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PM Modi Flags Off 3 Vande Bharat Trains Via Video Conferencing



New Delhi: Prime Minister Narendra Modi flagged off three Vande Bharat trains via video conferencing on Saturday.Realizing the Prime Minister's vision of 'Make in India' and Aatmanirbhar Bharat, the state-of-the-art Vande Bharat Express will improve connectivity on three routes: Meerut—Lucknow, Madurai—Bengaluru, and Chennai—Nagercoil. These trains will boost connectivity in Uttar Pradesh, Tamil Nadu and Karnataka.Addressing the occasion, the Prime Minister said that a new chapter is being written in the development journey of India from the North to the South as Madurai—Bengaluru, Chennai—Nagercoil and Meerut—Lucknow Vande Bharat trains are being flagged off today.The Prime Minister underlined that the nation is inching towards the goal of Vikist Bharat with the modernization and expansion of Vande Bharat trains in the country. Referring to the three new Vande Bharat trains being flagged off today, the Prime Minister said that these have provided connectivity to important cities as well as historic towns in the country.In a significant boost to rail travel, three new Vande Bharat trains are being flagged off. These will improve connectivity across various cities of Uttar Pradesh, Karnataka and Tamil

"Temple City Madurai is now connected with IT City Bengaluru", PM Modi said that this would not only ease connectivity, especially during the weekends or festive period but also be very beneficial for pilgrims. The Chennai—Nagercoil route would hugely benefit students, farmers and IT professionals. Shri Modi noted the growth of tourism in places connected to Vande Bharat trains and said that it signifies the growth of businesses and employment opportunities in the region.

CM Majhi Launches 481 Development Projects Worth Rs 1,151 Cr on Local Self-Government Day



Bhubaneswar(AoBureau): Odisha Chief Minister Mohan Charan Majhi inaugurated and laid the foundation stone of 481 development projects worth Rs 1,151 crore across 30 districts in the state, marking the State level Local Self-Government Day ceremony at Lok Seva Bhavan.In his address, the Chief Minister emphasized the importance of self-governance in providing basic facilities to citizens and highlighted the need for elected public representatives to work above politics to fulfil people's expectations. He also stressed the need for decentralization and empowerment of municipalities to plan and provide services for urban infrastructure.Majhi also handed over appointment letters to 27 newly appointed administrative officers and announced the preparation of a handbook and toolkit for citizens and service providers to facilitate the timely execution of master plans and building approvals.Citing the example of Bhubaneswar's rapid urbanization, the Chief Minister acknowledged the challenges in providing basic facilities to residents and assured that the government is committed to developing all urban areas, including Bhubaneswar, into smart cities.The launched projects are expected to improve the lives of citizens and contribute to the state's overall development. The ceremony was attended by various dignitaries and marked a significant step towards strengthening local self-governance in Odisha.

6 Killed, Dozens Injured In Russia's Attack On Kharkiv: Ukrainian Officials

Kyiv: At least six people were killed and 59 others injured in a Russian strike on Ukraine's eastern city of Kharkiv, Ukrainian officials have said.Russia launched an attack with guided bombs from the Belgorod region, striking five locations, including a 12-story apartment building, Kharkiv regional governor Oleg Synegubov wrote on Telegram on Friday.Among the victims was a 14-year-old girl, he noted.he governor added that 20 of those injured are in either serious or critical condition."Occupiers killed a child right on the playground," Kharkiv mayor Ihor Terekhov said in a statement on Telegram.

Ban On 'X' Comes Into Effect In Brazil After Judge's Order

Brasilia: X, the social media platform previously known as Twitter, has been banned in Brazil for not adhering to a deadline set by Supreme Court Justice Alexandre de Moraes.The judge mandated the "immediate and complete suspension" of X until it complies with court mandates and settles any fines due.The dispute started in April when Justice de Moraes ordered the suspension of various X accounts for spreading disinformation. Elon Musk, the owner of X, condemned the ruling, saying, "Free speech is the foundation of democracy, and an unelected pseudo-judge in Brazil is undermining it for political ends."Following the expiration of the deadline to meet the court's requirements, Brazil's telecommunications agency is moving forward with the suspension of X, which is anticipated to be inaccessible in Brazil within 24 hours.Justice de Moraes has directed major corporations such as Apple and Google to eliminate X from their app stores and prevent its operation on iOS and Android devices within five days. Users who try to access the platform via VPNs might incur fines of R$50,000 (around £6,700).The prohibition will persist until X designates a new legal representative in Brazil and pays penalties for breaching local regulations. X had previously stated its refusal to comply with the judge's orders, claiming it would not contravene Brazilian law.The judge's decision particularly affected accounts associated with supporters of the former right-wing president Jair Bolsonaro, demanding their suspension amid ongoing probes. He stressed that the legal representatives of the company would be held responsible if any of these accounts were reactivated.

Russian Helicopter With 19 Passengers, Three Crew Members Goes Missing In Kamchatka Peninsula

Moscow: A Russian helicopter with three crew members and 19 passengers on board went missing in the far eastern peninsula of Kamchatka on Saturday, according to reports citing preliminary data from the federal air transport agency.

