

Sleeping disorders may signal risk of Parkinson's disease, dementia

Sleeping disorders may be act as an early indicator of neurodegenerative diseases like Parkinson's disease and Lewy body dementia (LBD) -- a type of dementia, according to a study. The study focussed on patients with Rapid eye movement behaviour disorder -- a sleep disorder where individuals physically act out their dreams during the rapid eye movement (REM) stage of sleep. "Normally, when we're asleep and dreaming, our muscles are paralysed, but around age 50, some people become very agitated during sleep and start punching, kicking and

screaming," said Shady Rahayel, a medical professor at Université de Montréal in Canada. Unlike sleepwalking, which occurs during slow-wave sleep, RBD occurs during rapid eye movement (REM) sleep, he added, and it affects people of middle age. In the study, published in the journal eBioMedicine, the researchers said that nearly 90 per cent of people with the disorder will go on to develop either Parkinson's disease or LBD. "RBD is an early warning sign that certain mechanisms in the brain are no longer working as they



should," said the team. "The people with RBD who come to see us are in good health... but of those who subsequently develop a disease, half will have Parkinson's and the other half LBD." Rahayel explained that with LBD, the second most common form of dementia after

Alzheimer's, "patients are no longer able to function in everyday life". In addition to dementia, "they will have Parkinson's-like symptoms, vivid visual hallucinations, fluctuating attention and other symptoms." For the study, the team used data from 1,276

MRI scans of people at risk of, or with, Parkinson's disease or LBD, and also of healthy people. Using machine learning and computational models, the researchers identified two trajectories of brain atrophy progression. LBD seems to be associated with brain atrophy

that begins in the cortex and then spreads to the interior of the brain, while in Parkinson's the atrophy progresses from the interior to the exterior of the brain. The team next aims to investigate the factors that lead to this deterioration in the cortex, such as vascular lesions, the effects of drugs, and of lifestyle choices. "Now that we have identified these new progression patterns, our goal is to be able to determine from an MRI whether a person has one of them so that we can provide the best possible care," said Rahayel.

