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NEWS IN BRIEF

Use Whatsapp to register traffic complaints

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'Beware of Thieves' reads the flex board installed by Vashi police

Alarmed by the rising cases of crime, the Vashi police have installed flex board with the message 'Beware of Thieves' in their jurisdiction. The flex boards have been placed at all the prominent places in Vashi with an aim to spread awareness among the citizens on the need to remain alert...

(More on page 3)

Nine junctions on Sion-Panvel highway to be concretized in 2021: PWD

By Pranab Jyoti Bhuyan
Navi Mumbai

The public work department (PWD) has decided to concretize a total of nine junctions under different flyovers, between Vashi and Kalamboli on Sion-Panvel highway.

These junctions see heavy traffic movements as thousands of vehicles use them to cross the highway every day. The work at the sites is likely to be started by early next year and will be finished within six months. A budget of around Rs 30 crore has been allocated for it, a senior officer said.

According to the PWD officers, two junctions will be concretized at Vashi alone. The first one is under the flyover near Vashi railway station (close of Vashi Plaza) and the second one is under the small

Kalamboli. Most of the junctions are in bad shape for the past several years. Many of them have developed potholes too. The local residents and activists



bridge at Vashi village (towards the toll naka). The other seven junctions are at Sanpada, Turbhe, Nerul, Belapur, Kharghar, Kopra and

of the city had been requesting the authorities to take requisite measures about it.

CONTINUED ON PAGE... 2

NMMC to develop CCTV command centre at its headquarters

By Pranab Jyoti Bhuyan
Navi Mumbai

The Navi Mumbai Municipal Corporation (NMMC) has decided to develop a CCTV command centre at its headquarters at CBD Belapur.

This command centre will be used to monitor 1450 CCTV cameras that the civic body has planned to install across the city. Both the cameras and the command centre will be operational within a year, a senior officer said.

Presently, there are 267 CCTV cameras in

Navi Mumbai and those are being monitored from a command centre at the police commissioner's office.

Surendra Patil, city



engineer of NMMC said, "The quality of the existing cameras is not good and hence those will be replaced with the new cameras. The new

cameras will be monitored from two command centres. The first is the existing one at the police commissioner's office. The second one will be developed at the NMMC's headquarters."

"An area at the headquarters has already been selected for the command centre. We will start working on it in the next three to four months. Our officials will be able to monitor all the cameras from this centre from October,

CONTINUED ON PAGE... 5

PCMC allocates Rs 15 crore for Covid-19 control

The provision in the budget will help in strengthening the infrastructure required for Covid-19 centre

By Abhitash D.Singh
Navi Mumbai

The Panvel City Municipal Corporation (PCMC) made a special provision of Rs 15 crore to control Covid-19 in the PCMC's jurisdiction during the online

15 crore budget set aside for Covid-19 control will be utilised in strengthening the facilities in the Covid-19 centres in the city.'

Pareesh Thakur, Leader of the House, PCMC said, "The Rs. 15 crore



general body meeting of Panvel civic body.

The cases of Covid-19 were on the rise in the city from July till the end of September, 2020 but now the number of positive cases as well as mortality rate is declining.

Sudhakar Deshmukh, PCMC Commissioner said, "Covid-19 pandemic has left many in despair and slowly now the city is limping back to normalcy. We are now slowly succeeding in controlling the Covid-19 situation in PCMC jurisdiction. But still the people should not take it easily and should stringently follow all the guidelines of Covid-19 set up by the state government as well as local bodies. In a general body meeting which was held virtually we decided to come up with a special provision of Rs 15 crore for controlling Covid-19 situation in the city. The

budget which has been set aside for the control of Covid-19 in the city will be very beneficial in tackling any situation. It is heartening to note that from the last few days the number of cases are not increasing and the PCMC administration has succeeded in controlling the virus. We will ensure that the money is utilised in a proper way."

Pritam Mhatre, Opposition Leader, PCMC said, "It is good news for the people of PCMC jurisdiction that Rs 15 crores has been set aside for controlling Covid-19 in the city during the general body meeting. As of now it seems that the situation is under control in PCMC jurisdiction, but no one should think that the virus has gone. It is important to exercise precaution because it is feared that the cases may surge during festival period if citizens don't take care."

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Shri Nitin Gadkari launches Unique Khadi Footwear; KVIC targets Rs 5000 crore business

By Chandrashekhar Hendve

“Khadi footwear is a unique product. International quality and use of fine fabric like Patola Silk, Banarasi Silk, Cotton, Denim would attract the youngsters who can purchase it online. These footwear are cost-effective,” Shri Gadkari said while also urging the KVIC to develop other leather accessories like ladies’ handbags, purses, wallet in handcrafted Khadi fabric that has a huge potential in foreign markets. “By developing and marketing such products overseas, Khadi India can capture a market worth Rs 5000 crore,” the MSME Minister said.

Minister of State for MSME, Shri Pratap Chandra Sarangi said the Khadi fabric footwear is not only environment-friendly and skin-friendly but it reflects the hard work of Khadi artisans that has been put in to make fabric for these footwear. “I congratulate KVIC for developing Khadi fabric footwear according to the global taste. I am sure by occupying a major share in the footwear industry, Khadi fabric footwear will help in reviving the country’s economy,” Shri Sarangi said.

