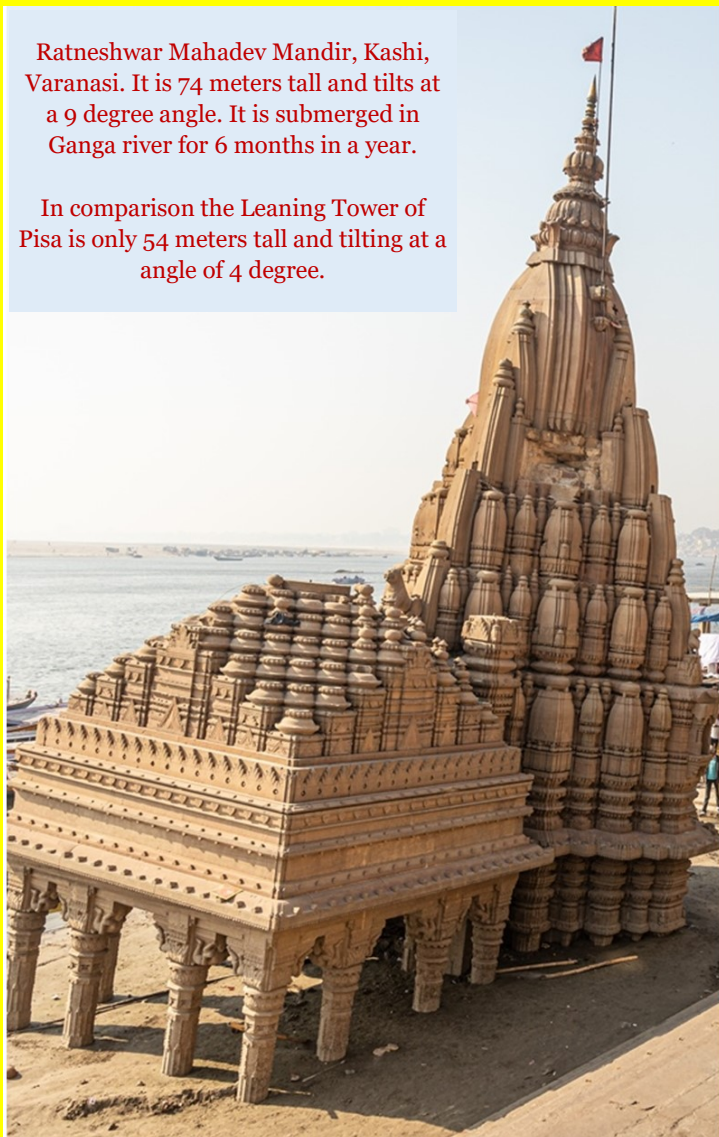


The Consumer's Voice – Value for Price, People and the Environment

March – April, 2025 “59 Years in the Service of Consumers” Vol 54 – No. 2

Ratneshwar Mahadev Mandir, Kashi, Varanasi. It is 74 meters tall and tilts at a 9 degree angle. It is submerged in Ganga river for 6 months in a year.

In comparison the Leaning Tower of Pisa is only 54 meters tall and tilting at a angle of 4 degree.



Inside this issue

- ◆ What to do with expired medicines?
- ◆ Can comfort foods be healthy?
- ◆ Consumer court news.



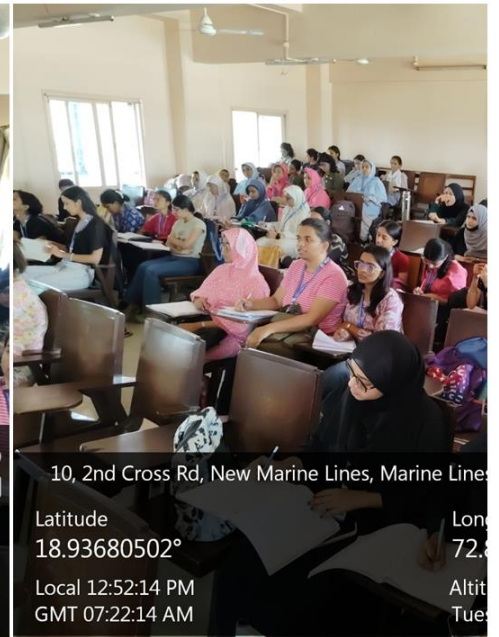
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10, 2nd Cross Rd, New Marine Lines, Marine Lines, Mumbai, Maharashtra 400020, India
 Latitude 18.93680508° Longitude 72.82902938°

GPS Map
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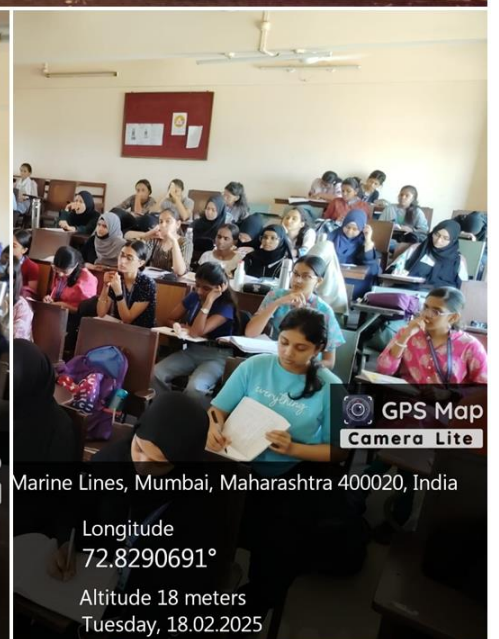
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GPS Map Camera



10, 2nd Cross Rd, New Marine Lines, Marine Lines, Mumbai, Maharashtra 400020, India
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Marine Lines, Mumbai, Maharashtra 400020, India
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 Tuesday, 18.02.2025

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Most people use language to communicate; politicians use it to win elections. This happens in every state, but Tamil Nadu's honorable seem to have perfected the art. Why is language – specifically Hindi – creating such controversy?

In 2020, the government introduced the New Education Policy (NEP) that would prioritize thinking over rote learning, teach problem-solving skills, and expose students to new subjects and new opportunities. **NEP includes the three-language formula. Schools must teach three languages, of which at least two must be Indian.**

The choice of languages is left to state governments; typically, the state language (which is the mother-tongue for most students), English, and one more. This “one more” is the issue. In theory, states can choose any language. In practice, the decision might depend on administrative factors. For example, in rural Karnataka, Hindi might be chosen, rather than Odiya or Telugu or Malayalam, because Hindi textbooks are cheaper and qualified teachers are easier to find.

Most states have agreed to implement NEP; Tamil Nadu has not. The state was specifically exempted from the first NEP in 1968 for political reasons, and this exemption continued. In February, Central Education Minister Dharmendra Pradhan tried some gentle persuasion. Unless Tamil Nadu signed up, he would withhold payment of 2000 crores previously approved for a major education program. Chief Minister Stalin reacted strongly: this is blackmail, we will not sign even if you withhold 10,000 crores.

For & Against

The DMK, ruling party in Tamil Nadu, has concerns about various aspects of NEP, but the policy was only finalized after extensive consultations with states; the main issue has always been language. Government State Board schools offer only Tamil and English, but private and CBSE schools are free to offer a third language.

While politicians demand two-language schools, their children study in three-language schools; some even own private three-language schools!

The DMK says it is not against Hindi but only against imposition of Hindi or any other language. Its main

argument is that the three-language formula, introduced in 1968, has not been fully implemented in most states. States in the Hindi belt were supposed to teach a South Indian language; no state has done so. In short, I will learn your language only if you learn mine!



The DMK also has another argument: our two-language system has worked better than the proposed NEP system, why force us to change? Education experts generally agree that among the large states, Tamil Nadu has done fairly well, while U.P. and Bihar are at the bottom. This argument is only partly valid. Comparisons are difficult because of high diversity within each state, outdated information (the most recent rankings, in NITI Ayog's School Education Quality Index, are for 2019-20), and some degree of subjectivity in evaluation.

