

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

EDITORIAL

Renaissance of civilization

The hoisting of the Dharma Dhwaja on the summit of the Ram Temple in Ayodhya, in the presence of Prime Minister Narendra Modi and RSS chief Dr. Mohan Bhagwat, is not merely a simple religious ritual. This event represents a moment of religious, social, cultural, and historical self-confidence for Indian civilization, one that future generations will remember as the beginning of a new era. After centuries of struggle, waiting, and austerity, the saffron flag hoisted in Ayodhya is not only a triumph of faith but also a powerful message of the resurgence of India's cultural consciousness. It is essential to first understand its religious significance. The birthplace of Ram Lalla has been a center of faith for millions of Hindus. From the Ramcharitmanas to the Valmiki Ramayana, Ram is enshrined in the Indian psyche as the highest ideal of dignity and righteousness. Consequently, the hoisting of the Dharma flag is a direct proclamation of the principles and values of Sanatan Dharma. It is a celebration of the unwavering faith that has not extinguished its light despite struggles, obstacles, and longing. This flag signifies that the establishment of religion is not merely a matter of scriptures, but a living process realized through the collective resolve of society.

This moment of the Dharma Dhwaja is equally significant from a social perspective. The Ram Temple movement was not a campaign of a single class, a single region, or a single organization. Every section of India—the poor, farmers, laborers, businessmen, women, and tribals—participated in its construction with devotion and voluntary labor. This is why this event became not just a religious victory but a national celebration of social harmony.

Ayodhya today demonstrates that when a society stands united for a common goal, the lines of division auto-

matically disappear. Ayodhya also holds extraordinary cultural value. The magnificent architecture of the Ram Temple, built in the Nagara style, stands before the world as a supreme example of Indian art, craftsmanship, and spiritual heritage. The Dharma Dhwaja symbolizes the perfection of this heritage. Now, Ayodhya is not just a religious city, but is poised to become a center of global cultural and spiritual tourism. This will significantly strengthen India's soft power. The chanting of Vedic mantras and the restoration of ancient rituals convey the message that India is confidently carrying forward its traditions alongside modernity. Historically, this moment symbolizes the peaceful resolution of a complex dispute. It marks the end of a chapter that influenced political, legal, and social discourse for decades. The joint presence of the Prime Minister and the RSS chief further strengthens the message that the country is now leaving behind the complexities of history and moving towards unity and building a future. With this flag, the consciousness of Indianness, once dimmed by invaders and hostility, has been revived. Overall, the Dharma flag hoisted in Ayodhya is not just a symbol, but a clarion call for the confidence, unity, and renaissance of civilization.

It connects India to its golden past and emerges as a guide to a brighter future. Therefore, this moment brings a meaningful message of cultural regeneration not only for India but also for the world.

The right-angled triangular flag, measuring ten feet in height and twenty feet in length, bears the image of a radiant Sun symbolizing the brilliance and valour of Bhagwan Shri Ram, with an 'Om' inscribed on it along with an image of Kovidara tree. The sacred saffron flag will convey a message of dignity, unity, and cultural continuity, embodying the ideals of Ram Rajya.

Civic Nation Through Equal Education

(By: Dr Dilip Singh, ITS, views are purely personal)

India is witnessing some of the highest levels of inequality in the 21st century, and a major driver of this widening gap is the unequal education system. This educational disparity is deeply rooted in long-standing social inequalities, making social inequality the fundamental cause of educational inequality. Such inequality in access to quality education represents one of the gravest injustices in human history.