ECI Revises Haryana Poll Date From Oct 1 To Oct 5; Counting On Oct 8



New Delhi: The Election Commission of India (ECI) has rescheduled the Haryana Assembly elections from October 1 to October 5, in order to honour the Bishnoi community's Asoj Amavasya festival. This decision comes after representations from political parties and the All India Bishnoi Mahasabha. The results for both Haryana and Jammu & Kashmir will now be declared on October 8.ECI had announced the dates for the Assembly elections in Jammu and Kashmir and Haryana. While polling in J&K will be held in three phases on September 18, September 25, and October 1, the 90-member Haryana Assembly was supposed to go to the polls on October 1. The results for both the elections were supposed to be announced on October 4.As per a notification issued by the ECI on Saturday, polling in Haryana will now be held on October 5, while the results for both J&K and Haryana will now be declared on October 8.October 10 has been fixed as the date for completing the election process in both Haryana and J&K."Representations have been received from national/state political parties, and the All India Bishnoi Mahasabha regarding the mass movement of people belonging to the Bishnoi community from Haryana to Rajasthan to participate in the centuries old 'Asoj Amavasya' festival. It may deny voting rights to a large number of people and may lead to reduction in voters' participation in the elections for the Legislative Assembly of Haryana. "The Commission, having considered these representations, has decided to change the date of polls only for Haryana from October 1, 2024 (Tuesday), to October 5, 2024 (Saturday)," the poll panel notification read.For the Bishnoi community, which forms a significant population in northern region, the Asoj Amavasya festival holds religious importance as it honours their Guru Jambheshwar.

PIL Before SC Demands Caste-Baste Census



New Delhil: A public interest litigation (PIL) has been filed before the Supreme Court seeking a direction to the Centre to conduct a caste-based census in the country for the "welfare of backward and other marginalised sections".The PIL demands expeditious enumeration of data for the 2024 census and a Socio-Economic Caste Census (SECC) for the implementation of welfare measures, according to the population.An SECC would help identify disadvantaged groups, ensure equitable resource distribution and monitor the implementation of targeted policies, said the plea, adding that accurate data on backward and other marginalised sections is crucial for the Union government to achieve social justice and constitutional objectives.Further, the PIL said that a data-driven approach is essential for informed policy-making, and precise data aids in understanding socio-economic conditions and demographics, enabling targeted interventions to uplift disadvantaged communities."For the first time in post-independence, the SECC conducted in 2011 aimed to gather comprehensive data on socio-economic indicators, including caste information. However, concerns over the quality of data and classification challenges have prevented the release and effective utilisation of the raw caste data. An Expert Group was formed to classify and categorise this data, but its recommendations have yet to be released by the Union Government," said the PIL, filed through advocate Shravan Kumar Karajan.It added that Article 340 of the Constitution mandates the appointment of a commission to investigate socially and educationally backward classes."Respondents (authorities) have not conducted the enumeration for Census-2021 to date. Initially, it was not done due to the Covid-19 pandemic and subsequently, it has been postponed time and again.

Muslim Scholars, Religious Leaders Meet Minority Affairs Minister Rijiju; Back Waqf Bill



New Delhi: A day after the second meeting of the Joint Parliamentary Committee (JPC) on the Waqf (Amendment) Bill 2024, a delegation comprising Muslim scholars and religious leaders on Saturday met Union Minority Affairs Minister Kiren Rijiju and JPC Chairperson Jagdambika Pal to extend their support to the proposals made in the Bill.The delegation, comprising Muslim intellectuals, scholars and religious leaders, was led by Syed Naseeruddin Chishti, the Chairman of the All India Sufi Sajjadanshin Council and successor to the spiritual head of Ajmer Dargah.The discussions centered around issues related to Muslims and the Waqf (Amendment) Bill.They first met Union Minister Kiren Rijiju at the latter's residence here and discussed the Waqf Bill presented recently in the Lok Sabha.After meeting the Minority Affairs Minister, the delegation called on Jagdambika Pal at his residence.Jagdambika Pal, a senior BJP leader, is the chairman of the JPC constituted to discuss the proposed amendments in the Waqf Bill.The JPC comprises 31 MPs—21 from the Lok Sabha and 10 from the Rajya Sabha.During the deliberations with both Kiren Rijiju and Jagdambika Pal, the delegation led by Chisti submitted that the Waqf Board had been creating problems for Muslims across the country.Reposing its "complete faith" in the JPC, the delegation exuded confidence that the committee will give an ear to the problems mosques across the country have been facing due to the Waqf Board and welcome the necessary suggestions.Backing the Waqf (Amendment) Bill 2024, the delegation emphasised better management, transparency and accountability in the functioning of the Waqf Board. It also said that this would ensure an end to corrupt practices and land grabbing while making the Waqf Board beneficial for the underprivileged Muslims.The delegation also demanded the setting up of a separate 'Dargah Board' for better management of matters related to mosques while urging the government to intervene in the "excesses" of the Waqf Board.

47 Indians Rescued From Cyber-Scam Centres In Laos

Laos: The Indian Embassy in Laos announced on Saturday that it has successfully rescued 47 Indian nationals who were trapped in cyber-scam centres located in the Golden Triangle Special Economic Zone (SEZ) in Bokeo province.The Embassy reported that 29 individuals were handed over by Laos authorities following a crackdown on illegal activities in the SEZ. The remaining 18 approached the Embassy directly, seeking assistance.In a post on X, the Embassy explained that its officials travelled from the capital, Vientiane, to Bokeo, where they coordinated with local authorities to facilitate the rescue. The rescued individuals were then transported back to Vientiane, where they were provided with accommodation.Indian Ambassador to Laos, Prashant Agrawal, met with the rescued group upon their arrival in Vientiane to discuss the challenges they faced and to outline the next steps.The Embassy has completed all necessary procedural requirements with the Laos authorities for the repatriation of these individuals. So far, 30 individuals have either returned to India or are on their way back home, while the remaining 17 are awaiting final travel arrangements.Ambassador Agrawal reiterated that ensuring the safety and well-being of Indian citizens is a top priority for the Embassy, stating that all requests for assistance are promptly addressed.The Embassy also expressed its gratitude to Laos authorities for their cooperation and urged them to take action against the unscrupulous elements responsible for luring Indian nationals into such scams.