But there is a deeper political issue as well. For years, politicians in every state have preyed on people's fears. Outsiders are destroying our language and our culture. Vote for us, we will protect you. Tamil Nadu has seen periodic agitations since the 1930s. Each time Hindi was compulsorily introduced, there were mass protests (riots, *lathi* charges, police firing), forcing the government to withdraw the policy.

Some politicians claim that Central government support for the Hindi-Sanskrit combination will gradually erode other regional languages, and eventually their culture. Several languages in the North (e.g., Awadhi, Brajbhasha, Magadhi) are practically extinct, having been subsumed into standardized Hindi. This is cited as proof of some sort of evil master-plan.

These politicians say for e.g., the NEP document mentions Sanskrit twice as many times as all other languages combined, even though Sanskrit is more relevant to religion/culture rather than it is to education, or they mention discrimination in the PM-SHRI program, which aims to create model three-

language schools with laptops, science labs and modern teaching methods.

The Centre runs 34 PM-SHRI Kendriya Vidyalayas in Tamil Nadu. In total, these schools have 69 teachers for Hindi, 50 for Sanskrit, and 34 for Tamil. For administrative reasons, sanctioned (i.e. permanent) posts are only for Hindi and Sanskrit. Tamil teachers are appointed on contract.

Non-South parties have done very little to counter these allegations. In fact, party spokespeople often refer to Hindi as the national language or the country's mother-tongue. This is easy to verify, but nobody bothers. India has two official languages, Hindi and English, but no national language.

Do ya teen? Bas!

Experts agree that learning a new language improves a child's cognitive skills. But how many languages is optimal... two? three? six? Nobody knows, so we are back to politics and specious arguments. Children are already burdened with heavy schoolbags and a vast syllabus. Instead of a third language, would it be better to have extra math tutorials or a longer lunch recess? Educationists could find the answer, if politicians let them.

Another issue is demand. Does the customer (the parent) want this new product? People, whether rich or poor, believe fluency in English helps you get ahead

in life. If every parent had to choose only one language to be taught at school, most would choose English!

The third issue is implementation. Introducing a new subject requires enormous resources. Recruit teachers, create study materials, conduct exams... There are thousands of rural schools with only one teacher, responsible for all subjects for all classes. These schools cannot teach even one language, let alone two or three.

Ultimately, much of this language debate is pointless. Anyone who wants to learn a new language will find a way. Migrants learn the local language because it benefits them. We have all seen U.P. vegetable vendors in Mumbai speaking fluent Marathi, or Marwadi shopkeepers in Chennai speaking perfect Tamil. Families of people in transferable jobs quickly pick up at least the basics. And then there are movies – Bollywood, Kollywood and Tollywood have probably taught more people more languages than any government program.

Hindi is the mother-tongue of around 45% of Indians. But this also means 55% have other mother-tongues, and could potentially be disadvantaged by Hindi-centric policies. Every group is different – language, religion, food, even marriage ceremonies. Us-versus-them feelings are part of human nature, and politicians are very good at stirring up these feelings, especially in election years. Diversity has always been India's strength. Let us keep it that way.



A man from the city was reporting for a job at a residential home and knocked on the door.

The owner was not home, but his pet parrot was.

“Who is it?” the parrot said.

“It's the man from the gas company here to fix your pipes.”

There was no answer, so he knocks again.

“Who is it?” the parrot said.

“It's the man from the gas company here to fix your pipes.,” said the man, starting to feel annoyed.

There was no answer, so he knocks again.

“Who is it?” the parrot said.

“It's the man from the gas company here to fix your pipes...,” said the man, starting to get a little angry.

There was no answer, so he knocks again.

“Who is it?” the parrot said. “It's the man from the gas company here to fix your pipes!” shouted the man, now quite furious. So furious in fact, that he suddenly had a heart attack and collapsed on the front stairs.

The owners come home and are shocked to find a dead man on their steps.

The wife says to the husband, “Well, who is it?”

The parrot then replies, “It's the man from the gas company here to fix your pipes!”

US-FDA Advises Consumers Not to Inhale Nitrous Oxide Products

Products: FDA advises consumers not to inhale nitrous oxide products from any size canisters, tanks, or chargers. These products marketed as both unflavored and flavored nitrous oxide canisters as a food processing propellant for whipped cream and culinary food use. Intentional misuse or inhalation of contents can lead to serious adverse health events, including death.

Symptoms of Adverse Health Events: Inhaling nitrous oxide can result in a range of symptoms and serious health problems, from abnormal blood counts, asphyxiation, blood clots, frostbite, headache, impaired bowel and bladder function, lightheadedness, limb weakness, loss of consciousness, numbness, palpitations, paralysis, psychiatric disturbances (delusions, hallucinations, paranoia, depression), tingling, trouble walking, vitamin B12 deficiency, and in some cases, death. For some individuals who regularly inhale nitrous oxide, this habit can lead to prolonged neurological effects, including spinal cord or brain damage, even after stopping use.

Stores Affected: These products are being sold online and at retailers, including, but not limited to: Amazon.com, Ebay, Walmart, and at smoke/vape shops and gas stations.

Recommendation for Consumers: The FDA advises consumers to not misuse or inhale nitrous

oxide products. These products can result in serious adverse health effects, including death, when inhaled. Contact your health care providers if you have recently used these products and are concerned about your health.

Current Update (March 14, 2025)

The FDA is warning consumers not to inhale or recreationally use any flavor of nitrous oxide in any size canister, tank, or charger. When inhaled, these products can result in serious adverse health effects, including death. These products are sold under multiple brand names including, but not limited to:

- Baking Bad
- Cosmic Gas
- Galaxy Gas
- HOTWHIP
- InfusionMax
- MassGass
- Miami Magic
- Whip-it!

The FDA has observed an increase in reports of adverse events after inhalation of nitrous oxide products. Similar reports also have been published by news outlets. The FDA will continue tracking reports of adverse events resulting from the inhalation and misuse of nitrous oxide canisters and will take appropriate actions to protect the public's health.

FORM IV (See Rule 8)

Statement about ownership and other particulars of the periodical, Keemat

Place of Publication	Consumer Guidance Society of India (CGSI), Block J, Azad Maidan, Mahapalika Marg, Opp. Cama Hospital, Mumbai – 400 001.
Periodicity	Bi-Monthly
Printer's Name	Ms. Jamna Vardhachary, CGSI
Publisher's Nationality	Indian
Editor's Address:	Block J, Azad Maidan, Mahapalika Marg, Opp. Cama Hospital, Mumbai – 400001.
Names & addresses of individuals who own the periodical & partners or shareholders holding more than 1% of the total capital	None, Wholly owned by Consumer Guidance Society of India (CGSI)

I Ms. Jamna Vardhachary, hereby declare that the particulars given above are true to the best of my knowledge and belief.

Sd / -

Date: 01 / 03 / 2025

Ms. Jamna Vardhachary Publisher, Printer, Editor

Legal Heirs Cannot Be Excluded from Insurance Benefits after Policyholder's Death: Karnataka HC

Meera Emmanuel (Courtesy: Bar & Bench)

The Karnataka High Court recently called for making laws simpler, while deciding on whether an insurance policy holder's legal heirs can be excluded from claiming insurance benefits if others have been named nominees for the insurance policy (Neelavva @ Neelamma v. Chandravva @ Chandrakala @ Hema and ors).

The Court held that Section 39 (nomination by insurance policy holder) of the Insurance Act, 1938, does not override personal succession laws such as the Hindu Succession Act, 1956.

Justice Anant Ramanath Hegde also criticized Parliament's failure to clearly set out the "Objects and Reasons" for a 2015 amendment to Section 39, which had led to confusion on how to interpret this provision.

