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Dharmendra Pradhan Claims Rahul Gandhi Proficient In Unfair Practices Amid NEET Debate



Newly Appointed Advocate General Pitambar Acharya Pays Courtesy Call To CM Mohan Majhi



Scotland's Charlie Cassell Breaks Kagiso Rabada's Record With Seven-For On ODI Debut



Mona Singh To Star In Aamir Khan Productions' Comedy Adventure

Odisha Govt Revokes Plan To

Rename 'Biju Patnaik Sports Award'



Supreme Court Orders IIT Delhi Expert Team To Resolve NEET-UG Question Dispute

New Delhi: The representing Supreme Court on Monday directed the Director of IIT Delhi to form a team of three experts to provide a definitive answer to a controversial question from the NEET-UG examination. During the hearing of the case today, arguments were made regarding the ambiguity of a specific question. The hearing is set to continue on July 23.A counsel

petitioner, who scored 711 marks, challenged the question for having ambiguous options, which led to the petitioner not attempting it. The National Testing Agency awarded full marks to candidates who chose either of the two options, which was contested as unfair by the council. The petitioner argued that if the NTA had not awarded marks for both options, her



ranking would have been higher than the current 311th position. The council stated, "The NTA's policy is to attempt any

if there are two correct options. However, it's not possible to identify two correct answers during the exam. One cannot presume there

answers and that marks will be given for both." Referencing the Kanpur University v. Samir Gupta case, the counsel insisted that ambiguous questions should be completely omitted. The discussion escalated when the counsel highlighted that 44 students received full marks due to the grace marks for this ambiguous question. The Chief Justice of India,

will be two correct

Chandrachud, recognized the validity of the argument, observing that the NTA's instructions were to adhere to the latest NCERT edition, which corroborated only one of the options.

To conclude the session today, the bench, headed by CJI Chandrachud, resolved to obtain an expert opinion on the correct answer to the contentious question.

recent turn of events, Odisha the government has decided to retain the original name of the 'Biju Patnaik Sports Award'. The idea to change the award's name had faced criticism after the government initially issued guidelines to rename it as the

Rajya

objections

Samman' .Following

widespread

Bhubaneswar

(AoBureau): In a

concerns, Chief Minister Mohan Majhi clarified on Sunday that there were no plans to alter the award's title. He acknowledged Biju Patnaik's contributions to the state and the nation, stating that the name would remain unchanged. Today, the government issued a notification stating the cancellation of the previously published notice on 19th July concerning the name change.

25 Bodies Recovered, 34 Missing From Two Buses Hit By Landslides In Nepal

Kathmandu: Twentyfive bodies of the passengers have been recovered while 37 others have remained missing since their buses were swept away into a

river by landslides on July 12, a local official said on Monday. The number of people traveling on the buses was first put at 65, but revised to 62 after verification.

17th Odisha Assembly Session Begins With A Bang, Opposition Walkout

Bhubaneswar(AoBureau): The inaugural session of the 17th Odisha Assembly got off to a contentious start as opposition parties, including BJD and Congress members, staged a walkout in protest during

Governor Raghubar Das's address. The opposition parties staged a walk-out protest during the Governor's address over the 'Odia Asmita' issue.Governor Das, in his address, said, "My government

will honour the ultimate sacrifices of our martyrs and govern with a steadfast commitment to forgiveness, humility, and compassion, staying away from grudge, hatred, ego, and revenge."

Congratulations to KIIT's Sports Achievers!



2 KIIT STUDENTS QUALIFY FOR PARIS OLYMPICS 2024



Krida







Mr. Kishore Kumar Jena Javelin Throw



Ms. Parul Chaudhary 3000m Steeplechase & 5000m Race



Ms. Priyanka 20Km Race Walk & Marathon Race Walk Mixed Relay



Ms. Annu Rani Javelin Throw



Ms. Jyothi Yarraji 100m Hurdles



Mr. Tajinderpal Singh Toor **Shot Put**



Women's 4 X 400m Relay

From KIIT to the World Stage



Ms. Prachi 4x400m Relay Team



Ms. Ankita 5000m Race



Mr. Paramjeet Singh Bisht 20KM. Race Walk



Mr. Suraj Panwar Marathon Race Walk Mixed Relay Team

KIIT holds the unique distinction of sending the highest number of athletes to the Paris Olympics 2024 among all institutions in India.

----- Breeding Ground for Elite Athletes

- KIIT & KISS have over 5000 active sportspersons, with 60% being girls
- More than 250 students have represented India in international sports meets across 17 sports disciplines
- KIIT & KISS have produced 20 Olympians and 2 Paralympians, who represented India at 2016 Rio Olympics, 2020 Tokyo Olympics and will be representing India in 2024 Paris Olympics
 - As many as 8 athletes from KIIT have received Arjuna Award, the second-highest sporting honour of India

RECOGNITIONS & AWARDS

KIIT's commitment to promoting sports and sports persons, and fostering a sporting culture on its campus and beyond, has been recognized on both national and international platforms. Some of the recent recognitions are:

"Rashtriya Khel Protsahan Puraskar 2022" in the category of Encouragement to Sports through Corporate Social Responsibility by Ministry of Youth Affairs & Sports, Govt. of India.

"CII Sports Business Awards 2023" in the category of Best Sports Facility by Confederation of Indian Industry.

"FICCI India Sports Award 2022" by Federation of Indian Chambers of Commerce & Industry (FICCI).

"Sports Star Aces Award 2022" in the category of Best University for promotion of Sports in the Country by Hindu Group.

"Biju Patnaik Sports Award 2019" in the category of best Contribution for promotion of sports and games by Govt. of Odisha.

HOST TO HIGH-PROFILE SPORTS EVENTS

Due to its excellent sporting facilities in a single complex, KIIT & KISS have hosted hundreds of prestigious international and national sporting events in various sports disciplines. These include:

- First Khelo India University Games 2020
- First Janjatiya Khel Mahotsav 2023
- World Junior Chess Championship 2016

KIIT student, Dutee Chand won the first-ever Gold Medal for India in the World University Games, Italy in 2019



Kalinga Institute of Industrial Technology (KIIT) Deemed to be University, (Established U/S 3 of UGC Act, 1956), Bhubaneswar-751024, Odisha. India KIIT is only 27 years old as an institute (1997 - 2024) and 21 years old as a university.

Dharmendra Pradhan Claims Rahul Gandhi Proficient In Unfair Practices Amid NEET Debate

New Delhi: Union **Education Minister** Dharmendra Pradhan launched a blistering criticism of Leader of Opposition (LoP) Rahul Gandhi regarding the ongoing NEET-UG controversy Monday, saying the Congress politician understands the "fundamentals and maths of unfair practices too well".In a post on Dharmendra Pradhan asserted that the Congress-led UPA government had failed



to pass laws to curb malpractices educational institutions."Perhaps Rahul Gandhi comprehends the fundamentals mathematics of unfair practices all too well. This could explain why the Congress government faltered in implementing bills aimed at curbing malpractices educational institutions, such as the Prohibition of Unfair Practices Bill of 2010," added.He challenged Rahul Gandhi to clarify why the Congress did not enact laws to eliminate irregularities competitive exams. Amid relentless criticism from the Opposition regarding the NEET controversy

and inquiries about his resignation, Education Minister Dharmendra Pradhan stated in Lok Sabha on Monday that he holds his position "at the mercy of my leader" and emphasised that the Leader government is "jointly accountable".In response to Rahul Gandhi, Dharmendra Pradhan asserted in the Lower House that he enjoys the backing of his constituents and does not require validation of his intelligence from

Parliament."Shouting lies will not make them true. Labelling the country's examination system as trash is incredibly unfortunate coming from the of Opposition. I strongly denounce this statement," the minister said. The Education Minister then made a veiled reference to the past, using a "remote control" jibe often directed at the Manmohan Singh government by the BJP.

SI Paper Leak: 'Illegal' House Of Accused Razed In Rajasthan

Jaipur: The Rajasthan government on Monday demolished the 'illegally' constructed house of an accused involved in the Sub Inspector (SI) recruitment paper leak in Churu.Officials said that the accused, Vivek Bhambhu, had 'illegally' constructed permanent structures on two plots in Poonia Colony of Churu."The JCB and tractor of the Municipal Council reached street number 11 of Poonia Colony, where the



accused had made illegal construction on plot numbers 114 and 115 without the permission of the council. These constructions were demolished with the help of JCB," DSP Sunil

Kumar Jhajharia said.He said that the house was built on the boundary of the Municipal Council illegally without permission. "That is why the house was demolished," he said.

Congress Rejects Economic Survey As Far Removed From Ground Reality

New Delhi: The Congress has rejected the government's annual Economic Survey presented in the Parliament on Monday, asserting that it diverged significantly from the actual ground reality of the country. Speaking at a press conference at the AICC headquarters here, Gaurav Gogoi, Congress Deputy Leader in the Lok Sabha, claimed the Survey ignored the harsh realities of soaring prices and widespreadunemployment gripping the country. Accusing the Survey of employing familiar tactics

of fear and deception

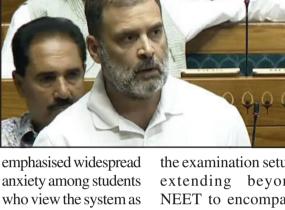
"associated with the

Modi administration", the Congress spokesperson said if one were to believe the Economic Survey, everything would seem fine. However, he pointed out that this was far from the truth on the ground, highlighting severe unemployment and inflation rates still hovering around 10 per cent.He stressed that while the affluent might not feel the pinch, the poor and the middle classes were bearing the brunt of e c o n o m i c hardships.Gogoi also highlighted the deteriorating conditions of public transports, particularly in the sleeper and general class

compartments of the Railways, which primarily serve the poorer and middleincome groups.He criticised government's focus on air-conditioned coaches at the expense of basic travel needs for these sections of society.On the pressing issue of unemployment, Gogoi pointed out instances where desperate youth resorted to extreme measures such as joining foreign militaries such as the Russian Army to fight in Ukraine, or working in the conflict zones of Israel due to lack of opportunities at home.