When equal education is denied, opportunities become unequal—or disappear entirely—even among individuals with similar abilities, simply because they belong to different social groups. This imbalance is clearly reflected in campus placement trends across the country. A review of board compositions in major corporate entities—such as Reliance Jio, Airtel, and Vodafone Idea—further highlights this disparity. Most of these companies have only one woman on their boards, largely because SEBI mandates a minimum of one female director. As a result, representation of socially educationally backward classes remains absent, rather than reflecting a genuine commitment to diversity or equality. India, despite being home to the largest human resources in the world, continues to perform poorly on several international indices that measure not only economic progress but also broader well-being. Indicators such as the Human Development Index (HDI), Global Happiness Index (GHI), Global Hunger Index, and India's low per-capita contribution to Net National Product at

determined by one's social category at birth. Socially and Educationally Backward Classes were systematically denied access to resources—including education—for centuries. Although the forms of discrimination have changed over time, the legacy of exclusion continues in various subtle and structural ways even today. In this sense, the past is not merely behind us; it actively shapes the present. If India seeks to become a developed nation, it must address these historical injustices—not through one-time transfers of money or assets, but by ensuring genuine social justice. Social justice is not charity; it is an essential foundation for social parity and human dignity. It must begin with guaranteeing equal educational opportunities for every child in the country.

Without equal opportunity, India cannot realistically aspire to reach developed-nation status in the next two decades. Nearly 40 percent of women

Factor Cost reveal deep social-structural challenges beneath the surface of aggregate growth.

Human beings require both material and mental assets to fulfil their needs and aspirations. However, historically, the distribution of these assets has been

still lack access to equal opportunities and self-respect due to the combined impact of gender-based discrimination and an unequal education system. When social equality is a precondition for economic development, ignoring these structural barriers will only widen the

debate, discussion, or protest. If operational feasibility truly requires consolidation, the logical process should be: first build an educational complex, ensure a smooth transition for students, and only then consider closing existing schools.

The COVID-19 pandemic further exposed this regional divide. In States like Madhya Pradesh, Uttar Pradesh, and Bihar, rural students were deprived of education due to inadequate digital connectivity. Even today, by closing thousands of schools, lakhs of students remain out of school as they await new systems or infrastructure to be established.

Data reinforces these disparities. According to the Annual Status of Education Report (ASER) 2024, pre-primary enrolment among three-year-olds has risen nationally to 77.4 percent, but the coverage remains highly uneven. Southern States have achieved near-universal enrolment, while States such as Madhya Pradesh and Meghalaya still report that more than half of three-year-olds are not enrolled in any pre-primary system. Complementing this, a study by PRS Legislative Research shows striking differences in per-capita education spending in 2024–25: around ₹3,205 in Uttar Pradesh and ₹3,245 in Bihar (where over 25 percent of education funds were underutilised, according to a CAG audit), compared to nearly ₹28,000–₹30,000 per student in Kerala. When States fail to invest adequately in education, migration becomes inevitable—as people move to cities like Bengaluru and Chennai in search of better opportunities.

Schooling ourselves to protect our present and secure our future

SHOBHASHUKLA—CNS

A collage of men with different facial expressions

Let us go back in time 97 years ago and dare to imagine the plight of those who suffered with bacterial infections before the discovery of world's first antibiotic in 1928 (penicillin). Without lifesaving medicines, curable or treatable infections could become deadly - once again. Today, a lot of medicines are failing to treat infections because disease-causing bacteria, virus, fungi and/or parasites are becoming drug-resistant - largely because of human-made misuse and overuse of medicines. Choice is ours: Do we want to slip back in time when there were not enough medicines around, or would we stop misuse and overuse of medicines and use them responsibly?

Would we protect our present and secure our future?

Recent data released by the WHO last month sets the alarm bells ringing on drug-resistance (or antimicrobial resistance or AMR). "Latest AMR surveillance report paints a sobering picture. AMR remains firmly among the top global health threats undermining the foundation of modern medicine. First, the scale of resistance is growing. Roughly one in six bacterial infections worldwide is caused by pathogens resistant to antibiotics. Second, the threat to critical care is real and resistance is particularly severe in gram-negative bacteria - the very pathogens most associated with hospital-acquired infections and high fatality rates. And third, AMR burden is profoundly inequitable. So low- and middle-income countries where health systems are often weaker face the highest resistance levels," said Dr Tim France, molecular biologist turned global health thought leader.