Bengal Govt Approaches SC Against Release Of Nabanna Abhijan Convenor



Kolkata: The West Bengal government on Saturday approached the Supreme Court challenging the Calcutta High Court's order directing the Kolkata Police to release Sayan Lahiri, one of the convenors of the Nabanna Abhijan (March to Secretariat) call given on August 27 to condemn the rape and murder of a junior doctor at the R.G. Kar Medical College and Hospital in Kolkata earlier this month.Passing the order on Friday, the single-judge bench of Justice Amrita Sinha of the Calcutta High Court also made it clear that no coercive action can be taken against Lahiri, not just in connection with the Nabanna Abhijan, but also in relation to any other police case against him.Sources said that although Lahiri was released on Saturday afternoon honouring the Calcutta High Court's order, the state government has now approached the apex court seeking to reverse the high court ruling so that Lahiri can be again taken into custody.In the petition filed before the Calcutta High Court on Friday, Lahiri's counsel had accused the city police of arresting his client on false charges. The petition was admitted and heard on an emergency basis.After his release on Saturday, Lahiri said that despite all the hurdles that came his way, he will continue to protest till justice is delivered in the R.G. Kar case and all the others who were arrested in connection with the Nabanna Abhijan are released.Lahiri was arrested earlier this week from outside the office of a vernacular news channel where he came for a panel discussion on the R.G. Kar issue and the Nabanna Abhijan. However, on Friday the high court directed the police to release him by 2 p.m. on Saturday.

India Has Special China Problem, LAC Standoff Calls For Investment Scrutiny: Jaishankar



New Delhi: India has a "special China problem" and the four-year military standoff on the Line of Actual Control (LAC) and the state of the bilateral relationship call for precautions such as scrutiny of Chinese investments, external affairs minister S Jaishankar said on Saturday.Jaishankar, who has maintained for long that the normalisation of India-China relations can't be delinked from peace and tranquillity on the border, made the remarks while speaking on foreign policy issues at a conclave in New Delhi. Relations between the two Asian countries have been at a six-decade low since the face-off on the LAC began in April-May 2020.He said India is not the only country debating problems linked to China, since China is among the key economic and national security discussions in European countries and the US. "India has a China problem, a special China problem, that's over and above the world's general China problem," he said.While dealing with trade, investments and exchanges of different kinds with China, the "basics start to go off track" if one neglects to consider that "this is a very unique country with a very different way of working". India, he said, has had a "very difficult situation on the border for the last four years" and the sensible response is to take precautions."It's common sense that investments from China would be scrutinised. I think the border and the state of relations between India and China call for it," Jaishankar said. Even countries that don't have borders with China, such as the US and European states, are scrutinising Chinese investments, he noted.

AIMPLB Delegation Seeks K'taka Govt's Support To Oppose Waqf Bill



Bengaluru: A delegation of the office-bearers of the All India Muslim Personal Law Board met Chief Minister Siddaramaiah at his residence Kaveri in Bengaluru on Saturday and sought the Karnataka government's support to oppose the proposed Waqf Amendment Bill by the Union government.General Secretary of the AIMPLB, Maulana Muhammad Fazlur Rahim Mujaddidi appealed to the CM that the Board seeks his support for opposing the Bill and persuading the Centre not to pass it in Parliament."The Government is projecting these issues in a very innocent manner, portraying as if it is beneficial to the community. The Muslim community at large knows and understands that this is a game of the central government. On the face of it, the proposed amendments are arbitrary and violative of Articles 25, 26, 29 and 14 of the Constitution of India," he stated."Even otherwise, even if it was not violative of the Constitution, laws like this on paper may look simple but their use under the hand of hostile establishments against a few targeted communities makes them a source of discontentment among the public in general, and in the present case, it will become a basis for the discontentment of the Muslim community at large," he maintained."The regulation of the Waqf can only be minimal. The scheme of regulatory laws cannot be in the nature which places the entire or substantive control of the said Waqf properties in the hands of the government or government-nominated people

Putin Receives Reports From Military Day And Night: Russian Presidential Spokesman



Moscow: Kremlin spokesman Dmitry Peskov said on Saturday that Russian President Vladimir Putin receives reports from the military several times a day – both during the day and at night."Several times a day, or as needed, day and night, the president receives reports from the military. This is his role as Supreme Commander-in-Chief," Peskov said during 'Moscow. Kremlin. Putin' programme, as per the state-owned TASS news agency.The Russian presidential press secretary also told state TV reporter Pavel Zarubin that Putin keeps all social issues "in areas where the situation is difficult under personal control".He mentioned that the head of State communicates with regional leaders and department heads on these issues on a daily and sometimes hourly basis."In areas where the situation is acute, the president keeps all issues related to social security under his personal control. These are daily or hourly contacts with regional leaders, with heads of social departments, the Ministry of Emergency Situations, law enforcement agencies, and construction workers," Peskov said.He added that among the president's areas of focus is "concern for people – how the work of temporary accommodation centres is organised, where exactly people have arrived, where they are being housed, where children will go to study…"
Such intense work, said Peskov, along with the continuous receipt of reports from the military, "occurs throughout the day, and this all happens daily"."And in addition to this, there is also work with documents. We are talking about substantive documents – which need to be thoughtfully read before signing," he added.The documents include the decrees and lists of instructions from the head of State."If you imagine the entire volume, then sometimes even a day [for work] is not enough. And, then there are regional trips and everything else," stated the Kremlin spokesperson.On Friday, Putin received reports from the heads of three regions, including the acting governors of Khabarovsk Krai, Vologda and Samara Oblasts.

Russia Conducts Fresh Air Raid On Ukraine

Kiev: Russia conducted another major aerial strike on Ukraine overnight, using an Iskander-M ballistic missile, four S-300 guided missiles, and 52 combat drones, the Ukrainian Air Force said in a statement on Saturday.No casualties were reported in the air strike, as the air defence forces shot down 24 Shahed-131 and Shahed-136 drones, according to the statement.The air defense was active in eight regions in central, southern and northern Ukraine, including the Kiev region, Xinhua news agency reported. The strike marked the fourth attack on the Ukraine capital this week, said the Kiev City Military Administration.