"The Objects and Reasons for enacting or amending a law must contain a clear unambiguous statement as to why the law is introduced, what is the mischief sought to be remedied by way of amendment," the Court said.

The judge added that law-making bodies should try to make laws as simple as possible instead of drafting laws in a language so complicated that only lawyers may understand them.

"There should be a conscious endeavor to frame/structure the law in simplest and easy to follow short sentences. The wholly undesirable practice of framing law, with long and complicated sentences is to be discarded at any cost. After all, the law is meant for a commoner to understand and follow. The law should never be a riddle or puzzle to be solved by a trained legal mind."

The Court held that an insurance nominee cannot claim the full benefit of an insurance policy by excluding the policyholder's legal heirs, unless the legal heirs do not seek such insurance benefits.

It summed up the legal position as follows:

"Nominee/s or their legal representatives recognized in Sections 39(7) and 39 (8) will get beneficial title over the benefits flowing from the insurance policy, if the testamentary and non-testamentary heirs do not claim the benefits flowing from the insurance policy...In the absence of any claim by legal heirs, the title vests in beneficiary nominee. However, if there is a claim by

Keemat: March – April 2025

the legal heir/s, then the nominee's claim must yield to the personal law governing succession.

The Court made the observation in a case where a man had named only his mother as the nominee for two insurance policies. He was a bachelor when the policies were issued. He later married and had a child before his death in 2019. Notably, he did not make any changes to the insurance policies, under which his mother remained the sole nominee.

A legal battle ensued between the man's mother and his wife over whom the entire insurance benefit should go to.

A trial court held that the man's mother, wife and child were each entitled to a third of the insurance benefits. This verdict was challenged by the man's mother before the High Court.

The High Court was called upon to examine whether the declaration of the man's mother as the sole nominee for the insurance policies would exclude other legal heirs from succeeding to the insurance benefits.

It placed substantial reliance on the Supreme Court's ruling in Shakti Yezdani and another v. Jayanand Jayant Salgaonkaa, which dealt with a similar issue concerning the inheritance of company shares. In that context, the top court had held that a nomination cannot override the law relating to succession.

The High Court opined that a similar view should be taken in insurance law as well. Justice Hegde added that the Insurance Act was never intended to encroach on the domain of succession.

"It is difficult to hold that the Parliament has enacted a parallel law relating to succession in so far as benefits flowing from the policy of insurance," the Court said.

The judge also noted that if succession laws are not allowed to prevail in such matters, it may lead to mischief.

"Though, it is possible to change the nomination, given the low awareness of law among the public, the mischief would be, law relating to succession becomes inoperative to certain extent in certain situation if it is

held that provision overrides law relating to succession. Such mischief is to be avoided," he said.

It was also noted that the Law Commission of India had earlier recognized such risks in the nomination of insurance beneficiaries and suggested that a distinction be recognized in law between beneficial nominees (those who would be entitled to insurance benefits) and collector nominees (those who would only collect the benefit so that it may be distributed among legal heirs of the policy holder).

The Law Commission had suggested that if the policy holder does not specify whether a nominee is a beneficial nominee or a collector nominee, it could be presumed that the nominee is a beneficial nominee.

However, Parliament did not incorporate these recommendations in the law. Therefore, the Court opined that it cannot presume that Parliament meant to treat all nominees as beneficial nominees.

"This Court has to conclude that amended Section 39 is not intended to override the provisions of law relating to succession." It proceeded to uphold the trial court's decision to grant a third of the insurance benefits each to the mother, the wife and the child of the deceased policyholder.

Legislature should be prompt to clarify conflicts in law

Before parting with the matter, the Court noted that it had taken a view that differed from the views taken by the High Courts of Andhra Pradesh and Rajasthan.

Justice Hegde added that in future, when such conflicts arise, the legislature should ideally step in to resolve such differences by introducing an appropriate legal amendment. The government need not wait for the Supreme Court to resolve such conflicts, Justice Hegde said.

The Court further said that if a law is amended, it must clearly state whether the amendment is prospective or retrospective and should not leave such matters to speculation or subjective interpretations.

Moreover, the judge also urged Parliament to consider incorporating more legal illustrations in laws, to make it easier to understand them.

"Acts like the Indian Contract Act, Transfer of Property Act, Indian Evidence Act etc. have plenty of illustrations which explain the law with clarity and precision. Wherever needed, the law should be explained with illustrations which provide clarity to the provision of law. The practice appears to have been completely forgotten, and it is high time that such good practice is revived to bring in much needed clarity in law," the Court said.

A man goes into a pet shop to buy a parrot. The shop owner points to three identical-looking parrots on a perch and says, "The parrot on the left costs \$500 dollars."

"Why does the parrot cost so much?" asks the man.

The owner says "Well the parrot knows how to use a computer."

The man then asks about the next parrot and learns that it costs \$1,000 dollars because it can do everything the first parrot can do plus it knows how to use the UNIX operating system.

Naturally, the increasingly startled man asks about the third parrot, only to be told that it costs \$2,000 dollars. Needless to say, this begs the question, "What can it do?"

To which the owner replies, "To be honest, I have never seen it do anything, but the other two call him boss!"

I told my boss three companies were after me and I needed a raise to stay at my job. We haggled for a few minutes, and he gave me a 5% raise.

Leaving his office, he stopped and asked me, "By the way, which companies are after you?" I responded, "The gas, electric, and cable company."

What do diapers and politicians have in common? ----- They both stink and need to be changed often.



What to do with expired medicines?

Advice from an expert

Renier Coetzee, Courtesy: The Conversation

When last did a headache have you reaching into your medicine cabinet – and finding a bottle of aspirin that expired three years ago?

Did you take it anyway? And, if you decided instead to get rid of those out-of-date painkillers, how did you do it? If you chose to throw it in the garbage or flush it down the toilet, you're far from alone: a 2020 research review found that "disposal of pharmaceuticals by garbage and sewer is still the most common method in many countries with the absence of the proper disposal of expired medications from the patient side".

The problem is that both using expired medication and disposing of it unsafely comes with significant health, economic and environmental risks.

The Conversation Africa asked pharmacy professor Renier Coetzee, who is also the vice-president of the Pharmaceutical Society of South Africa, about the risks posed by using expired medication, and how to safely dispose of expired and surplus medicines.

Is it dangerous to take expired medication?

Expiration dates for medicines are determined through stability testing. This involves assessing how long a medicine remains safe and effective under various storage conditions. Manufacturers typically provide conservative estimates of expiration dates to ensure a medicine's quality and safety.

Medications degrade over time. That means they may not work as intended once they reach and pass their expiry date. This is of particular concern with medicines like antibiotics: subtherapeutic doses (those which are too low to work properly and so do not fully treat the illness or infection) can contribute to antimicrobial resistance.

Antimicrobial resistance occurs when bacteria, viruses or fungi stop responding to medicines (like antibiotics). This makes infections harder to treat. And that, in turn, increases the risk of disease spread, severe illness and death.

Reduced potency in chronic disease medications like insulin or heart medication is also a worry, since this can have serious health consequences.

Some expired medications can break down into harmful compounds. One example is ciprofloxacin. This antibiotic is used mostly to treat infections in the urinary and upper and lower respiratory tracts. Studies have shown that it can degrade into toxic

byproducts that may harm the kidneys (and be hazardous to the environment if not properly disposed of).

Exposure to heat, humidity and light can accelerate the breakdown of active ingredients. This applies to both scheduled medicines, prescribed by a doctor, and over-the-counter medicines.

Consider paracetamol, which anyone can buy for pain and fever. A year-old paracetamol tablet may not seem dangerous – but if it's degraded, it could be less effective in treating pain or fever, leading to unintended consequences like delayed treatment or overuse in an attempt to achieve relief. If potency is reduced, users might take a higher dose than needed, increasing the risk of overdose or side effects.