Silver lining: Data is used as a policy compass

"AMR surveillance coverage and data quality have expanded dramatically. The GLASS (Global AMR and use Surveillance System of the WHO) network now includes 104 countries covering more than 70% of the global population compared to 2016 - a four-fold increase. Political commitment is stronger than ever. AMR global surveillance data is itself now being used as a policy compass, not just as a warning system," added Dr France, who founded and leads Inis Communication. "MRSA rates have declined steadily in several regions by over 7% annually in Europe, and 6% in Southeast Asia. So focused interventions really do work." Tim was speaking at the 5th Annual Global Media Forum on Antimicrobial Resistance (ahead of World AMR Awareness Week or WAAW 2025).

Inappropriate use of medicines is not just in human health but also in animal health, food and agriculture

The misuse and overuse of antimicrobial drugs in human health, animal health

and livestock, food and agriculture are fuelling AMR. Additionally, environmental pollution - such as untreated hospital and community wastewater, pharmaceutical effluents, and agricultural run-off - plays a growing role in enabling resistant pathogens to emerge and persist across sectors. The consequences of AMR are far-reaching, affecting human and animal health, food safety and security, and placing additional strains on healthcare systems and economies.

Addressing AMR requires urgent, coordinated action and sustained commitment from governments and diverse sectors across the One Health spectrum, said Dr Jean-Pierre Nyemazi, Director of the Quadripartite Joint Secretariat on AMR. The Quadripartite Joint Secretariat has brought 4 global agencies on human health (WHO), food and agriculture (FAO), environment (UNEP) and animal health (WOAH) together to address AMR using the One Health approach. "Today, 1 out of every 6 bacterial infections confirmed in the laboratory is resistant to antibiotics," said Dr Javier Yugueros-Marcos, Head of the Antimicrobial Resistance & Veterinary Products Department, World Organization for Animal Health (WOAH). AMR is already linked to nearly 5 million deaths each year, including 1.14 million deaths directly caused by bacterial AMR. "That is 2 lives lost every minute. Since 2016, countries have worked hard to prevent AMR.

Over 90% of the countries (178 countries) have national AMR action plans. But only 22% are fully implementing the national AMR action plans with monitoring and financing in place. So, that is why world leaders stepped up last year in 2024 with another bold commitment enshrined in the Political Declaration adopted in the UNGA 2024 High Level Meeting: 60% of countries must have fully funded national AMR action plans and implement them," said Dr Nyemazi.

"For us to reach that goal, governments also committed to mobilise at least US\$ 100 million by 2030, including through AMR Multi-Partner Trust Fund (AMR MPTF) and other mechanisms. This is a powerful signal that the world understands the urgency and shared responsibility. However, technical solutions alone won't win this fight. We need a shared responsibility," said Dr Nyemazi.

"AMR is invisible but I am not"

"AMR is invisible, but the WHO was smart enough to recognise the value of stories of those with lived experiences of AMR," said Rob Purdie, AMR survivor and Member of WHO Task Force of AMR Survivors. Around the time of new year 2012, Rob started having a headache and a terrible pain. Rob made several trips to healthcare facilities in the USA and was attended by several doctors and treated for a range of conditions (which later were found to be incorrectly diagnosed).

Young Innovators

Amphibious rescue vehicle for disaster relief



Science Fact

Smart Guide to Going Vegan Without Missing Out on Nutrition

by Ritika Samaddar: Switching to a vegan lifestyle can be a meaningful step toward better health, sustainability, and compassion. While many assume that a vegan diet may lack essential nutrients, thoughtful planning makes it entirely possible to eat in a balanced and nourishing way. Going vegan isn't just about eliminating animal products; it's about creating a wholesome and nourishing plate filled with diverse plant-based foods. Today, we will take a look at a few tips and tricks suggested by Ritika Samaddar, Regional Head of Dietetics at Max Healthcare in Delhi, for people trying to go vegan. According to Ritika Samaddar, Regional Head of Dietetics at Max Healthcare in Delhi, the foundation of a healthy vegan diet lies in whole, minimally processed foods. She recommends filling half your plate with colourful fruits and a wide variety of vegetables, ¼ plate with healthy proteins like legumes and the remaining ¼ with whole grains like brown rice, whole wheat, millets, and adding healthy fats such as nuts—especially California almonds to make your diet healthy and balanced. These almonds are rich in protein, dietary fiber, and 15 essential nutrients, including vitamin E, magnesium, fiber, and potassium. Starting the day with a handful of California almonds can help set a healthy tone.

