on treatment and remain virally suppressed, live healthy and normal lifespans - comparable to those without the virus - and there is zero risk of any further HIV transmission from them. But oral HIV treatment has to be taken daily without fail. This could be challenging given the fact that HIV treatment is lifelong.

Recently, long-acting injectable treatment options have been proven to be as effective as the daily oral therapy. However, a very small number of those on long-acting options reported virological failure (and higher risk of HIV virus developing resistance against HIV medicine, also referred to as drug-resistance or antimicrobial resistance/AMR).

**But is the long-acting therapy for everyone?**

A lot of such questions were answered by Dr Jurgen Kurt Rockstroh, Head of Infectious Diseases, Department of Medicine, University Hospital Bonn in Germany. Dr Jurgen has earlier served as the Chairperson of German AIDS Society, and President of European AIDS Clinical Society (EACS) too. He gave a plenary talk at the 16th National Conference of AIDS Society of India (ASICON 2025) in Ahmedabad, India. Dr Jurgen was conferred upon the ASI Lifetime Achievement Award by the Chief

Minister of Gujarat Bhupendra Patel and Dr Ishwar Gilada, Emeritus President, ASI and Governing Council member of International AIDS Society (IAS).

**Antiretroviral therapy is lifesaving, revolutionised HIV care**  
Dr Jurgen said that over 95% of people who are diagnosed positive for HIV and initiated on first-line oral antiretroviral therapy soon achieve viral suppression with undetectable viral load. "An overwhelming body of clinical evidence has firmly estab-

lished that undetectable HIV viral load means that HIV is untransmittable from these people, which is often referred to as undetectable equals untransmittable or U equals U/U=U."

Dr Jurgen added that "near to normal life expectancy for people living with HIV is a reality now if antiretroviral therapy is started early enough and the person stays virally suppressed." He pointed out that in the rare event of HIV virological failure, there is a risk for drug-resistance develop-

ment. Less than 2% people who are on antiretroviral therapy discontinue due to adverse events.

**If all is good, then why do we need new options?**

Yes, HIV treatment - daily oral regimen - is lifesaving and good - access to which is critically important in a rights-based manner for all those with HIV. However, there could be people who might find it difficult to take daily pills or those who want more choices of long-acting options. Those people with HIV who are

unable to adhere to daily oral therapy or face HIV-related stigma and risk of discrimination (for example, 40% of people in a multi-country study said that they fear that their HIV medicines would be found by others and lead to HIV disclosure, stigma and discrimination), or those who are struggling with treatment fatigue of a lifelong therapy or wish for treatment simplification, or those who do not want to be reminded of having HIV every day - day after day (35% of study participants in a multi-country study said this was a concern for

them), or those who have difficulties in swallowing pills, are the ones who may consider long-acting treatment options. Dr Jurgen shared an example of a person who opted for long-acting regimen: a woman living with HIV who is a native of one of the African nations and under his medical care in Germany, has a HIV negative child. She did not want to disclose or risk disclosing her HIV status to her child as she lives in a community-setting where HIV disclosure could mean being forced out of the group.

So, it was important for her to ensure that others may not find her medicines. That is why, she opted for long-acting therapy and continues to remain virally suppressed and healthy.

A study published in 2018 gauged interest in potential new ARV therapies back then among 263 people with HIV from clinics in Duke and University of South Carolina.

Four-fifths of these study participants came from racial and ethnic minorities, 89% were virally suppressed and, on an average, they were on antiretroviral therapy for around twelve years. In the study, two-thirds of the respondents (61%) said yes to the choice of "taking a single pill once a week," followed by one-thirds of those (34%) who opted for 2 injectables given in a clinic setting every two months. Lowest interest was towards 2 plastic implants in the forearm every six months as a mode of administering the therapy.

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## Congress's effort to find leaders among workers in Vindhya

Amidst the stupor of electoral politics, the meaning of the organization of Congress's workers' conference in Vindhya is being interpreted. Congress, which was a victim of the all-encompassing strategy of the Bharatiya Janata Party during the elections, has made a useful effort for the first time to find new satraps in Vindhya. An attempt was also made through the conference to send a message to the Congress leaders who joined Congress from Samajwadi Party and are now riding a double engine vehicle under the BJP's flag that now the return of such people to the party is not possible. The presence of all the senior leaders from the National General Secretary to the state and Vindhya on the stage was giving indications of the unity of the organization. At the same time, it was also showing that the party organization is ready for major changes. The old pattern regarding the organization officials is not acceptable. By fixing the accountability of the responsible, the whip of strict discipline will

now be tightened on everyone. The party will no longer tolerate those leaders who have become puppets of the government despite being office bearers for years due to their proximity to their bosses. They can also be shown the way out. New influential people can also get big responsibilities. Unity in the party, solidarity of leaders and strength of workers can change the picture of them and the organization when the time comes. Some senior leaders of Vindhya openly challenged the leaders who have become part of the government from the stage. Which was rarely seen till now.