It's not just tablets and capsules that expire. Liquid medications, such as cough syrups and eye drops, are particularly vulnerable to contamination once expired, as the preservatives they contain lose their potency. This increases the risk of bacterial growth, which could lead to infections.

Expired medications left in the home, particularly in unmarked containers, also increase the risk of accidental ingestion, especially by children.

While some expired medications may still retain potency, there is no guarantee of safety. Safe disposal is essential to prevent misuse and potential harm to both individuals and the environment.

Can I throw expired or surplus medicine in the bin or flush it down the toilet?

I strongly discourage it. So do professional bodies like the Pharmaceutical Society of South Africa and the South African Pharmacy Council.

For starters, it's bad for the environment. Medications discarded in household trash can leach active pharmaceutical ingredients into soil and groundwater, potentially contaminating sources of drinking water.

Flushing medicines down the sink or toilet introduces these substances directly into sewage systems. They often bypass conventional wastewater treatment processes; in Cape Town, South Africa, for example, many wastewater facilities don't perform tertiary treatments. That allows poorly treated effluents, chemical compounds and pharmaceutical pollution

to enter aquatic ecosystems. That's bad news for wildlife and can disrupt ecosystems.

Trace amounts of pharmaceuticals in water supplies pose risks to human health, too. Such low concentrations are generally considered to pose minimal direct health risks to humans. But there are concerns about their potential impact on antimicrobial resistance and endocrine disruption.

Endocrine disruption refers to the interference caused by certain chemicals which can mimic, block, or alter the human body's natural hormones. The process can lead to various adverse health effects.

What are the safest, most responsible disposal methods?

The preferred method for disposing of unused or expired medications is through drug take-back programmes or authorized collection sites. These programmes are designed to provide a safe, convenient and responsible means for individuals to dispose of unused or expired medications.

In South Africa, the South African Pharmacy Council mandates that only authorized personnel, such as pharmacists or designated officials, may dispose of medicines, and they must produce a certificate of destruction to be stored for at least five years.

However, a study among healthcare professionals in the country revealed that only 23.5% participated in proper medicine destruction within their facilities. This, as well as similar research I conducted with some colleagues in Australia, indicates a need for improved education and practices regarding pharmaceutical waste disposal.

In other African countries, formalized medication take-back programmes are less common. Safe disposal methods must be established and promoted across the continent.

If more formal options are unavailable, you could mix medications with unappealing substances (like used coffee grounds or cat litter) and seal the mixture in a plastic bag before throwing it away.

This can help to prevent accidental ingestion by children or animals. It also keeps medications away from toilets or drains, thereby lessening water pollution and harm to aquatic life.

However, this approach is less than ideal and should only be a last resort.

Renier Coetzee is Associate Professor, University of the Western Cape.

This article was first published on *The Conversation*.

Teacher asks, "Who can tell me the chemical formula for water?"
Little Johnny pipes up, "HIJKLMNO!"
The teacher is puzzled, "What on Earth are you talking about, Johnny?"
Little Johnny looks hurt, "But sir, you yourself said yesterday that it's H to O!"



Man told a friend about taking his wife to dinner on their anniversary where, food was made in front of them.
The friend said, "I've heard of places like that, what is the restaurant's name?"
The man replied, "Subway."

I used to be indecisive, but now I am not sure.

CONSUMER GUIDANCE SOCIETY OF INDIA (CGSI)

The Societies Registration Act XXI of 1860: Ref. No. BOM 33/1966 GBBSD 04/04/1966 &
The Bombay Public Trusts Act XXIX of 1950: Reg. No. F - 1381 (BOM) 20/05/1966

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Editor - Ms. Jamna Vardhachary. Printed by Ms. Jamna Vardhachary, Published by Ms. Jamna Vardhachary on behalf of Consumer Guidance Society of India, 'J' Block, Mahapalika Marg, Mumbai 400001.

The views expressed in 'Keemat' do not necessarily reflect those of CGSI, but rather are personal opinions of the author(s) concerned.



Comfort Food: Meet Health



Can Comfort Foods Be Healthy?

Dr. Drew Bremer, Director of the Office of Nutrition Research, National Institutes of Health

March is a month of change. Winter cold begins yielding to spring warmth, albeit sometimes slower than we'd like! Farms and forests start to spring to life with new growth and color. Baseball fans (like me) tune into spring training games as we watch our favorite teams get ready for the upcoming season.

Times of transition can also bring challenges. Shifts in careers, relationships – or maybe also the recognition of unmet new year's resolutions – can introduce feelings of doubt. Can we handle this change? Many of us reach for “comfort foods” to soothe feelings of uncertainty and anxiety. We want to attend to our emotions and feed our brain, the most energy-demanding organ in the body and one that controls how we think and feel.

Ice cream, fresh-baked chocolate chip cookies, pizza, mashed potatoes ... these foods make us feel good because they tap into emotions, memories, and even the brain. Like other pleasurable activities, eating comfort food stimulates the brain's reward center and its “feel-good” chemicals. Beyond biology, comfort foods also bring familiarity and connection: often, a remembrance of childhood or happy times in our lives.

Often considered not the healthiest of foods, comfort foods don't have to be bad for you, especially given so many current options to mix up traditional favorites. There are delicious, healthy ways to make mac and cheese, for example. There are mini versions of frozen yogurt or ice cream concoctions – eating yummy food in smaller portions. Combining multiple foods together can pack taste and health. Açaí bowls, for example, join a healthy tropical berry with banana or other fruits, granola, fruit, and honey – delivering lots of flavor, protein, and healthy fats.

Leaning into healthy comfort eating can have benefits for both our physical and mental health. So why not be intentional about it? We can re-train our brains to seek out healthy comfort food not just as a reaction to stress

in the moment but as a positive, long-term strategy for wellness.

You might be thinking: well that sounds nice, but is it really true that food affects mood? Yes. Although we still have a lot yet to learn, some intriguing studies have made this connection. Take, for example, results of the SMILES Trial, short for Supporting the Modification of lifestyle in Lowered Emotional States. One of the first studies to look directly at the effect of diet on mental health, this research found significant reductions in depression symptoms from dietary support. Another study showed that eating whole-foods, nuts, and olive oil (and added fish oil) improved both physical health and mental health in people with depression. Mental health conditions are indeed complex and multifactorial, but it does appear that food may play a role. But how? What's the biology? What are the mechanisms? Well, those are just a few of the questions our Office would like to explore.

Some have termed this emerging area of science “nutritional psychiatry,” harnessing brain energy as a natural way to improve mental health with food. It makes sense intuitively, but there are lots of details to work out. As I wrote about a few months ago, the Nutrition Continuum relates the food environment to food ingredients to food-related behaviors. Embracing the complexities of this whole person approach to health, including the close connection between food and mood, inspires a wide range of research projects for modern nutrition science to figure out. That includes finding practical ways to put effective food-is-mood strategies into the daily lives.

It is March, and that means it is National Nutrition Month®. All of us, like the sluggers in spring training aiming for a World Series win, know that we perform best when we pay attention to both body and mind. Just as we work to develop new or improved workout habits for our bodies, research shows you also *feel* how you eat. But how? And why?

This is where the ONR principles of nutrition as a biological variable and the nutritional ecology come into play and can be applied to advance our understanding of these dynamic interrelationships. How exactly can we modify those factors that influence our choices to allow us to move to “healthier” comfort foods?

What roles do nutrients and other bioactive substances in food play in the biology of choice and mental well-being? If we can retrain our brains to build a bridge that connects comfort food to being healthy, imagine the power of developing lifelong eating habits that embrace the kinds of comfort food that support and benefit our physical and mental health.

One of ONR’s goals is to support the science that can provide the evidence base to address these important

questions and inform the design of new foods and decisions about the future of our food supply. Nutrition is the link between the foods we eat and our overall health. By knowing the underlying biology that supports our physical and mental strength, our food and food choices can steer us toward a lifetime of wellness.