Commissionerate Police Arrests B-Tech Graduate, Four Others For Ganja Smuggling



Bhubaneswar(AoBureau): The Commissionerate Police arrested a B-Tech graduate, Pushpak Srichandan, and four associates for running a ganja smuggling network. The gang, which included two youths from West Bengal, was caught with 130 kg of cannabis and two expensive cars.Pushpak, a resident of Jankia, started the illegal trade after completing his studies. He and his associates bring ganja from Raikia in Kandhamal and sell it in Bhubaneswar and Kolkata. Police Commissioner Sanjeev Panda said the arrests were made after a tip-off, and the gang was caught while transporting the contraband in a car.The seizure includes two cars and a large quantity of marijuana. The five arrested individuals are being further investigated for their involvement in the drug trade.

Naveen Slams Odisha Govt Over Law & Order Failures

Bhubaneswar(AoBureau): During the discussion on the Home Department's demand in the Odisha Assembly, Leader of Opposition Naveen Patnaik raised serious concerns about the law and order situation in the state.Patnaik highlighted several recent incidents that have tarnished Odisha's reputation for communal harmony and effective governance.Patnaik pointed to a series of communal incidents in Balasore and other parts of the state, including a recent murder in Khordha district, which he said needed urgent attention. He emphasized that Odisha has historically been known for its communal peace, and preserving this harmony should be a top priority for the state government.He also criticized the government's handling of the recent Ratha Yatra, where the deity of Lord Balabhadra was mishandled and tumbled to the ground, shocking millions of devotees.In addition, Patnaik brought up the recent liquor tragedy in Ganjam district's Chikiti area, expressing concern over the state's efforts to combat illicit liquor. He urged the government to take decisive action on these matters.Patnaik further questioned the government's response to an incident involving the Governor's son, who allegedly attacked and humiliated a government officer on duty during the Ratha Yatra.He posed a critical question to the assembly: "Is the law different for the sons of governors, ministers, MPs, MLAs, or senior officers? Are they immune from prosecution?" He warned that if certain individuals are indeed above the law, the people of Odisha must be informed.

Ravenshaw University's Name Should Be Changed: Union Minister Dharmendra Pradhan

Bhubaneswar(AoBureau): Union Minister Dharmendra Pradhan has proposed renaming Ravenshaw University, one of Odisha's most prestigious educational institutions. The minister's suggestion has sparked a lively debate among students, alumni, and the general public.During a recent event, Pradhan emphasized the need to honour local heroes and cultural icons by renaming the university. He suggested that the new name should reflect the rich heritage and contributions of Odisha's luminaries. "What was Ravenshaw sir doing during the Great Famine of 1866, also known as the Na-Anka Durbhikshya?," Pradhan stated. "But it is a personal opinion", clarified Pradhan.Ravenshaw University, originally established as Ravenshaw College in 1868, was named after Thomas Edward Ravenshaw, the then Commissioner of Cuttack Division. Over the years, it has evolved into a leading center of higher education in Odisha, known for its academic excellence and vibrant campus life.The proposal has elicited mixed reactions. Some students and alumni support the idea, believing it will instill a sense of pride and identity.The university administration has yet to make an official statement regarding the proposal. Meanwhile, discussions and debates continue across various platforms, reflecting the community's engagement with the issue.

Odisha To Have 25 More Excise Stations

Bhubaneswar(AoBureau): As many as 25 more Excise Stations will be opened in Odisha, informed Excise Minister Prithiviraj Harichandan.Harichandan said that these new Excise Stations will be opened at 16 places of the State.The Excise Directorate has written letters to all Excise Superintendents in this connection, Harichandan added.The Excise Minister said that out of the new Excise Stations that have been planned to be opened six are in Ganjam district alone.
A meeting with regard to Excise Stations is scheduled to held on September 4, he added.

Junior Engineer Caught Accepting Bribe In Rayagada

Bhubaneswar: Vigilance sleuths apprehended Purna Chandra Choudhry, Junior Engineer (J.E) of Kashipur Block in Rayagada district, for demanding and accepting a bribe of Rs 25,000.The JE took the bribe at his residence in Rayagada from a Gaon Saathi (complainant) to facilitate the measurement of work executed and the release of labour payment under the MGNREG scheme. The entire bribe amount was recovered and seized from Choudhry's possession.Following the trap, a search was conducted at Choudhry's residence from a Disproportionate Assets (DA) angle. A case has been registered under Section 7 of the Prevention of Corruption (Amendment) Act, 2018.

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3 Ghana Nationals Found Abroad Chinese Vessel Docked At Paradip Port



Paradip(AoBureau): Three Ghana Nationals were found on a cargo ship at Paradip Port, believed to have been stowaways on the vessel.These individuals are now under the custody of the Port CISF aboard the ship in question.The crew discovered them in the anchorage area of Paradip Port while they were attempting to hide inside the ship. Tensions arose after the vessel docked at the CQ-2 berth within Paradip Port's restricted area.The MV Great Seng Wen, originating from Hong Kong, delivered coal to Paradip Port. The circumstances of how they boarded the ship remain unclear. Of the 20 crew members on board, three have been identified as Ghanaian citizens.An investigation has commenced determining their intent, their intended destination, the port of entry, and how they accessed the ship.

Prof. Dr Lucy Das Appointed Dean & Principal Of SCB Medical College & Hospital

Bhubaneswar(AoBureau): Prof. Dr Lucy Das has been appointed as the new Dean & Principal of SCB Medical College & Hospital, Cuttack.A notification in this regard has been issued by the Health & Family Welfare Department of the Odisha Government on Saturday.Prof. Dr Das has been also given the additional charge of Superintendent of SCB Medical College & Hospital until further orders.

