



'Patriarchal Men'
wrote
Women as Goddesses



'Woke Women'
write
Men as Demons

MEN'S HUB
My Voice

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Law News

Bombay High Court Directs Son, Daughter-In-Law To Vacate Their 88-Yr-Old Mother's Flat, Pay Monthly Maintenance

The Bombay High Court recently upheld an order of the Senior Citizens Welfare Tribunal (tribunal) directing a man to pay monthly maintenance as well as handover a flat to his 88-year-old mother.

The court, in a writ petition challenging the tribunal's order, held that the petitioners had no legal right to the flat and they cannot evict the mother to take exclusive advantage of the same.

The division bench of Justice S. V. Gangapurwala and Justice R. N. Laddha however, reduced the maintenance amount as it was not in accordance with Section 9(2) of the Maintenance And Welfare of Parents and Senior Citizens Act 2007 (Act).

Case no. – Writ Petition (L) No. 25744 of 2022

Case title – Hemant Gamanlal Mehta v. State of Maharashtra and Ors.

Citation- 2022 LiveLaw (Bom) 418

If wife leaves matrimonial home before divorce, she cannot claim right to residence later: Bombay HC

The Bombay High Court (Aurangabad Bench) has ruled that a woman who left her matrimonial house before getting a divorce, cannot later seek the "right to residence" under the Protection of Women from Domestic Violence Act of 2005 (DV Act) even if the woman's appeal against the divorce decree is pending.

Men's HUB – 028, 1st Apr 2023

The Bench of Justice Sandipkumar More quashed the lower court's order granting the right to residence to a woman including access to amenities in the house.

The court also noted that Section 17 of the DV Act provides a right to residence but it is only available if the woman continues to reside in a shared household before the divorce.

The bench made these observations while hearing a revision plea filed by the in-laws of the woman challenging the Magistrate's order allowing a divorced wife to reside in a shared household (the matrimonial house).

The in-laws also claimed that the house was in the name of her father in law (the husband's father).

It was also pointed out by the in-laws that the family court had dissolved their son's marriage in July 2018 and also submitted that the wife's appeal against the order is pending before the High Court.

The court noted that the wife left the matrimonial house much before the divorce and the wife has not put any material on record to show that she is forced to leave the matrimonial house by her husband or her in-laws.

In this context, the court ruled that the wife is not entitled to claim residence in her matrimonial house.

Case Title: Umakant Havgirao Bondre versus Sonali Suraj Bondre

Crime News

Kolkata: Contract killing to hide illicit affair

10-05-2015

KOLKATA: The gruesome murder that took life of education department employee Kartick Saha, was masterminded by his wife Sujata and her lover Kuntal. During interrogation, the duo have confessed engaging contract killers for the gruesome murder.

During interrogation Sujata broke down and confessed planning out Kartick's murder. Sujata, who came to know Kartick seven-eight month back, came very close to him. Since Kartick was resisting their extra-marital affair, Sujata and Kuntal decided to finish him off. The plan to kill Kartick was chalked out around 15 days back when Sujata secretly went to meet Kuntal at the Bidhannagar Station. They decided that the work had to be done in a way that they get scot free. The duo decided to engage two contract killers for that.

"We have also arrested Sujata following complaint against her. Duo have confessed that they masterminded the murder," said DC DD Kankar Prasad Barui. Kuntal, already in custody, had some connections in the underworld. He had already been following Kartick for long and knew his way back home. After the duo zeroed in on the date, they informed the killers the plan accordingly. Kuntal did not return home on Wednesday evening and accompanied the killers at a guest house in FD block of Salt Lake. Sujata's family members had already told police that she has been talking to Kuntal over phone till late in the night. In the morning Sujata informed Kuntal once Kartick was out for the morning walk.

Kuntal came out with the killers from the FD block guesthouse early in the morning. During interrogation Kuntal has told police that he hated Kartick and wanted to see him die. But Kuntal was aware that his mobile phone tower locations could trace him back to the spot once police starts investigation. In a bid to hoodwink police he changed the sim card of his mobile phone. The killers were carrying an axe to kill Kartick. While

coming back from his walk Kartick had taken the route through CJ block. Finding the area deserted, killers decided to hit him there. They hit him with the axe from behind. To ensure that he dies they hit him twice again while Kuntal watched the entire episode.