**MLA's pain spilled in the House**

The rebellious attitude of MLAs in Madhya Pradesh is not stopping, BJP MLA from Sidhi, Mrs. Reeti Pathak, surrounded her own government in the House and surrounded Deputy CM Rajendra Shukla and raised issues related to his department. Political tussle between BJP MLA and Deputy CM

is increasing in Vindhya. Earlier, she has also showered questions on the public platform.

On the last day of the budget session, she raised the issue of poor health services and shortage of doctors. The MLA expressed his pain in the House, he said that the airport has opened in Rewa but we don't even have a railway station here. We are sitting like poor people. Now the question arises that who stopped you from doing development, the airport of Rewa is for the entire Vindhya and when it was included in the Udaan scheme, at that time Reeti Pathak herself was an MP. There should be will power for development.

She was an MP from Sidhi for ten consecutive years and there was a BJP government at the center, then why did she not make efforts for Sidhi? There are enough possibilities of development in Sidhi, so while being an MP, she could have taken Sidhi-Singrauli to heights in the field of development. So should

it be believed that the development happening in Rewa is causing stomach pain to other public representatives or there is a fight for regional dominance in Vindhya. The strong will power of Deputy Chief Minister Rajendra Shukla has set records of development and development is also his hobby. If the public representatives have the same will power, then every district can stand at par with Rewa. Congress MLA's foul language

The Congress MLA compared saints and sages to bulls from the stage, after which protests started across the state. Saints and sages called it an insult. In fact, Congress's Amarpatan MLA Rajendra Singh, who was the Deputy Speaker of the Assembly, compared saints and sages to bulls during a workers' conference held in Satna. He said that the BJP has left them to talk about Hindus among the public, who are grazing other people's fields like bulls. After the MLA's foul language, people called it an unfortunate and indecent statement.

### Vindhya's Notes

Dr. Ravi Tiwari

## Satire

### Trump deserves tit for tat behaviour



The friend said to us, 'US President Trump has said that he will deal with India in a reciprocal manner in the matter of tariff. You know that reciprocal means tit for tat. What threat will you say about this threat of Trump?'

We said, 'We should not be afraid of threats while maintaining our threat. India is the world's largest democracy in terms of population.'

The power of 140 crore people is behind Prime Minister Modi, so there is no question of bowing down to any threats. Remember, during the Bangladesh war, when the then US President Richard Nixon had threatened to send his 7th fleet of the Navy to the Bay of Bengal, Indira Gandhi had said in strong words that let him come, our Vikrant will deal with him. Seeing Indira's attitude, America understood that its bullying will not work here.'

The friend said, 'Trump is in the habit of threatening. He is a builder by profession whose intention is to grab the land of Canada and

Greenland. He does not know the civilized language of diplomacy.

You will remember that even during the Corona period, Trump had threatened India and said that send the consignment of Remdesivir medicine to America immediately or else... then India had become the pharmacy of the whole world. It gave medicines and vaccines to all the countries for free. Trump should be grateful to India.'

We said, 'Trump is in the habit of bullying. He forgot how grandly Prime Minister Modi had welcomed him in Gujarat by organizing 'Namaste Trump'.

When Modi went to the White House, Trump did not come out to receive him but sent a junior officer. During the discussion with Modi, Trump had sent illegal immigrants to India in handcuffs and shackles by military plane.

Trump also said that America had sent a huge amount of money during the Indian elections. He meant that BJP won the elections because of them. What should be done in view of Trump's arrogant and pompous behaviour?'

The friend said, 'Porus had told Alexander to behave like a king behaves with another king. If Trump respects others, he will also get respect.'

## Science Fact

### Vitamins discovered in rivers offer hope for salmon with thiamine deficiency disease

Researchers at Oregon State University identified vitamin B1 generated by bacteria in rivers, which may provide hope to salmon' vitamin-deficient salmon populations.

The results were reported in the journal Applied and Environmental Microbiology. The study in California's Central Valley, according to the authors, is a fresh component of an important physiological puzzle involving Chinook salmon, a keystone species with major cultural, ecological, and economic significance in the Pacific Northwest and Alaska.

Christopher Suffridge, senior research associate in the Department of Microbiology in the OSU College of Science, and PhD student Kelly Shannon investigated thiamine concentrations and microbial populations in Sacramento River basin waterways. Thiamine, often known as vitamin B1, is a chemical that is essential for cellular activity in all living creatures.

