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Matter of Thought

Risks of health advice on social media

In today's world, human health is becoming increasingly complex. New and unheard-of viruses emerge suddenly, taking many lives prematurely. In such uncertain times, people often turn to social media for health advice. However, this is not the right platform for medical guidance, warns Dr. Shiv Sarin. A distinguished expert in medical science, Dr. Sarin has been honoured with the Padma Bhushan award for his contributions. He is also the author of 'Own Your Body', a book that emphasizes responsible healthcare decisions. His insights on the dangers of unverified health information circulating on social media serve as a crucial warning. Social media platforms are flooded with lengthy health advice and quick-fix solutions. While these messages influence public opinion, even genuine experts struggle to ensure that their information reaches people accurately. Misinformation often spreads faster than facts, making it difficult for the general public to differentiate between reliable guidance and misleading content. The biggest challenge is that ordinary individuals cannot verify health-related claims on social media. Unlike entertainment or lifestyle content, incorrect medical advice can have life-threatening consequences. If people follow unverified remedies blindly, they risk severe health complications. This is precisely what Dr. Sarin aims to highlight. However, there is another perspective to consider. Why do people turn to social media for medical advice in the first place? Could it be that many are left with no other option? The shortcomings in the public healthcare system may be a driving force behind this trend. Medical treatment is becoming increasingly expensive, pushing private healthcare beyond the reach of many. As a result, a large section of society relies solely on government hospitals, which often struggle with overcrowding, a shortage of doctors, lack of specialist care, and outdated infrastructure. These challenges erode public trust in the system, forcing people to seek alternative solutions—even if they are unverified and risky. To address this issue, strengthening the public healthcare system is essential. If people have access to affordable and reliable medical services, they will be less likely to depend on social media for treatment. While this remains a long-term goal, one truth remains unchanged: no medical treatment should be undertaken without a doctor's advice. Dr. Sarin's message is clear—health decisions should be based on expert guidance, not viral social media trends. The real question is: Will people take his advice seriously?

Dy CM Shinde visits Nashik

Credits Nashik voters for Assembly win

NASHIK: Deputy Chief Minister Eknath Shinde expressed confidence that just as the Mahayuti alliance achieved unprecedented success in the State Assembly elections, it will also secure victory in upcoming local self-governance body elections. He credited Nashik voters for their significant contribution to the Assembly election results while also taking a swipe at the opposition Mahavikas Aghadi. Shinde was speaking at a public rally held at Martyr Anant Kanhere ground as part of his 'Abhar Daura Yatra' (Thank you Tour), yesterday. The rally, attended by Ministers Gulabrao Patil, Dada Bhuse, and MLA Suhaskande, was delayed by nearly three hours. Several leaders praised Shinde in their speeches



before he addressed the crowd. Highlighting the impact of the 'Ladki Bahin' scheme, Shinde said it played a crucial role in bringing the Mahayuti government back to power in Maharashtra. "The trust that people have placed in us will never be broken. When I was Chief Minister, I predicted winning 200 seats, and we did. The people have shown who the real Shiv Sena is," he asserted.

Shinde further outlined plans for Nashik's growth, stating that the city's GDP will be increased from Rs. 1.36 lakh crore to Rs. 2.75 lakh crore. He also emphasized the importance of successfully organizing the upcoming Simhastha Kumbh Mela and sought public support for the same. Addressing criticism from the opposition, he declared, "No matter how much they abuse or criticize us, we will not be afraid." In an indirect jibe at Uddhav Thackeray, Shinde advised his political rivals to introspect. Several leaders, including Gulabrao Patil, Meena Kamble, Jyoti Waghmare, Bhausaheb Chaudhary, Vijay Karanjkar, Ajay Boraste, Bhaulal Tambde, and Dattir, also addressed the gathering.

Reviews Simhastha Kumbh Mela preparations



NASHIK: Deputy Chief Minister Eknath Shinde emphasized the need for immediate action on land acquisition for roads and Sadhugram, urging the relevant authorities to expedite the processes to ensure smooth operations for the upcoming Simhastha Kumbh Mela in Nashik-Trimbakeshwar. The review meeting, held at the central hall of the District Collectorate on Friday evening, addressed issues concerning the Nashik Municipal Corporation, Nashik Metropolitan Region Development Authority, and other

Simhastha Kumbh Mela-related matters. Shinde outlined several priorities for the event, including expanding roads to accommodate the influx of devotees and ensuring the cleanliness of the Godavari riverbed. He also stressed the importance of taking steps to prevent water pollution, urging the immediate submission of proposals for sewage disposal and water purification systems to the state government, with the necessary funds to be allocated. Shinde called for improvements to the CCTV and loudspeaker systems.

Rs 1.90 cr aid from CM Relief Fund to Nashik

NASHIK: The Chief Minister's Relief Fund continues to offer financial aid to accident victims and economically disadvantaged individuals. Proposals submitted for assistance are closely monitored by the Chief Minister's Office, ensuring prompt resolution of citizens' issues. The Chief Minister's Relief Fund has granted a total of Rs. 1,90,87,662 in financial assistance to the families of accident victims in Nashik district between February 2024 and January 2025. The funds are aimed at supporting the families of individuals who lost their lives in various accidents. Among the recipients, Rs 1,04,87,662 was distributed to the family of Ramdas Singh through RTGS cheque, while Rs 30 lakh was provided to Anita Singh's heirs. Additionally, Rs 5 lakh each was granted to the families of those who died in the accident took place at Dwarka Chowk on January 12, 2025. Those families whose two members died in accident received Rs 10 lakh each. Additionally, Tehsildar Praveen Pawar received Rs 1 lakh in financial assistance.

More coaches for Rajya Rani & Tapovan Express

NASHIK: Nashikites have a reason to cheer as the number of coaches on Rajya Rani Express and Tapovan Express is set to increase. Sources indicate that South Central Railway has sent a proposal to the Railway Board to expand the coaches of these Mumbai-Nanded trains from seventeen to twenty-four. Earlier, the Rajya Rani Express ran between Manmad and Mumbai, primarily serving Nashik passengers. However, post-expansion, it now operates between Nanded and Mumbai, reaching Nashik at 6:15 am and returning at 10:15 pm. Previously, ten unreserved coaches were available at Manmad and Nashik, but with the route extension, these coaches are now assigned only at Nanded, causing inconvenience for Nashik and Manmad passengers. Commuters are demanding that these unreserved coaches be restored. Similarly, Tapovan Express has been overcrowded for years, with Nashikites struggling to find seats. In response to long-standing demands, a proposal to increase its coaches from eighteen to twenty-four has been sent to the Railway Board. This development comes after continuous follow-ups by passenger organizations and former MP Hemant Godse. Passenger Welfare Association president Rajesh Phokane and office bearers Sanjay Shinde, Nitin Jagtap, Kiran Borse, Kailash Barve, Sudam Shinde, Ujjwala Kolhe, and Santosh Gawandar have also pushed for the reallocation of a separate rake for Panchavati Express and the Janshatadi rake to be shared with Rajya Rani Express.

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