To begin with, the footwear have been launched in 15 designs for ladies and 10 designs for men. Exquisite Khadi products like Patola Silk of Gujarat, Banarasi Silk, Madhubani-printed Silk of Bihar, Khadi Denim, Tusar Silk, Matka - Katia Silk, a variety of Cotton fabric, Tweed Wool

and Khadi Poly Vastra have been used to make these footwear unique and trendy. Available in a wide range of designs, colors and prints, these footwear have been designed to suit clothing for all purposes - formal, casual and festive occasions. The Khadi footwear price ranges from Rs 1100 to Rs 3300 per pair.

leap for our Khadi artisans. Using fine fabric like Cotton, Silk and Wool in footwear will lead to higher production of fabric by artisans as well as increase in its consumption. This will ultimately create additional employment and higher income for Khadi artisans,” Saxena said. The size of Indian footwear industry is approx



Rs 50,000 crore which includes exports worth nearly Rs 18,000 crore. Saxena said our initial target is to capture at least 2% of this Industry that is estimated to be around Rs 1000 crore.

Incidentally, the idea behind developing the Khadi fabric footwear also coincides with the Hon’ble Prime Minister’s vision of “Local to Global”. Earlier, KVIC had successfully launched its first-ever Khadi wrist watch in association with Titan which has been a trend-setter.

Mr. Gadkari heaped praises on Khadi fabric footwear saying such unique products had high potential of capturing the international market. At the same time, he said, Khadi fabric footwear would create additional employment and higher income for our artisans.

KVIC Chairman Shri Vinai Kumar Saxena said, venturing into new segments, tapping new markets and diversifying the product range, as envisaged by the Hon’ble Prime Minister, have been the mantra for Khadi’s stupendous success in the last six years.

“The idea behind launching Khadi Fabric Footwear was to tap the international market where a large section of international consumers are increasingly going vegan and hence, Khadi will become a preferred choice of this segment. “Khadi fabric footwear is a small step for people, but it will be a giant

Corona negative does not give license to roam free: Health experts

Navi Mumbai

Even as the number of COVID cases are coming down, the authorities and health experts have warned against complacency among the people, particularly those who are testing negative.

Corona negative diagnosis does not give license to ignore all precautions and make merry, the World Health Organisation (WHO) has warned. The antigen or RT PCR test result depends on the contact that one has in the preceding week, said Dr. Tedros Adhanom Ghebreyesus, WHO Director General, addressing a virtual global media conference. If one is diagnosed negative today, there is no guarantee that he won’t be tested positive tomorrow, he explained.

“True,” said B N Kumar, director of award winning environment start-up NatConnect Foundation. “I was tested negative one day and positive the next day,” he said and explained that he was admitted to the Dedicated Covid Health Centre (DCHC) at Vashi.

“My family has learnt the hard way that it is vital to break the virus chain by isolation,” Kumar, who has launched the ‘Corona Care’ campaign, said.

Experience so far is that the virus thrives on crowded places and close contacts of people with no protection, he said and pointed out that those who managed to break the Covid chain succeeded in containing the number of cases.

Vashi centre’s nodal officer Dr Vasant Mane said that under the guidance of Municipal Commissioner Abhijit Bangar all out efforts are being made to break the corona chain by testing, detecting, treating and isolating. The municipal corporation has been stressing on three key factors to keep the virus away: Face Mask, Hand Hygiene and Physical Distancing.

Civic sources said it is not yet time to lower the guard, though the number of fresh Covid cases is showing a decline and the percentage of recovered patients going home is on constant rise.

Neither negative test results nor recovery from Covid guarantee any future immunity, said Kumar, quoting his study of the cases. “Doctors have advised us to do breathing exercise (Pranayam), have steam inhalation, at least once a day, till the virus is around and eat healthy food,” he added.

NINE JUNCTIONS ON SION-PANVEL...

CONTINUED FROM PAG...1

Sarika Desai, deputy engineer of PWD said, “These junctions were asphalted a couple of years ago. However, since they are not in good shape, now we have decided to concretize them properly.”

“The proposal was passed last year and the tendering process was also started just after that. However, we had to wait for a long time due to the Covid-19 pandemic. Now we have started working on it. The work will be commenced early next year and will be finished within six months.”

Rajesh Patil, an activist from Vashi said, “The Sion-Panvel highway has actually divided the city of Navi Mumbai into two parts. Bridges

and flyovers later were developed on it, so that the motorists could easily cross the road under them. So these traffic junctions under the bridges are playing a crucial role in terms of internal transportation of the city.”

“Unfortunately, the PWD was not paying due attention to the maintenance of the junction. You can see huge potholes at the junction under the Vashi flyover. Other junctions are also having similar issues. We are glad that they have now decided

to concretize them,” he said.

Swati Paney, a resident of Belapur said, “The people who come to Konkan Bhavan, CIDCO headquarters, the police commissioner’s office and the reserve bank (Navi Mumbai branch) have to take a turn under the Belapur flyover. Despite being in such a prominent place, this junction was unable to attract attention of the authorities concerned. If the PWD concretizes it, hundreds of motorists will be benefitted on a daily basis.”

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Use Whatsapp to register traffic complaints

By Pranab Jyoti Bhuyan
Navi Mumbai

The Navi Mumbai traffic department has appealed to the city residents to use their Whatsapp to register traffic related complaints.

The traffic department's Whatsapp number 7738393839 was launched around two years ago. Initially, they received a lot of complaints on it. However, the number of complaints dwindled afterward.

Arun Patil, assistant commissioner of police (traffic) said, "This num-

ber is our helpline and the residents can speak to our officials, if they need any help. They can also register complaints



on its Whatsapp. They can take photographs of different violations of the traffic norms such as illegal parking, double

parking, signal jumping among others, and send those to us on Whatsapp mentioning the name of that area. Our officials from the nearest traffic branch will reach that spot and take action against the violators."

"Due to the violations by some motorists, all residents have to suffer. Therefore, we appeal to the city residents to use our Whatsapp and help us punish those errant motorists. By doing so, the residents will become our eyes and ears and thereby will make the city roads safer," he further said.