Bidhannagar police had already arrested Kuntal following a complaint by Kartick's brother Narayan Saha. Later police arrested Sujata too. During face to face interrogation of Sujata and Kuntal, police found that they were talking about their affair over months. According to police sources, they were talking about different incidents of their love life.

A metropolitan magistrate court on Saturday had sent Sujata to five days' police custody. Police is now looking for the two killers.

Charges in Ghaziabad gang-rape case 'false', woman hatched plot to frame accused, say cops

2022-10-21

Days after Ghaziabad police detained four people for allegedly abducting and gang-raping a 40-year-old woman from Delhi, a new twist has emerged in the case. Police on Thursday dismissed the allegations made by the woman as false and said that the entire conspiracy was hatched as the woman and the accused have a running dispute over property.

Truth finally comes out': Brothers exonerated after 20 years in prison

2022-11-11

If you did nothing wrong, you've got nothing to worry about.

The words swirled around Quinton Cook's head as he sat in the Jefferson County Jail. He figured the attorneys and judge were right, so he believed them. His brother Frank Meadows, also in the jail, believed them, too. Those words reassured them

that their innocence would come out at trial.

What happened next was a nightmare.

"From believing that, I wined up being in prison for 20 years of my life," Cook said.

Cook and Meadows were convicted in 1994 of first-degree rape and sentenced to 20 years in an Alabama prison without any physical evidence linking them to the crime. They served the entirety of their sentences.

On Oct. 25, a Jefferson County judge exonerated them.

A police report and blood — collected from the scene never presented at trial — re-emerged by chance nearly 30 years later and showed that they were innocent.

"Since the police report contained exculpatory evidence that was recklessly not provided to the defense, petitioner is entitled to relief," wrote Jefferson County Circuit Judge Shanta Owens.

The bad dream they thought they'd never wake from is finally over, but having their innocence recognized feels just as surreal, Cook said.

"When the truth finally comes out, it takes a moment for you to realize that it really just came out," Meadows said. "When you done walked with your head down so long, it gets hard to hold it up at times."

Perhaps most striking about Cook and Meadows now, men who spent their 20s and 30s in prison for a crime a judge ruled they did not commit, is the grace with which they speak about their conviction. They aren't resentful toward those responsible for the injustice, from the district attorney to the judge. "I can't say I was angry," Cook said. "I will say I was scared, and I was disappointed."

"I've kind of justified it with saying that God does everything for a reason," he said. "I came to the conclusion, understanding that, well, if I'm going to be mad, I've got to be mad at God because he allowed the devil to do this. I couldn't walk around mad and angry."

An open letter to false case fillers

Dr. Raman Chalana

Dear false Case fillers, please understand the Situation of the Judiciary, the Accused, the Financial status of the accused, and the law written in the book not told by your lawyers, or half-knowledgeable friend/ relative.

If you are constantly surrounded by people who claim that you are a woman and you can accuse someone very easily and xyz is written in the law, look bro Our Constitution is the biggest in the world & our law was woven by rulers, not by our citizens, to rule on us the unethical way, they had made every possible loophole to escape them (literate gore) but not for illiterate Janta, If you want to use these laws against anyone, Confirm 1000 times that if you think whom you are accusing is illiterate or very suppressed human who doesn't even have access to Internet or law books in this time because you are trying to misuse 1860's laws.

Now it's 2023, and the accused has all the rights, knowing that how to defend himself. They can destroy your false accusation within hours, but the System including the Police, lawyers, and Court takes a long time to hear because of the conventional process, the self-oriented man can compromise but on the other hand self-made man or man with Self-esteem on scale ab 100/100 will Confront you in Court and then You will have no choice right/ left to accept the truth and no one can defend you on basis of your false Story which your family/police/ advocate, had created but Court & Constitution, other legal institution will not entertain you like you were entertained by your family, police, advocate. Whenever the matter will be heard by higher & responsible authorities they will find your false accusations and take them seriously as the accused had survived your false claims without losing patience for 3-4 years or losing his life in such an adverse situation, and you have to face consequences in either form. So whenever you are high at your Gender / Social Status / Economic Status, Remember one last thing.