As always, I welcome comments, feedback, and suggested new directions for nutrition science research. If you’re on LinkedIn, feel free to share your favorite healthy snack or recipe with me – I’m always looking to expand my cookbook! Until next time, please visit the ONR website to get office-related information, and consider signing up to the *ONR Updates* list to receive monthly emails (including the *Drew’s Views* blog and the *ONR Director’s Updates* newsletter).

Nutrition Is Who We Are!

A nun, badly needing to use the restroom, walked into a local Hooters. The place was hopping with music and loud conversation and occasionally, the lights would turn off. Each time the lights would go out, the place would erupt into cheers. But when the revelers saw the nun, the room went dead silent.

She walked up to the bartender, and asked, “May I please use the restroom? The bartender replied, “OK, but I should warn you that there is a statue of a naked man in there wearing only a fig leaf.”

“Well, in that case, I’ll just look the other way,” said the nun.

So, the bartender showed the nun to the back of the restaurant. After a few minutes, she came back out, and the whole place stopped just long enough to give the nun a loud round of applause!

She went to the bartender and said, “Sir, I do not understand. Why did they applaud for me just because I went to the restroom?”

“Well, now they know you’re one of us,” said the bartender, “Would you like a drink?”



“No thank you, but I still don’t understand,” said the puzzled nun.

“You see,” laughed the bartender, “every time someone lifts the fig leaf on that statue, the lights go out. Now, how about that drink?”

A tourist driving across rural England decided to stay the night in a small town. The only place with rooms available was a quaint English pub, The George and Dragon, which had a lovingly painted sign with a Knight beside a defeated dragon blowing in the evening breeze. Entering the bar room, which while empty had a roaring fire against the back wall, leather padded booths, and a mahogany bar with brass rails, polished to a shine, they went up to the bar and asked for a room.

“Rooms cost £20 per night, we don’t accept euros, and you must be out by 7am tomorrow, or else you pay for both days.”

“Alright then, could I get something to eat ma-”

“Kitchen closed at 6, and I am not going back there until 11am tomorrow, no matter what you say. Anything else?”

“Yes, could I please talk to George?”

Delhi High Court decries non-advocates appearing in consumer cases (Courtesy: PTI)

The Delhi High Court has taken strong exception to the practice of non-advocates and agents appearing for litigants before consumer courts based on authorization letters.

Justice Sanjeev Narula said such a practice not only diluted the legal and ethical responsibilities that defined the role of an advocate but also undermined the concept of a "*vakalatnama*", raising serious concerns about professional privilege and confidentiality, as such persons were not bound by the Advocates Act, 1961.

"This is fundamentally inconsistent with the Advocates Act, 1961, which exclusively vests these functions in enrolled advocates. Such a practice not only dilutes the legal and ethical responsibilities that define the role of an advocate but also undermines the concept of a *Vakalatnama*," said the court, referring to one such authorization letter.

The High Court said in the given case the advocate had effectively delegated core professional responsibilities, such as signing documents, receiving communications, and arguing cases before the commission, to a non-advocate.

The Judge in an order passed on December 23 directed all Consumer Courts in Delhi to ensure the parties were represented by advocates or by the agents/representatives/non-advocates strictly in terms of the regulations.

The High Court further said the practice permitting non-advocates or agents to appear on the basis of authorization letters issued by lawyers "must not be allowed with immediate effect".

The court was hearing a petition filed by several practicing advocates registered with the Bar Council of Delhi raising a "systemic issue" concerning the representation of parties before consumer courts by non-advocates or agents or representatives or social organizations.

The petitioners said a growing trend of non-advocates appearing before consumer courts without proper authorization had emerged which was in violation of the framework of Consumer Protection (Procedure for Regulation of Allowing Appearance of Agents or Representatives or Non-Advocates or Voluntary

Organizations before the Consumer Forum), Regulations, 2014.

The High Court issued notice to the Lieutenant Governor, Delhi government, Bar Council of India and Bar Council of Delhi and asked them to respond to the plea.

Additional standing counsel Anuj Aggarwal represented the Lieutenant Governor and Delhi government while advocate T Singhdev represented the Bar Council of Delhi.

The court directed the State Consumer Commission and the district consumer fora to give details of pending cases in which non-advocates were representing parties.

The Bar Council of India and Bar Council of Delhi were directed to submit their replies on the issue by filing counter affidavits.

The court posted the hearing on March 18, 2025.

I invited my boss and her husband over for dinner and while we were eating, she asked my son, Little Johnny, what he learned about in school that day.

I said, we usually play a "four clues" game where we must guess, she thought that would be fun.

So, Johnny gave his first clue: It is kind of round and covered with hair. That did not narrow it down much so he went to his second clue: It can be full of liquid that you can access through a crack.

Nobody had an idea yet, though knowing Johnny I was starting to get anxious.

He gave his third clue: When mommy and daddy were unpacking and changing from a day at the beach I peeked into their room and saw that mommy had one and daddy did not.

Still no guesses from anyone, but I was starting to panic.

Johnny gave his final clue: It contains the letters, N, U, C and T.

My wife saved my career when she quickly blurted out COCONUT!



How to cook chicken, eggs to prevent bird flu

Courtesy: TNN

Warning against unnecessary panic over the detection of a bird flu case in neighboring Chikkaballapura district, Bengaluru Urban District Administration Monday issued guidelines to be followed while consuming poultry meat and eggs.

Stating that consuming poultry meat or eggs does not transmit the disease to humans, the administration, however, urged people to follow certain processes before cooking them due to risk of infection.

The administration has set up checkpoints on the district borders as a preventive strategy. Additionally, it initiated the process of launching a dedicated helpline for enquiries about bird flu concerns.

Health department personnel were directed to organize awareness campaigns about H5N1 in villages. The administration began identifying local poultry establishments to provide essential guidance to owners and staff.

Regular monitoring of poultry facilities has been implemented, with animal husbandry officials tasked to conduct thorough inspections.

SOME GUIDELINES

- * **Cook chicken and eggs at temperatures above 70 degrees Celsius before consumption**
- * **Raw infected eggs should not be consumed**
- * **Wash hands thoroughly with disinfectant after cooking chicken**
- * **Visit nearest hospital in case of symptoms like cold, cough, fever, headache, muscle pain or throat pain within 10-km radius of bird flu-affected area**
- * **Unusual deaths of birds should be reported to animal husbandry department**

Zomato's Blinkit, Swiggy's Instamart and Zepto face antitrust case over 'unfair pricing models'

Indian consumer products distributors have lodged an antitrust complaint against major quick-commerce players Zomato-owned BlinkIt, Swiggy's Instamart and Zepto, alleging deep discounting practices that harm smaller retailers.

The All India Consumer Products Distributors Federation (AICPDF) has filed a case with the Competition Commission of India (CCI), seeking an investigation into the pricing strategies of these platforms.

AICPDF alleges 'predatory pricing'

According to a report by Reuters, the AICPDF, representing 400,000 distributors who supply products to 13 million retail shops across India, alleges that the deep discounts offered by quick-commerce platforms create an unfair playing field.

"An alarming trend of predatory pricing and deep discounting practices by Q-commerce platforms resulted in unfair pricing models," the group stated in its filing.

The complaint highlights the price discrepancies between online and offline channels, citing examples of products from major brands like Nestle and

Hindustan Unilever being sold at significantly lower prices on quick-commerce platforms. For instance, a Nescafe coffee jar that costs a small retailer around Rs 622 rupees is offered for Rs 514 on Zepto, Rs 577 on Swiggy Instamart and Rs 625 on Blinkit.

Why antitrust case may be a problem for Zomato and Swiggy

This case may add to the regulatory challenges faced by Zomato and Swiggy, who are already under investigation by the CCI for alleged anti-competitive practices in their food delivery businesses.

Zepto, which is reportedly preparing for an IPO after raising funds at a \$5 billion valuation last year, could also face increased scrutiny.

