

Central Chronicle

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

EDITORIAL

Samosas, Jalebi and warning

The Health Ministry of the Central Government has taken an important step and has instructed to put warnings on food items like samosa, jalebi, vada pav etc. about the amount of oil and sugar used in them. India is a young country but our youth have become addicted to junk food and unhealthy food. Due to many reasons, they do not like home-made satvik food. Obviously, this problem has taken the form of a disease. Have you ever thought what 362 calories and 28 grams of fat in a samosa, dangerous levels of sugar in a jalebi, and about 263 calories in a vada pav are doing to your body? Not only this, the hidden fat and sugar in the noodles, pasta, burgers and sandwiches that go daily in our children's tiffin boxes is slowly making our society sick and weak.

The World Health Organization report shows that obesity cases in India have doubled in the last ten years. More than 14% of children between 5 and 19 years of age are now obese or overweight. These figures are not just numbers, they are alarm bells of the danger of diabetes, heart disease and cancer in the future.

Against this background, the steps being taken by the Health Ministry of the Government of India are welcome. The plan to put warnings like cigarettes on popular snacks like samosa, jalebi, vada pav is a bold initiative.

Under the scheme, "oil and sugar boards" will be installed in central institutions and public places, on which it will be clearly written how many calories, how much fat and how much sugar is there in this food. This initiative is starting from some institutions including AIIMS, Nagpur.

But the question is—will habits change just by putting up boards? Given the literacy and linguistic diversity in India, experts believe that

direct warning labels are necessary, not "health star ratings". This model has been successful in countries like Chile, Mexico, where there was a significant reduction in the consumption of sugar and fat. India will also have to do the same.

But only labels and boards are not enough. We have to raise a wave of public awareness. Because our children are the most at risk! Who are the future of the country. Today their childhood is immersed in junk food. If this does not change, then their efficiency, their health, and in the future the economic progress of the country will be affected. This is not just a health issue, it is a national security issue.

That is why along with the government, social organizations, parents, schools and media all have to take the lead. Health campaigns have to be run aggressively on TV, radio, social media. Children have to be taught that health is more important than taste.

If we remain silent today, then tomorrow we will have to be buried under a mountain of obesity, diseases and medical expenses. The question is not just about samosas, jalebi or burgers, the question is about a healthy India for the coming generation. Now the time has come that strict warnings should be issued against poison in the name of taste and people should be made aware.

According to experts, the habits of today's children are becoming the root of tomorrow's health crisis. Dr. Amar Amle, President of the Cardiological Society of India, says that trans fats and sugar have now become the "new tobacco". Reports show that by 2050, 44.9 crore people in India will be obese, which will be the highest after America. One Gulab Jamun can contain 5 teaspoons of sugar, which is extremely dangerous for the body.

No health without rights, says Shobha Shukla SDG-3 Lead Discussant at UN meet

BOBBY RAMAKANT – CNS
Health and gender equality are indivisible and fundamental human rights. "Right to health cannot be dislocated from gender equality and human rights. We have to ensure that gender equality and human right to health are recognised as fundamental human rights in all countries," said Shobha Shukla, who was the Lead Discussant for SDG-3 (health and wellbeing) at the United Nations intergovernmental High Level Political Forum (HLPF 2025) at UN HQ in New York (14-23 July 2025). She was speaking on behalf of Asia Pacific Regional Civil Society Engagement Mechanism.

The theme of HLPF 2025 is "Advancing sustainable, inclusive, science- and evidence-based solutions for the 2030 Agenda and its SDGs for leaving no one behind".

The 2025 HLPF with full appreciation for the integrated, indivisible and interlinked nature of the Sustainable Development Goals, is conducting in-depth reviews of: SDG 3 (ensure healthy lives and promote well-being for all at all ages); SDG 5 (achieve gender equality and empower all women and girls); SDG 8 (promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all); SDG 14 (conserve and sustainably use the oceans, seas and marine resources for sustainable development); and SDG 17 (strengthen the means of implementation

and revitalise the Global Partnership for Sustainable Development).

Progress on SDG-3 is stunted in Asia Pacific "Progress towards SDG3, continues to be stunted in the Asia Pacific region, such as on universal access to sexual and reproductive health and rights; communicable and noncommu-

der ideologies, including the regressive Geneva Consensus Declaration, the most recent trend of defunding development assistance for gender equality and health, the impact of austerity measures in debt-ridden countries, deprioritisation of health spending, and poor domestic resource allocation on health, are con-

tributing to reversal in progress towards SDG3," she added.