Gopabandhu Sambadika Swasthya Bima Yojana Extended Till August 31, 2025



Bhubaneswar: With the approval of Chief Minister Mohan Charan Majhi, the duration of Gopabandhu Sambadika Swasthya Bima Yojana, the health insurance scheme for the working journalists has been extended from 1 September 2024 to 31 August 2025, Information and Public Relations Department informed.In this context, the scheme has been renewed. An annual premium of 8 crore 55 lakh 76 thousand 314 has been paid to the Oriental Insurance Company and a bilateral agreement has been signed between the insurance company and the Information and Public Relations Department.Initially, 7041 working journalists have been included in this insurance scheme for the next year. The portal of the Information and Public Relations Department will open in the first week of September for journalists applying to register under the scheme. The process of application will be valid for one month, stated a release issued by the Information and Public Relations Department.

Repairs Of State-Wide PWD Roads Before Durga Puja: Works Minister



Bhubaneswar(AoBureau): The government has initiated the process for the repair and development of Public Works Department roads in urban areas.Data gathering is underway from the concerned department. A departmental review meeting is scheduled before Durga Puja to draft a list and commence work.Hence, all MLAs must submit proposals for the necessary road repairs in their constituencies to the department as requested by the Works Minister.In a question hour on Saturday, MLA Durga Prasanna Nayak, along with other House members, raised issues regarding road repairs in their areas. Addressing the collective concerns, Works Minister Prithiviraj Harichandan provided updates.MLA Durga Prasanna Nayak highlighted the road transportation infrastructures in villages under Batighar Panchayat of Mahakalapada block, Kendrapada district, hindering development activities. To address this, he advocated for a bridge over the Luna River.Echoing the same issue, MLA Ganeswar Behera highlighted the sorry state of roads in Jambudipa within his constituency, a sentiment shared by many across the state.BJP MLA Amarendra Das criticized the subpar ROB and overbridge construction on the Jagatsinghpur-Balikuda Erasama railway line. In response, it was noted that evaluations and inspections of major roadworks are in progress.The minister announced plans for monthly reviews by the department.Additionally, MLAs Pratap Deb, Pabitra Saunta, Abhimanyu Sethi, Prashant Behera, Ram Charan Mallik, NilaMadhab Hikkaka, Amar Nayak, Pratap Chandra Nayak, and Chakrapani Kanar inquired about road, overbridge, and development project progress in their areas.

Odisha Hosts Workshop To Boost Services In Tier 2 & 3 Cities, Eyes Robust Ecosystem Devpt

Bhubaneswar: The Government of Odisha on Saturday hosted a State Consultation Workshop on "Creating an Enabling Ecosystem for Services in Tier 2 and 3 Cities" here.The event saw participation from key figures including Chief Secretary Manoj Ahuja, Secretary of the Ministry of Electronics and Information Technology S Krishnan, Development Commissioner-cum-ACS Anu Garg, Principal Secretary of the Electronics and Information Technology Department Vishal Dev, as well as senior officials from 24 States and Union Territories across India.The workshop centered on the initiatives that various States have undertaken in areas such as skilling, infrastructure development, Ease of Doing Business, and policy and regulatory reforms to nurture a strong services ecosystem.Participants exchanged ideas on potential new initiatives that could further enhance the services ecosystem in Tier 2 and Tier 3 cities, focusing on sectors like IT, semiconductors, tourism, BFSI, civil aviation, logistics, and others.Chief Secretary Manoj Ahuja highlighted the importance of these discussions in closing the gap between Tier 1 and Tier 2 cities. He reaffirmed Odisha's commitment to fostering service-led growth across the state by building robust infrastructure, streamlining regulatory processes, and advancing skill development initiatives tailored to the unique needs of smaller cities.Addressing the gathering, S Krishnan emphasized the workshop's role as a platform for States to convey industry concerns to the Government of India and outline the reforms needed from the central government. He underlined the importance of collaboration between State and central entities in creating a conducive environment for the growth of the services sector. Krishnan also expressed gratitude to the Government of Odisha for hosting the workshop.Development Commissioner-cum-ACS Anu Garg called for a collective approach to overcoming challenges such as talent acquisition, technological integration, and market access, which are crucial for unlocking the potential of Tier 2 and Tier 3 cities.Principal Secretary of the Electronics and Information Technology Department Vishal Dev delivered a detailed presentation on the steps Odisha has taken to build a supportive ecosystem for services within the State. He outlined key policy actions, infrastructure projects, and capacity-building efforts that have contributed to the growth of Odisha's services sector and suggested further measures to accelerate this progress. This workshop is part of a series of high-level discussions leading up to the 4th National Chief Secretaries' Conference, scheduled for later this year.

EDITORIAL

Pain is a given, but suffering is a choice

In the Bhagwad Gita Krishna emphatically declares there is no place for grief in life. We invite grief into our lives by unintelligent identification. We further compound the problem by suffering in anticipation of pain, anguish during the experience and agonising in memory of past trauma. The root cause is ignorance. The Gita says the world is a mix of pairs of opposites, is ever-changing, and is unpredictable. Understand the world as it is. Enjoy it, but never depend on it. Then the same world that now gives stress, will become pleasurable. You will be happy.