The CCI will review the case filing and may order a detailed investigation. This process could take several months and involve companies providing explanations for their business practices.

This complaint comes amidst growing scrutiny of India's e-commerce sector, with Amazon and Flipkart facing antitrust probes last year over alleged predatory pricing and preferential treatment of select sellers.

Car brake failure not dealer's fault: Cal HC

Courtesy: The Times of India

Kolkata: There can be no criminal case against a car dealer for brake failure, the Calcutta High Court held on Wednesday while dismissing a criminal case against an auto dealer. The case involved the sale of an Audi that developed brake failure a year and a half after purchase and five months after its first servicing. The brake failure happened within the two-year warranty period.

Justice Ajay Kumar Gupta on Feb 26 held that the complainant demanding Rs 50.6 lakh of the Audi purchase money back because the brake failure took place within the warranty period makes the case a civil dispute, not a criminal case. "Such a dispute of supply of a defective car or return of money, the remedy for which lay under the Consumer Protection Act, 1986," Justice Gupta held.

The company that bought the car alleged that the car dealer used "colorful and alluring" advertisements, showcasing that the car with German technology has world-class safety and security measures. This, the company alleged, "deceived" them into buying a car they claimed was defective "with a defective braking system which could have paved the way for a fatal car accident."

The complainant company on 11 Aug, 2014, paid Rs. 50,66,520 for the car and received it on Aug 18, 2014, with a warranty of two years. It was serviced on 29 June, 2015, in Kolkata, and a servicing charge of Rs.

25,041.7 was paid. From the date of delivery to Nov 29, 2015 (when the accident took place), the buyer had no problem with the vehicle. There was no complaint about the quality of the vehicle, the HC noted.

The high court said that based on the complaint and statement recorded, the matter does not even make out a prima facie case for the offence of cheating, one of the IPC sections imposed by the buyer on the car dealer.

"The vehicle was extensively and continuously used for a period of one year and three months before any complaint regarding brakes and other faults was raised... The vehicle, which functions properly for a considerable period since its sale and services, cannot be said to be defective or supplied as a defective car.

In this case, the inherent defect is alleged in reference to the brakes of the vehicle, a component (brakes) which is used constantly every time the vehicle runs. At the time of the purported malfunction of brakes, the vehicle must have already plied several kilometers," the judge stated.

Written arguments submitted by his counsel, which merely reproduced the contents, could not be treated as evidence. After reviewing the submissions and evidence, the Commission ruled that there was no deficiency of service or unfair trade practice on the part of Emirates airlines. The complaint was dismissed, with no orders as to costs

A man goes into a cafe and says, "Can I get a full cooked breakfast, but I need it cooked my way?"

"Can I have bacon that's so burnt that it's blackened like pieces of chiseled anthracite?"

"Can I have sausages that are so rubbery that you could bounce them off the ground and would hit the roof?"

"Can I have all the shell broken up through my scrambled eggs so it tastes like an egg praline?"

"Can I have the tomatoes, mushrooms, and beans so overcooked and watery that they just taste like greasy, congealed slime?"

The man behind the counter says, "Don't be ridiculous! to have the time to do all of that for you?"

And the guy says, "You seemed to find the time yesterday."

A man walks into a shop and sees a cute little dog. He asks the shopkeeper, "Does your dog bite?"

The shopkeeper says, "No, he doesn't bite." The man then tries to pet the dog and the dog bites him.

"Ouch," says the man, "I thought you said your dog doesn't bite!"

"That's not my dog."



Hospital ordered to pay Rs 1 lakh for harassing senior citizen

(Courtesy: The Times of India)

Bengaluru: A 67-year-old Bengalurean who faced multiple complications after he was admitted to a hospital for stomachache, knocked on the doors of district consumer disputes redressal commission, Bengaluru Urban. It ordered Apollo Hospitals, Seshadripuram, to pay him a compensation of Rs 1 lakh for the rude behavior and harassment he had faced.

Bhagavandas Alva, a resident of MC Layout, Vijayanagar, was admitted to the Seshadripuram branch of Apollo Hospitals from Aug 29 to Sept 12, 2022. The hospital staff conducted multiple tests, including a CT scan, and advised emergency surgery, though he was unaware of the future consequences.

Even after the operation, Alva continued to suffer severe pain. On the third day, he was given solid food. His condition worsened, causing further abdominal distension, prompting doctors to stop solid food immediately. Later, doctors diagnosed complications and recommended a second surgery on Sept 5. With no other option, he consented.

Alva claimed nursing students forcibly removed a syringe from his palm, causing a swelling, and further injections could not be given. As a result, a catheter was inserted in his neck for medication and administration of liquid food. After this ordeal, he was finally discharged on Sept 12.

Alva received a bill of Rs 9.9 lakh, which was eventually reduced to Rs 5.8 lakh after he resisted paying. Alleging harassment and financial burden, Alva filed a

complaint with the consumer forum on June 28, 2023. The hospital denied the charges, but acknowledged that the patient was admitted, evaluated by a gastroenterologist, and treated after conducting tests with his consent. The hospital asserted there was no medical negligence or deficiency in service.

After going through documents and proofs, the commission held that the complainant had not established medical negligence attributed against the hospital doctors. However, the hospital had not said anything about the behavior of its staff and the way in which they had treated Alva. "The complainant is a competent person to talk about the harassment suffered by him due to odd behavior of the hospital staff," the commission said.

"The complainant has suffered mental agony and discomfort at the hands of hospital staff. It is the responsibility of the doctor and medical staff to prove that due care was taken in discharge of their duties..

The complainant is entitled to compensation for harassment and also mental agony and financial loss suffered by him for the harassment given by staff of the hospital," the forum said.

The commission ruled in favor of Alva and ordered the hospital to refund Rs 35,360 it had collected towards medical services, Rs 11,880 for nursing and hospital utilities with 9% interest from the date of discharge, and also pay him Rs 1 lakh for harassment and rude behavior, aside from Rs 25,000 for litigation costs.

Once upon a time there was a thief and a politician who were friends.

One day, they entered a chocolate store. While they were busy looking around, the thief stole 3 chocolate bars.

As they left the store, the thief said to the politician: "Man! I am the best thief ever; I stole 3 chocolates and no one saw me. You cannot beat that."

The politician replied: "You want see something better? Let us go back to the shop and I will show you real stealing."

So, they went to the counter and politician said to the shopkeeper: "Hey do you want to see magic?"

The Shop keeper replied: "Sure!"

The politician says: "Give me one chocolate bar!" The shop keeper gave him one, and he ate it. He asked for a second, and he ate that as well. He asked a third, and finished that one too.

The shop keeper asked: "But where's the magic?"

The politician replied: "Check in my friend's pocket, and you'll find it!"



Claim denied for non-disclosure of diabetes ordered to be paid

(Courtesy: The Times of India)

Rajkot: A consumer court here ordered an insurance company to pay Rs 18 lakh into the loan account of a credit insurance holder, stating that the refusal to pay was a deficiency in service.

The insurance company had refused to pay the claim for a credit insurance plan, alleging that the person insured had suppressed information about pre-existing disease when getting the policy.

Rudi Ratadiya filed a petition in the consumer forum. Her husband, Kadva Ratadiya, had taken a home loan and bought credit insurance to protect his family from repayment in case of his sudden death. His credit insurance was for a sum assured of Rs 18 lakh.

Kadva's health suddenly deteriorated on Jan 27, 2023, and he died on Jan 30, 2023, in a hospital, at the age of 50. Rudi asked that the company repay the outstanding loan, but after examining the documents, the insurer refused.

The company said the person insured had diabetes and cardiac allograft vasculopathy (CAV), information he did not declare while getting the policy in 2016. The company said this was based on an investigation by them but failed to supply the original investigation

report or affidavit. The insurer took the defense of a pre-existing disease based on the history in medical papers but could not provide concrete evidence to prove their claim.