पुरुष एवं महिला साहित्यकार

आजाद परिंदा

वैसे तो मैं एक स्वस्थ एवं सामान्य व्यक्ति हूँ परंतु वर्तमान परिदृश्य में मैं स्वयं को कुछ हद तक असामान्य भी पाता हूँ। जहां वर्तमान पीढ़ी अपना खाली समय मोबाइल पर गेम खेलने में या सोशल मीडिया पर वीडियो आदि देखने या बनाने में व्यतीत करती है वहीं मैं अपना खाली समय किताबों के साथ व्यतीत करता हूँ। अभी हाल ही में दिल्ली में एक पुस्तक मेला लगा और अखबार की हेडलाइन बना इस पुस्तक मेले में लगे चाट के ठेले। जी हां पुस्तक मेले के दौरान हाईलाइट कोई पुस्तक नहीं बल्कि चाट की दुकानें बनी क्योंकि चाट की बिक्री किताबों की बिक्री से 10 गुना अधिक हुई। ना जाने क्यों इसे पुस्तक मेला कहा गया क्यों नहीं इसे चाट मेला कहा जाना चाहिए ?

अखबार की हेडलाइन यह बताने के लिए काफी है की वर्तमान जेनरेशन पुस्तकों से काफी दूर निकल आई है। अब इस जेनरेशन के लिए पुस्तकें प्राथमिकता नहीं है।

वैसे तो इस अरुचि के कई कारण गिनवाए जा सकते हैं जिनमें से मुख्य है सूचना एवम मनोरंजन के अन्य विकल्प का उपलब्ध होना। यदि किसी को कोई सूचना चाहिए तो पहले उसे किताबों को खंगालना पड़ता था अब उसे सिर्फ इंटरनेट पर जाना है जोकि लगभग हर वक्त उसके पास रहता है।

परंतु एक अन्य महत्वपूर्ण कारण और भी है या यूँ कहा जाए की एक अन्य महत्वपूर्ण कारण और भी हो सकता है और वो है लिटरेचर का समाज से टूटता नाता।

वर्षों तक किताबों से जुड़े होने का नतीजा यह है की मेरे पास अपनी एक छोटी सी लाइब्रेरी बन गई है। इस लाइब्रेरी में तकरीबन 5000 किताबें हैं और इनमें से अधिकांश मैंने पढ़ी है। कई कारणों से कुछ किताबें नहीं भी पढ़ी परंतु ऐसी किताबें अधिक नहीं हैं।

जब मैं प्रेम चंद्र या शरत चंद्र या ऐसे ही किसी लेखक की रचना पढ़ रहा होता हूँ तो मुझे पात्र अपने आसपास से उठाए हुए महसूस होते हैं। मैं स्वयं उन पात्रों से जुड़ाव महसूस करता हूँ। जैसे जैसे पात्र अपना सफर तय करते हैं मैं भी उनके साथ साथ ही सफर का आनंद ले रहा होता हूँ। परंतु वर्तमान साहित्य में इस जुड़ाव का सर्वथा अभाव सा दिखाई देता है।

अगर हाल फिलहाल के समय पर नजर डालें तो साहित्य की तीन मुख्य विचारधाराओं का विस्तार दिखाई देता है। एक विचारधारा वो है जिसमें किसी माइथोलॉजिकल पात्र को नए तरीके से पेश किया जा रहा है। दूसरी विचारधारा वो है जिसमें पुरुष को खलनायक के रूप में पेश किया जा रहा है। और तीसरी विचारधारा वो है जिसमें जासूसी / थ्रिल / सस्पेंस आदि के द्वारा मनोरंजन किया जाता है।

कुछ लेखक माइथोलॉजिक पात्रों को नया रूप दे रहे हैं परंतु इनकी संख्या बहुत कम है। वही दूसरी तरफ व्यवसायिक साहित्य है जो सिर्फ मनोरंजन को उद्देश्य बना कर तीसरी विचारधारा पर कलम चला रहा है। इन सबसे अलग दूसरी विचारधारा पर लिखने वालों की संख्या अनापेक्षित रूप से बहुत अधिक है।

वर्तमान में दूसरी विचारधारा पर ही मुख्य रूप से काम होता दिखाई देता है। लगभग हर महिला लेखक इसी विचारधारा का प्रतिनिधित्व करती दिखाई दे रही है। इस नई लेखिकाओं की पीढ़ी ने महिला सशक्तिकरण का अर्थ ही बना दिया है कि पुरुष को भला बुरा कहा जाए उसे नीचा दिखाया जाए और महिला पत्र की काल्पनिक महिमामंदन किया जाए। इस साहित्य के दोनों पात्र समाज का हिस्सा नहीं है।