Rahul Gandhi Decries 'Systemic Failure' In Examination System

New Delhi: Leader of the Opposition (LoP) in the Lok Sabha, Rahul Gandhi, on Monday highlighted a 'systemic collapse' within the examination system and asked the government to share what steps it took to rectify these issues at a fundamental level.Addressing the Lok Sabha on the opening day of the Monsoon Session on Monday, Gandhi expressed grave concerns, stating: "illions believe that wealth can manipulate India's examination system-an issue mirrored by the Opposition."He



compromised."Millions of people believe that if you're rich, you can buy the Indian examination system, and this is the same feeling we as the Opposition have," he said.He also underscored a 'pervasive' crisis within

the examination setup, extending beyond NEET to encompass major exams, criticising the Union Education Minister for "deflecting" accountability. He lamented the Minister's 'purported lack of grasp' on the underlying issues.He said that it was quite obvious to the whole country that there

is a very serious problem with the examination system. "This is not just the question of the NEET but major examinations," he observed, adding that, "the minister has blamed everybody except himself."He observed the minister did not understand fundamentals of what was going on there. He said there are millions of students who are extremely concerned about what is going on and who are convinced that the Indian examination system is a fraud.Later, he pressed for accountability from the minister, noting the absence of substantive responses beyond references to the Supreme Court and the Prime Minister.He emphasised Opposition's desire for a meaningful discussion on the pressing issue concerning the nation's youth, despite the government's apparent disinterest.Later Gandhi wrote on X, saying, "The Education Minister, far removed from India's ground reality, claims there have been no paper leaks in the last 7 years."

Indian Navy Frigate INS Brahmaputra Fully Tilts Onto One Side After Onboard Fire At Mumbai Docks

Mumbai: A sailor was missing after Indian Navy's frontline INS Brahmaputra, which was engulfed in a major fire last night at the Mumbai naval dockyard, was severely damaged and has tilted extensively to come to lie on one side, officials said here on Monday.A fire had broken on Sunday evening on board the ship while it was undergoing a refit at the naval dockyard, and the blaze was brought under control by this morning. Subsequently, on Monday afternoon,



the ship, in a badly damaged condition, started tilting on the left (port) side as water entered it."Despite all efforts, the ship could not be brought to an upright position. The ship continued to list further alongside her

berth and is presently resting on one side," a Defence Ministry statement on Monday evening.All the naval personnel on it have been accounted for barring one junior sailor who is missing and a search has been launched for him. The blaze was first detected by the ship's on-duty staff when the maintenance works were being undertaken on board last evening. The ship's fire-fighting team immediately launched a massive operation to control the conflagration and rushed reinforcements from the naval dockyard fire brigade beside other ships in the vicinity. The Indian Navy has ordered an investigation into the incident and the blaze, the exact causes of which are not known.

Bangladesh Protests: BSF Opens 'Special Help Desks' To Ensure Safe Return Of Students

West Bengal: The BSF South Bengal Frontier has established "special help desks" **Integrated Check Posts** (ICP) along the India-Bangladesh border to ensure the safe return of students from the neighbouring country, which is experiencing violence. So far, the BSF has aided 572 Indian students, 133 Nepalese students, and four Bhutanese students in returning home, according to statement from the border force."Amid the



unrest, many Indian, Nepalese, Bhutanese students enrolled in various Bangladeshi educational institutions are being

repatriated. The BSF South Bengal Frontier has established special help desks at ICP Petrapole, LCS Gede, Ghojadanga,

Mahadipur to assist in their safe return," the BSF announced."The BSF is in constant touch with BGB. This coordination has ensured the safe evacuation of students even during nighttime operations. To further enhance the efficiency of the process, the immigration desk at ICP Petrapole will now be open 24/7, ensuring uninterrupted and safe passage for all students returning home," BSF DIG A K Arya said.

Action Demanded About Wild Elephant Found Buried Inside Assam Oil Refinery

Guwahati: Northeastern region's leading biodiversity conservation organisation, 'Aaranyak' and a few organisations in Assam on Monday demanded legal action against the alleged illegal disposal of elephant carcass inside Numaligarh Refinery Ltd (NRL) campus in Golaghat district.Member of the Steering Committee of the government's

Project Elephant Bibhuti P Lahkar also in a letter to Union Environment, Forest and Climate Change Minister Bhupender Yadav demanded proper inquiry into the illegal disposal of elephant carcasses inside the NRL campus. The Assam Forest Department exhumed the carcass of the elephant on July 19 and later, a postmortem was carried



out. A case under the

Wildlife (Protection)

1972

was

registered by the Forest Department after the NRL buried the carcass of the wild elephant without informing the F o r e s t Department. 'Aaranyak', a member of the State Board of Wildlife, Assam and former member of the National Board of Wildlife, expressed its deep concern and outrage about the July 18 incident involving the

death of a female wild elephant inside the Numaligarh Oil Refinery campus in Golaghat district of Assam. "This tragic event is a stark reminder of the ongoing threats faced by elephants in their habitat, natural particularly in the Golaghat district, which is part of a critical elephant corridor," 'Aaranyak' said in a

statement.It said that reports indicate that the elephant died due suspected electrocution after coming into contact with an exposed power cable within the Butterfly Park adjacent to the refinery, set up by the government under the provisions made in the historic Assam Accord signed on August 15, 1985.

The resort and Kalyan Mandap are running without fire safety

SUBARNAPUR (AoBureau)--Fire safety or fire extinguishing system is essential in all high rise buildings, institutions whether it is government



institution or private. According to Odisha Fire Extinguisher Revised Rules 2019, it is mandatory to have fire safety system in all government, government-owned commercial establishments, high-rise buildings where people move. However, the big hotels and resorts in Sonepur town are running without fire extinguishing system. Today, Arjun Resort and Kalyan Mandap, which are next to Sonepur town near Collector's Office, have been raided by Sonepur Fire Service Force. The concerned resort owner has not even applied for it. How this hotel was running for so long without a fire extinguishing system. Who was protecting it has now been questioned. From this you can know how Arjun Resort was run. How far is it for the fire department to sit quietly with just a notice? How the fire department did not know for so long that the resort did not have a fire-extinguishing system.

Heavy rain continued, road blocked due to landslides near Sanatekguda of Kalimela block

Malkangiri AO Bureau:: Heavy rain has been lashing the district for the last 4 days. As a result, people's lives are busy. People are facing non-existent problems. National Highway No. 326 has been closed for 3 days and traffic has been obstructed. However, today due to heavy rains, the road has been completely closed due to a landslide on the side of road to Sanatekguda Kalimela block. As a result, communication has been disrupted in 4 villages.Due to heavy rains this afternoon, the hills collapsed and the road was completely blocked by mud, stones



Rural and trees. As a result, the the road communication Development from Sanaketguda to Department last year. Badliguda village is As this road connects somewhat fragmented. Badigeta GP to The road is completely Vejangiwada GP in blocked as the road Kalimela block, many passes through the hills. villagers are dependent on this road. On the Traffic is completely other hand, vehicular blocked as there is no alternative route. It is traffic was normalized worth noting that this for a few hours this road was constructed morning due to less

rainfall last night as the flood waters receded from the poles near Poteru, MV-90 and Kangurkonda. However, since it has been raining since 11:00 a.m., it has been reported that the traffic has been stopped again due to flood waterflowing over these poles again in the afternoon. On the other hand, the construction of a new pole between Kaler and Chintur after the border junction of National Highway 326 in Ranchi Vijayawada has been washed away by the flood water and rains, while the inflow of vehicles to Andhra and Telangana states has come to a standstill.

and Supdt of Police held at Birmaharajpur. SUBARNAPUR (AoBureau): Subarnapur district Birmaharajpur block level joint grievance hearing and redressal camp has been held at the block conference hall Collector & District Magistrate Mrs. Anya Das and Superintendent of Police Yas Pratap Shrimal joined the joint grievance hearing camp and received 37 registered complaints from the public regarding various objections and problems. 28 individual applications have been received while 09 collective applications have been received. The applications have been given to the departmental officers of the various departments concerned to resolve them within the stipulated time. BDO Birmaharajpur Priyadarshini Mirdha In the joint grievance hearing program held under the supervision of Birmaharajpur Panchayat Samiti Chairperson Shanti Luha, Additional Chief Development Officers Zilla Parishad Pallabirani Raj, Vice Chairman Narayan Luha, , Sub Collector

Birmaharajpur Lalatendu C, District Chief Supply

Officer Suresh Panigrahi, Supdt. Of Excise Prabir

Samal, District Panchayat Officer Arjun Charan

Majhi, District Welfare Officer Achyutananda

Singh, District Social Security Officer

Govindaballabha Sarangi, District Education

Officer Laxman Bhoi, and Block Level Officers,

Journalists were major contributors.