Garbage bins overflow in Ghansoli

By Chandrashekhar Hendve
Navi Mumbai

While the Navi Mumbai Municipal Corporation (NMMC) claims to be striving to keep the nodes in the city clean, the scenario in one of the sectors in Ghansoli is different. The garbage bins can be seen overflowing with trash with swarms of flies hovering on it.

When contacted, Deputy Commissioner



of Solid Waste Management Babasaheb Rajale said that he will order

the concerned contractor to pick up the waste on time.

Married woman commits suicide in Kopari village

By Crime Reporter
Navi Mumbai

Khushbu Shankar Kumar Rajak (25), a married woman living in Sector-26 area of Kopari village in Vashi, committed suicide by hanging herself at her residence. Although the motive for the suicide is not clear, it is being speculated that she may have committed suicide

for domestic reasons.

The deceased Khushbu Rajak stayed with her husband Shankar Kumar Rajak on the second floor of the Moreswar Thakur building in Koparigaon Sector-26. Khushboo's husband had gone to work on Monday. Meanwhile, Khushboo, who was alone in the house, committed suicide by hanging him-

self from a fan at around 9 pm. The incident came to light when her husband came back home at 9 pm. He immediately took Khushbu to the municipal hospital. But the doctors there declared her dead. APMC police have started further investigation. The motive behind the suicide is yet to be ascertained, police said.

NMMC TO DEVELOP CCTV COMMAND...

CONTINUED FROM PAG...1

next year," another senior officer, wishing not to be named, said.

NMMC has set aside

a budget of Rs 140 crore for installing the CCTV cameras and developing the command centre.

"With the coming of the cameras and the command centres, Navi

Mumbai will have a very strong security system and the criminals will think twice before committing a crime and running away from the city," Patil further said.

'Beware of Thieves' reads the flex board installed by Vashi police

The display boards have been placed at prominent places in Vashi and aims at spreading awareness

By Abhitash D.Singh
Navi Mumbai

Alarmed by the rising cases of crime, the Vashi police have installed flex board with the message 'Beware of Thieves' in their jurisdiction. The flex boards have been placed at all the prominent places in Vashi with an aim to spread awareness among the citizens on the need to remain alert.

The police have also warned the citizens to beware of the fake police as well. There have been several incidents of looting of ornaments by the burglars who pose themselves as 'police officials'. These 'fake cops' approach the citizens and tell them to remove ornaments and when the victims remove the jewellery, they decamp with the loot.

Senior Police Inspector Sanjeev Dhumal of Vashi police station who has started this initiative of displaying message on the flex boards, says, "During lockdown many people where at

festival is nearby and people are on a shopping spree. There are many citizens who wear ornaments, especially senior citizens and newly married while going out for shopping. The thieves

target such citizens and snatch gold chains and other ornaments and flee on their bikes. Also earlier few cases of fake police hypnotizing the senior citizens were reported in some parts of Navi Mumbai. Taking all the incidents in mind we felt it was essential to spread awareness on the need to be alert at all times and hence messages have been placed



at prominent home and there were no chances of house burglary. However now, the city is slowly limping back to normalcy. Citizens have started going out for shopping. Diwali

places in Vashi. There is also a plan to put posters with steps and safety measures that citizens should take to prevent such incidents in future."

Accused who kidnapped a minor girl arrested within 12 hours

Koparkhairane police succeed in rescuing the minor girl

By Crime Reporter
Navi Mumbai

Within twelve hours, a minor girl was kidnapped by the accused Sunil Anagad Rajbhar (21), Koparkhairane police succeeded in rescuing the girl and in arresting the accused.

The accused, Sunil Rajbhar, is a resident of Koparkhairane Sector-12. He abducted a 16-year-old girl from the same area on October 23.

On learning of the incident, the Koparkhairane Police formed a squad comprising Station Inspector Vishwakar, Assistant Inspector Pravin Pandey, Assistant Inspector Wasim Sheikh, Assistant Inspector Kavita Mahadik, Sub-Inspector Sagar. The police team then questioned the citizens of the area where the minor girl was staying.

After conducting a technical investigation,

it was learned that the accused was in Mankhurd. So, the police team started searching for the accused in Mankhurd area. The accused Sunil Rajbhar was spotted speeding on a motorcycle with the abducted girl. A police team chased the accused and arrested him along with the abducted girl from Indira Nagar in Mankhurd. Police later released the abducted girl and arrested the accused.

Early detection for breast cancer is especially important during COVID-19 pandemic: Dr Rajas B Patel, Medical Oncologist, RH Clinic

By Jaspal Singh Naol

The ongoing COVID-19 pandemic has relegated all other medical concerns to a lower priority on the public and private healthcare spectrums. The diagnosis and management of breast cancer, which continues to be the most common cancer among women, has been severely impacted due to screenings, diagnostic exams, and surgical procedures being severely restricted or postponed at hospitals and clinics across the country so as to minimise risk of exposure. Patients, on their part, are reporting reluctance and apprehension when undergoing routine procedures such as mammograms. In fact, recent statistics indicate that up to 80 per cent of breast cancer patients have been avoiding hospital visits during and after the lockdown.

Regular self-examination is a must

Early diagnosis is one of the most effective ways to maximise chances of recovery – the five-year survival rate for women with early breast cancer is close to 100 per cent. Further, the earlier the cancer is detected, the more treatment options are available to patients. They can also potentially avoid aggressive treatments such as mastectomy and chemotherapy. Women must self-examine them-

selves every month for nipple pain or retraction, a lump in the breast or armpits, changes in the shape or size of the breast, dimpling of the skin, or a rash or discharge from the nipple. Although the incidence of breast cancer is relatively lower in men, a monthly self-examination is highly recommended. In case of any anomalies, patients must not hesitate to consult their doctor. Most physicians are offering teleconsultations during the lockdown. In case a hospital visit is required, patients can be rest assured that the necessary precautions are being taken to separate COVID-19 units from others, to minimise the risk of exposure. Even in cases where patients are advised to undergo surgery to remove the tumour, they can be confident that hospitals are following all due precautions in line with international recommendations,



Dr Rajas B Patel

to minimise exposure as well as the probability of complications during treatment.