Sexual and reproductive health and bodily autonomy are critical to deliver on SDG3 and other SDGs

"Essential health services must include sexual and reproductive health services - including safe abortion and post-abortion care, menstrual health hygiene, and mental health services, with particular attention to women, adolescent girls, persons with disability, indigenous peoples, gender diverse communities, older people,

young people, migrant workers, refugees, people living with HIV, sex workers, people who use drugs, among others. They must also include all health and social support services for survivors of sexual and gender-based violence," said Shobha Shukla.

Universal Health Coverage (UHC) is not about coverage alone it is essentially about care, justice and equity. So, we need to reach the unreached - with standard healthcare services in a right-based, gender transformative and person-centred manner. More importantly, there is no UHC if we do not deliver fully on sexual and reproductive health, rights and justice - including abortion rights. There is no health without rights - without bodily autonomy and without justice.

Save the medicines that protect us

"All countries must stop misuse and overuse of medicines in all sectors and prevent antimicrobial resistance using the One Health approach," said Shobha Shukla who serves as Chairperson of Global Antimicrobial Resistance Media Alliance (GAMA). "WHO FCTC Articles 5.3 and 19 empower governments to make tobacco and nicotine industries liable and pay for the harm they are causing to human health and our planet.

All forms of corporate capture of public health policy must end and corporations that are causing harm to human health and the environment must be held liable," she said.

“Essential health services must include sexual and reproductive health services - including safe abortion and post-abortion care, menstrual health hygiene, and mental health services, with particular attention to women, adolescent girls, persons with disability, indigenous peoples, gender diverse communities, older people, young people, migrant workers, refugees, people living with HIV, sex workers, people who use drugs, among others.

nicable diseases; universal health coverage; and access for all to safe, effective, quality and affordable disease prevention tools like vaccines, diagnostics and medicines," said Shobha Shukla, who earlier taught physics at Loreto Convent College and leads CNS as Founder Executive Director.

"Gender disparities significantly impact health outcomes and evidence shows that SDG 3 goals cannot be realised without addressing SDG 5 on gender equality. Rise of anti-rights and anti-gen-

tributing to reversal in progress towards SDG3," she added.

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Healing Wounds - Reviving Tourism in Kashmir

Vinod Dixit

Tourism is the mainstay of the economy of Jammu and Kashmir, a federally-administered territory, and the unprecedented targeting of tourists in Pahalgamsent shockwaves through India.Tourism in Jammu and Kashmir is gradually recovering after the Pahalgam terror attack on April 22, 2025, which claimed 26 lives and led to widespread cancellations. The Pahalgam attack has severely impacted Jammu and Kashmir's tourism industry, which contributes 7-8% to the region's GDP. The region has seen a phased reopening of major tourist destinations, with Lieutenant Governor Manoj Sinha announcing the revival efforts.

Tourists have started arriving in large numbers. Tourists from states like Maharashtra and Gujarat have started returning to key destinations like Gulmarg and Pahalgam and the visitors have expressed satisfaction with security arrangements and the warm hospitality of locals.

More than 2 months after a deadly attack in Indian-administered Kashmir scared away tourists and brought India and Pakistan to the brink of war but now with the improved security measures, visible

deployment of forces in sensitive zones, and proactive reassurance from the Jammu and Kashmir administration, tourists have now become informal ambassadors of normalcy, sharing photos and stories of peaceful experiences on social media. Kashmir's booming tourism

“Adding further, he rightly pointed out that even when tourism was in a lull during the 1990s, he said that people from Bengal and Gujarat were the first to head back to J&K that helped revive business.

season, the Valley is bouncing back-with tourists returning, hotels filling up and hope outpacing fear.Tourists who have visited the valley since the attack are expressing their satisfaction with the security arrangements and the warm hospitality of locals.

The targeted killings of tourists in Pahalgam in Jammu and Kashmir took place at a time when the region was witnessing a tourism boom. The number of visitors was at a 15-year high and the Union Territory's own revenue generation had started showing signs of improvement. The

tourism sector has long been a cornerstone of Kashmir's economy, and the impact of the attack was devastating. Kashmir's tourism sector is slowly finding its footing again as tourists begin to return to the valley, though numbers are still relatively small. Chief Minister Omar Abdullah

has been at the forefront of efforts to reinstatenormality to Kashmir's tourism sector. CM Abdullah also assured people that the government is taking multiple measures to ensure that tourists remain safe and secure in their homeland.

