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HOT DOG  
THROWN  
AT TIGER



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KAHAN  
TUM CHALE  
GAYE...



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## SOLVING THE AUTO CONUNDRUM



The average Mumbaikar has enough problems to deal with every day. But in the last couple of months, another nuisance was added to the list — rude and unruly autorickshaw drivers who think they are a law unto themselves.

Autorickshaw drivers have struck work, refused to ply short distances, beaten up elderly commuters and blackmailed the government into accepting some of their outrageous demands even while refusing to accept electronic meters, which should have been the norm in the first place.

This city cannot take it any more. And this newspaper has decided to do something about it.

MiD DAY has partnered with Mumbai Traffic Police to launch **METER DOWN**, a campaign to rein in errant autorickshaw drivers, and help you reach your destination.

At different spots across the island city, MiD DAY reporters and photographers will accompany a traffic police officer and a traffic constable to monitor the behaviour of autorickshaw drivers and book them instantly if they are found violating the rules. Such drivers will be fined on the spot, and for repeat offences, their licences will be seized for a week, or even cancelled for a serious offence. The police officials will also ensure that you get your ride to work or home.

If you do not find MiD DAY staff along with the officials in your locality, you can call the **METER DOWN** helpline — **24937755** — to register your complaint. You could also SMS your complaint. Simply type **METER** <space> Location <space> Autorickshaw Number <space> Complaint and SMS it to **57272**.

Admittedly, things are not going to change in a day. But MiD DAY promises to be with you in this campaign for a long time. This is only a small, but significant step towards making your commute stress-free.

**SACHIN KALBAG**  
EXECUTIVE EDITOR

# JUST CHILL STATE'S MESSAGE TO STUDENTS



**STATE DIRECTIVE TO ALL SCHOOLS SAYS THAT EACH STUDENT MUST MEDITATE FOR 10 MINUTES BEFORE CLASSES TO MAKE THEM DISCIPLINED AND CALM AND AVOID STRESS, VIOLENCE AND DRUGS. REPORT ON PAGE 8**

**6**

The number of hours that vipassana sadhana should be observed in schools in a year

**1 lakh**

The number of schools that are bound by the directive

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# NOW, BEFORE STARTING SCHOOL BREATHE IN AND OUT FOR 10 MINS



**STAY FIT:** The state government has decided to introduce classes of breathing exercises in all schools across the state, so students are better able to fight stress and stay fit mentally. REPRESENTATION PIC

**RAVIKIRAN DESHMUKH and KRANTI VIBHUTE**

NOW before you start your school day, you will have something to soothe your wrought nerves: good old oxygen. The state government has decided to introduce classes of breathing exercises in all schools across the state, so students are better able to fight stress and stay fit mentally.

As per a circular issued by state Chief Secretary Ratnakar Gaikwad on October 5 to the directors of primary, secondary and higher secondary education in the state, soon after the assembly, students will have 10 minutes of meditation compulsory before starting classes. "It helps positive thinking and concentration," says the directive, and goes on to add a list of measures to be adopted by private and municipal schools across the state. It doesn't specify a date to begin the regimen.

To this end, schools would be required to send one of their teachers to the Vipassana research institute, a meditation centre in Igatpuri, so they may acquire meditation and breathing techniques and return to impart them to students. "It is

important for the teacher to complete a 10-day course of the Vipassana sadhana before teaching students," the directive says.

It will help children to deal

## FACT FILE

### Benefits

The circular states that the meditation/breathing exercise helps school going children in self-discipline, attentiveness, memory enhancement, decision making, self confidence, reduces fear, anger and discontent and increases efficiency that ensures participation in extra curricular activities. It also helps students to be aloof from violence, pilfering, lying, sexual abuse and drugs, in the first phase. In the second phase, students concentrate on breathing exercise and in the third phase they try to share their experiences and benefits of it among their friends.

with examination stress, tension, and other ailments plaguing modern lifestyle, the circular says.

Though welcomed by most, some schools feel that it should be made optional. Dr Zahir Kazi, president, Anjuman Islam Trust, under whom 20 schools and 90 other institutes run, said, "Schools like ours should be given a choice whether to introduce it or not. Some may perceive it as going against the fundamentals of their faith, and that could create a problem."

Amol Dhamdhare, secretary of Indian Education Society, said, "We appreciate the idea, but to add this in timetable we will have to increase school hours. And the government should make arrangement for teachers to go for the meditation training in Igatpuri."

Indra Menon, vice-principal, Children's Academy, Malad, said, "It may not be practically possible to send teachers for 14 days to Igatpuri for Vipassana training."

Despite MiD DAY's repeated calls and messages, Ujjwala Patil, chairperson of the state board, remained unavailable for comment.



**IN PROTEST:** Cama & Albless Hospital nurses agitate against the authorities yesterday. PIC/ATUL KAMBLE

## Nurses protest being sent to CM bungalow

Following MiD DAY's report on Cama & Albless authorities asking nurses to tend to CM's mother-in-law at his residence, management assured them of revoking its decision

### MiD DAY FOLLOW-UP

**PRIYANKA VORA**  
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AFTER MiD DAY's report on nurses at the government-run Cama & Albless hospital being sent to CM Prithviraj Chavan's bungalow to nurse his mother-in-law, the nurses of the hospital on Monday morning staged a protest against the administration. They allege that the hospital authorities are forcing them to work at the CM's official residence, Varsha.

This paper had reported about the incident ("Cama nurses summoned to take care of CM's ma-in-law") on October 8.

Yesterday, more than 50 nurses on morning shift gathered in the hospital compound around 8.30 am to protest against authorities sending nurses outside the hospital for duty.

Kasturi Kadam, joint secretary, Maharashtra Nurses Association, said, "According to the rulebook, nurses cannot be sent to give nursing care outside the hospital. If the patient is admitted to the hospital, we all are ready to take the best care of them. But we cannot go to any minister's bungalow in this manner."

Another nurse, requesting anonymity, said, "We had joined this profession to take care of patients and we are not shunning our duty. But we cannot go to the residence of any

minister or dignitary for private duty."

It was only when Dr Rajshri Katke, medical superintendent of the hospital, assured the nurses that the authorities would not send them to the minister's bungalow, the agitated nurses returned to their duty.

"Our night duty staff is at the hospital wards and no patient's treatment was compromised while the nurses were protesting," added Kadam.

### 'All to curry favour'

Kamal Waikule, general secretary of the federation, said, "Once when Vasant Rao Naik was chief minister, his brother fell ill and was in the hospital medical superintendent's bungalow. At that time, the hospital had asked nurses to go to the bungalow but we declined to do that. The minister respected our decision and admitted his brother to the hospital."

Waikule has also written to Chavan asking for a probe in the matter. "Nurses are women and we have to think about their security. We have had bad experiences in the past," she said, adding, "The fact that nurses were asked to sign on the hospital muster and then go to the CM's bungalow proves that this is not an official arrangement. The authorities are only trying to be in the good books of the CM, so they decided to send the employees there," said Waikule.

Even after repeated attempts, Dr Rajshri Katke, medical superintendent of the hospital was not available for comment.

## Measures

Certain guidelines for schools from the education department:

- ▶ In a year, this anapana and vipassana sadhana (breathing routines) should be arranged for five to six hours in the school playground for 50 to 100 students.
- ▶ The school should make the arrangement of a school auditorium or classrooms
- ▶ They should arrange for mikes and loudspeakers, mattresses to sit on ground, light food
- ▶ All employees of the education department should visit the Vipassana Research Institute, Dhammgiri, Igatpuri, Nasik for 10-day workshop