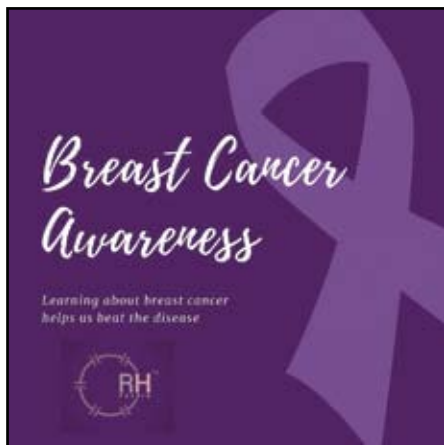
Don't neglect treatment

Patients who are already undergoing treatment for breast cancer with anti-HER2 agents, which target cancer cells at the cellular level, or endocrine therapy are advised to continue the same during the pandemic

as these treatments have not found to have any contraindications. Further, patients with metastatic breast cancer who need chemotherapy should avail the same, with preference given to oral treatments to minimise hospital visits. Many doctors are reducing the dosage of chemotherapy medication to minimise side effects with the aim of optimising efficacy and maintaining a good quality of life.

Dr Rajas Patel, medical oncologist and founder of RH Clinic, says, "Although there is understandably some apprehension about visiting the hospital for diagnostic tests, patients must realise that in the absence of early detection, there is a high probability of the cancer progressing from an easily treatable stage one phase to a more complex and potentially life-threatening stage three. Many hospitals are reporting such cases. Women above the age of 40 must un-

dergo an annual mammogram, while those with dense breast tissue must also take a high-quality breast ultrasound with their mammogram. Early detection tremendously increases the likelihood of the cancer being successfully treated with breast-saving surgery. It is also important for patients to recognise that being diagnosed with breast cancer does not automatically increase their risk of serious complications if they do get COVID-19. However, certain types of treatment can cause the immune system to become compromised, which makes it vital for patients undergoing treatment to be diligent about taking precautions to minimise risk of exposure. Instead of stopping treatment, patients must consult their doctors to determine a treatment plan, which balances efficacy with their peace of mind."



Bank of Maharashtra organises loan expo



By Vijaykumar Kamble
Navi Mumbai

Bank of Maharashtra's Navi Mumbai Zone recently organized a large-scale loan expo at Nerul Township East Branch to cater to the financial needs of its esteemed customers. Prominent actor of Time Pass movie Prathamesh Parab, well known film award winning producer Akash Pendharkar, actress Kirti Pendharkar, zonal manager of the bank's Navi Mumbai zone, Milind Gharad, deputy zonal manager, Rajendra Borse, assistant general manager, Umesh Parate were present on the occasion.

On this occasion, the bank honoured the employees by giving them a

memento for completing 25 years of unblemished service in the bank. Actor Prathamesh Parab, filmmaker Akash Pendharkar and actresses Kirti Pendharkar, who were present on the occasion, praised the bank's progress graph and felicitated the bank employees for their good service.

Speaking during the occasion, Milind Gharad, Zonal Manager, Navi Mumbai Zone said, "The bank is progressing today only because of the love of the customers."

Gharad congratulated the employees for completing 25 years of service and wished them well and said that the bank was making progress due to dedication of the employees.

On this occasion Deputy Zonal Manager, Rajendra Borse explained how Navi Mumbai Zone Bank is making significant contribution.

The introductory speech of the programme was given by Mrs. VS, Branch Manager, Nerul Branch. Mrs. Manisha Sharma, Branch Manager, Nerul Township welcomed the chief guests. The chief guest was introduced by Mrs. Poonam Bharate while the concluding remarks were made by Arvind More, who expressed his gratitude to the chief guest. Prasenjit Ankush Patil, Business Development Officer of the Bank worked tirelessly for the success of the programme.

Ryan International School, Sanpada celebrates 'Garba' virtually

Navi Mumbai

With great merriment and enthusiasm, Montessori and primary students of Ryan International School, Sanpada participated in virtual garba day celebration where children dazzled in traditional wear, danced on the beats and tunes of songs creating a vibrant, exuberant and festive atmosphere.

Parents also participated with great zeal and zest and bagged the prizes under different categories such as best attire, family dance together, swirly



family, unique props used and many more.

Tooth Be Told: Be your own floss boss

Tooth decay, gum disease, bad breath are some of the most common dental problems. The root cause of all these problems is build up of plaque between the teeth and ineffective cleaning. Interdental areas are the most difficult to clean. Whether your teeth are well aligned, crowded or spaced out, cleaning between teeth or interdental cleaning is absolutely essential to prevent tooth decay and gum disease. Apart from interdental brushes, dental floss is a very commonly prescribed cleaning aid.

A dental floss is a thin thread like material which is used to clean between teeth. Dental floss was introduced in the early 1800s. They were originally made out of unwaxed silk threads. Over the years, dental floss has diversified into various types like waxed (wax coated) or non waxed, braided or smooth and are most commonly made out of plastic now.

How to use a floss?

Take a piece around 18 inches of floss and wind it around the middle finger of each hand. Hold the floss between the thumb and index finger of each hand, leaving around 1-2 inches free between both hands. Using the

index finger, guide the floss between two teeth with a gentle sliding back and forth motion from the gums towards the edge of the tooth. One can start from one side and move on to the other and clean both upper and lower



By: Dr. Aditi Mahajani



teeth.