Joint Grievance Hearing Camp of Collector

Jawans destroyed the Maoist camp and seized huge Maoist goods

Malkangiri AO Bureau Malkangiri district border In Kondagaon area of ??Chhattisgarh, the security forces have destroyed Mao Shelter and seized huge Mao material and explosives. According to the information, while the anti-Mao campaign by the security forces in Bastar district of Chhattisgarh continuing, the local police and STF and DGJ jawans were carrying out a search operation in the Kudadwahi forest area of ??Kondagaon area. Information about the hiding place of the terrorists .After it, campaign intensified. On receiving the information, the Maoists fled the camp. The Javanese seized a large quantity of explosives and materials used by Mao from there. The seized items include bombs, IEDs, codex wire, guillotine sticks, 9 pieces of clothing, large quantities of drugs, radios, plastic drums and other items, while the search operation is still ongoing in the area.

Newly Appointed Advocate General Pitambar Acharya Pays Courtesy Call To CM Mohan Majhi

Senior lawyer Pitambar Acharya, who assumed office as the Advocate General of Odisha on Monday, called on Chief Minister Mohan Majhi at Lok Seva Bhawan Monday.CM Majhi congratulated Acharya for his new role and wished him success. The CM expressed his confidence Acharya's expertise and guidance would be beneficial in protecting the state's interests in legal issues.Law Minister Prithviraj

Bhubaneswar(AoBureau):



Harichandan was also present during Acharya's visit. Senior lawyer Pitambar Acharya assumed the office of Advocate General of Odisha on Monday. He was appointed as the Advocate General of Odisha by the state government on

Friday.Law Department has recently issued a formal notification confirming his position as the new Advocate General. Achary a expressed his heartfelt gratitude to Chief Minister Mohan Charan Majhi for entrusting him with this esteemed constitutional position.

Ratna Bhandar To Undergo Inspection By ASI In A Day Or Two: Law Minister

Bhubaneswar(AoBureau): The Archeological Survey of India (ASI) will begin its inspection work inside the Ratna Bhandar in a day or two, said Law Minister Prithviraj Harichandan on Monday. Talking to mediapersons, the Law Minister further stated "Following inspection by the ASI, the decision on whether to conduct laser scanning will be made later. All articles and valuables from Ratna Bhandar have



temporary strong complete room. Once the necessary repair inspection works."It is pertinent commences, to mention that the structural issues within inner chamber of Ratna Ratna Bhandar will be Bhandar was opened identified. The Odisha on July 14, after nearly government will then 46 years in the approve the time presence of Orissa HC

Judge Biswanath Rath, Shree Jagannath Temple Administrator (SJTA) Chief Administrator Dr Arabinda Kumar Padhee, ASI Superintendent DB Gadanayak, Ratna Bhandar monitoring committee member Dr CBK Mohanty, Ratna Bhandar sub-committee member Durga Dasmohapatra, monitoring panel member Jagannath Dasmohapatra, and a representative of Puri's titular king, Gajapati Maharaja.

BJD Announces New Panelists For Media Debates

Bhubaneswar(AoBureau): The main Opposition party in Odisha, the Biju Janata Dal (BJD) on Monday announced a new panel of leaders to represent the party in various electronic media debates and present the party perspective."In supersession of all previous orders, as per the direction of the BJD president Naveen Patnaik, the following party leaders have been authorised to represent the party in various electronic media debates and present the party perspectives," a press release issued by the BJD on Monday said. The panel of leaders includes Prashant Muduli, Byomkesh Ray, Subas Singh, Goutambuddha Das, Sarada Jena, Latika Pradhan, Ramesh Behera, Manmath Routray, Tumbanath Panda, Mihir Ray, Chinmay Sahoo, Ipsita Sahoo, Sofia Alam, Irani Ray, Biswa Pratap Sahoo, and Arup Srichandan

Double Murder Rocks Sambalpur: Man Surrenders After Killing Wife & Mother-In-Law

Bhubaneswar(AoBureau): A man allegedly killed his wife and mother-inlaw after having failed to bear the torture meted out by the duo. This shocking incident took place at Podabolanda village under Rairakhol police limits in Sambalpur district. The accused has been identified as Mithun Swain who surrendered before police along with his one and half year old son. Mithun reportedly killed his wife Gayatri



and his mother-in-law with the help of a crowbar. As per reports, Mithun, a resident of Athamallik Jamuduli in Angul district was

married to Gayatri Sahu, a resident of Podabolanda village in Sambalpur district. Gayatri never wanted to reside with her in-laws.

This led to frequent arguments between the two. The matter aggravated to such an extent that they lived separately last year and again got reunited thanks to intervention of some senior citizens. On July 2, Mithun came to his in-laws' house with his wife and son. Mithun reported to have started constructing a house near his in-laws' house for the sake of Gayatri.Mithun alleged

that Gayatri came to Podabolanda village and started staying with her mother although I was not happy with her decision. Many people tried to change her mindset but in vain. Finding no other go, I came to her place and started living at my inlaws' house. However, both Gayatri and his mother-in-law never missed any chance to torture me and humiliate me."Mithun's relative said, "

Puri MP Sambit Patra Demands Dedicated Burn Unit At Sri Jagannath MCH

New Delhi: On the first day of the Parliament session today, Puri MP Sambit Patra urged the Central government to open a dedicated burn unit and super speciality unit at Sri Jagannath Medical College & Hospital.During Zero Hour in the Lok Sabha today, Patra apprised the House about the need for opening a dedicated burn unit in Puri. "Last year on May 29th, there was a tragic



fire mishap in the Narendra Pond during Chandan Yatra, claimed the lives of 17 people while several seriously injured persons are still undergoing treatment," Patra said. The critically injured persons failed to get medical service in time, which is called the Golden Hours as the Jagannath Dham sans a dedicated burn unit and relies on hospitals located 70 km away in Bhubaneswar.

To curb such casualties, MP Sambit Patra has requested the Health Ministery at the Centre to open a dedicated burn unit and super speciality unit at Sri Jagannath Medical College and Hospital in

Odisha To Bring New Education Policy, 65K Govt Posts To Be Filled Up In 2 Years': Guv Raghubar Das

Bhubaneswar(AoBureau): Odisha Governor Raghubar Das, in his address to the assembly, stated that Odisha will introduce a new education policy in line with the NEP.Das mentioned that the government will provide career counselling starting from Class 9 and also announced the upcoming implementation of Ayushman Bharat in the state. Additionally, the governor declared the appointment of 3,000 new doctors and emphasized the government's

commitment to avoiding grudges, hatred, ego, and revenge. The Governor affirmed the government's dedication to the allencompassing development of the state, with Odia Asmita as the central focus. "The state government is devoted to transparent governance. My government will fill 1.5 lakh vacant positions fairly and transparently, with 65,000 of those to be appointed in the next two years," he said.He discussed the construction of

10 lakh houses in rural areas and 5 lakh houses in urban areas under the Pradhan Mantri Awas Yojana. "The government will set up counselling centres in schools and begin career counselling from Class IX. A new sports policy will be introduced, aimed at providing infrastructure for athletes from the village level and creating a supportive ecosystem," the Governor announced in the state assembly. He confirmed that the Ayushman Bharat-

Pradhan Mantri Jan Arogya Yojana, which offers health assurance to all eligible beneficiaries, ensuring critical financial protection and access to quality healthcare, will be implemented Odisha.Furthermore, he outlined the BJP government's strategy to empower local tribal communities through sustainable tourism by establishing Eco-Tourist Hubs and Homestays in villages, thus promoting cultural exchange and economic growth.

EDITORIAL

Centre, states must work together for gig workers' welfare

The internet revolution has spawned a large number of platform-based e-commerce companies in India. The rapid growth of these companies has led to an employment boom for gig workers. A Niti Aayog report estimates that the gig workforce in India will be 2.35-crorestrong by 2029-30, constituting 6.7 percent of the nonagricultural workforce and 4.1 percent of the country's total workforce. This growing workforce has for long been asking governments to bring them under a social security net. As labour is on the concurrent list, both the Centre and states are empowered to make laws to ensure these workers' welfare. Indeed, the absence of job security, health benefits and adequate safety measures for gig workers has pushed both the Centre and states to frame laws for their welfare. However, the Union and state governments have failed to work together to put in place a uniform mechanism that brings gig workers under a safety net, while saving the fastgrowing platform-based companies from unreasonable financial burden and punitive action. States, especially those ruled by non-NDA parties, do not want to follow the Union government's Code on Social Security passed by parliament in 2020. They want to have their own laws to collect money from the platform-based companies to run the welfare schemes. According to the central code, the Union government would collect 1 percent of the companies' turnover. Most states want a flat fee on each transaction to create a welfare fund. Besides, they also want to ensure job security, which is not part of the central code. While the previous government in Rajasthan had passed a law on the subject, Karnataka and Jharkhand are in the process of doing so. This has led to a situation where the companies are crying foul over the possibility of facing double taxation—at the hands of both the Centre and the states. The Union and state governments need to work together to ensure they do not create parallel welfare structures that become unworkable, depriving gig workers of the muchneeded benefits. PM Narendra Modi's 100-day agenda includes notification of the 2020 labour codes. The Centre needs to initiate a dialogue with the states before notifying the codes in order to put in place a national welfare plan for gig workers.

