

First Journalist of the world- Adi Purush Narad

Narad Jayanti is celebrated every year on the second day of dark fortnight of the Jyeshth month of the Hindu lunar calendar. The seer among the gods- Devershi Narad is considered to be the first teacher of journalism and finds mention in Vedas, Puranas, old treatises, Ramayan, etc. and is an unmatched personality in encyclopedias of the whole world. If we look into the history and literature of the whole world, one cannot find a journalist like Narad and his class journalism.

It is said that Devershi Narad is the first journalist and lone man (Adi Purush) in the realm of journalism. The media is the fourth pillar of democracy, Narad finds the same place in the Indian Gods after Brahma, Vishnu and Mahesh.

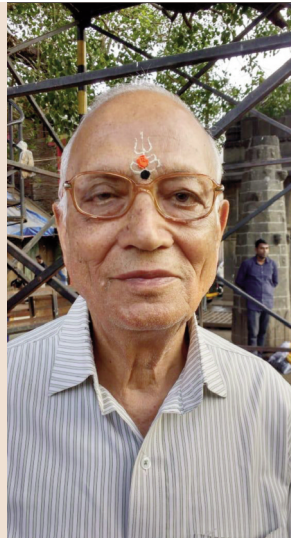
Right from Satyug, Treata and Dwapar to Kaliyug, Narad

is mentioned in the Indian epics and Puranas. Based on the prime aim of 'in good interest and happiness of the masses', his main task is to compile and communicate information as per the need of the hour. He can be seen in this mundane earth, the underneath world (Paatal) to celestial worlds like- Gaulok, Brahmlok or Devlok etc. Simultaneously, he renders solutions to destroy wicked, arrogant, lustful and corrupt people and systems on the principle of 'absolving gentle people and rage sinful ones too'.

Today Indian journalism is highly influenced with western and leftists with growing violence, obscenity and corporality, lack of human values, sacraments, literature, culture, mentality and scientific outlook are highly missed. Currently, acts of Naradji are not only relevant but worth following.

Narad has been well described in the Shalya chapter of the epic Mahabharat as a great ascetic, having long locks, holding a stoup in one hand and a golden staff in other, a ceremonial thread (Yajnopavit), attired in white costume having wooden clappers and a lute (Veena) called Kachchhpi enchanting sweet melody Naraina-Naraina (holy name of the lord Vishnu) propagating unto Lord and having perfection at the art of dancing and equally venerated both among gods, demons, humans and whole cosmos.

According to Skand Purana Arjun asked him that why are you inclined to create strife that has caused demolition of innumerable gods, Gandharvas, demons and humans and why you are so agile and keep whirlwind across the whole cosmos and termed lover of strifes? Lord Krishn explains that this is owing to the curse of a



Daksh. But, honestly speaking neither he is a strife lover of a destroyer.

Whenever Narad finds any demon, monster or human stray of divine virtues and turns into a corrupt, immoral lusty protagonist, Narad contemplates for his obliteration

and instead to backbite tells the truth.

He keeps moving all around the cosmos, never distracted of his mission and reveals only the truth. This is how he was instrumental in the destruction of tormentor Kans, maternal uncle of Lord Krishn.

Born out of fierce anger of Lord Shiva, demon king Jalandhar attained all prosperities of the whole world with demonic fearsome and a haughty monster.

Once Narad visits Jalandhar town and replete with vanity, Jalandhar asks him if he has witnessed prosperity like me in the whole of the three worlds.

Clever Narad said despite having all sorts of fairies, but none to be the most beautiful woman like Parvati. Narad walked chanting- Narain, Narain causing more of lust in the lusty Jalandhar. Later on, in a bid to get mother goddess

Parvati, Jalandhar was killed by the Lord Shiva.

Narad is an awesome story-teller and organized a session of Shrimad Bhagwat discourse at Kankhal at the bank of holy river Ganges and restored back the lost glory of devotion, knowledge and renunciation as an eminent journalist.

An aspirator of the creativity

Narad has been a great aspirator in developing literature as per the need of hour and motivated Ved Vyas a great literary creation of Shrimad Bhagawat Puran. He also inspired sage Valmiki to write the great epic Ramayan.

Moving across all the fourteen Lokas (seven underneath earth and seven above the earth planet) Narad suggested observing the fast of Lord Vishnu as Satyanarayana.

Even during Mahabharat era, Narad warned Duryodhan to give up his haughtiness and go for a peace treaty with Pandvas and paying no heed to it, met with his unfortunate end.

Even when Arjun wished to exhibit his divine weapons, Narad restrained him, cautioning him against the destruction of nature as well the cosmos.