EDUCATION PLUS

Dreams and Reality of Development

Indians have welcomed this new year with great expectations. The government has told them that today India has no equal in the world, from space to economy, its sting is ringing. It is being said that India will transform its past into its future. That means he was a world leader and 'now he will become again'. Anyway, now from 'Jai Jawan Jai Kisan' it has become 'Jai Anusandhan'. The country is rapidly becoming self-reliant. India's importance on the international stage has increased so much that its not to be ignoredCould. But in this arrogance of praising oneself, some challenges have also arisen in front of the country's economy. These had already started and except for stage speeches and claims, no serious attempt was ever made to solve these problems. Guaranteed to eradicate hunger, but did not guarantee to provide work to the country's idle hands. It was talked about making the country self-reliant, but for that raw materials and sources of energy would have to be created in India. 'Amrit Mahotsav of Independence' was celebrated. It happened after the festival that nowThis will be capital formation. Along with this, such a foundation of basic industries will be laid in the country that retail industries will not have any difficulty in finding their way. India's population has exceeded that of all countries in the world. To provide work to this population, the announcement of giving new life to the Cooperative Movement 1 was made repeatedly in the Parliament. But till now this cooperative movement has not been able to come out of the terror of its old corruption. There was repeated talk of bringing one lakh soldiers into politics, but it was seen that in the name of the country, nepotism was being encouraged.Is. The country is not new in the veins of the youth. Today, if we want to talk about a meaningful beginning of the year, we should discuss the strong development of the country's basic industries, building them as a foundation, but the first question is that last November the production in eight basic industries of the country slowed down. How did it happen? Official figures say it was 4.3 percent. A year ago it was 7.9 percent. Why did this happen? Because our dream is to move beyond the fifth economic superpower of the world and become the third economic superpower. But say November 2024Over the past year, there has been a decline in the production of crude oil and gas. coal, refinery And the production of natural products, fertilizers, steel and electricity is showing a decline instead of an increase. The biggest decline has been in coal production, about 7.5 percent, while there is a lot of talk about solar energy as an alternative energy source. Some incentives have also been announced for those who are ready to use it, but people in this country still consider coal as the major source of heat and energy. When the output of these basic industries increased from last yearIf we examine the data, we find that the pace of development in all these basic industries was comparatively higher then compared to today. The most worrying thing is that the growth rate of infrastructure during April-November this year was 4.2 percent. Whereas in the last financial year it was 8.7 percent. Why did the development of infrastructure face such a big hurdle? The reason for this is that investors and industrialists expect quick profits from their every investment, but the country's infrastructure only becomes the basis of future production. solid foundation for the country's developmentTherefore, due to the reality of not getting immediate benefits, private investors do not want to invest money in this direction. Despite promises, the government is not able to withdraw additional funds for capital formation and development of basic industries. As far as research is concerned, we have not said 'Jai Research', but compared to other superpowers Expenditure for research is three-four times less than that. There are no serious efforts visible for this. Ultimately it affects the country's credibility in international trade. We are very proud of our pharmaceutical manufacturing sectorHave been. When the export of medicines and other related items increased in the world after many claims, it was revealed that substandard medicines were being manufactured here. A lot of fake medicines are also being manufactured. Later the export orders received by the country started getting cancelled. Medicines came back and started denying the country's dreams of becoming an export based economy. Why only medicines, the goods we exported from this country were considered high cost. For this, we did not get the export orders from foreign countries that we needed. There was hope. Most money grows fasterHe went towards some countries. You see how much money Indians have invested in Dubai because of the ease and accessibility of business there. This is the case in many other third world countries also. India could not curb bureaucracy and red tape despite easing its claims for trade. International surveyors say that many claims of improvement were made, but traders had to face such a maze of permissions at every stage of production that they also started moving to those countries where this system of rules and regulations was not in place.Wasn't. Corrupt officials were sitting with their mouths open at every turn of the system. A new era has to be brought, but its biggest dilemma is that our currency is continuously falling against the dollar and our gold reserves are depleting. At present the rupee has gone above Rs 86 per dollar. To stop this decline, we cannot even use alternative currencies, as was thought during the BRICS summit. On the other hand, traditional methods of saving are not able to touch the rise of gold. Silver is also continuously rising. It is an old tradition to collect gold for economic security in the country. The people who are crazy about gold can take it to Rs 90 thousand per tola in this new economic year. Right now it is desperate to cross eighty thousand. Do not forget that the production of gold in our country is very less. Mainly gold is also imported. Now if in search of economic security the countrymen run to accumulate gold and silver, then imagine how the import of these precious metals will disturb our import system and the country we live in is export based.We repeatedly announce about building the economy, will this announcement remain just a dream?