जब मैं सबसे पुराना साहित्य के विषय में सोचता हूँ तब मेरा मस्तिष्क रामायण पर रुक जाता है। रामायण एक माइथोलॉजिकल साहित्य है जिसमें पक्ष और विपक्ष तो हैं परंतु विलेन का अभाव सा दिखाई देता है (धार्मिक दृष्टिकोण से प्रेरित व्यक्ति सहमत नहीं हो सकेंगे)। यदि रामायण में किसी खलनायक की तलाश की जाए तो भी अधिक से अधिक ककायेयी या मंथरा तक ही सीमित रहना पड़ता है परंतु उनका वर्णन भी कुछ इस तरीके से है कि उन्हें भी खलनायक मानना उचित प्रतीत नहीं होता। दूसरा महाकाव्य महाभारत में खलनायक रामायण की अपेक्षा अधिक मुखर है परंतु फिर भी महाभारत को लगभग रामायण जैसी श्रेणी में रखा जा सकता है।

इसके अतिरिक्त अन्य बहुत सारी साहित्यिक रचनाएँ मौजूद हैं जिनके मूल में खलनायक अवश्य हैं परंतु जहां तक महिला खलनायक की बात आती है तो महिला खलनायक को भी एक तरीके से जस्टिफाई करते हुए वर्णित दिखाई देते हैं। अधिकांश साहित्य में खलनायक है अपनी पूरी क्षमता के साथ परंतु खलनायिका को एक तरीके से खलनायिका के रूप में दिखाने से परहेज दिखाई देता है। बल्कि अधिकांश साहित्य महिला पात्रों को देवी स्वरूपा दिखाने का प्रयास करता है। और यह साहित्य मुख्य रूप से पुरुष साहित्यकारों द्वारा रचित है। अगर इस एक पंक्ति में कहना हो तो मैं कुछ इस तरह से कहूंगा कि पुरुष साहित्यकारों ने महिला पात्रों को हमेशा देवी के रूप में महिमामंडित करने का प्रयास किया। और यदि कहीं खलनायिका के रूप में पेश किया भी तो मर्यादा का उल्लंघन दिखाई देना लगभग असंभव ही है।

बदलते वक्त के साथ हालात भी बदलते रहे परंतु साहित्य का पुराना स्वरूप कम से कम महिला पात्रों के मसले में नहीं बदला। शरत चंद्र के कई उपन्यास देखे जा सकते हैं जिनमें महिलाएं अपने अलग अलग आयाम के साथ मौजूद हैं परंतु कहीं पर भी महिला पत्र को ऐसा नहीं दिखाया गया जिससे कि उन पात्रों के प्रति दुर्भावना पैदा हो।

Continue...

Trafficking of Men and Boys



Human trafficking is a global problem that affects millions of people every year, regardless of their gender. However, the trafficking of men and boys is often overlooked and under-reported.

Trafficking of men and boys can take many forms, including forced labour, debt bondage, and sexual exploitation. Men and boys may be trafficked for a variety of reasons, such as to work in agriculture, construction, or other industries, or to be used in the sex trade.

One reason for the under-reporting of the trafficking of men and boys is that the focus is often on the trafficking of women and girls, which can make it difficult for men and boys to come forward and report their experiences. Men and boys may also feel ashamed or embarrassed to admit that they have been trafficked, especially if they were trafficked for the purpose of sexual exploitation.

It's important to note that men and boys can be trafficked by both men and women and that trafficking is not a crime of desire, but a crime of power and control.

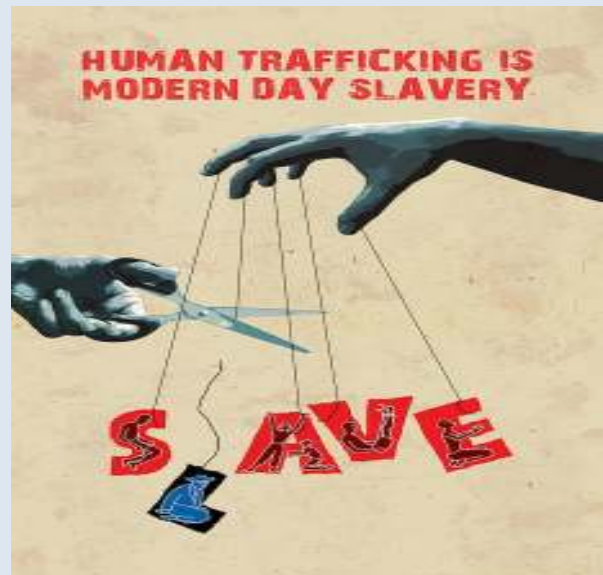
To address this issue, it's crucial to raise awareness and educate the public about the realities of the trafficking of men and boys. This includes dispelling myths and stereotypes about men and trafficking, providing support and resources specifically for men and boys, and training professionals who work with trafficking victims to recognize and respond appropriately to the trafficking of men and boys.