Narad was abreast with information of every bit of the time and instantly informed about Mahabharat war to Balram.

He always remained in touch with all the three worlds and wrote many epics, like- Narad Puran, Narad Smriti, Narad Bhakti Sutra, Narad Panchratra Nardiya Jyotish Vedaang (Upanishad), fasts during the month and pilgrimage sites.

Narad is credited of inventing the string instrument- the

Lute (Veena) and remains as an immortal orator and story teller of the universe.

On this pious day of Narad Jayanti and Indian Journalism Day all those associated with realm of media must be inspired to a healthy journalism, help fight dictators indicating threats of the Third World War through dreaded bio weapons and eradicate world-wide epidemic of Covid19 now turned into Covid21 efficiently through the pressure across the globe.

On this Indian Journalism Day, the government may declare people associated with media, best journalists with their finest creative contributions be honored with 'Devershi Narad Media Award' and remember Narad with very core of heart.

- Pandit Jitendra Mohan Bhatt

By the way

....Do not break silence

Sikandar got married 16 years ago. His wife Shaba is a teacher in a private school. Sikandar works in a multinational company.

He often beats Shaba without any reason. His male ego hurts very easily. One day Shaba returned home late in the evening. Principal of Shaba's school requested her to give extra class to some students. Shaba is well qualified and masters in English Literature. When she reached home Sikandar was waiting for evening tea. Shaba wanted to relax for sometime but Sikandar was getting upset. Shaba prepared tea and snacks for him. While serving tea she lost her balance and fell on the floor. Some droplets



fell on Sikandar's t-shirt and he lost his temper. He slapped saba without noticing her injuries. Their children were watching all this from their room. Shaba felt humiliated after this incident.

Her elder son Ahad is 15 years old and younger one Aareeb is 12 years old. Both of them are very close to Shaba.

Sikandar never apologised to Shaba and continued this behaviour. After few years Ahad started opposing his father. One day Sikandar hit Shaba so badly that her hand got fractured. Ahad returned from college and saw his mother in pain. Ahad took his father's revolver from drawer and shot him.

This is a common story of most of the people in our country. But it's ending is not at all common. Some children are over sensitive and emotional towards their parents specially mothers. It's difficult for them to easily digest insult of their mothers.

Ahad did not tolerate his father's bad behaviour and shot him. He is in jail now. Shaba is in depression and tak-

ing pills to sleep. Aareeb has become introvert completely. Whole family destroyed because of one person's stupidity and anger. But in my opinion we all are responsible for such crimes which can be prevented. We do not ring the bell of our neighbour when we hear painful noises coming out of his house. We do not break silence when an educated male beats his wife. We do not break silence when we see a girl getting humiliated on road by some youngsters.

We teach our daughters not to react. We tell them to keep quiet to run their marriages at any cost.

Have you seen any woman who beats her husband? Have you seen any girl raping a male? It's not common in our

country. Many women are filing false charges against men these days. Some women are indulged in crime to fulfil their lust and desires. Society has seen men doing all these things since ages and now the whole scenario has changed. We are still not breaking silence.

We are waiting for some miracle which will happen and things will change automatically. Society will improve one day in our opinion.

Actually we have lost our vision. We are not ready to accept our mistakes. Firstly we spoiled men by fulfilling their stupid demands and now we are spoiling women by accepting their unfulfilled desires. We are merely teaching them to torture males. We are not

teaching them to stand on their feet with dignity. They are imitating men and doing just what they used to do in past. My neighbour Siara do not stop her daughter Sia to go to pubs. She smokes and drinks openly and feels as if she is doing right. Siara keeps encouraging her because she could not do this when she was young. She is taking revenge from her family.

We are still not breaking silence to see all this. Smoking and drinking are bad habits because they damage our bodies. But we link this to men and try to copy them without thinking once.

It's time to look into ourselves. We must break silence to save our families. Break the silence before it gets late.

Online Examinations: A Boon or Bane?

Our education system has been immensely affected by the pandemic. Schools and colleges are facing many challenges in completing the academic cycle of the students especially the examination process which is the key step in the academic cycle as without it students will not be motivated for the future. But due to the shutdown of the educational institutions many students are promoted even without the examinations and this is the greatest setback for the successful future of the youth.

Many institutions have opted for the virtual/online examination to promote students. I think online examination is better than the traditional examination (where students gather at the exam center to write exam) process as in-person contact can be easily avoided and hence the risk of getting infected by corona also gets avoided, it will also lead to a huge reduction in the cost. But there are some challenges which faculties face in conducting the online examination like the malpractices done by the exam candidates (cheating, copying from another website etc.), lack of proper internet connectivity etc.