"The company submitted the medical history based on admission papers, but the court noted that when the insured was admitted to the hospital, he was unconscious. The insurance company failed to show who had provided this medical history," said advocate Sagar Rathod, who appeared in this case alongside Hardika Vyas.

"The court noted that the cause of death was sudden cardiac arrest and not diabetes or brain stroke, so even if it was considered that the person insured had a pre-existing disease, it was not proved that it was the cause of his death," Rathod said.

The Rajkot District Consumer Disputes Redressal Commission, in its order dated Feb 20, ordered the insurance company to deposit Rs 18 lakh along with 6% interest from the date of filing of the petition into the loan account of the petitioner's husband. The remainder, after clearing the loan, is to be paid to the complainant within two months.

Consumer commission penalizes Pvt. financial institution

Afreen Dafedar, a resident of Dayaligar Oni, Dharwad, had availed a loan of Rs 70,635 from Tata Capital Finance, Dharwad, on Sept 21, 2019 to purchase a two-wheeler. According to the loan repayment terms, she was repaying the loan in 42 monthly instalments of Rs 2,571 each, starting from Sept 3, 2019 to April 3, 2024. The entire loan was fully repaid, and Tata Capital Finance officially informed the RTO office that there were no dues pending from Dafedar.

However, despite the full repayment of the loan, the ECS (electronic clearing service) deductions continued from her Canara Bank's SB account every month even after the full repayment of the loan till Oct 8, 2024. Dafedar repeatedly requested Tata Capital Finance to stop these deductions, but her requests were allegedly ignored. She even served a legal notice through her lawyer, yet the ECS deductions were not stopped. Dafedar then filed a petition in the District Consumer Grievances Redressal Commission charging that Tata Capital Finance had violated banking norms which amounted to deficiency of service under the Consumer Protection Act.

Upon thorough examination of the case, Consumer Commission chairman Eshappa Bhute and member Vishalakshi Bolashetti, reviewed the complainant's bank account statements and got convinced that that Afreen Dafedar had completed her entire loan repayment by April 19, 2023, and Tata Capital Finance had also issued her a No Objection Certificate (NOC) on that date. Yet, the continuation of ECS deductions until Oct 8, 2024 was found to be in violation of bank and Reserve Bank of India guidelines.

The Commission concluded that Tata Capital Finance's actions were not only a deficiency in service under the Consumer Protection Act but also reflected unfair trade practices. It was found that a total of Rs 24,603 was excessively collected from the complainant. The Commission ordered Tata Capital Finance to refund Rs 24,603 with 12% interest from 1.2.2024 until full payment is made, and directed them to pay Rs 50,000 as compensation for the mental agony and inconvenience caused to the complainant, along with Rs 10,000 as litigation expenses.

Scientific Tit-bits

Dr. Sitaram Dixit, Chairman CGSI

What is antifreeze?

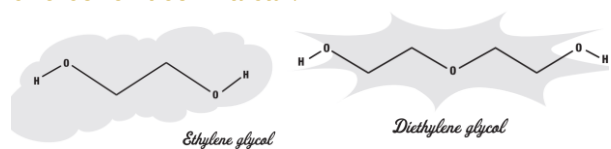
Antifreeze is a material that lowers the freezing point of water, preventing water from freezing when the temperature becomes cold and drops below the freezing point of water.

Freezing point is the temperature at which water freezes as fast as it melts turning water into ice. Below the freezing point, molecules of water move slower as ice captures it. Above the freezing point, ice will melt as the molecules of water move faster.

Heat is the random motion of molecules, so at all temperatures there will always be some water molecules that are moving fast enough to be liquid and some that are moving slow enough to be solid ice. If the temperature is too warm or too cold, we may not notice, it since only a tiny amount will be in the “wrong” form and only for a small amount of time.

We can easily upset the balance between melting and freezing. If we add salt ice, the salt will dissolve in the water on the surface of the ice. The salt molecules (or ions) mix with the water. If the liquid part is half salt molecules and half water molecules, only half as many water molecules will hit the ice jostling around reducing the freezing rate to half that what it used to be, but since the melting rate is unchanged, the ice melts, indicating the balance between freezing and melting has been upset.

To get the balance back, we must lower the temperature. Salt water freezes at a lower temperature than fresh water, therefore Salt is thus an antifreeze. Alcohol will do the same thing as salt. The alcohol molecules mix with the water, so fewer water molecules hit the ice. So, alcohol is also an antifreeze, but more expensive than salt. However, it does not corrode metals like salt does, so it is a better choice for use in a car.



A better antifreeze than alcohol are glycols like *ethylene glycol*. If we replace half the water with alcohol, the freezing point lowers by 32° Celsius (57° Fahrenheit).

However, if half the volume is ethylene glycol, the freezing point lower by 34° Celsius (62° Fahrenheit). Moreover, ethylene glycol: it is not as flammable as alcohol and it also raises the boiling point of water.

Why do you need antifreeze in our car?

If we live in a place where the temperature never drops below freezing, we do not need antifreeze. The antifreeze ethylene glycol also raises the boiling point of water, so we might still want to add it to our radiator water so the car does not boil over as easily as it would with water or a water-alcohol combination.

Commercial antifreeze also contains rust inhibitors—silicates, phosphates, and borates—to make the engine last longer. These control corrosion by keeping the liquid slightly alkaline. An added green or red dye can tell an antifreeze from other liquids that might leak under our car. Orange-dyed antifreeze has rust inhibitors made from organic acids, and last longer.

Another antifreeze ingredient is diethylene glycol, although usually present in much smaller amounts as an unwanted byproduct of ethylene glycol production.

Why does salt water make metal rust faster?

If we pure iron into pure water, very little would happen, since there would be no oxygen to react with the iron. If we put the pure iron into pure dry oxygen, again very little would happen. The outer iron atoms would rust, but then that layer of rust would stand between the iron and the remaining oxygen.

Water helps iron react with oxygen. In the first step oxygen reacts with iron and breaks up the oxygen molecule. In water, oxygen can steal some electrons from iron to make four hydroxyl ions (the OH⁻ ions in the following reaction):



The electrons come from iron: $\text{Fe} \longrightarrow \text{Fe}^{2+} + 2 \text{e}^-$
But to make rust we need another reaction with iron:
 $4 \text{Fe}^{2+} + \text{O}_2 \longrightarrow 4 \text{Fe}^{3+} + 2 \text{O}_2^-$

In the process of making rust, the ferrous (Fe²⁺) and ferric (Fe³⁺) ions also react with water to form Fe(OH)₂ and Fe(OH)₃ (ferrous hydroxide and ferric hydroxide) and hydrogen. These hydroxides can then lose their water to form still more iron compounds. It is all these reactions that end up making the rust flaky, so it falls off the iron and exposes new iron that can start to rust. Acids speed up all these reactions by having more ions in the water, conducting electricity better, so that the iron and oxygen can exchange electrons. Adding salt to the water makes the iron corrode more quickly, but adding an acid makes it corrode even faster than that.



LAUGHTER THE BEST MEDICINE



Jokes are meant for amusement! It employs comedic vehicles like parody, satire, other material referencing, true people, organizations, religions, regions, country, sexuality, etc., making fun of them in ways that are obviously not true. Some jokes might be offensive to some readers as every individual's sense of humor is different. Our intent is not to offend or cause damage to anyone reading or understanding these jokes. If you trust that jokes could offend you, please do not read them! Despite this warning, if on reading you find, the jokes not to your liking, ignore and move on! Please be aware that they are simply just JOKES!

A young woman is travelling in Rome for the first time. Feeling a pull toward the grandeur of a beautiful cathedral, she decided to step in and admire the stained-glass windows she had heard so much about. As she approached the entrance, a kindly but stern-looking priest emerged.