Pros of traditional flossing: A dental floss helps to clean plaque between teeth effectively. Specially, in areas of crowding, flossing can help maintain oral hygiene.

Cons of traditional flossing: Using a dental floss is very technique sensitive. It requires good dexterity to use a dental floss effectively. Incorrect flossing can cause gum bleeding and even tooth sensitivity.

So what other option is available? WATER FLOSSER

A water flosser, also known as oral irrigator or dental water jet is a cleaning device which releases a stream of water in pressurized or pulsated

which is filled with water. Mouthwash can also be added to the water. Place the tip into the holder. Lean over the sink and place the tip into the mouth with the lips closed and turn the unit on. Hold the handle at a 90-degree angle at the junction of the teeth and gums. Water comes out in steady pulses, cleaning between your teeth. Start at the back and work your way around your mouth. Pause briefly with the tip between each tooth to allow water to flow out of the mouth and into the sink. Turn off the unit, eject the tip, and empty any extra water from the reservoir.

So which is better: Traditional flossing or water flossing? While traditional flossing is technique sensitive and takes time and guidance to master, water flossing is fairly easy and has an added advantage of reaching areas which traditional flossing may not be able to reach. Your dentist can guide you with your oral hygiene needs and teach you how to floss correctly. The bottom line remains that interdental cleaning is essential to prevent tooth decay and gum disease.

Dr. Aditi Mahajani is Periodontist and Oral Implantologist
Image courtesy: Internet

manner to allow thorough cleaning of food particles, bacteria and plaque from interdental areas. A water flosser is extremely useful for individuals having braces, crowded teeth, crowns, bridges and dental implants. It helps to clean areas under the crowns, between teeth effectively. Water flossers are commonly manufactured by Waterpik and Oracura.

How to use a water flosser?

A water flosser has a reservoir

Few gymnasiums in the city re-open

SOPs issued by the state government stringently followed

By Indrani Basu, Navi Mumbai

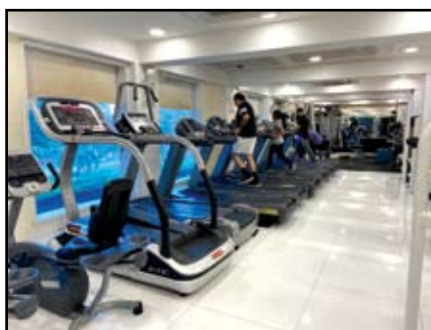
Following the Standard Operating procedures or SOPs issued by the State Public Health department on last Friday, city-based gymnasiums and fitness centres are slowly re-opening their centres and are trying to offer their best to their clients. Before re-opening, the owners revamped the centre, added extra units or equipment to ensure health safety and hygiene.

City based popular Gym 'One Above' began their regular working schedule on Monday, October 26, 2020. Before reopening, after seven months of close down, gym management took several precautions looking at the health aspect of the clients. "The best step we had taken so far is installation of air sterilizer which is of a new kind in this metro city. A state-of-the-art air sterilizers Oxira UV, an Australian product has been installed beforehand to eradicate all types of viruses, bacteria, yeast, mould and fungi," informed Sonal Japtiwala, branch Manager from Koperkhairane, Sector 11.

'One Above' has branches across Navi Mumbai in Kharghar, Nerul,

Vashi, Koperkhairane, Borivali in Mumbai and also two big centres in Nagpur.

She further informed, "Following the rules we have taken complete precautionary measures for the safety and hygiene of our clients. Every client is going through health check-ups like



thermal scanning, oxygen level check-up with oximeters and also checking of Arogya Setu app before entering into the gym. We keep batch system to follow the rules properly. Similarly, we are checking our own staffs as well trainers."

Members need to bring exercise mats, water bottle, two towels, change of shoes and clothes. Members are re-

quested to carry their own sanitising bottle to the gym."

"At all the branches hourly sanitisation of equipment, basically touch point are done thoroughly, social Distancing of 6 feet is being maintained," she added.

"As per the guidelines group exer-



cise like steam and shower is closed till further notice. Air conditioning is being operated at government recommended norm of 24 degree at all time," Japtiwala informed.

The guidelines say fitness freaks should use mask made of cloth, instead of N95 mask inside gym, group exercise facilities like steam, Sauna and shower are not allowed. Social

distancing should be followed properly. Customers above 65 years and pregnant women are not allowed, distance between gym equipment should be of 6 feet. AC should be run at 24-30degrees and humidity will be kept at 40-70%.

The Gymnasium at Nerul Gymkhana, one of the most popular gym, in and around Nerul is still getting ready to operate. Sashi Pandey from the trust informed "Adapting to the new normal we are keeping our best foot forward to operate all segments of the Gymkhana one after another. Hopefully, within a week the Gymnasium will be ready to function. We will provide and maintain all kinds of safety measures as per the Standard Operating Procedures. We have already started our indoor games like Tennis and outdoor games including cricket coaching classes ensuring strict adherence to the guidelines. Hand sanitization, wearing mask, thermal checking, checking of Arogya Setu app, oximeter reading all are being followed while entering the Gymkhana."

Vashi based Merchant Gym is also getting ready to open shortly.

Editorial

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Touch deprivation

There is no substitution for human touch. A hug offers warmth and solace when one is going through rough phase or is extremely happy. A person of any age group requires that gentle touch which has a healing effect.