By- Vijay Garg

SUMMER SPECIAL TRAINS-2025								05305	Chhapra	22:00	Anand Vihar (T)	22:10	Bi-weekly	Mon, Thu	17.02.2025 till further advice
For the convenience of rail passengers, Railways have decided to run the following Summer Special Express Trains as per schedule given below:-								05306	Anand Vihar (T)	00:20	Chhapra	22:50		Wed, Sat	19.02.2025 till further advice
Train No.	Station From	Dept. Time	Station to	Arr. Time	Fre-quency	Day	Period	05057	Gorakhpur Jn	22:45	Delhi Jn	12:50	Weekly	Thu	06.02.2025 till further advice
04088	New Delhi	15:50	Patna Jn	08:40	Daily		upto 10.07.2025	05058	Delhi Jn	14:00	Gorakhpur Jn	06:25		Fri	07.02.2025 till further advice
04087	Patna Jn	10:00	New Delhi	03:20				upto 11.07.2025	01701	Jabalpur	19:40	Ayodhya Cantt	11:00	Weekly	Wed
04064	New Delhi	09:30	Sheikhpura	04:30	Bi-weekly	Mon, Thu	upto 10.07.2025	01702	Ayodhya Cantt	13:30	Jabalpur	04:15	Weekly	Thu	upto 26.06.2025
04063	Sheikhpura	06:00	New Delhi	01:10			Tue, Fri	upto 11.07.2025	03309	Dhanbad Jn	10:10	Jammu Tawi	22:40	Bi-weekly	Tue, Sat
04066	New Delhi	21:35	Saharsa Jn	22:00	Bi-weekly	Mon, Thu	upto 10.07.2025	03310	Jammu Tawi	23:30	Dhanbad Jn	13:00	Bi-weekly	Wed, Sun	upto 29.06.2025
04065	Saharsa Jn	23:55	New Delhi	23:30			Tue, Fri	upto 11.07.2025	02397	Gaya	14:15	Anand Vihar (T)	07:10	Weekly	Sun
04022	New Delhi	14:00	Gorakhpur	05:00	Weekly	Fri	upto 11.07.2025	02398	Anand Vihar (T)	08:20	Gaya	00:30	Weekly	Mon	upto 30.06.2025
04021	Gorakhpur	07:00	New Delhi	23:10			Sat	upto 12.07.2025	03257	Danapur	07:30	Anand Vihar (T)	00:30	Weekly	Sun
04081	New Delhi	23:45	Shri Mata Vaishno Devi Katra	11:40	Tri-weekly	Mon, Wed, Sat	upto 12.07.2025	03258	Anand Vihar (T)	05:00	Danapur	20:45	Mon		upto 28.07.2025
04082	Shri Mata Vaishno Devi Katra	21:20	New Delhi	09:30			Tue, Thu, Sun	upto 13.07.2025	03697	Gaya	14:15	Delhi Jn	07:45	6 Days a week	Exc-Sun
04012	Delhi Jn	19:30	Darbhanga Jn	20:30	Bi-weekly	Tue, Fri	upto 11.07.2025	03698	Delhi Jn	08:55	Gaya	00:30	Exc-Mon	upto 01.07.2025	
04011	Darbhanga Jn	22:00	Delhi Jn	22:40			Wed, Sat	upto 12.07.2025	05577	Saharsa Jn	20:00	Anand Vihar (T)	00:30	5 Days a week	Except Thu, Sat
04024	Delhi Jn	19:30	Varanasi Jn	09:45	Tri-weekly	Mon,Thu,Sat	upto 10.07.2025	05578	Anand Vihar (T)	05:15	Saharsa Jn	10:30	6 Days a week	Except Sat, Mon	upto 02.07.2025
04023	Varanasi Jn	18:35	Delhi Jn	08:50			Tue, Fri, Sun	upto 11.07.2025	02393	Rajendra Nagar (T)	19:45	New Delhi	12:10	6 Days a week	Except Thu
04026	Delhi Jn	23:05	Raxaul Jn	19:00	Weekly	Thu	upto 10.07.2025	02394	New Delhi	18:30	Rajendra Nagar (T)	10:00	Weekly	Except Fri	upto 01.07.2025
04025	Raxaul Jn	22:00	Delhi Jn	17:45			Fri	upto 11.07.2025	02877	Ranchi	23:55	New Delhi	03:00	Weekly	Fri