Grief and delusion come from identification with body, mind and intellect – the little self. When you view everything from a personal angle, there is grief. View the same thing from a larger perspective; there is peace. Arjuna, the mighty prince and warrior, is reduced to tears when he looks at the entire scenario from his personal viewpoint. He lays down his bow and arrow and refuses to fight. He surrenders to Krishna and says, "I am your disciple. Please teach me." Krishna does not comfort Arjuna. He speaks the Truth – uncompromising and forthright. It removes the despair and prepares Arjuna for the philosophy that is to come.Krishna's opening words are – Arjuna, you speak words of wisdom but you mourn for those that should not be mourned for. The wise grieve neither for the living nor for the dead. From verses 11 to 53 Krishna presents Arjuna with the highest knowledge –indestructibility of the Soul. Arjuna is worried about dying. So are we all. Krishna explains what happens at death. Atman, the real you, never dies. Even the mind and intellect do not perish. You only leave behind the body and environment that no longer meet with your needs and move to another body and circumstances more suited to the fulfilment of your desires. Just as a man gives up tattered clothes, to don new ones. Thus your journey to Truth continues. Krishna says – There was never a time when you and I did not exist nor will there ever come a time when we shall cease to be. Everything around us, changes. One who is not troubled by these fluctuations and remains steady, equal to joy and sorrow, is fit for immortality. In the midst of this cycle of birth and death it is your duty to act. For a kshatriya, there is nothing more sacred than a righteous cause. You are fortunate to have such an opportunity that is a win-win situation. If victorious, you will gain the vast kingdom. If slain, you will attain heaven.

Think about it: What makes a good life?

A great career, financial success, a nice family, loads of friends, an active social life and exciting holidays make a good life, right? Think again. Often, i have admired the cheerfulness and tranquillity of many of the security guards, cleaners and gardeners at our building. They arrive at work earlier than required, are always very willing to help and they do it with a smile. I have chatted with a couple of them at times and found their approach to life a reminder of what makes a good life.

Firstly, true quality of life is a reflection not of our standard of living but how we experience life within. Secondly, it is a measure of our level of freedom from our volatile emotional-mental states; how well we win over our frequent feelings of anxiety, fear and envy or craving for a different life. I have noticed three principles that contribute to such a good life. Morality: We cannot be at peace or experience emotional freedom without a clear conscience.

Shyamsundar Samal

A high sense of moral integrity is important for a healthy inner life. Without strength of character, we can easily compromise on 'minor' infractions on integrity. We tell white lies, choose convenience over righteousness and assume that the end somehow justifies the means. It doesn't! The emotional residue of any wrongdoing stays and accumulates in our psyche and manifests itself in one negative emotion or other. For example, guilt results in anxiety, irritability and low self-esteem. Immoral conduct in business or personal life corrupts and weakens us. Choosing to do the right thing strengthens our inner being. Inner compass: To experience emotional freedom, it's important to live life on our own terms. We feel free when we align our life to our innate traits, core values and our life's calling. We carry enormous emotional baggage when we are trying to live a life that we believe others expect us to. One of the biggest reasons for stress in our lives is our constant propensity to compare ourselves with others. Living by our inner compass relies on feeling grateful for and at peace with who we are and our circumstances. We don't crave for a different life and choose not to compare ourselves, our life or our progress, with others. Wisdom around control: One of the factors contributing to our inner suffering is our desire to control outcomes – from advancement at work and children's future to longevity and others' perception of us. Being focussed on goals and doing our best to reach them is healthy. However, with our high achievement-orientation, we routinely obsess about the outcomes. That significantly increases our emotional burden. Wise people know the delicate balance between willpower and letting go. They do their best on what's in their control and are wise enough to let go of the temptation to worry about what's not in their control. That's what can help us overcome our constant yearning for favourable outcomes and fully enjoy the present. It also helps us be compassionate towards ourselves, our colleagues and loved ones.As you may notice, these principles, while not necessarily easy to live by, are great social equalisers.

Your beliefs and thoughts impact your life

We are so sure of our beliefs, views and opinions. We call it the truth. We say that's how things are. But have we ever examined whether any of this is true? Why or how, are we so sure? How do we know that what we think is true? Right or wrong, everyone is equally sure. We don't ever doubt our own thinking. Even though we have put in no effort to learn how to think or verify whether what we think is true. We are sure of what to eat, what to drink, how to behave, which medical cure will work, what is best for our children, what is God's role in our lives…. The list is endless. The beliefs are strong. But can we say that the application behind the belief is equally strong?

And what is the result of this sureness? That our life continues with the same, frustrating helplessness. Parts of life never seem to get resolved. Our problems never seem to get solved. Our potential is never fully realised. We then attribute it to God, luck, vaastu or the stars. We do not see that our opinions and beliefs are the prime movers of our lives. If a person believes that money is the be all

Abhaya Kumar Das

and end all of life, how will his life be? What kind of life will he create for himself? If a person believes that family is the be all and end all of life, how would his life be? What would be his problems, his situations? Each one has the kind of life that his beliefs render. As long as those thoughts remain the way they are, his life will ever remain the same – the same problems, the same frustrations, the same aspirations and the same cycle of hope and despair.

Do parents review the way they are looking at and dealing with their children? Do business people review the way they are doing their business? Do teachers come up with different ways of being more effective teachers? If they don't, how can they expect different results? Everything will continue the same way. Not only is our life created by our thoughts, it is also interpreted by our thoughts. The same event is bliss for one and misery for another. For one the glass is half full, for another it is half empty. Life for one is delightful. The same life for another is horrible. All this is created by our thoughts. In the same world, at the same time, Duryodhana could not find a single good person and Yudhistira could not find a single bad one! So it would be well worth our time to examine our thoughts, especially in areas where things don't seem to be turning out well. Find out if your thoughts are correct. Are our thoughts proving beneficial in our lives or are they hindering progress? Any kind of dissatisfaction, frustration or irritation indicates that we need to re-examine the way we are looking at things, we need to take another look at how we are seeing things. It is not easy to do this. But it is this kind of objectivity and honesty to ourselves, that will unfold the life of our dreams. We will lose the feeling of victimisation and become a powerful player in life.