It is to be appreciated that the government is engaging with institutions like the World Bank to promote new destinations and develop necessary infrastructure and the centre has also identified five focus areas to support locals, including financial assistance and promoting religious and adven-

ture tourism. While speaking at the Travel & Tourism Fair in Kolkata, CM Abdullah has said that West Bengal and J&K have always shared a bond that goes beyond economic relations, or that of host and guests. Adding further, he rightly pointed out that even when tourism was in a lull during the 1990s, he said that people from Bengal and Gujarat were the first to head back to J&K that helped revive business.

The Central government is also facilitating official meetings and visits by parliamentary delegations here, which will further enhance confidence and contribute to an increase in tourist numbers.The Modi government is planning a major tourism push for Jammu and Kashmir following the Pahalgam massacre. Now, in order to sustain tourism, it is essential to promote responsible tourism practices that respect the local culture, environment, and community.Community-based tourism initiatives can help ensure that the benefits of tourism are shared equitably among locals.

Sustainable tourism practices can help more to conserve Kashmir's natural beauty and cultural heritage for future generations.

Satire

Amit Shah's post retirement plan

I will do natural farming after retirement.



Friend said to us, 'You must have seen that after clinging to power, no leader tells his retirement plan, but Union Home and Cooperation Minister Amit Shah is an exception to this. He has said that after retirement he will spend his life studying Vedas, Upanishads and doing natural farming.'

We said, 'The idea of studying Vedas, Upanishads and religious scriptures is very good. Bhimsen Joshi had sung- Jo Hari ko bhaje, wahi param pad paega! Since Amit Shah is the Cooperative Minister, he will probably do cooperative farming. While doing natural farming, he will stay in the proximity of nature and hum- Mere desh ki dharti sona ugle, ugle heere-mottli!'

Friend said, 'The identity of a down-to-earth politician is that he is interested in farming. Former Prime Minister Indira Gandhi also had an agricultural farm in Mehrauli near Delhi. Union Minister Nitin Gadkari also has a farm in Dhapewada village where his wife Kanchan Gadkari has grown large onions weighing

1 kg each by doing organic farming, which surprises people. It has also been claimed that reciting mantras like Shri Sukta with devotion has a positive effect on the crop.'

We said, 'If this is the case then why do thousands of farmers of Maharashtra commit suicide? They should stop using chemical fertilizers and do natural farming by using cow dung, compost, earthworm manure and sowing good seeds. Along with this, they should also try the power of mantras. Organic crops and coarse grains or millets also get good prices. Doctors also advise to eat jowar, bajra, maize, ragi instead of wheat and rice.'

Friend said, 'Amit Shah said that natural farming is done in his farm, which has increased by about one and a half times. One cow is enough for natural farming. 21 acres of land can be cultivated with the manure prepared from its dung. Shah said that every farmer family in his village earns more than Rs 1 crore in a year.

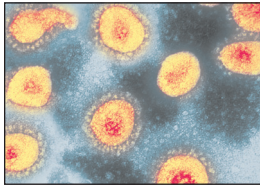
Science Fact

COVID’S cold cousins

Over a few weeks in November 1889, a respiratory disease attacked half the residents of St. Petersburg, Russia, and it soon began to race through Europe and the rest of the world. Two years later, in a spectacularly detailed book, a British medical officer, H. Franklin Parsons, described what was dubbed the "Russian influenza" epidemic, which raged until 1894. People seemed to spread the disease before developing symptoms, the young did not suffer as much as the old, a dry cough was common among the ill, some had a "perversion of taste and smell," and deaths rose. Suspicions ran high that a pathogen had jumped from an animal into humans.

Sound like COVID-19?
In 2005, scientists in Belgium proposed that the earlier pandemic's cause was not an influenza virus, but rather a coronavirus. Three years before their theory was published, a coronavirus had passed from an animal to humans, touching off a highly lethal outbreak of what was called severe acute respiratory syndrome (SARS). The disease spread from China and brought new attention to these once-obscure viruses. The Belgian team wondered whether something similar happened in Russia more than a century ago.

Based on molecular clues, they suggested that the once-deadly virus is still circulating today, as a coronavirus known as OC43 that in most people causes nothing worse than a cold. So far there's no direct evidence to back the group's theory, but two other teams soon hope to look at tissue samples from the late 19th century to see whether they can spot when the virus first became a human pathogen.



Spiritual

Why we're all our brothers' keepers

Recently, a Karnataka judge ruled that the bystanders in a village who witnessed a woman being assaulted and paraded naked, and did nothing to protect her, were as guilty as her attackers by being complicit in the crime, and were held collectively responsible for it.