04018	Anand Vihar (T)	09:00	Muzaffarpur Jn	04:30	Weekly	Thu	upto 10.07.2025	02878	New Delhi	04:00	Ranchi	05:00	Weekly	Sun	upto 29.06.2025
04017	Muzaffarpur Jn	06:15	Anand Vihar (T)	03:10			Fri	upto 11.07.2025	05736	Katihar Jn	21:00	Amritsar Jn	09:45	Weekly	Wed
04020	Anand Vihar (T)	19:30	Barauni Jn	18:00	Weekly	Sun	upto 06.07.2025	05735	Amritsar Jn	13:25	Katihar Jn	23:45	Weekly	Fri	upto 27.06.2025
04019	Barauni Jn	20:00	Anand Vihar (T)	19:00			Mon	upto 07.07.2025	09183	Mumbai Central	22:50	Varanasi Jn	10:30	Weekly	Wed
04070	Anand Vihar (T)	00:20	Rajgir	19:50	Bi-weekly	Tue, Fri	upto 11.07.2025	09184	Varanasi Jn	14:30	Mumbai Central	04:20	Weekly	Fri	upto 27.06.2025
04069	Rajgir	21:45	Anand Vihar (T)	19:00			Tue, Fri	upto 11.07.2025	03223	Rajgir	06:05	Haridwar Jn	06:05	Weekly	Fri
04096	Anand Vihar (T)	04:59	Jaynagar	05:20	Bi-weekly	Mon, Thu	upto 10.07.2025	03224	Haridwar Jn	07:20	Rajgir	07:15	Weekly	Sat	upto 28.06.2025
04095	Jaynagar	07:30	Anand Vihar (T)	08:10			Tue, Fri	upto 11.07.2025	03221	Rajgir	14:00	Martyr C Tushar M	23:05	Weekly	Mon
04098	Anand Vihar (T)	05:00	Sitamari	02:30	Bi-weekly	Wed, Sat	upto 12.07.2025	03222	Martyr C Tushar M	03:15	Rajgir	15:00	Weekly	Wed	upto 02.07.2025
04097	Sitamari	03:45	Anand Vihar (T)	01:30			Thu	upto 10.07.2025	05742	New Jalpaiguri	13:40	Ayodhya Cantt.	09:30	Weekly	Sun
04094	Anand Vihar (T)	23:55	Jogbani	07:30	Weekly	Sat	upto 12.07.2025	05741	Ayodhya Cantt.	11:40	New Jalpaiguri	09:30	Bi-weekly	Mon	upto 30.06.2025
04093	Jogbani	09:30	Anand Vihar (T)	16:00			Mon	upto 07.07.2025	03311	Dhanbad Jn	23:50	Chandigarh	04:30	Bi-weekly	Tue, Fri
04207	Lucknow Jn	08:05	New Delhi	18:30	Weekly	Sun,Tue,Thu	upto 10.07.2025	03312	Chandigarh	06:00	Dhanbad Jn	09:00	Weekly		Thu, Sun
04208	New Delhi	20:20	Lucknow Jn	06:35			Mon	upto 07.07.2025	05113	Chhapra	15:45	Anand Vihar (T)	14:25	Weekly	Wed
04213	Ayodhya Cantt	18:20	Anand Vihar (T)	06:00	Tri-weekly	Mon,Wed,Fri	upto 11.07.2025	05114	Anand Vihar (T)	16:00	Chhapra	14:00	Weekly	Thu	upto 17.07.2025
04214	Anand Vihar (T)	09:00	Ayodhya Cantt	22:00			Sun,Tue,Thu	upto 10.07.2025	05301	Mau Jn	04:00	Ambala Cantt	00:30	Weekly	Thu
04687	Banihal	18:40	Budgam	20:20	06 Days a week	Except Friday	upto 03.06.2025	05302	Ambala Cantt	01:40	Mau Jn	22:00	Weekly	Fri	upto 18.07.2025
04688	Budgam	08:35	Banihal	10:40			Friday	upto 03.06.2025	05193	Chhapra	14:00	Martyr C Tushar M	23:05	Weekly	Mon
04217	Varanasi Jn	06:25	Lucknow Jn	11:45	Daily		upto 30.06.2025	05194	Martyr C Tushar M	00:10	Chhapra	08:00	Weekly	Wed	upto 16.07.2025
04218	Lucknow Jn	16:30	Varanasi Jn	21:50				upto 30.06.2025	07363	Hubballi Jn	20:30	Yog N Rishikesh	23:30	Weekly	Mon