people's trust in Bangladesh

When the judiciary rushes in where angels fear to tread dire consequences follow. Like the Manipur high court's thoughtless order last year to consider granting ST status to the majority Meiteis. It ignited a violent showdown that resulted in the killing of hundreds of people, leaving thousands homeless and tearing apart the state's social fabric Those wounds are yet to heal. Another mindless high court bench, this time in Bangladesh, dragged the nation into a quota quicksand by quashing a 2018 order that nullified 30% reservation in government jobs for the relatives of veterans of the 1971 freedom struggle. While the Supreme Court suspended the order and fixed the next date of hearing for August 7, angry students hit the streets. Police firing followed, resulting in needless loss of lives, fuelling the fire. PM Sheikh Hasina's crass comment, likening the protesters to razakars, further messed up the situation. Razakar is a pejorative for those who fought alongside Pakistan in the independence movement. Curfew was clamped, police got shoot-at-sight orders and the army patrolled the streets after the death toll crossed 100. Had the judiciary's wise men been more circumspect, Manipur and Bangladesh would not have burnt. Bangladesh's SC has since advanced its hearing, slashed the quota for freedom fighters to 5 percent and swung to the other end of the pendulum by enhancing the volume of merit seats from 44 percent to a whopping 93 percent. That space for affirmative action to help the downtrodden in the society. Whether or not there would be a counter agitation remains to be seen. If the usual suspects are alleged to have fanned the flames in Manipur, the ruling Awami League blames the opposition Bangladesh Nationalist Party and other radical elements for stoking the stir that began as a peaceful student protest. Hasina losing political capital is bad news for India as it gives room for forces inimical to the country to exploit the situation. It could have a spillover effect across the border. India wisely eschewed its comment calling it an internal affair. Going forward, Hasina has to quickly regain people's trust by setting up an impartial panel to probe the violence, address the scourge of jobless growth and go after the radical elements to restore stability.

Yog teaches us to control modifications of mind

Yog, in a generic sense, refers to Karma Yog, Bhakti Yog, Raj Yog, Jnan Yog, Hath Yog, Mantra Yog, Laya Yog or Kundalini Yog. In a restricted sense, it means the Ashtang Yog or Raj Yog of Patanjali Maharishi only.

The word yog is also applicable in a secondary sense to all those factors and practices that are conducive to the final achievement or fulfilment of yog, and as such indirectly lead to final freedom or perfection. Similarly, though the one who has reached the final asamprajnata samadhi or union with Reality is called a yogi, one who is attempting to get perfection in yog is also called a yogi.

Yog philosophy is one of the six systems of Hindu philosophy. Unlike so many other philosophies of the world, it is a philosophy that is wholly practical. Yog is an exact science based on certain immutable Laws of Nature. It is well-known to people of all countries of the world interested in the study of Eastern civilisation and culture. It is held in awe and reverence as it contains the master-key to unlock the realms of peace, bliss, mystery and miracle. Yog is that state of Absolute Peace wherein there is neither imagination nor thought. Yog is control of mind and its modifications. Yog teaches us how to control the modifications of the mind

Dr. Archana Mishra

and attain liberation. It teaches us how to transmute the unregenerate nature and attain the state of Divinity. It is the complete suppression of the tendency of the mind to transform itself into objects,

thoughts, etc. Yog kills all sorts of pain, misery and tribulation. It gives you freedom from the round of births and deaths...bestows upon you all the Divine Powers and final liberation through super-intuitional knowledge.

Equanimity is yog. Serenity is yog. Skill in actions is yog. Anything by which the best and the highest in life can be attained is also yog. It is thus all-embracing, all-inclusive and universal in its application, leading to all-round development of body, mind and soul. Yog is primarily a way of life, not something which is divorced from life. Yog is not forsaking of action, but is efficient performance in the right spirit. Yog is not running away from home and human habitation, but a process of moulding one's attitude to home and society with a new understanding. Yog is not a turning away from life; it is the spiritualisation of life.

When do you plan to be happy?

All the world's teachings speak of finding great happiness because they know it's what everyone is ultimately searching for. Happiness doesn't depend on what we have or don't have; it's simply a state of mind. It's not something you can buy; it's already within you, right here and right now. Everything we really want outside is already within us.

In life, there are always things that bother us. This is called maya, delusion. For example, if someone loves you, that can be a botheration and if they don't love you, that's also a botheration. Friends and enemies can both be a source of botheration. That's why it's important to hold onto a resolve: 'No matter what happens, I will not lose my happiness.' Even if you face losses in business, relationships, or any other aspect of life, you should not lose your happiness. This is a measure of your growth. When you go to the source of happiness, your senses become stronger, your mind becomes content, and things start going in your favour.

Don't stress about being perfect. If you're too focused on perfection, you'll end up feeling angry. The world might seem imperfect, but deep down, everything is perfect. Perfection is hidden, while imperfection is visible. Wise people look beyond the surface. In this world, things can't always be perfect. Also, don't make the mistake of constantly pointing out others' mistakes. Mistakes happen all the time. To correct them, you need both authority and love. Authority without love feels oppressive. Love without authority lacks

Bipin Bihari Rout

depth. When you accept that mistakes can happen, you can be both firm and kind.

Everyone keeps delaying their happiness. A child thinks they'll be happy when they go to college. In college, they think they'll be happy when they start earning. Then they think they'll be happy once they are married. The cycle continues, and that special day never arrives. It is like trying to make your bed whole night and not be able to sleep. Instead of waiting to be happy in the future,

choose to be happy now.

Look at the world where there are bigger problems, so your problems seem smaller. This gives you the energy and confidence to deal with them. Reflect on your own past. You've faced many problems before, and they've all passed. This problem will also pass, and you have the strength to overcome it. Practice breathing exercises, meditation, and relaxation techniques. Instead of giving up in anger, say, "I give this problem up to the Divine." Have confidence that you will be helped. Turn your mind inward for solutions. Spend a few minutes in deep introspection each day. Smiling when everything is going well is easy, but if you can smile and stay positive even when facing challenges, you'll find tremendous inner strength, and the problem will disappear. Remember, you are responsible for your happiness. Be determined to not let anyone take your happiness away. Consider all situations as opportunities for your spiritual growth. Go inward to find the source of happiness. When you connect with that source, your senses will be strong, your mind will be content, and things will

Tall order for Hasina to regain | Examining the evidence supporting existence of God

The age-old question of the existence of God has perennially divided humanity into two distinct camps: believers and nonbelievers. This schism has given rise to an endless debate, with each side staunchly defending its position. Believers assert that God exists, while non-believers adamantly reject the notion. This dichotomy has shaped diverse definitions of God, reflecting the myriad perspectives arising from individual ideas and beliefs. For believers, the concept of God is often intertwined with the dogma of organised religions. Each faith presents a unique portrayal of the Divine. The diversity in these depictions reflects the rich tapestry of human definitions but also underscores

the inherent subjectivity in how God is perceived. On the other side of the spectrum, non-believers, historically championed by communist leaders, argue that religion functions as a manipulative tool

Anandmurti Gurumaa

used by rulers and priests to subjugate people. They contend that in the name of God, people are deprived of necessities, such as food, clothing, and security. However, believers and non-believers may overlook a nuanced understanding of the Divine. The point is that both are wrong. Believers claim that God exists, but have they explored and found? Non-believers assert there is no God, yet have they genuinely explored to determine this,

and how do they define what God is or isn't? The vedantic perspective raises crucial questions about the conventional understanding of God's role in the world. When calamities strike, or crimes occur, the common question arises: where is God? Vedanta posits that God is not an intervening force preventing atrocities or natural disasters. Instead, God is conceived as an existential truth, distinct from the human interpretations prevalent in various religions. In vedantic philosophy, there's no concept of a controlling God who created the world and manages life, weather, rains, floods, and earthquakes. Vedanta defines God precisely with four words: Satya, chaitanya, ananda, and vyapak – an existence that is truth, blissful, conscious, and omniscient.

Consciousness is brain's user-illusion of itself

The Cartesian notion of consciousness and the relation between the body and mind has been at the heart of modern Western thought, with Descartes positing consciousness as the one undeniable and certain fact of existence. Modern scientific propositions of a unified field theory further dissolved the distance between the observer and the observed, proposing an indivisible consciousness running through mind-body, space-time, and energy-matter.

Daniel Dennett challenged this Cartesian concept. He lays down a purely materialistic physical paradigm of consciousness through a dissection of the physical human brain and mental phenomena. In laying down this model of consciousness, heterophenomenology, as he calls it, where a scientific methodology alone is applied to studying consciousness, Dennett argues against a Cartesian central point where conscious experience occurs. Instead, he posits a 'multiple drafts' model of consciousness, in which consciousness

arises from the interplay of several physical and cognitive processes in the brain.

Viewing the mind in terms of information processing, Dennett compares consciousness to

Dr. Samrat Kar

the user interface of a computer. Dennett's computer-interface model of consciousness sees all states of awareness and emotions as memory imprints brought about by physical processes, just as one brings alive the icons on the computers from its intricate software circuitry. Overturning Descartes's idea of an immaterial soul or mind. Dennett views the human mind and consciousness as a brain-computer operating a series of algorithmic permutations.

He contends that the human brain's billion neurons are warring with each other for influence over our brain's circuitry, with the 'winner neurons' influencing our perceptions and actions. The contents of our consciousness are an edit of the real world, just the 'winnerneurons' setting the narrative out of countless innumerable possibilities.