According to therapists, human touch has a huge impact on a human being and the lack of it can really affect the brain and body in many ways than they might realise. It is the foundation for human connections. Experts say that our mental health is largely governed by our feelings and emotions, and a certain kind of emotion or feeling is evoked by hormones. When we are stressed and anxious, our body releases stress hormones or 'Cortisol'. To balance this, the body needs another hormone, 'Oxytocin', which is called the love hormone. Touching, caressing, hugging, etc. leads to the release of this hormone. When the body does not produce enough 'Oxytocin', it leads to several psychological issues like depression and anxiety amidst people.

Positive touch from the dear

ones, helps in improving the immune system, digestion and sleep.

With online classes going on, the children are missing that gentle hug of love and appreciation from their teachers. From hugs to handshakes, a pat on the arm, back or head, kisses on the cheek, or hand-holding, a touch is essential. It's a universal need and natural method of communicating joy and intimacy.

However, the pandemic, has taken away this human warmth. Although the society is opening up slowly and steadily, hugging each other will remain a distant dream. Some public health experts even say that they do not know if we will ever return to certain habits like shaking hands. The best solution to ward off loneliness, probably is to build connections albeit virtually. A regular video chat with the elderly, friends and near and dear ones for instance, can help in making us feel that we are not alone. Although there is no substitute for touch, but even just waving to the neighbour or the friend to say 'hello' can help one feel less isolated and alone.

Covid 19: NMMC's recovery rate of 93% better than national average

By Abhitash D. Singh
Navi Mumbai

It seems that the hard work and the initiatives undertaken by the Commissioner of the Navi Mumbai Municipal Corporation (NMMC), Abhijit Bangar are yielding results. NMMC's 93 percent Covid-19 recovery rate is better than the national average. India recorded an overall of 90 percent recovery rate till Tuesday, October 27, 2020.

The Covid-19 positive cases which were jumping in the month of July, August and September are now coming down slightly in the month of October. From the last nine days, the Covid-19 cases registered under the NMMC jurisdiction is less than 250 whereas the testing

The number of positive cases have declined from last eleven days

done is the same which was done earlier.

NMMC registered only 121 Covid-19 cases on Tuesday, October 27 which was below 200 marks after long days. From the last eleven days in the month of October, the cases registered were 250 or below in NMMC's jurisdiction.

Sanjay Kakde, Additional Commissioner, NMMC said, "It is really heartening to note that from the last nine days we are seeing a dip in Covid-19 cases. Various initiatives undertaken by the civic chief are bearing fruit now and the reason our recovery rate is better than

the national average. We are slowly succeeding in controlling the virus. But the citizens should continue to follow all the guidelines and norms of Covid-19 set up by the state government and NMMC."

On Tuesday October 27, 2020 total Covid-19 positive cases were 43,869 in NMMC's jurisdiction and the total negative cases were 62,881. 97,104 people from the city have gone through RT-PCR testing while 1, 73,351 people have gone through Rapid-Antigen testing. Total tests conducted by the NMMC are 2, 70,455 and total deaths registered in the city are 885.

CR pledges to uphold integrity and probity in day to day life



Sanjeev Mittal, GM CR (4th from Left) administering the Integrity Pledge on the occasion of Vigilance Awareness Week

By Ashok Dhamija, Mumbai

Central Railway is observing the Vigilance Awareness Week, from 27th October, 2020 to 2nd November, 2020 with the theme, Vigilant India, Prosperous India (Satark Bharat, Samriddh Bharat). On the occasion Sanjeev Mittal, GM, CR administered the Integrity Pledge in presence of S.K. Pankaj, SDGM & CVO and other officers at its Headquarters at Chhatrapati



Chief Guest S C Dharmadhikari, on the occasion shared his thoughts on Vigilant India, Prosperous India

Shivaji Maharaj Terminus, Mumbai. PHODs, DRMs & other officers too participated in the campaign virtually and affirmed their commitment to promotion of integrity and probity in public life through citizen participation. In addition they also ensured to improve internal processes for time bound disposal of work and leverage technology in for improving the efficiency within their organisation.

M/S Cochin Shipyard Limited, India and M/S Fincantieri, Italy sign MoU



Mumbai:

Cochin Shipyard Limited, the largest Shipbuilder in India and M/s. Fincantieri, one of the world's largest shipbuilding groups, signed a Memorandum of Understanding for co-operation in the areas of Design, Ship Building, Ship Repair, Marine Equipment Manufacturing, besides Training & Skill Development. The agreement was signed by Bejoy Bhasker, Director (Technical) of Cochin Shipyard and Achille Fulfaro, Senior Vice President (Sales) of M/s. Fincantieri, Naval Vessel Business Unit, through video conference on 27th October 2020.

Cochin Shipyard Ltd with facilities both on the East and West coast of India, is a leading yard in Ship Building and Ship Repair, both on the Commercial & Defence fronts. M/s. Fincantieri, on the other hand is one of the world's largest shipbuilding groups and a leader in diversification and innovation with over 230 years of history and more

than 7,000 vessels built, operating 18 shipyards in four continents. M/s. Fincantieri is a leader in cruise ship design and construction and a reference player in all high-tech shipbuilding industry sectors, from naval to offshore vessels, from high-complexity special vessels and ferries to mega yachts, as well as in ship repairs and conversions, production of systems and mechanical and electrical component equipment and after-sales services.

This Agreement sets the ground for a strategic partnership aimed at business development for mutual benefit as well as potential indigenization in the identified areas of cooperation in line with the 'Atmanirbhar Bharat' and 'Make in India' vision of GoI. From an innovation standpoint, this agreement will kick-start the development of cutting-edge solutions in strategic advanced sectors in India, aimed at offering latest technology products both for the Indian as well as global markets.