04219	Shahganj Jn	22:35	Ayodhya Dham Jn	01:40	Daily		upto 10.07.2025	07364	Yog N Rishikesh	06:15	Hubballi Jn	06:30	Weekly	Thu	27.02.2025 till further advice
04220	Ayodhya Dham Jn	02:10	Shahganj Jn	04:40				upto 10.07.2025	01491	Pune	17:30	Hazrat Nizamuddin	18:10	Weekly	Fri
02270	Lucknow Jn	VANDE BHARAT SPL.	Chhapra	21:30	06 days a week	Except Tuesday	upto 11.07.2025	01492	Hazrat Nizamuddin	22:10	Pune	23:55	Weekly	Sat	upto 28.06.2025
02269	Chhapra	23:00	Lucknow Jn	06:30			Sun	upto 11.07.2025	09101	Vadodara Jn	16:45	Haridwar Jn	14:30	Weekly	Sat
04604	Shri Mata Vaishno Devi Katra	18:15	Varanasi Jn	19:00	Weekly	Tue	upto 08.07.2025	09102	Haridwar Jn	16:45	Vadodara Jn	12:00	Weekly	Sun	upto 29.06.2025
04603	Varanasi Jn	05:00	Shri Mata Vaishno Devi Katra	06:00			Sat	upto 05.07.2025	07023	Charlapalli	20:45	Hazrat Nizamuddin	02:00	Weekly	Sun
04206	Varanasi Jn	14:50	Chandigarh	07:45	Weekly	Sun	upto 06.07.2025	07024	Hazrat Nizamuddin	04:00	Charlapalli	06:30	Weekly	Tue	upto 01.07.2025
04205	Chandigarh	09:30	Varanasi Jn	01:20			Mon, Fri	upto 11.07.2025	07621	H Sahib Nanded	08:45	Hazrat Nizamuddin	14:00	Weekly	Sat
04518	Bhatinda Jn	20:50	Varanasi Jn	17:30	Bi-weekly	Tue, Sat	upto 12.07.2025	07622	Hazrat Nizamuddin	21:40	H Sahib Nanded	00:35	Weekly	Sun	upto 29.06.2025
04517	Varanasi Jn	20:40	Bhatinda Jn	17:00			Mon,Wed,Fri	upto 09.07.2025	09309	Indore Jn	17:00	Hazrat Nizamuddin	05:00	Bi-weekly	Fri, Sun
04209	Lucknow Jn	20:45	Chandigarh	07:55	Tri-weekly	Tue,Thu,Sat	upto 10.07.2025	09310	Hazrat Nizamuddin	08:20	Indore Jn	21:00	Bi-weekly	Sat, Mon	upto 30.06.2025
04210	Chandigarh	10:20	Lucknow Jn	21:30			Fri	upto 30.05.2025	09003	Mumbai Central	10:30	Delhi Jn	10:00	Bi-weekly	Tue, Fri
04503	Patna Jn	22:45	Chandigarh	23:10	Weekly	Wed	upto 16.07.2025	09004	Delhi Jn	13:05	Mumbai Central	13:30	Bi-weekly	Wed, Sat	upto 28.06.2025
04302	Yog N Rishikesh	15:20	Muzaffarpur Jn	13:00			Fri	upto 30.05.2025	09425	Sabarmati	17:20	Haridwar Jn	17:00	Bi-weekly	Thu, Sun
04301	Muzaffarpur Jn	15:00	Yog N Rishikesh	14:20	Weekly	Mon	upto 02.06.2025	09426	Haridwar Jn	21:00	Sabarmati	22:30	Bi-weekly	Fri, Mon	upto 30.06.2025
04606	Shri Mata Vaishno Devi Katra	21:30	Guwahati	20:20					09603	Udaipur City	01:50	Shri Mata Vaishno Devi Katra	06:35	Weekly	Wed
04605	Guwahati	23:00	Shri Mata Vaishno Devi Katra	20:45	Weekly	Thu	upto 09.07.2025	09604	Shri Mata Vaishno Devi Katra	10:50	Udaipur City	13:55	Weekly	Thu	upto 26.06.2025
04610	Jammu Tawi	06:20	Varanasi Jn	05:10			Fri	upto 10.07.2025	01705	Jabalpur	15:45	Haridwar Jn	13:50	Weekly	Wed
04609	Varanasi Jn	09:00	Jammu Tawi	07:45	Weekly	Sat	upto 12.07.2025	01706	Haridwar Jn	17:40	Jabalpur	17:50	Weekly	Thu	upto 26.06.2025