This conscious experience is just an offshoot of the 'winner-neurons' being imprinted into memory.

He then contends that all humans end up experiencing 'user-illusion'. Just as the visual metaphor of a desktop computer creates the illusion of a simplified version of computing but masks the underlying complexity of the computer, our individual conscious experience, too, is similarly a simplification of the complex reality. While this allows us to act normally in the world, it is 'the brain's user-illusion of itself'. The subject's view is no longer taken as authoritative or accurate since that view only describes things as they seem to the subject. This notion of consciousness as an illusion arises from his larger philosophical conviction in the Darwinian theory of evolution by natural selection, which he contended accounts for all dimensions of human existence and behaviour. One does not need a personal God, 'an intelligent designer', or an immaterial soul. In upholding this Darwinian idea that all creatures, including human beings, were created by a series of undesigned and unintentional mutations, Dennett sees this 'Tree of Life' as an affirmation of the 'magnificence of creation'.

Paradip Laughing Club Organizes Massive | Maoist commander surrender Tree Plantation on Chairman's Birthday

Paradip (AoBureau)-Paradip Laughing Club, a prominent volunteer organization, organized a significant tree planting program on Sunday, July 21, in honor of the birthday of their Chairman, Dr. Kailas Chandra Maharana. Instead of gifts, Dr. Maharana requested that members bring flowers or fruit tree saplings to mark the occasion. The birthday celebration was held at the Hotel Paradip International Assembly Hall, where Dr. Maharana, received saplings from friends and



well-wishers also from her wife Mrs. Saraswati Maharana. These saplings were subsequently planted in the stadium area of Mangarajpur village in the Kujang block and Duadia village. The planted trees included mango, papaya, jujube, guava, coconut, and palm varieties. Key figures present at the tree planting event included Laughing Club Chairman Dr. Kailas Chandra Maharana, Adviser Mr. Niranjan Khuntia, Dr. Kulamani Samal. General Secretary Mr. Anant

Kumar Das, and Treasurer Mr. Gautam Kumar Nayak. Senior members such as Mr. Sumant Kumar Biswal, Anant Charan Jena, Nagendra Nath Swain, Parau Tudu, Captain Premanand Rout, Prasanta Kumar Rout, Hemant Kumar Majhi, Sanjeev Kumar Das, Environmentalist Amaresh Naresh Samanta, Dharmendra Deepak Mishra, Kumar, Dhrutidhar Das, advocate Rajendra Kumar Parida, and other club members actively participated in the plantation drive.

to Dantewada police

Malkangiri AO Bureau: Naxalist Harendra alias Hura Kunjam, has surrendered to the police on Sunday to leave the hollow ideology of Naxalites and join the mainstream of the society as part of the Naxal eradication campaign Lon Varratu (Zero Naxal) being run in the district. In his name government of CG had declared to 5 lakh award. Surrendered Naxal Harendra Kunjam was the commander of the North Sub Zonal Bureau Political Team of PPCM (Platoon Party



Committee Member) rank. He has been active in the Naxal organization since 2015. Surrendered Naxalite Harendra Kunjam has served as party member in Area Gangalur Committee and North

Sub Zonal Bureau PPCM/Political Team Commander. He used to teach Naxalite constitution, Naxalite literature along with sociology, philosophy to the party members in the Naxalite organization.

OCA Technical Director V. Venkatram imparting coaching to PDCA students Paradip (AoBureau)-The Technical Director of Odisha Cricket Academy (OCA) Mr.V. Venkatram along with two qualified coaches of OCA imparting high standard coching to the academy students (boys & girls) of Paradip District Cricket Academy commensed from,19 th july and will concluded on 21st july. This coaching camp was inaugurated by Mr.D.N.Sondhi, FA&CAO, Paradip Port Authority (PPA) and president of PPA Sport Council along with Dr.Durgaprasad Sethy, Sr. Dy.CMO, PPA Hospital & Working President, Gopabandhu

Krida Sansad.

Migrant labour dead body in mortuary

Kantabanji, AO Bureau: Ranjit meher s/o biswambar meher of larki village was joined KGH, Visakhapatnam individually due to ill health after that while undergoing treatment he was expired at king George Hospital Visakhapatnam this is for favour of information radio message was already sent to turekela police station on 14/7/ 24 he was expired in hospital on 19/7/ 2014. To intimate to his relatives 1 Town Police Station, Visakhapatnam City, AP informed Turekela police. His dead body was

preserved at KGH

Mortuary.

CII MSME Vendor Connect Series 2024 Launched in Jharsuguda

(AoBureau): Confederation of Indian Industry (CII) Odisha State Council organized the inaugural edition of the CII MSME Vendor Connect Series 2024 in Jharsuguda, focusing on the theme "Expanding Business Horizon." The event aimed to enhance the visibility and growth opportunities for Micro, Small, and Medium Enterprises (MSMEs) in Odisha.Dr. Pradipta Mohanty, Chairman of CII Odisha State Council and Chairman of SNM Group, emphasized the importance of the MSME sector, noting significant



contribution to GDP growth, industrial output, and exports. He highlighted the event's role in creating a platform for MSMEs to connect with largescale industries and Public Sector Undertakings (PSUs).Sunil Gupta, Vice Chairman of CII Odisha State Council

and CEO of Vedanta Limited, spoke about Odisha's potential for growth in various sectors, including metals, agroprocessing, textiles, and renewable energy. He stressed that the series would help address challenges like finance, technology adoption, and market

access.The event featured industry leaders, decision-makers, and experts, with presentations on expanding MSME business opportunities and B2B sessions with major companies like Vedanta, Hindalco, and Tata Power. Additionally, CII announced the formation of its second Zonal Council, the CII West Odisha Zonal Council, with Anil Singh of JSW BPSL as Chairman and Dev Kumar Tiwari of Shyam Metallics as Vice Chairman. Their appointments were ratified at the CII Odisha State Council Meeting on July 19,

Welcome to New Congress President Kedarnath Biswal

Paradip,(AoBureau): **Provincial Congress** President Sarat Patnaik handed over the responsibility to youth Leader Kedarnath Biswal as Paradip city Congress President.On Sunday afternoon the party workers welcomed the new president Kedarnath Biswal on behalf of Paradip Nagar C o n g r e s s Committee.On this occasion the General Secretary of the provincial Congress Committee and the Candidate of the party in the last assembly election Shri Niranjan Nayak joined and called all the congress workers to unite and strengthen party.Kujang Congress Committee President Nihar Ranjan Das, former Paradip Nagar Congress President Shri Narayan Swain, Saroj Kumar Pradhan, Miss



president,Shri Biswal said party is now in crisis in the State.He called all the workers to co operate to take it forward.He will lead the party with determination as he has been given the responsibility as the city Congress President.He also said that under the Leadership of Indian National Congress President Shri Mallikarjun Khadge, Leadership of Opposition party Shri a h u

Gandhi, Smt. Sonia Gandhi Congress will be strong again in the Country and also in the State.Clarifying the News that Shri Chiranjeev Biswal and Shri Arindam Sarkhel may return to the Congress party in a certain media recently, Mr. Biswal said that if it happens then it will be opposed. Because they left the party for their own interest. We will oppose them if they return to our Congress party because their interests are not fulfilled. In this meeting all the congress workers and media persons were present.

Malkangiri NCC officer BEYOND Felicitated at Bhubaneswar



Malkangiri, AO Bureau: NCC officers Mr susanta Kumar Majhi was felicitated on the occasion of National Flag Day. Lt. Sushant Majhi, NCC Officer of Malkangiri College, was awarded the DG memorial Celebration Award by Junior Warrant Officer Jyoti Shankar Mishra on behalf of NCC, Bhubaneswar for his outstanding performance. However, for this achievement, he has been felicitated at Malkangiri college today on the occasion of National Flag Day. On this occasion, the Principal of Malkangiri college Mr Lingaraj Mishra, Professor Dr. Ranjan Kumar Swain along with other teaching faculty and staff were present. Principal Mr. Mishra expressed that Mr. Majhi's success is a pride for the district and the college and encouraged him to continue such work.

Banpur Judge extends help

Chilka (AoBureau): With the efforts of the Banpur Court Senior Civil Judge Amaresh Mahapatra, the family of a deceased in Balugaon area of Khordha District gets government assistance.It may be noted that one Kanduri Behera(70) drowned in Chilika lake and died last month. But his family could not get any government assistance even after twenty days passed since the incident. Banpur Court Senior Civil Judge cum Taluk Legal Service Committee Chairman Amaresh Mahapatra, after coming across the



incident through media reports, intervened and coordinated with concerned departments in the administration. In result, the family of the deceased received government assistance

through Harishchandra Yojana and Red Cross. Family of the deceased as well as general public of the locality have expressed gratitude towards the judicial officer for his noble deed.