The concept of collective responsibility is based on the precept that for evil to triumph it is enough that good men do nothing to prevent it, a quote often attributed to Edmund Burke, but according to different sources, originally articulated by John Stuart Mill: "Bad men need nothing more to compass their ends, than that good men should look on and do nothing."

During the British Raj, the charge of collective responsibility earned notoriety for being used to penalise entire communities for any acts of defiance against the colonial regime. More recently, the rubric of collective responsibility has been invoked to deem all the residents of a neighbourhood culpable for damage caused to public and private property during a riot, with compensatory fines imposed on all.

The most sweeping example of collective responsibility was imposed after the end of WWII by the victorious allies against the entire German nation for crimes against humanity committed by the Nazis, including the genocidal Holocaust.

The burden of aggregate guilt was carried even by those who hadn't been born at the time these crimes took place, an anomaly all the more marked in that the winners of the war felt no need for public displays of remorse for the atomic horror unleashed on Hiroshima and Nagasaki.

Going beyond the courts of temporal law to the higher tribunal of moral philosophy, the dictum of collective responsibility can be traced to Emmanuel Kant's explication of what he termed the Categorical Imperative.



Letters to the Editor

Where India lost the Lord's Test they should have won

Sir, After nearly five days of captivating and hard-fought Test cricket, on the sixth anniversary of their 2019 ODI World Cup triumph at Lord's, England survived a brave fightback led by a defiant Ravindra Jadeja to seal a thrilling 22-run win over India at Lord's. By this defeat, India lost its 8th Test match out of 11 played with one match drawn, under newly appointed Gautam Gambhir as Head Coach. No doubt this is cricket at its finest. Imagine today 250 scores get chased down in 20 overs in the shortest format. But here even an under 192 score is not chaseable in over 100 overs. The 4th innings of a Test match is the toughest. India had no business of getting out on 387 in the first innings when they could have gone till 450 or so. Bowlers did fantastic overall but the batsman let down. Rishab Pant, Shubman Gill and KL Rahul had to shoulder this chase. Yashasvi Jaiswal needs to learn patience. He's not yet in the Virendra Sehwag league. Karun Nair has been the biggest disappointment. Given a chance at a comeback, he's failed all the innings he's played so far. When our top batter miserably failed, then Ravindra Jadeja held firm, scoring a magnificent 61* off 181 deliveries. He batted with calm, composure, and grit, nearly pulling off the improbable alongside the lower order like Jasprit Bumrah and Mohammed Siraj. Even though I feel the Indian approach should have been more aggressive, after the fall of the 8th wicket, we know number10 and the 11th batsman cannot defend. Jadeja should have taken full control and gone aggressively (instead of Bumrah and Siraj India losing many runs), intent would have been to score or get out and not give a chance for the 10th batsman to face the ball. Though, it's India's sheer luck that these two bowlers who generally cannot bat to save their lives who provided a great fightback along with Jadeja. Though the Indian tail just hangs in but the England tail hangs in and also scores runs - that is the one key difference.

Bidyut Kumar Chatterjee

Tech

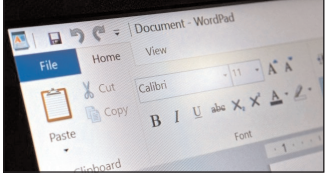
After 30 years, Microsoft is finally removing WordPad from Windows

After over 30 years as a staple Windows application, Microsoft has announced that WordPad will be removed from future builds of Windows 11. The text editing program, which first debuted in Windows 95, will not be automatically installed on Windows 11 and eventually phased out completely.

This news came as part of the recent Windows 11 Insider Preview Build 26020 for the Canary Channel. Microsoft stated that WordPad will not be available for reinstallation after it is removed. So this is very likely the end of the road for the classic app.

WordPad has long been positioned by Microsoft as a middle ground between full-featured Word and barebones Notepad. It offered basic formatting options like fonts, colors and paragraph alignment that made it popular for small documents and notes. But over the years, it seems WordPad became squeezed as Microsoft promoted Word for more robust documents and Notepad for plain text.

The company hinted at this in its documentation, recommending Word for rich text formats and Notepad for plain text. With capable alternatives available, Microsoft likely saw little value in continuing to develop WordPad. The writing may have already been on the wall, as Microsoft never updated WordPad with a dark mode for Windows 11. Meanwhile, Notepad received a dark mode and is slated to get new autosave capabilities.



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