It is also important to have a zero-tolerance policy for human trafficking and to provide equal access to resources and support for men, women, and non-binary individuals.

In addition, it's important to have a broader and more inclusive definition of trafficking that includes all forms of exploitation and recognizes that men and boys can be victims of trafficking. This will help to ensure that men and boys who have been trafficked have access to the support and resources they need to heal and move forward.

In conclusion, human trafficking is a serious issue that affects people of all genders. Men and boys can also be victims of trafficking and their experiences should be acknowledged, respected, and addressed. By raising awareness and providing support and resources specifically for men and boys, we can help to break the cycle of trafficking and create a safer and more equitable society for all.

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Health Issues After Corona - पैदल चलिए

कोरोना के पश्चात् काफी लोगो को हेअरथ अटैक आने एवं मृत्यु हो जाने सम्बन्धी समाचार लगातार सुनाने में आ रहे है | हाल ही में एक बस ड्राइवर की मृत्यु ड्राइविंग के दौरान हार्ट अटैक से हो गयी | इसी प्रकार एक व्यक्ति नाचते नाचते अचानक हार्ट अटैक का शिकार बन गया | ऐसे ही अन्य कई उदहारण आस पास दिखाई दे रहे है | यदि इन उद्धरणों को छोड़ भी दिया जाये तब भी सच यह है की आयु हर रोज बढ़ रही है और बढ़ती आयु के साथ शरीर की गिरावट लगातार बनी रहती है | बढ़ती आयु के साथ साथ स्वास्थ्य के देखभाल की आवश्यकता अधिक पड़ती है इसीलिए आवश्यक है की हर रोज कुछ समय अपनी सेहत के लिए निकला जाये |

हैवी व्यायाम कोरोना के बाद से नुकसान दायक दिखाई देने लगे है इसीलिए आवश्यक है की हलके व्यायाम को दिनचर्या में शामिल किया जाये | ऐसा ही हल्का फुल्का व्यायाम है पैदल चलना | पैदल चलने के कई लाभ हैं लिहाज़ा जहाँ तक संभव हो काम दूरी जैसे की पड़ोस की दुकान या पडोसी सब्जी बाजार आदि तक पैदल ही चल कर जाना लबदायक हो सकता है | पैदल चलने के निम्न लाभ हो सकते है

- 1) किसी व्यक्ति की हड्डियों और माँसपेशियों का ५०% दोनों पैरों में होता है। पैदल चलने से दोनों मजबूत होंगी इसलिए पैदल चलिए।
- 2) मानव शरीर की हड्डियों का सबसे बड़ा और सबसे मज़बूत जोड़ पैरों में होता है।इसलिए प्रतिदिन १० हज़ार कदम पैदल चलें।
- 3) मज़बूत हड्डियाँ, मज़बूत माँसपेशियाँ और लचकदार जोड़ों का “लौह त्रिकोण” पैरों में होता है, जो पूरे शरीर का बोझ ढोते हैं।
- 4) मनुष्य जीवन में ७०% गतिविधियाँ और ऊर्जा का क्षय दोनों पैरों द्वारा किया जाता है।
- 5) जवान मनुष्य की जाँघें इतनी मज़बूत होती हैं कि ८०० किग्रा वजन की एक छोटी कार को भी उठा सकती हैं।
- 6) शरीर के इंजन का केन्द्र पैर में होता है।
- 7) दोनों पैरों में मिलाकर पूरे मानव शरीर की ५०% नाड़ियाँ होती हैं। उनमें होकर ५०% रक्त कोशिकाएँ और ५०% रक्त बहता है।