04304	Yog N Rishikesh	15:20	Muzaffarpur Jn	06:20			Sun	upto 13.07.2025	04050	New Delhi	21:35	Aishbagh	12:35	Bi-Weekly	Fri, Sun
04303	Gorakhpur	09:00	Yog N Rishikesh	00:55	Bi-weekly	Wed, Sat	upto 12.07.2025	04049	Aishbagh	18:45	New Delhi	11:00	Daily	Sat, Mon	upto 14.07.2025
04602	Firozpur Cantt Jn	15:10	Patna Jn	18:00			Thu, Sun	upto 13.07.2025	04525	Saharanpur Jn.	04:40	Ambala Cantt.		06:45	Weekly
04601	Patna Jn	20:50	Firozpur Cantt Jn	23:55	Weekly	Fri	upto 11.07.2025	04526	Ambala Cantt.	20:20	Saharanpur Jn.	22:30	Bi-Weekly	Sun, Wed	upto 09.07.2025
04608	Amritsar Jn	20:10	Darbhanga Jn	02:30			Sun	upto 13.07.2025	04068	New Delhi	14:00	Bhagalpur	13:30	Bi-Weekly	Mon, Thu
04607	Darbhanga Jn	04:00	Amritsar Jn	10:30	Weekly	Mon	upto 23.06.2025	04067	Bhagalpur	14:30	New Delhi	14:30	Bi-Weekly	Tue, Sat	upto 08.07.2025
04212	Sultanpur Jn	04:00	Lokmanyaa Tilak (T)	14:00			Tue	upto 24.06.2025	04029	Anand Vihar (T)	09:00	Muzaffarpur Jn	04:30	Bi-Weekly	Wed, Sun
04211	Lokmanyaa Tilak (T)	16:35	Sultanpur Jn	23:00	Weekly	Sat	upto 26.07.2025	04618	Amritsar	20:10	Saharsa Jn.	02:30	Bi-Weekly	Mon, Tue	upto 08.07.2025
05559	Raxaul Jn.	05:30	Udhna Jn.	12:35			Sun	upto 27.07.2025	04617	Saharsa Jn.	04:40	Amritsar	14:00	Bi-Weekly	Wed, Thu
05560	Udhna Jn.	15:35	Raxaul Jn.	00:15	Bi-weekly	Tue, Fri	upto 11.07.2025	04520	Bathinda Jn	20:50	Varanasi	17:30	Bi-Weekly	Wed, Sat	upto 09.07.2025
04058	New Delhi	19:30	Saharsa Jn.	19:50			Wed, Sat	upto 12.07.2025	04519	Varanasi	20:40	Bathinda Jn	17:00	Weekly	Thu, Sun
04057	Saharsa Jn.	21:40	New Delhi	23:30	Bi-weekly	Mon, Thu	upto 10.07.2025	05219	Muzaffarpur Jn.	13:30	Anand Vihar (T)	10:00	Weekly	Sat	upto 19.07.2025
04072	Delhi Jn.	11:00	Darbhanga Jn.	13:30			Tue, Fri	upto 11.07.2025	05220	Anand Vihar (T)	12:00	Muzaffarpur Jn.	09:45	Daily	Sun
04071	Darbhanga Jn.	15:00	Delhi Jn.	18:50	Weekly	Fri	upto 11.07.2025	05447	Pilibhit Jn.	12:10	Shahjahanpur	13:50	Weekly		Fri
04074	Anand Vihar (T)	23:55	Jogbani	07:30			Sun	upto 14.06.2025	05448	Shahjahanpur	14:35	Pilibhit Jn.	16:30	Weekly	Sat
04073	Jogbani	09:30	Anand Vihar (T)	16:00	Weekly	Sat	upto 15.06.2025	05283	Muzaffarpur Jn.	06:30	Anand Vihar (T)	05:00	Weekly		
04060	New Delhi	09:30	Khurda Road Jn.	17:05			Sun, Thu	02.01.2025 till further advise	05284	Anand Vihar (T)	07:00	Muzaffarpur Jn.		04:50	
04059	Khurda Road Jn.	18:30	New Delhi	00:30	Bi-weekly	Mon, Fri	03.01.2025 till further advise	For any kind of information such as arrival/departure timings and stoppages enroute etc., passengers are requested to contact RailMadad Helpline No. 139 or may visit Indian Railways website https://enquiry.indianrail.gov.in or NTES App.							
03255	Patna Jn	22:20	Anand Vihar (T)	18:35											
03256</															