Try and remember all happy memories

Anytime you ask people about happy moments in their lives, they have to really think hard. But ask them about unpleasant or sad moments they will come up easily with many. My 94-year-old mother, has now started hallucinating a lot. Most episodes are of fear. Fear of losing her jewellery; getting robbed; a girl child crying and so on. When she is lucid, i have asked her why she is afraid when she is living a good life – why can't she remember pleasant incidents? She says there are hardly any! It is as if all the pleasant thoughts and memories have simply vanished or have gone so deep into the recesses of her brain that she cannot access it.

What is the basis of such a thinking process? Neurobiology may throw some light on it. There are ample indications that bad/ unpleasant thoughts occupy a major portion of our thinking. There is socio-biological reasoning for it. In order to survive, humans developed strategies to get resources and ward off enemies and predators. This helped in developing the controlling instinct which allowed us to control our environment and hoard resources. All these came with the baggage of bad thoughts of harming others and in turn being harmed by them. These thoughts which lead to

Dr. Tapan Kumar Pal

traumatic events produce very powerful memories in our brain.

As we age, the percentage of anxiety-driven thoughts increase, since a lifetime of anxieties produce unpleasant memories which somehow overshadow the happy ones. That could explain the fear-driven hallucinations of my mother. It has also been observed that once anxiety-driven thoughts kick in, more and more negative and angry thoughts start emerging from the brain. It is as if the brain goes into a spiral about negative thoughts. This also starts, in some, episodes of depression. When the ego goes on overdrive either because of adrenalin flowing or other inputs, then, a large number of random neurons fire and neural pathways associated with existing memories light up. And since anxiety-driven memories are much more than pleasant memories, this could be the reason why we get one bad thought after another, leading to an agitated mind.

Calmness of mind, according to Patanjali, comes when we focus on a single thought for a long time. This process helps the brain to loosen other mental knots and allows the processing power of released neurons to focus on a single thought and helps in reducing traumatic memories. This process gives tremendous happiness to the person. This is also the genesis of viveka, power of discrimination and wisdom which allows the brain to make decisions after looking at all eventualities and helps in minimising painful thoughts. Naturally, this yogic process is achieved by tremendous discipline and years of practice. A simpler mechanism to reduce production of negative thoughts is to think of happy thoughts. Even Patanjali talks about it when he says, "To be free from thoughts that distract one from yoga, thoughts of an opposite kind must be cultivated." This is a far better strategy then suppression of thoughts since suppressing them results in increasing the number of psychological knots. Suppression does not allow thoughts to go away but only helps them to form powerful memories.With continuous effort of cultivating happy thoughts, they can replace anxiety-driven thoughts. That is the basis of all yoga.

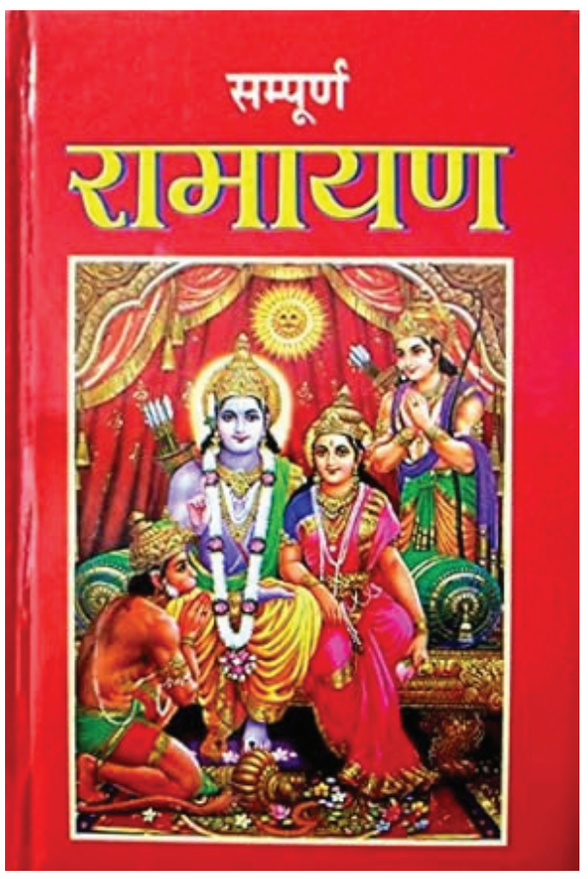
Ramayana: Significance of Sundarkand

The Ramayana in Sanskrit was authored by Valmiki. There was no literature meant for commoners, prior to the Ramayana. Only Vedic literature existed before it. That's why Valmiki is referred to as adi kavi or the first poet. Two more Ramayanas are very popular – the Kamba Ramayanam in the south and Tulsi Das's Ramcharitmanas in the north. Valmiki gave three titles to his book: It is called Ramayana from the point of view of the hero. Sitayah Charitam is from the point of view of the heroine and Poulastya Vadham is from the villain's point of view. Ramayana means that which can get the reader to attain Rama. Sitayah Charitam is the story of Sita and Poulastya Vadham is the killing of Ravana.

There are 24,000 verses in the Ramayana and it is divided into six cantos: Balkand deals with the childhood of Rama and his brothers; Ayodhyakand is about their growing up in Ayodhya; Aranyakand narrates Rama's exile in the forest along with Sita and Lakshmana, and Sita's abduction; in Kishkindhakand Rama meets with Sugreeva and Hanuman; Sundarkand is the story of searching for Sita, and Yuddha Kanda, the war, killing of Ravana, Rama's return to Ayodhya with Sita and Lakshmana and his coronation. While five of the six chapters are named around the incidents or places, only Sundarkand is named differently – it is called, the beautiful canto.

The significance of Sundarkand lies in its very name. It is a canto that most people chant; a parayana grantha meant to be chanted. Beautiful components are embedded in the canto. Firstly, if we look at it as a work of literature, it consists of beauty; aesthetics in the words employed are known in poetics as sabda saundaryam consisting of many figures of speech like alliterations. Then there are many poetic qualities employed by Valmiki in the meaning of the words with multiple meanings or subtlety, known as artha saundaryam, beauty in meaning. In Sanskrit literature, poetics deals with the concept of rasa, sentiment or emotion. In Sundarkand, we find many descriptions expressing density of various emotions of love, anger, fear, repugnance, wonder and so on. This reveals rasa saundaryam.