"This study is the first-ever report of thiamine compounds in salmon-spawning rivers and the associated gravels where salmon spawn," Suffridge said. "This source of thiamine has potential implications for reducing health impacts on naturally spawning salmon that are suffering from thiamine deficiency complex."



## Spiritual

### Paramahansa Yogananda: Everything else can wait but your search for God cannot

"Little mother, thy son will be a yogi. As a spiritual engine, he will bring many souls to God's kingdom." With these immortal words Lahiri Mahasaya, the param guru of Paramahansa Yogananda, prophesied the illustrious path of the then tiny Mukunda, merely a babe in his mother's arms.

'Yogananda' was the monastic name later bestowed upon Mukunda by his guru, Swami Yukteswar Giri, when he chose to don the ochre robes of a Swami, having undergone an arduous and almost regimental period of spiritual training that lasted for years.

The inspiring chapter titled 'Years in my Master's Hermitage,' from Yoganandaji's 'Autobiography of a Yogi,' outlines a delightful description of his life as a monastic trainee at his Guru's Ashram at Serampore, not far from his Kolkata home. Yoganandaji's birth anniversary is celebrated across the world on January 5 each year. The great Guru, who was the ambassador of yoga-meditation in the West, spent over three decades in America in order to impart India's ancient spiritual teachings.

The Kriya Yoga path is a comprehensive way of life and is said to be the 'aeroplane route' to self-realisation. Hundreds of thousands of followers of Yoganandaji follow his Kriya Yoga related teachings and have immensely benefited from them. This writer can personally vouch for the fact that the meditation techniques taught by Yoganandaji's have totally transformed him. The task of dissemination of the teachings of Yoganandaji who left his body in 1952, has remained vested with the twin organisations that he had founded - Yogoda Satsanga Society of India (YSS) and globally with Self-Realization Fellowship (SRF).



## Letter to the Editor

### MS Dhoni could have won it for CSK if he didn't bat at No. 9, Shane Watson thinks so

Sir, Though Chennai Super Kings (CSK) suffered a 50-run defeat against Royal Challengers Bangalore (RCB) at Chepauk, their first home loss to RCB in 17 years, but at age 43, Mahendra Singh Dhoni displayed his extraordinary wicketkeeping prowess against RCB, executing a lightning-fast stumping (facing a deceptive googly from Noor Ahmad, RCB opener Salt attempted a drive but was beaten by the turn. As he momentarily lifted his back foot while trying to regain balance, Dhoni—quicker than a blink—whipped off the bails in just 0.16 seconds) that ended Phil Salt's aggressive innings. Dhoni's remarkable reflexes and cricketing intelligence continue to amaze, reinforcing his legendary status in the sport. With every such moment, Dhoni reinforces his legacy as a generational wicketkeeping genius, proving once again that age is just a number. Also, this moment was a reminder of Dhoni's heroics in CSK's season opener against Mumbai Indians, where he had stunned Suryakumar Yadav with an equally breathtaking stumping. Even at 43, the CSK icon continues to outshine younger wicket keepers with his unmatched agility and razor-sharp cricketing brain. But the cricket lovers were shocked when Dhoni came to bat at number 9 (a decision that sparked widespread criticism), when everything was lost. No doubt Dhoni's quickfire 30\* off 16 balls only narrowed the margin of defeat. But cricket lovers believe Dhoni's presence earlier in the batting order not only could have made a difference, but also may have missed a key chance to turn the game around. With back-to-back away wins against defending champions Kolkata Knight Riders and CSK, RCB have made a strong start to their IPL campaign, eyeing their maiden title.

Bidyut Kumar Chatterjee

## Tech

### Smartwatches can detect abnormal heart rhythms in children: Study

A recent study from the Stanford School of Medicine suggests that smartwatches can assist medical professionals in identifying and diagnosing abnormal heart rhythms in children.

The results are based on an analysis of electronic health data for children with heart conditions who are being treated at Stanford Medicine Children's Health. The study was published in Communications Medicine.

In the course of four years, 145 times, "Apple Watch" was cited in patient medical records. Of the patients whose medical records referenced the smartwatch, 41 had irregular cardiac rhythms that were verified using conventional diagnostic techniques; 29 of these kids received a diagnosis for the first time for their arrhythmias.

"I was surprised by how often our standard monitoring didn't pick up arrhythmias and the watch did," said senior study author Scott Ceresnak, MD, professor of pediatrics. Ceresnak is a pediatric cardiologist who treats patients at Stanford Medicine. "It's awesome to see that newer technology can really make a difference in how we're able to care for patients."

The study's lead author is Aydin Zahedivash, MD, a clinical instructor in pediatrics.

Most of the abnormal rhythms detected were not life-threatening, Ceresnak said. However, he added that the arrhythmias detected can cause distressing symptoms such as a racing heartbeat, dizziness and fainting.



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