With the help of 'Artificial Intelligence' or AI-powered technology some of the institutions have already adapted the new ways to conduct examination which have solved many issues regarding online exams. This technology is very helpful for faculties as they can easily invigilate every candidate appearing for exams even when they are sitting at their remote locations. Students don't need to travel to the exam center as they can easily access their question paper from any location.

AI-powered technology provides many ways which can ensure the security and integrity of online examination like:

i. FACE RECOGNITION: This system stores all the verification details of the candidate and through this system student's face can be easily recognized i.e., their expressions and it also cover up the face malpractices of the candidates while they are giving exam.

ii. VIDEO PROCTORING: This system uses the web camera which is mounted on the candidate's computer or laptop for the live video streaming or recorded video for capturing all the activities of the candidates during examination.

iii. IMAGE PROCTORING: It uses the web camera to capture the image of exam candidates after a certain interval of time. This technique easily works under the limited connectivity situations.

iv. AUDIO PROCTORING: It records every slightest variation in the candidate's background voice.

v. SECURE BROWSER: If any candidate attempts to open a new tab or window other than the one through which he/she is appearing the exam, an immediate notification will be sent to the invigilator sitting on the other hand and then that candidate can be easily suspended from the exam.

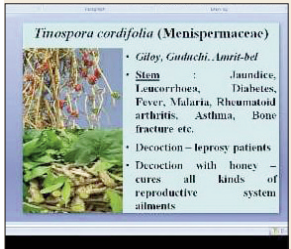
vi. AUDIT LOGGING: System keeps the track on all the activities that are performed in the candidate's device with the help of the IP address of the user.

These ways can prove that online examinations are much better than the traditional one's in this pandemic situation. So, I would suggest that every educational institution must work on the issues related to online exams and should also adapt the AI technologies for conducting fully secured examinations.

- Simran Agrawal, JECRC

Plants for Health - Talk by Dr. Vartika

Udaipur: Women Welfare Department, Delhi sector has organized a five days Online Girl Volunteer camp in which Dr. Vartika Jain, Assistant Professor, Dept. of Botany, Govt. Meera Girls' College, Udaipur delivered an invited talk on "Plants for Health" in the morning session on Sunday. She first discussed the wide applications of plants in human life and the importance of plants for the existence



of human beings on this earth. Dr. Jain later gave medicinal importance of certain plants for example, Giloy, Ashwagandha, Kalmegh, Tulsi, Sahjan, Semal, Punarnava, Gwarpatha, Harsingar, Gurhal, lemon grass etc. as described in Ethnomedicine, Ayurveda and Yogaik Cikitsa and Dravya Guna. Later she emphasized on some grains as nutraceuticals in modern markets such as Oats, Ragi, Amaranthus, Fagopyrum, Trapa and told to include them in daily dietary regime. She also described different medicinal actions of spices available in Indian kitchen such as Turmeric, Peppercorn, Cardamom, Cinnamon, Ginger, Cumin, Fennel, Fenugreek and told that their use in traditional manner is justified to get maximum benefits from their phytoconstituents. In the end, a question-answer session was organized in which many participants resolved their queries related to various medicinal plants. Avtk. Ananda Aditi Acarya gave thanks to Dr. Jain for her valuable talk and also invited her for future meetings. SWWS (Delhi sector) Avtk. Ananda Chittprabha Acarya talked about the importance of such camps in gaining various types of knowledge and tri-layered development in physical, mental and spiritual spheres. The Google meeting room was full with a capacity of 100 participants from all over India.

"Let's Talk About five secrets to become a perfect employee"

Udaipur: A one-day webinar was organized at the Pacific Hotel Management Institute of the Pacific University on "Let's Talk About five secrets to become a perfect employee. The event's main speakers were Sanjeev Bhatia, Vice President, and General Manager Metropolitan Hotel and Spa, New Delhi. The main theme of the webinar was "Let's Talk About five secrets to become a perfect employee." Mr. Bhatia, in his articulation, explained the five main qualities that a hotelier should have.

He said that every hotel worker should give respect to

others as well as appreciate his every work. So that they can complete their work with more enthusiasm, secondly, the main subject should be full Knowledge of his field and, from time to time, to get started in his subject, we should keep getting Knowledge from webinars, seminars, etc.

Mr. Bhatia said that Knowledge of language is the primary need of today's era so that everyone can be satisfied. He said that no one is fully involved in everything but can achieve success through continuous effort.