The Power of Whole Foods and Colourful Plant Ingredients: To meet protein needs, combining various plant-based sources like lentils, legumes, nuts & seeds throughout the day can ensure the intake of all essential amino acids necessary for muscle repair and strength. A balanced vegan plate should include leafy greens like spinach for calcium and iron, as well as orange and red vegetables for antioxidants.

Letter to the Editor

He-man will remain He-man in our hearts forever!

Dear Sir,

He came, he saw, he conquered not only the silver screen but the hearts of so many generations . Though the evergreen superstar, the He man, the Garm Dharm of Indian cinema has left for his heavenly abode Dharmendra has left behind hundreds of marvellous movies, golden moments and an inspiring life to cherish and will remain as a reference guide for generations to come for ready reference and guidance.

A long list of hit and superhit movies -Satyakam, Anupama, Ayeen Milan Ki Bela, Phool Aur Patthar, Aaye Din Bahar Ke, Seeta Aur Geeta, Raja Jani, Jugnu, Yaadon Ki Baaraat, Dost, Sholay, Pratigya, Charas, Dharam Veer , Yamla pagla deewana and Rocky aur Rani ki prem kahani to name a few showcase the grandeur of this great actor.

His timeless charm and striking good looks won him millions of admirers across generations around the world. An actor who could do any type of role - romantic, comedy or action - he was versatile to the core. No wonder that his characters Asok (Anupama) Satyapriya(Satyakam) Baldev (Apne) Ranjith (Ghulami) Prof Parimal(Chupke chupke) and the iconic Veeru(Sholay) never fade from our hearts.

Dharmendra's movies unlike others always left a sense of joy, love, bravery and honesty for the viewers to cherish and fondly remember. Superstars come and go but this handsome man with the cheerful smile and golden heart shall remain as the lodestar of generations old and young.

Two young researchers from Bluebells School International, New Delhi—Aagrim Chawla and Aditya Shaw—are developing an innovative amphibious relief-distribution vehicle designed to transform flood rescue operations.

The young innovators and associate teacher Vanita Khanna of Bluebells School International, Kailash Colony, New Delhi, told Sushil Kumar Jain, President of the Paryavaran Sanskriti Sanrakshan Evam Manav Kalyan Trust, that they are developing a remotely operated amphibious relief-distribution vehicle designed for use during ongoing flood rescue operations.

The duo explained their research to Jain, highlighting how their model addresses a critical gap in disaster response: the timely delivery of essential supplies to stranded people.

A compact, multi-terrain life-line

The vehicle operates on a compact hovercraft platform fitted with puncture-resistant Kevlar skirts and Kevlar-reinforced propeller tires, enabling it to glide over mud, debris, sand, swamp, and even deep water. A rear-mounted water thruster allows the craft to move efficiently on unstable or flooded terrain and climb slopes of up to 60

degrees.

Equipped with a medical box containing 10 liters of drinking water, energy pills, and essential medication, the vehicle can provide immediate aid to individuals awaiting rescue. Its onboard sensors send SOS alerts and real-time location data directly to command centers, helping rescue teams pinpoint victims quickly.

Five wide-angle cameras provide a 360-degree view, allowing the craft to be operated remotely from any government office or relief center. The system also generates AI-based live maps and synchronizes with other units, creating a coordinated network that dramatically speeds up search and rescue operations.

Water sampler analyzes floodwater

An integrated water sampler analyzes floodwater to detect early signs of potential epidemics—an essential tool for post-disaster health management. Built using lightweight yet strong aluminum 6028, the vehicle is designed for endurance and adaptability across all types of terrain.

In recognition of their pioneering efforts, Sushil Kumar Jain felicitated Aagrim Chawla and Aditya Shaw for their innovative contribution to humanitarian technology.

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).

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.