"Excuse me, Miss," he said, raising a hand to stop her. "I'm afraid I can't let you enter dressed like that."

The young woman tilted her head in confusion. "Like what?" she asked. "My dress is modest." The priest hesitated, clearing his throat awkwardly.

"Well, it is not the dress itself, it is just that you are not wearing a bra. I cannot let you in like that." "Seriously?" Said the woman angrily, "I have a divine right!"

"A divine left, too, Miss," the priest replied "but you still can't come in."

God was giving out traits to Adam and Eve. He had two left and decided to ask their preference. He said, "So I have two things left for you both. The first is peeing while standing up..."

Adam jumped up and said, "Me! Me! I want to pee standing up! I can just pee wherever I am standing, and I can write my name in the snow!"

God said, "Are you sure you want it? I have not even said what the other trait is?"

Adam said, "I do not care. Peeing standing up is so cool, nothing can beat that!"

God shrugged saying, "Eve, are you ok with this?"

Eve looked at how happy Adam was and shrugged herself. "It's ok, I'm sure I'll also be happy with whatever I get."

God nodded, "Yes. For you Eve, the last trait, then - Multiple orgasms.

When I got home last night, my wife demanded that I take her someplace expensive. So, I took her to a gasoline station.

That is when the fight started...

Frank takes his blind date, Heather, to an amusement park. Frank and Heather agree that Heather should decide on the first thing to do, then Frank, then Heather, then Frank and so on.

"What do you want to do first?" asks Frank.

"I want to get weighed," replies Heather. So, Frank takes Heather to the weight guesser.

"Let me guess," says the weight guesser, "you weigh 128 pounds?"

"You are two pounds off," replies Heather.

She steps on the scale, and sure enough, she weighs 130 pounds.

After Frank and Heather ride the Ferris wheel, Frank asks, "What do you want to do next?"

"I want to get weighed," replies Heather.

"But you already did. Twice."

"No, I didn't."

"Yes, you did."

"No, I didn't."

So, Frank reluctantly takes Heather to the weight guesser a third time.

"Let me guess," says the weight guesser, remembering what she had weighed the first two times, "you weigh 130 pounds?"

Heather steps on the scale, and sure enough, she still weighs 130 pounds. This goes on for a while.

Frank always suggests to go on a different ride, and Heather always says, "I want to get weighed."

After much arguing, Frank reluctantly takes Heather to the weight guesser over and over.

Both Frank and the weight guesser become very annoyed. Finally, the blind date is over. Frank takes Heather home to her roommate, Lisa.

"How was your date?" asks Lisa.

"Oh, Wisa," says Heather, "it was wame and wousy."

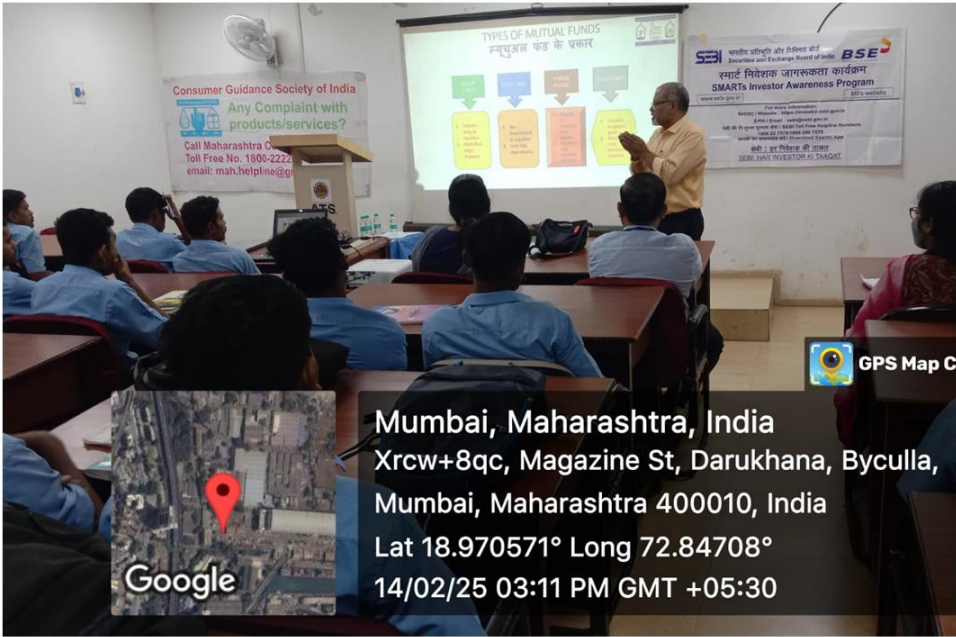
I took my wife to a restaurant.

The waiter, took my order first. "I'll have the strip steak, medium rare, please."

He said, "Aren't you worried about mad cow?"

"Nah, she can order for herself."

That is when the fight started...



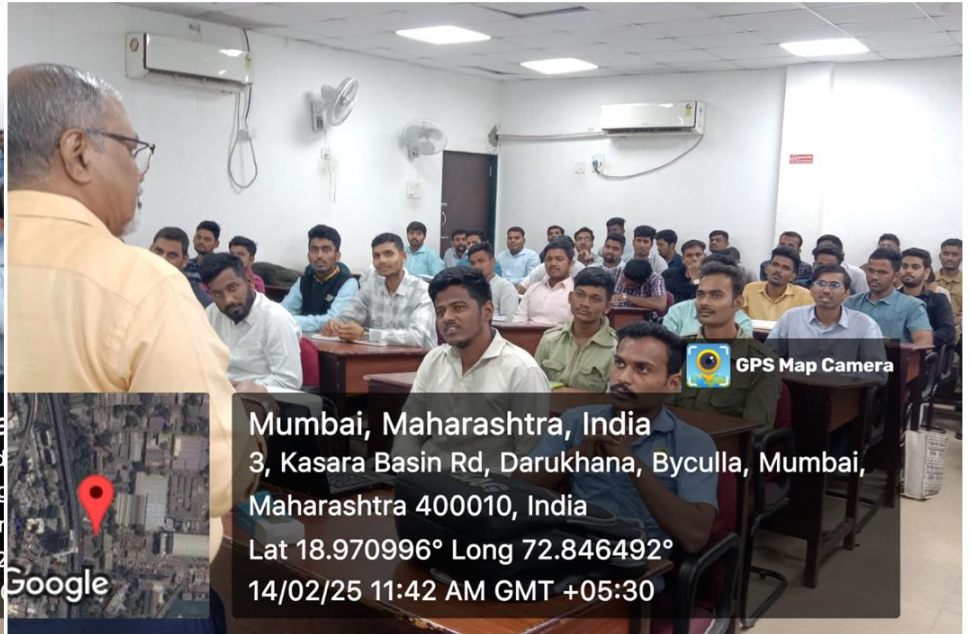
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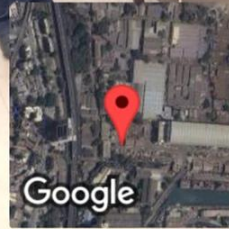
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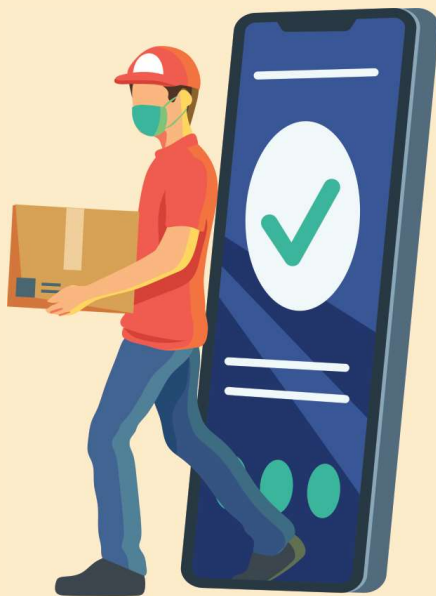


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