Rotary Club of Jharsuguda Green Holds 3rd Installation Ceremony

(AoBureau): The Rotary Club of Jharsuguda Green celebrated its third installation ceremony at Hotel Utkal Continental on Monday .Rtn Harshit Kumar Modi took charge as president, with Rtn Anand Goel as secretary and Rtn Manoj Sharma as treasurer for the year 2024-25.The oath ceremony was presided over by Chief Guest District Governor Rtn Akhil Mishra from Jabalpur, RID 3261. The event was also graced by Guest of Honour Shri Bhabani Shankar Seth, OPS(I) Commandant I/C OSAP 2nd BN, Jharsuguda, and Guest of Honour Rtn Alam Singh Roopra, District Governor 2026-27, RID 3261.Outgoing president Rtn CA Manish Didwania

Jharsuguda,



shared a report on the achievements during his tenure and expressed gratitude for the support received. In his inaugural address, Rtn Harshit Kumar emphasized commitment to a green and clean environment, highlighting major projects such as the adoption of UGME School Sarbahal for development work, a cervical cancer awareness vaccination drive, and the construction of an eye hospital at Mangal Bazar Government Hospital. The ceremony

Hussain, Rtn Naresh Saraogi, Rtn Vinod Arukia, Rtn Shekh Abdul Habib, Rtn Gaurav Jain, Anjali Modi, Veena Hussain, and other Rotary members. Members from various social organizations and Rotary clubs from other districts were also present, extending their warm wishes. The program concluded with a vote of thanks by Rtn Anand Goel, expressing appreciation for everyone's presence and contributions to the event's success.

Tortured odia workers appeals govt to rescue from Thailand

Kendrapara (AoBureau): More than ten people's of the Kendrapara district appeals the government to rescue them from Thailand, where they're detained and tortured by their employer. They went for the job in a plywood factory at Bang

Bus Thong in Thailand by the company broker on last year. Where they were forced to work twelve to fourteen hours a day without salary and provide food one time a day. If demands more food we beaten up said Sanjay Mallik of Sikudi village under Rajkanika block of the district in video conferencing to his house. Some of the family members met and complaints to the local labour department officials on last week for rescue theirchildren. Sanatan Rout of Panchapali village appeal the government to rescue and back to home

Ashok Sethi of same village conveyed their torture and forces to work fourteen hours in a day by phone to his parents. Some parents complaint near local police station against the broker, who send them to plywood company pledged with more

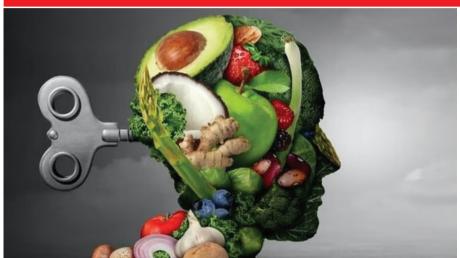
soon. Another person

benefits. The Local labour department also informed the matter to higher authority for further steps.The workers culummnately appeals to the chief minister Mohan Charan Majhi to rescue them as soon as possible and take steps against the company agent.

Mona Singh To Star In Aamir Khan Productions' Comedy Adventure

Mona Singh who has recently impressed audiences with her brilliant performance in the horror comedy film Munjya which crossed 100 crores at the box office is all set to star in her upcoming project produced by Aamir Khan Productions. Singh has a choc-o-bloc schedule and is all geared up for her upcoming movie with Aamir Khan Productions. This is the third time the actress will be collaborating with Mr Perfectionist and we are excited. Mona has recently wrapped up the shoot of her much-awaited movie where she will be seen in a never-seen-before avatar. An Independent Industry Source says "Mona has just finished filming with Aamir Khan Productions. She is going to play a gangster in the film. The film will take you back to the Delly Belly days. The film will be Mona's other comedy adventure after Munjya. This news comedy adventure marks her hat-trick with Aamir Khan Productions."Singh will be playing the role of a gangster in the comedy adventure. According to reports, the film will take you back to the Delly Belly days. After playing a prominent role in Munjya, this is Mona's next comedy venture

5 food items to improve your mood, brain and mental health: Nutritionist recommends



The food that we eat and the diet and lifestyle that we follow directly impacts our physical health and mental health. It is important to watch our diet and incorporate essential nutrients into our diet. "By incorporating

nutrient-rich foods into our diets, we can support brain and mental health, decrease stress, improve our mood, protect against cognitive decline, and promote optimal cognitive function," wrote Nutritionist Marina Wright

Marina Wright.
Vegetables: Vegetable such as broccoli, spinach, beetroot, onion and tomatoes are antioxidant in nature and help in supporting brain health.

Fruits with low sugar content such as apple,

orange, pomegranate and sweet lime can also help in cleansing the skin.

Protein: Salmon, sardines, eggs, yoghurt and chicken are healthy sources of protein to be incorporated in the daily diet.

Nuts and seeds: Flax seeds, chia seeds, pumpkin seeds, sunflower seeds, walnuts and almonds support brain health and improve memory. Herbs and spices: Turmeric, cinnamon, rosemary and sage protect brain cells from oxidative stress and have anti-inflammatory effects.



Spinach pesto pasta

Ingredients

Pasta
Lemon zest
Basil leaves
Spinach
Parmesan cheese
Olive oil
Salt
Pepper

Method

Cook one pound of pasta Blend finely grated lemon zest, fresh basil leaves, garlic cloves, 1 tablespoon of grated cheese, oil, and salt into a chunky paste. Now remove this paste and put it in a serving bowl, adding half a cup of water in which you

cooked the pasta. It will enhance the flavour.
After properly cooking the pasta, drain and transfer it to a bowl with the paste prepared earlier.
Add seasonings as per your preference.



Injectable HIV medication: What you need to know

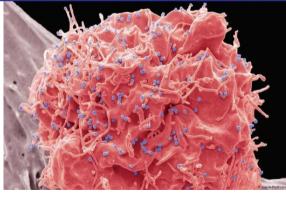
Long-acting, injectable medication is seen as a big advance in HIV prevention (PrEP) and treatment — an effective alternative to taking pills daily.

There's no vaccine for HIV, the virus that can lead to AIDS. And stories about people being cured of HIV are still read as miracles. HIV can, however, be prevented, controlled and treated with tablets — sold as Truvada.\

But since 2020, Europeans living with the sexually transmitted infection have had an alternative to a daily regimen of pills: an injectable medicine.

The European Medicines Agency (EMA) approved rilpivirine and cabotegravir (sold as Rekambys and Vocabria, respectively, and together as Cabenuva). They are used in combination to treat patients with HIV-1, the most widespread type of the virus worldwide.

In 2021, the US Food and Drug Administration (FDA) approved cabotegravir (sold as Apretude) as a prophylactic. After an initial two doses, one month apart, people then take it every two months.



What are the disadvantages with injectable HIV medicine?

Long-acting HIV drugs have advantages and disadvantages.

"Dose frequency is still not ideal," said Doherty.
"[They also have] complex injecting requirements
— separate injections, intramuscular or intravenous route — and cold chain needs."

We've mentioned the two-month frequency for cabotegravir and rilpivirine. Another treatment drug, ibazulimab (sold as Trogarzo), is given every two weeks, either by injection or infusion. It needs to be taken in combination with other drugs.

Long-acting rilpivirine also needs refrigeration, which presents a potential limitation — it is potentially inconvenient for hotter climates and remote regions. "Addressing these limitations is essential to ensure that injectable HIV medications can be effectively utilized in diverse settings," said Doherty.

Lenacapavir: An injectable only every six months

The drugs differ also in terms of what they target. Ibazulimab, for instance, is a monoclonal antibody—it's designed to behave like natural, human antibodies.

Lenacapavir, on the other hand, is a capsid inhibitor—the first of its kind in HIV treatment. It is designed to interfere with the HIV capsid, the protein shell that protects HIV's own genetic material.

5 unconscious beliefs that block us from getting the love that we want

"Overcoming unconscious beliefs involves introspection, self-compassion, and often seeking support through therapy or personal development. Recognising and challenging these limiting beliefs can pave the way for a more receptive and fulfilling experience of love," says Amanda Twiggs, marriage coach and relationship expert. She further shared in her recent Instagram post five unconscious beliefs that block us from getting the love that we want

Fear of vulnerability: Not being emotionally vulnerable and expressing our true selves blocks even our partners from really getting to know us. Fear of judgment or rejection keeps us from sharing our feelings, dreams and desires sabotaging our closeness and connection.

Unworthiness: Believing we are unworthy of love can be a significant barrier to getting the love that we want from our partner. This deep-seated belief, often stemming from past experiences or self-perception, can create a subconscious resistance to receiving love

Limited self-love: Insufficient self-love can impede our capacity to receive love from others. If we struggle to love ourselves, we might question the authenticity of others' love or feel undeserving of their affection.

Distrust: Deep-rooted distrust, whether from past betrayals or insecurities, can act as a formidable barrier to receiving love. A lack of trust in others' intentions can make it challenging to open up and accept love willingly.

Scotland's Charlie Cassell Breaks Kagiso Veteran Indian Goalkeeper PR Sreejesh Rabada's Record With Seven-For On ODI Debut To Retire After Paris Olympics 2024

Dundee (Scotland): Scotland pacer Charlie Cassell broke South Africa fast bowler Kagiso Rabada's nineyear-old record for best bowling figures on debut in Men's ODIs when he picked 7-21 in 5.4 overs against Oman in the ICC Men's Cricket World Cup League 2 match here Monday.Cassell was added to the Scotland squad for the matches against Oman after fellow pacer Chris Sole made himself unavailable due to personal reasons. Cassell made an impact immediately with pinpoint accuracy, by trapping former Oman captain Zeeshan Magsood lbw off his very first ball in international cricket.His delivery



breached the defences of Ayaan Khan, making it the first-ever instance of a bowler having picked up wickets off his first two balls in ODI cricket. Two balls later, Cassell dismissed Khalid Kail.Cassell's sensational debut continued yielding wickets and he had a five-wicket haul with the dismissal of Mehran Khan in the 18th over. With this, he joined an exclusive list of 15 players, who had picked a five-for on Men's ODI debut.But it got even better when Cassell ran through the Oman tail to finish with 7-21, the best-ever bowling figures by an ODI bowler on international debut, going past the figures of 6-16

which Rabada took on his ODI debut for South Africa against Bangladesh in July 2015.Cassell now has the seventh-best bowling figures by a player in ODIs, as Oman were bowled out for 91 in 21.4 overs after being asked to bat first. Pratik Athavale top-scored with 34 while only two other batters reached double digits.