BCCI announces squad for Australian tour

Virat Kohli to lead Indian team in all three formats

By Ashok Dhamija

Virat Kohli will lead the Indian Cricket team in all the three formats of the game for the forthcoming Australian tour slated to be a bio-secure bubble starting next month. This was announced by the All-India Senior Selection Committee of Board of Control for Cricket in India (BCCI) led by Sunil Joshi which met via video-conference early this week. The tour will consist of three T20Is, three ODIs and four Tests. The three match ODI series which is slated to commence from 27 November, 2020 at SGC will form part of the ICC Men's Cricket World Cup Super League, while the four match Test series slated to commence with a Day and Night pink ball fixture at Adelaide Oval from 15 December, 2020 will see the both the sides battle for top spot in the ICC World Test Championship.



Virat Kohli will lead Indian team in all three formats of the game against Australia

Virat's deputy Rohit Sharma who suffered hamstring injury during the ongoing Indian Premier League (IPL) in UAE has not been picked in any of the three squads. In his absence KL Rahul, who is in fine nick in IPL (scored over 500 runs this season) will replace Rohit in the longest format. The Kings XI Punjab skipper will also be Kohli's deputy in both ODI and T20I squads. Veteran fast bowler Ishant Sharma and experienced pacer Bhuvneshwar Kumar who have suffered injury in IPL too will miss the tour.

Season campaigner and opener Shikhar Dhawan, who missed India's tour of New Zealand earlier this year with an injury, however has made a comeback into the side on the back of his superb form in the IPL. The stylish southpaw who became the first player

ever to score back-to-back centuries in the shortest form of the game in IPL. Navdeep Saini however who has been named in the Indian squads for all three formats, could make a Test debut, while mystery spinner Varun Chakravarthy who became the first bowler to take five wickets in IPL is set to make his India debut after having been included in the T20I squad.

The BCCI wise men also announced that four additional fast bowlers - Kamlesh Nagarkoti, Kartik Tyagi, Ishan Porel and T. Natarajan would be travelling with the Indian contingent.

T20I squad: Virat Kohli (Captain), Shikhar Dhawan, Mayank Agarwal, KL Rahul (Vice-captain and wicket-keeper), Shreyas Iyer, Manish Pandey, Hardik Pandya, Sanju Samson (wicket-keeper), Ravindra Jadeja, Washington Sundar, Yuzvendra

Chahal, Jasprit Bumrah, Mohd. Shami, Navdeep Saini, Deepak Chahar and Varun Chakravarthy

ODI squad: Virat Kohli (Captain), Shikhar Dhawan, Shubman Gill, KL Rahul (Vice-captain & wicket-keeper), Shreyas Iyer, Manish Pandey, Hardik Pandya, Mayank Agarwal, Ravindra Jadeja, Yuzvendra Chahal, Kuldeep Yadav, Jasprit Bumrah, Mohd. Shami, Navdeep Saini and Shardul Thakur

Test squad: Virat Kohli (Captain), Mayank Agarwal, Prithvi Shaw, KL Rahul, Cheteshwar Pujara, Ajinkya Rahane (Vice-captain), Hanuma Vihari, Shubman Gill, Wriddhiman Saha (wicket-keeper), Rishabh Pant (wicket-keeper), Jasprit Bumrah, Mohd. Shami, Umesh Yadav, Navdeep Saini, Kuldeep Yadav, Ravindra Jadeja, R. Ashwin and Mohd. Siraj

India's tour to Australia - Itinerary

ODI Series

First ODI: Friday November 27, 2020 - SCG, Sydney

Second ODI: Sunday November 29, 2020 - SCG, Sydney

Third ODI: Wednesday December 2, 2020 - Manuka Oval, Canberra

T20I Series

First T20: Friday December 4, 2020 - Manuka Oval, Canberra

Second T20: Sunday December 6, 2020 - SCG, Sydney

Third T20: Tuesday December 8, 2020 - SCG, Sydney

Tour matches

India A Vs Australia A - Sunday December 6-8, Drummoyne Oval, Sydney

India A Vs Australia A - Friday December 11-13, SCG (Day-Night), Sydney

Test Series

First Test: Thursday December 17-21, Adelaide Oval, Melbourne (Day-Night)

Second Test: Saturday December 26-30, MCG, Melbourne

Third Test: Thursday January 7-11, SCG, Sydney

Fourth Test: Friday January 15-19, Gabba, Brisbane

KR flag-offs Vigilance Awareness Week

By Ashok Dhamija
Navi Mumbai

Konkan Railway kicked off the Vigilance Awareness Week-2020 on Tuesday 27 October, 2020.

As part of its mission to create awareness among its Railway Executives & Staff in particular and public in general the same highlights the importance of honesty and transparency in day to day operations. On the occasion an Integrity pledge was administered by the Principal Heads of Departments, Station Managers and Senior Officers across its route. Stressing on the theme chosen by the Central Vigilance Commission this year 'Sa-

tark Bharat, Samruddh Bharat' (Vigilant India, Prosperous India), Konkan Railway appealed all the stakeholders to actively work towards promotion of integrity in all aspects of life for the



KR's Senior Vigilance Officer Ganesh Samant administers Integrity Pledge among the railway staff on the occasion.

progress of the country. In addition the importance of systemic improvements and good governance measures too was stressed upon.

Panvel-Uran Project Affected Committee demands functioning of Covid Hospital in Kalamboli soon



By Chandrashekhhar Hendve
Panvel

Panvel-Uran Project Affected Committee has demanded that the new Covid Hospital at Kalamboli, which is being set up in the Panvel City Municipal Corporation (PCMC) area through CIDCO and in collaboration with the Municipal Corporation, should start functioning soon. The delegation also demanded the corporation to purchase 4 new ambulances for patients during a meeting held between the committee and PCMC commissioner, Sudhakar Deshmukh.

Speaking during the meeting, the Municipal Commissioner assured the committee that the hospital will be started soon with best facilities.