The Director of the webinar, Mr. Vinod Kumar Singh Bhadauria, also expressed his views and said that such a webinar has been organized from time to time by the institute and will be conducted further so that the students of the students, even in the circumstances of this covid-19 Knowledge of can be expanded.

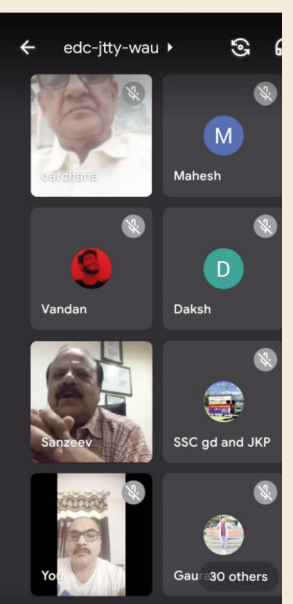
Tobacco use is a significant health problem: Dr. Atul Luhadia



Udaipur: The dangers of tobacco were discussed in detail in the Department of Respiratory Diseases on World Tobacco Day. In this context, Dr. Atul Luhadia, a respiratory disease specialist, shared important information and said that due to modern lifestyle and increasing mental stress, tobacco consumption remains a major health

problem even today. According to a rough estimate, about 133 crore people consume tobacco globally, and every year, about 7 million people die prematurely due to tobacco-borne diseases. The number of tobacco users and smokers is increasing in India as compared to other countries. About 27 crore people in India consume tobacco, and about 15 lakh people die prematurely due to tobacco-borne diseases every year.

Tobacco is mainly consumed in the form of smoking, gutkha, and paan. Tobacco contains nicotine and other hydrocarbon substances that affect almost all the organs in our body. In tobacco-borne diseases, lung and oral cancer, heart attack,



blood pressure, asthma, Berger's disease, etc., are prominent. In women, Tobacco use and smoking increase the risk of developing breast cancer and malformations in newborns.

Some people do not smoke but come in contact with smokers. Various research studies have been found that people living with cancer, asthma, TB. The risk of getting diseases increases manifold; we call it passive smoking.

The main reasons for smoking and tobacco consumption in youth are advertisements, smoking by parents, teachers, friends, tobacco use or mental stress, etc.

To prevent tobacco and smoking, information should be given about the harm and diseases caused by tobacco through health education at various levels.

The addition of nicotine due to prolonged tobacco consumption makes it difficult to quit, and some people may have dangerous symptoms such as nervousness, sleepiness, irritability in nature, uncontrolled heart rate, etc.

Health education, support of family members, meditation, regular exercise, etc., are helpful in quitting tobacco use and smoking. If you have withdrawal symptoms after reducing or quitting their intake, then the help of a doctor should be taken. Nowadays, many medicines like nicotine replacement therapy and some food pills are proving helpful in quitting tobacco or smoking.

The decision-makers have to understand that more than the income generated by tobacco or bidi-cigarettes in the form of state tax, more than that is spent on treating tobacco and smoking-borne diseases and the rehabilitation of people engaged in industries related to tobacco production. But at the national level also a clear policy has to be made.

70 Percent of epilepsy cases can cure through Medicine: Dr. Manish Kulshrestha

Udaipur: Caesar, commonly called epilepsy or tan, is just a disorder of the brain. In this, affected patients have epileptic seizures due to abnormal stimulation in neuronal circuits. In this, the bite of the tongue and feces and urine are automatically discarded, and the patient does not even remember such incidents. Neurologist Dr. Manish Kulshrestha at Paras JK Hospital informed me during an interaction.

He said that there are many types of epilepsy. The patient loses consciousness during several visits. The life of the patient is affected socially, financially, and mentally due to epilepsy. That is why it becomes necessary to get its treatment and diagnosis in time. To diagnose epilepsy, apart from some common tests, MRI and EEG of the brain are done and based on that the type of epilepsy is detected. Epilepsy can be treated by drugs only in 70 percent of cases when appropriate treatment is provided.

In some cases, an operation may be required. If epilepsy continues continuously, then there is heavy damage to the brain cells. It can be fatal if treatment is not done on time. One should not panic if there is epilepsy but: should be shown to a neurologist.

Dr. Manish has given some general precautions for epilepsy patients, which helps in treatment and can control epilepsy-epilepsy patients can also lead a normal life. It also includes his married life. The medicines prescribed by the doctor should be taken at the right time. One should take good sleep on time. A balanced diet should be taken. Do not go near heights and water sources. Driving should not be done or should be done only on the advice of a neurologist. Always keep in touch with the doctor. Epilepsy can be treated by consulting the above precautions and a timely doctor.