Paris Olympics: Indian Shooting Is Unique, You Can't Predict Anything, Says Manavjit Singh

Faridabad (Haryana): Trap Shooter Manavjit Singh Sandhu is hopeful of 'two to four medals' from the Indian shooting squad at the Paris Olympics. India's 21member shooting squad is the second largest after athletics in the upcoming Paris Olympics. It is also India's largest-ever shooting contingent in the history of the Games, surpassing the previous best of 15 from



Tokyo. As the number of shooters has increased in the squad, their expectations have multiplied manyfold, after firing blanks and returning empty-handed from the

last two Olympics despite putting up a record number of players. However, Olympian Manavjit feels that this squad, a blend young and experienced members, will excel in the Olympics."The whole squad looks confident and I expect two to four medals, particularly from the young squad. Each player is welltrained and has worked hard for the spot. All the players are world-class and also carry a whole lot of experience. So the performance will be much better than previous appearances," Manavjit told IANS on the sidelines of the 'Glory of Five Rings' event."The interesting thing is that the nature of our shooting is quite unique. The least expected one performs at the top level. So you just can't name anyone from the squad," he added.

New Delhi: Veteran goalkeeper and excaptain of India's hockey team, P R Sreejesh, declared on Monday that the Paris Olympics will mark his final appearance internationally. The 36year-old, who boasts 328 international caps, participation in three Olympic Games, and n u m e r o u s Commonwealth Games and World Cups, is set to compete in his fourth Olympics. The upcoming edition of this prestigious event kicks off on July 26. "As I gear up for my



final performance in unwavering support Paris, I reflect on my and love from my career with great pride family, teammates, and look to the future coaches, fans, and with hope," stated Hockey India. I am Sreejesh in a Hockey deeply thankful for India your faith in me," he release. "This continued." My extraordinary journey teammates have been would not have been my pillar during both possible without the challenging

Our collective goal in Paris is to excel and aspire to alter the medal's hue." Sreejesh, who debuted at the 2010 World Cup, has contributed to India's significant victories, including the 2014 Asian Games gold and the 2018 Asian Games bronze in Jakarta-Palembang.He also played a key role in the team that clinched the Asian Champions Trophy in 2018 and was part of the victorious 2019 FIH Men's Series Finals team

'My Relationship With Virat Not For The Public', Says India Coach Gambhir

New Delhi: Team newly-India's appointed head coach Gautam Gambhir on Monday answered some burning questions with regards to the changes that have taken place in the squad since his arrival.Gambhir, whose equation with India's batting icon has been a subject of intense chatter, declared that his relationship with batting mainstay Virat Kohli "is between the two of us and not for TRPs".Over the years, Gambhir and Kohli have had several clashes on the field, be it as captains of their respective Indian Premier League teams



or as player and mentor of their sides. Hence, questions arose over their compatibility in the Team India dressing room.Gambhir and Kohli had not been the best of friends, something which was evident from the multiple confrontations

between the two in the IPL. However, the duo will now be working together starting with the T20 and ODI tour of Sri Lanka from July 27. "My relationship with Virat Kohli is between the two of us and not for TRP," Gambhir said. "What's

important is we are representing 140 crore Indians. We've shared messages. It's not important if we have chatted before my announcement or after. He is a world class player, I have huge respect for him. "In the context of Kohli, Gambhir added, "We have had lots of discussions and everyone has the right fight for their jersey." With the departure of

seniors Rohit Sharma and Kohli from the T20 International scene, workload management of someone like Jasprit Bumrah assumes greater significance, Gambhir said.

We Can Win Two Or Three Medals In Wrestling: Yogeshwar Dutt

Faridabad (Haryana): The 2012 Rio Olympics bronze medalist wrestler Yogeshwar Dutt is confident that Indian will win two or more than two medals in wrestling. India has secured six quotas for the Paris Olympics in different categories. Vinesh Phogat (women's 50kg), Anshu Malik (women's 57kg), Nisha Dahiya (women's 68kg), Reetika Hooda (women's 76kg), Antim Panghal (women's 53kg) and Aman Sehrawat (men's 57kg)."We can win two or three medals in wrestling alone. Wrestling has brought medals for India from the last four Olympics events, so this time too Indian wrestlers will perform well in the Olympics," said Yogeshwar Dutt to IANS on

Rings' event."Aman is the only men's wrestler and I am very hopeful that he will bring the medal in the category. We have five women's wrestlers too, out of which I expect three medals," he added. Antim Panghal and Aman Sehrawat have been seeded fourth and sixth in their respective weight categories at the upcoming 2024 Olympics Games in Paris, starting on July 26.For the first time ever at the Olympics, there will be seedings with the top eight wrestlers in each weight class getting the opportunity. The two-time Olympian and country's medal prospect Vinesh Phogat will be unseeded in the women's

the back of 'Glory of Five

50kg freestyle category at Paris 2024. Seedings were awarded based on the Wrestlers' performances at 2023 World Championships, 2024 Continental Championships, 2024 Zagreb Open Ranking Series, and the 2024 Hungarian Ranking Series. Earlier, the sevenmember selection committee decided not to hold any trials for the Paris Olympics, as several quota wrestlers protested against it. When asked about WFI's decision on not to conducting trials Dutt said that there is no need of national trails of a player who has secured quota."I believe there is no need for trials if a particular player has already secured a

quota for the event. The rule is quite old and it should continue like that. Sushil Kumar qualified for three Olympic events through quota and I qualified for four Olympics events through quota, so there is no need for trials," he said. With her seeding, Antim will not face her rival and two-time world champion Akari Fujinami of Japan, Qianyu Pang of the People's Republic of China, who won silver in Tokyo 2020, and Emma Malmgren of Sweden, who won two European titles, until the medal rounds. However, she could meet Ecuador's Lucia Yepez, the World Championships bronze medal winner from last year, in the semifinals.

Yuki Bhambri, Albano Olivetti Clinch Men's Doubles Title At ATP Swiss Open NEWDELHI: India's

Yuki Bhambri and his French partner Albano Olivetti clinched the men's doubles title at the Swiss Open ATP Tour tennis tournament defeating the French pair of Ugo Humbert and Fabrice Martin 3-6 6-3 10-6 in the final in Gstaad, Switzerland. The final match spanned one hour and six minutes, with neither pair yielding ground, culminating in the Indo-French team of Bhambri and Olivetti claiming victory. This

triumph



Bhambri's third ATP doubles title at the age of 32, and his second in partnership with Olivetti. Bhambri's first ATP title was secured at the 2023 Mallorca Championships alongside Lloyd Harris,

followed by a second win at this year's BMW Open Olivetti. Having entered the top 50 in the doubles rankings on June 24, Bhambri's latest victory is set to boost his standing even further.

Paris Olympics: Hockey India President Dilip Tirkey Confident Of Team's Ability To Win Gold Medal

Faridabad: Hockey India president and former captain Dilip Tirkey is confident in the team's ability to secure a gold medal in the 2024 Paris Olympics.Indian team has a very rich and successful past which has seen them become the most decorated side in

Olympic history. The team has won 12 medals (8 gold, 1 silver and 3 bronze) for the country, making it the most successful sport for the country at the Games. "The team composition looks good. We have a strong defending quality and solid strikers who aim to give their best. We all know what Sreejesh is capable of and the goalkeeping will be led by him. Harmanpreet Singh's performance has been on the notch in the last few years. So we expect a medal from them and I am sure that the colour will be gold. We are going to give a

tough fight," Tirkey told reporters at the 'Glory of Five Rings' event on Monday. The Indian hockey team ended the country's 41-year-long wait to achieve their first hockey medal since the 1972 Munich Olympics when they won a bronze at the 2020 Tokyo

Olympics. Being the most successful team in hockey, the pressure will surely be on India as they face very tough opposition in defending champions Belgium, World No.3 Australia, Argentina, New Zealand and Ireland in the Pool B fixtures of the tournament at the

marked

Yves-du-Manoir Stadium. "Indian team have reached Paris and will play their first game against New Zealand on July 27. The Indian team has been performing very well ahead of the Olympics. After the 2023 World Cup, the team has done well in Asian Games and Asian Championships.

117th Foundation Day

Cuttack(AoBureau): Bank of Baroda Celebrated 117th Foundation Day at its Cuttack Regional Office at Chalachitra Bhavan in Buxi Bazar, Cuttack. On this occasion, 4 stretchers and 4 wheel Chairs were provided to the hospital on behalf of the bank. A Plantation programme was also organized in the premises of Bank's Regional office. A drawing and Rangoli Competition was also organized among the children on the occasion of Foundation Day and the winners were awarded. A meeting of the employees was held in the Regional office, Cuttack. Ranjeet Kumar, Regional Head, Regional Office, Cuttack addressed the



meeting and discussed about the future plans of the bank in detail. Among others, Sangram G.P Behera, Deputy

Regional Head, Rajen Pakhayat and Chittaranjan Sahu were present in this programme.