- 8) यह रक्त प्रवाह का सबसे बड़ा नेटवर्क है। इसलिए प्रतिदिन पैदल चलिए।
- 9) यदि पैर स्वस्थ होंगे, तो रक्त का प्रवाह सामान्य रहता है। इसलिए जिनके पैरों की माँसपेशियाँ मज़बूत हैं, उनका हृदय भी मज़बूत होगा। इसलिए पैदल चलिए।
- 10) वृद्धावस्था पैरों से ऊपर की ओर शुरू होती है। उम्र बढ़ने पर मस्तिष्क से पैरों को आने वाले निर्देशों की शुद्धता और गति कम होती जाती है। युवाओं में ऐसा नहीं होता। इसलिए पैदल चलिए।
- 11) उम्र बढ़ने पर हड्डियों की खाद कैल्शियम की मात्रा कम होती जाती है, जिससे हड्डियों में टूटन होने की संभावना बढ़ जाती है। इसलिए पैदल चलिए।
- 12) हड्डियों में टूटन होने पर अनेक शिकायतों का सिलसिला शुरू हो सकता है। इनमें विशेष रूप से घातक बीमारियाँ जैसे ब्रेन थॉम्बोसिस शामिल हैं।
- 13) पैरों के व्यायाम करने में कभी देरी नहीं होती। ६० की उम्र के बाद भी ये व्यायाम शुरू किए जा सकते हैं।
- 14) यद्यपि हमारे पैर समय के साथ वृद्ध होंगे, लेकिन इनका व्यायाम जीवन भर करना चाहिए। प्रतिदिन दस हज़ार पग पैदल चलिए।
- 15) पैरों को लगातार मज़बूत करके ही कोई वृद्ध होने की गति कम कर सकता है। इसलिए साल में ३६५ दिन पैदल चलिए।
- 16) क्या आप जानते हैं कि वृद्ध रोगियों में १५% की मृत्यु जाँघ की हड्डी में टूटन होने पर एक साल के अन्दर हो जाती है? इसलिए बिना चूके प्रतिदिन पैदल चलिए।
- 17) अपने पैरों के पर्याप्त व्यायाम के लिए और पैरों की माँसपेशियों को स्वस्थ रखने के लिए प्रतिदिन कम से कम ३०-४० मिनट पैदल चलिए।

A Message for Anyone Who Just Got Laid Off



The ending you didn't write might be the new chapter you needed.

If you just got laid off, don't believe the lies. The lies are coming for you when you clean out your desk. The lies will creep up on you when you get reassuring and disbelieving text messages from suddenly former coworkers and colleagues from previous jobs. The lies will surround you as you write your "open to work" post on LinkedIn. The lies could consume you on the first workday that you don't have somewhere to clock in.

But don't believe the lies.

The lies will make you think that the loss of this job has something to do with you and your abilities. You might hear lies about your waning creativity or your advancing age or that you stayed in that role too long or that management always had it in for you.

Don't believe the lies. You're as good as you've ever been — and you'll actually be better for having had this experience. Opportunities abound, and talent rises to the top.

Let yourself rise by dropping the weight of the lies you want to tell yourself at this moment.

A fresh start can be hard, but sometimes it's exactly what you needed. Don't focus on the micro-moment of this traumatic job loss and lose the macro-view of how your next opportunity will fit into the rich mosaic of your entire career.

Remember your value. Record your successes. Rely on your network. And don't believe the lies.

I posted this on LinkedIn a couple of days ago, as waves of layoffs crashed on the once-pristine beaches of so many major tech companies. My feed was filled with people talking about the cold ways in which they had been let go after 5, 10, or even more years of loyal service to their now-former employer.

I've been there. And it hurts.

If the number of stress dreams that I still have about it is any indication, getting laid off was the most traumatic experience of my life — and I say that as someone who also survived cancer.

When you spend the majority of your waking week devoting your energy, skills, and time to the mission of an employer, it's natural that the unnatural and immediate separation of a layoff will be a shock to your system.

All the work problems that plagued your after-hours brain and disrupted your dinner conversation with your spouse are no longer your bailiwick. The colleagues that you loved, hated, or indifferent-ed will soon be a memory or an occasional LinkedIn interaction.

But life will go on. All of the things that I said at the top of this post are true. Getting laid off is not necessarily a referendum on you and your skills (unless that's what you were explicitly told when you were laid off) as much as it is an indication of the employer's priorities at a given moment. Expansion, contraction, realignment, etc.

You can't control that, and you never could. Don't lie to yourself.

Ever since getting laid off, I no longer fall into a comfortable stasis at work. I understand all too keenly that this job most likely will not be my job forever, these coworkers (and I) could come and go at any moment, and all I can do is give me all while I'm there to do the job to the best of my ability. I am an at-will employee.

Being several years (and a couple of new roles) removed from the trauma of the layoff, I can see what a blessing it really was in the grand scheme of my career and

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