With regards to the ambulance services, the commissioner said, "The discussions are underway with the state government and in the next few days, we are likely to get ambulances".

The project affected committee also raised the issue of housing lease of Gram Panchayats included in Panvel Municipal Corporation area. "The appropriate decision will be taken in the interest of the residents after deliberations", the commissioner said.

Congress district president R. C. Gharat, NCP district president and corporator Satish Patil, chairman Kashinath Patil, PWD secretary Ganesh Kadu, Hemraj Mhatre, Shiv Sena mayor Achyut Manore, PWD spokesperson R. D. Gharat were present.



Social worker Ranjit Naik and General Secretary, Yuva Morcha met the NMMC commissioner and handed over a letter regarding the poor condition of the roads in Sector 27, Seawoods Darave, Ward No. 99

(By Chandrashekhhar Hendve)

Ryanites observe UN Day

Spread message of peace and dignity for all



By Ashok Dhamija
Navi Mumbai

Ralph Bunche, American Diplomat and author once quoted "The United Nations Is Our One Great Hope for a Peaceful and Free World". Observed on October 24, every year since 1948, United Day marks the foundation of the formation of the global intergovernmental organization. It also marks the anniversary of the entry into force in 1945 of the UN Charter which incidentally is the founding document of this great non-partisan institution that has been working towards global peace, security and equality.

Sanpada based Ryan International School organised a virtual event for its students on the occasion of the 75th anniversary of UN Day. Young Ryanites of standard I to VI on the oc-



casions created awareness about UN visions of coming together and realizing a shared vision of a better world through drawings, posters, essays and speeches

"Fifty one countries joined hands to create the United Nations on October 24 (observed as UN Day) with a common vision of promote peace and cooperation around the world. With as many as 193 member countries in its fold, this year marks it's the 75th anniversary. The theme this time around is 'The Future We Want, the UN We Need: Reaffirming our Collective Commitment to Multilateral-

ism' which comes in the backdrop unprecedented global health crisis due to the COVID-19 pandemic, resulting in severe economic and social impacts. On the occasion our students actively participated in all the activities related to the UN Day. The enthusiastic youngsters created awareness about coming together and realizing a shared vision of a better world with peace and dignity for all through various mediums online," shared Muriel Fernandes, Principal of the institute.

JNPT centralized parking plaza stands operational

Key initiative to boost Direct Port Entry; helps save cost and time for Export Containers

By Dinesh Pawar
Navi Mumbai

Jawaharlal Nehru Port Trust (JNPT) has opened a new Centralized Parking Plaza (CPP) for container tractor trailers with Customs facilitation, as part of its efforts to promote ease of doing business.

The parking plaza spread across 45 hectares has a capacity to park 1,538 tractor trailers at a time.

The plaza has been built exclusively to integrate the parking of tractor trailers carrying factory stuffed export containers at one location instead of multiple locations earlier. This will help integrate document processing by Customs with state-of-the-art facilities and service provision.

The plaza will be managed using Real Time Parking Management system and has a Wi Fi provision within the premises. It has a dormitory for truck drivers to stay, canteen for providing food to truck drivers, well-maintained toilets, area for vehicle repair and maintenance and commercial building. It will have guards and staff at each entry gate and entry lane to guide the tractor trailers to respective entry gates and lanes for entry formalities to ensure that at tractor trailers don't have to wait in queue for entry.

The CPP will also have MIS system where the details of the tractor trailers such as Name of driver, Contact Number, In timing, Truck No, Container No, Size of Container, Type (Dry/Hazardous/Reefer), Shipping Bill no, CHA

Contact Number, Terminal will be recorded.

Once the data entry is done at the entry gates, a parking number will be allotted to the tractor trailer based on its characteristics such as destination terminal, type of cargo, size of container etc. All information collected will

planned for a facility of this scale and CPP is a key initiative to streamline the traffic movement and improve the port efficiencies using IT services, at the same time provide convenience facilities and amenities at very nominal rates to truck drivers who travel long distances to reach



be linked with parking number and a unique id with the date, time and stamp will be allotted and stored in the central server.

Further, the tractor trailer in CPP will be guided to its parking location using variable messaging signs, other signages and will be moved to a parking bay near the inspection area. Once the Customs official inspects and clears the container, the tractor trailer will be allotted the parking bay. When the Let Export Order (LEO) is issued, the tractor trailer is free to leave the CPP through the respective exit gates.

"JNPT is the only port in India which has

the Port. The Centralized Parking Plaza is an important part of our constant endeavour to provide the ease of doing business within the Port," Sanjay Sethi, IAS, Chairman, JNPT said during a visit to the plaza today along with senior officials to oversee the functioning of the new facility.

The plaza system will ease the movement of container trucks on JNPT roads and will help respective terminals plan their tractor trailer movements in a better way. JNPT has appointed Nirmala Auto Care Centre for operation, management and Maintenance of Centralized Parking Plaza.

Vigilance Awareness Week organized at Konkan Bhavan



By Chandrashekhar Hendve
Navi Mumbai

Vigilance Awareness Week was kick started on 27th October at Konkan Bhavan with the office bearers taking pledge of "Vigilant India-Prosperous India" with the aim of creating awareness against corruption. Girish Bhalerao

Deputy Commissioner (Development) along with the officers and staff took oath to eradicate corruption.

Every year to mark the birth anniversary of Sardar Vallabhbhai Patel, Vigilance Awareness Week is observed. This week is celebrated with the participation of citi-

zens to strengthen the commitment to honesty and integrity in public life. This year the week is being celebrated from 27th October 2020 to 2nd November 2020 under the theme of "Vigilant India, Prosperous India" as per the guidelines of the Central Vigilance Commission.