SOA SIGNS MOU WITH ICT, MUMBAI FOR RESEARCH COLLABORATION

Bhubaneswar, (AoBureau): The Siksha 'O' Anusandhan Deemed to University (SOA) has signed a Memorandum of Understanding (MoU) with the Institute Chemical Technology (ICT), Mumbai, for collaboration between the two institutions to enhance the availability of highly qualified manpower in the area of Chemistry, Chemical engineering technology, biological sciences and allied areas. As per the agreement, SOA and ICT, Mumbai shall encourage interactions between scientists, research fellows, faculty members and students of both institutions. The MoU was signed by SOA's Vice-Chancellor Prof. Pradipta Kumar

Nanda and Vice-



Chancellor of ICT, Prof. Mumbai, Aniruddha B. Pandit on Saturday. The arrangements will include exchange of personnel through deputation as per the rules of the respective institutions, organization of joint conferences and seminars, expert lectures by professors of the two institutions, joint guidance of student projects and thesis in academic programs of mutual interest by ICT, Mumbai SOA.Besides, both institutions will make available their

respective important research development facilities to each other for promoting academic and research interaction and permit exchange of software and other materials and components developed in-house in the areas of cooperation. ICT. Mumbai will also leverage the ecosystem and work with start-up companies collocated with SOA-Centre for Innovation Incubation (SOA-CII) and Atal Incubation Centre (AIC)-SOA Foundation.

Plastic surgery evolves into a vital field within healthcare

Bhubaneswar, (AoBureau): Plastic surgery has emerged as an essential factor in healthcare, providing lifechanging solutions for various conditions, including burns, cancer, lymphedema, and cosmetic procedures. It has been addressing both functional and aesthetic needs of patients. AIIMS Bhubaneswar continues to lead in providing exemplary plastic surgery services, reinforcing the importance of advanced medical care in enhancing patients' lives. But, more research and awareness over this sector is need of hour, said experts attending a special



programme organised by the department of Burns & Plastic Surgery at AIIMS Bhubaneswar to mark World Plastic Surgery Day. This year, under the auspices of the Association of Plastic Surgeons of India (APSI), a pioneering Plastic & Reconstructive Surgery Week was initiated. The week-long event featured a series of specialized days dedicated to various subspecialties within plastic surgery, each marked the by performance of relevant surgeries, all provided free of cost.The Department of Burns & Surgery Plastic performed various surgeries, awareness programs, and felicitated burn and cancer survivors. Notable services included free compression therapy for lymphedema patients and free VAC therapy for wound care. The stateof-the-art Burns Unit at AIIMS Bhubaneswar has been instrumental in treating severe burn injuries from Odisha and neighbouring states, significantly enhancing patients' quality of life.

BOB Cuttack Region Celebrated | Activation of On-site Emergency Plan at JSWBPSL

BHUBANESWAR,(AoBureau): Following the 'Safety First' culture, JSWBPSL ensures "Safety" of employees and associates at workplace from time to time by analyzing the readiness and preparedness of the plant to handle any emergency and critical situations. This activation (Mock Drill) Statutory requirement which is done at Plant level in regular intervals in presence Government official District from Administration, Director of Factories and Boilers, their representatives and



important portfolio holders from nearby plants also participate in it. A highly professional Mock drill was conducted JSWBPSL, Sambalpur works, while activating On-site Emergency Plan, on 12th July to check the efficacy of the system in place and e m e r g e n c y preparedness of the plant to handle extreme

situations. The Scenario simulated was sudden fire near the flange while offloading the HSD in HSD Storage area. The Mock Drill showcased exemplary coordination among all teams which lead to timely dousing of fire and quick evacuation of the simulated casualty. The success drill's underscores JSW BPSL's preparedness

to handle emergencies efficiently, ensuring the safety of Personnel, Machineries surrounding communities. The main invitees included Mr. Swaroop Jena, Dy. Director of Factories and Boiler, Mr. Umakant Samantray, Asst. Director of Factories and Boiler, Ms. Rasna Bhoi, District Emergency Officer, Mrs. Geetanjali Sa, District Project Officer and representatives from nearby industries such as Vedanta, TRL to witness the drill as part of safety ally and Mutual Aid Scheme.On this occasion Mr. Anil Kumar Singh, President

& WTD, JSWBPSL, appreciated meticulous planning, swift response synchronization between Rescue, Combat and Auxiliary teams. The program was conducted under leadership of Mr. Umesh Rai, COO and Mr. Ashok Biswal, HOD, Safety and Fire Services. Mr. Umesh Rai concluded the program by saying "Today's mock drill validates our readiness to respond swiftly and effectively in any emergency. participation and support from all, including our guests, have been invaluable in making this event a success."

Skill India Strengthening Global Skills for a Competitive and Inclusive Workforce

NEWDELHI: delegation from Osaka, Japan led by Vice Governor of Osaka Prefecture, Mr. Yamaguchi Nobuhiko, visited Kaushal Bhawan, New Delhi and engaged in strategic discussions with Government of India led by Shri Atul Kumar Tiwari, Secretary, Ministry of Skill Development and Entrepreneurship (MSDE) along with other officials from MSDE, Ministry of External Affairs (MEA) and National Skill Development Corporation (NSDC).Thediscussions focussed on enhancing economic



and human resource collaborations between Osaka Prefecture and India in the field of skill development aiming to enhance the global career opportunities for Indian youth.Both countries embrace a shared vision of fostering international

mobility as a central pillar of their partnership. Their joint initiatives in the field of skill development have been crucial towards uplifting the already strong relations between the two countries. Under the India-Japan MoC signed in 2016, Japanese companies have established 35 Japan-India Institute of Manufacturing (JIM) across various States in India and 12 Japanese Endowed Courses (JEC) in Indian Engineering Colleges. India and Japan also

Technical Intern Training Programme (TITP) and Specified Skilled Worker (SSW)to enable Indian candidates to work in Japan in different sectors. Their collective vision is rooted in the firm belief that a globally competent workforce is paramount in tackling the challenges and capitalizing on the opportunities of the 21st century.During the dialogue, the Vice Governor Osaka shared their ongoing initiatives and welcomed Indian talent to explore emerging opportunities, including at the Expo 2025 to be held in

cooperate

under

JSW launches campaign to celebrate our athletes' relentless pursuit beyond victories and setbacks

NEWDELHI: With the Paris 2024 Olympic Gamesaround the corner, JSW Group has reignited its long-running and hugely successful campaign - Rukna Nahi Hai - with the launch of a brand-new film that delves into the mindset of the athletes who will represent India on the biggest sporting stage in less than two weeks from now. Launched by India's golden boy and reigning Olympic champion Neeraj Chopra on Wednesday, the campaign includes a longer version for digital platforms and a shorter



TV commercial to be broadcast on popular channels before and during the Games. You can download the full campaign video here.JSW who have pioneered the Olympic movement in India over the last decade, have always run compelling campaigns around the Games, and the buildupto Paris has been no different. The film, while

preparation of the athletes, also explores the emotional aftermath of failing to win at the Games. It portrays the public perception of an athlete's performancecelebration and fame if they win, embarrassment and criticism if they lose. And in the process, emphasizes that athletes should remain unfazed by either outcome, quickly returning to practice and preparing their next challenge.Simple, yet thought-provoking, the film underscores the

highlighting

the

athletes' unwavering determination and refusal to stop, come what Conceptualized by Ogilvy and directed by Shashanka Chaturvedi from Good Morning Films, it features a mixof well-known and emerging athletes from various Olympic disciplines, including Neeraj Chopra, Nishant Dev, Preeti Pawar, Manu Bhaker, Manika Batra, and Muhammed Anas, among others. Celebrity film star Ajay Devgn has lent his voice to the film.

Osaka. Electricity India's Grid Is Among World's Largest: Economic Survey New Delhi: India's power transmission system is emerging as one of the largest unified electricity grids in the

world with the interregional capability of transferring 1,18,740 megawatts (MW) on one frequency, according to the Economic Survey 2023-24 tabled in the Parliament on Monday. Until March 31, 2024, transmission systems expanded to 4,85,544 circuit km transmission lines and 12,51,080 mega volt.

Sensex Ends Lower Ahead Of Union Budget 2024-25

Mumbai: Indian equity indices closed in red on Monday following profit booking before the Union Budget 2024-25 which will be presented in the Parliament on Tuesday. At close, Sensex was down 102 points or 0.13 per cent at 80,502, while the Nifty fell 21 points or 0.09 per cent

to 24,509. According to the Economic Survey which was presented in the Parliament on Monday, the GDP growth rate has been estimated at 6.5-7 per cent for the current financial year. Buying was seen in the midcap and smallcap stocks on Monday. The Nifty Midcap 100 index closed 716

points or 1.28 per cent higher at 56,624 points, while the Nifty Smallcap 100 index closed 165 points or 0.90 per cent higher at 18,563 points.NTPC, UltraTech Cement, HDFC Bank, M& M, Tata Steel, Power Grid, Tata Motors, Sun Pharma, L&T, Maruti Suzuki, and Infosys were the

top gainers in the Sensex, while Wipro, Reliance, Kotak Mahindra Bank, ITC, and SBI were the top losers on Monday. Among the sectoral indices, Auto, PSU Bank, Fin Service, Pharma, Metal, and Infra were the major laggards, while IT, FMCG, Realty, and Energy were the major gainers.