Dr. Dillip Moharana



When Hanuman approaches Sita, she doesn't believe he is a messenger from Rama. She asks him to describe the beauty of Rama. When Hanuman sees her for the first time, he is amazed at her beauty. We find a great description of the beauty and valour of Hanuman. Thus, Sundarkand consists of the descriptions of beauty of Rama, Sita and Hanuman. If we look at Sundarkand as a spiritual text then we find the beauty of the Divine in Rama; beauty of the yearning of the soul in the form of Sita to join the lord and the beauty of Hanuman not just as a messenger but as an acharya who unfolds the spiritual connotations of the canto to the readers. There are nine different aspects of saundarya, beauty, in this canto. There are people who read the entire 68 cantos in a day. Many people read it from the first day of the lunar new year Ugadi to the ninth day Rama Navami, the birth day of Rama. Chanting it in any manner, over a period of 40 days is a common practice.

2 poachers arrested with gun from Ulunda range Chandili forest



SUBARNAPUR (AoBureau)-- Forest department arrested 2 poachers from Chandili reserve forest under Ulunda forest area of ??Subarnapur district on Friday and seized a gun from them. Those two hunters were Sarat Mahant and Murali Barik. According to the information, the forest department received the news that about 8 to 12 hunters went to the forest for hunting. After receiving the information , a team of forest rangers Rajeeb Sahu and Binod Sahu raided the forest under the orders of Ulunda ranger Sanjeeb Rout. After the hunters got the news, two of the hunters who were returning from the scene were caught by the forest department while the others ran away. Ranger Mr. Rout has informed that two slings, bracelets, guns etc. have been seized from there and a case has been filed on 114/24 and the accused have been prosecuted. Ranger Mr. Rout's unprecedented work is highly appreciated by local people and intellectuals.

Heavy rainfall in Malkangiri water flows over the bridge on NH 326



Malkangiri AO Bureau Heavy rainfall in Malkangiri district has caused a flood-like situation disrupting connectivity to the neighbouring states Andhra Pradesh and Telangana. The 326 National Highway, connecting Malkangiri with Motu, is currently impassable due to floodwaters overflowing onto the Kangrukonda bridge.As per reports, vehicular movement between Malkangiri and Kalimela was disrupted as floodwater flowed 2 feet above the Kangrukonda and Kanyashrama bridges on NH 326 due to heavy downpours. Moreover, the floodwater submerged the Kangrukonda bridge, making it impassable for vehicles. As a result, buses, trucks, and other vehicles are stranded on both sides of the bridge. The administration has restricted movement on the highway, and police personnel have been deployed to prevent people from crossing the flooded area.The situation is being closely monitored by district officials, who are working to restore connectivity as soon as possible. Kalimela Block Development Officer, Motu Tehsildar and Kalimela Inspector In-Charge visited the submerged bridge and assessed the situation. The officials have provided updates to the district administration. The heavy rainfall has also affected the connectivity to Padia, with the Kanyashram Bridge submerged under 2-4 feet of water. The district administration started taking necessary measures to mitigate the situation and ensure public safety.

Preparatory meeting in Subarnapur district for successful implementation of Subhadra Yojana



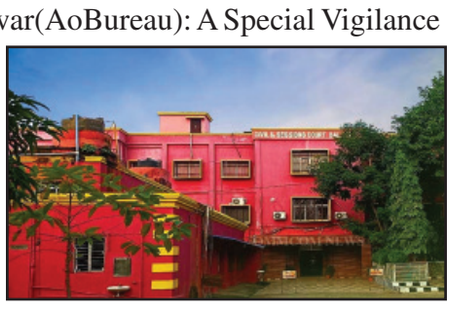
SUBARNAPUR (AoBureau)- A preparatory meeting was held in the Collectorate Confrence hall under the chairmanship of Collector Mrs. Anya Das for the successful implementation of Subhadra Yojana,the ambitious scheme of the Odisha government for women development in the district.It was discussed. Under women and child development, Anganwadi workers will go door to door to identify eligible women beneficiaries between 21 to 60 years and provide the necessary application forms free of cost. Again application forms will be available free of cost at the nearest Common Service Center and Mo Seva Kendra.For application While Aadhaar card remains mandatory, beneficiary's Aadhaar card will be linked with mobile. Rs.10,000 will be directly transferred to women's account through DBT. Women who do not have Aadhaar card, bank account etc. can take necessary facilities in their blocks and at special camps of Aadhaar camps held nearby. Wide publicity will be done to spread the benefits of this scheme from home to house. A plan has been prepared for the success of the implementation in different sections of the district so that all the stakeholders can be assured of this plan. In today's meeting, Supdt. Of Police Mr. Yash Pratap Shrimal, Additional District Magistrate Rajendra Majhi, Mrs. Anjalina Pradhan, District Chief Development Officer Zilla Parishad Ashwini Kumar Meher, Sub Collector Sonepur Suraj Kumar Patnaik, Sub Collector Birmaharajpur Lalatendu C, District Social Welfare Officer Anupama Panda, Chief Manager S. B. I. Laxman Kumar Majhi, District Information and Public Relation Officer Ashwini Kumar Bhoi, all BDOs and Tehsildars, CDPOs and other departmental officers were in attendance

Local Self-Government Day is celebrated by Malkangiri Municipality



Malkangiri, AO Bureau : Today, Self-Government Day was celebrated at the Malkangiri Town Muncipal Council office in Malkangiri District Headquarters. Municipal Council Chairman Manoj Kumar Barik joined the program as the chief guest, while other guests included Kavita Mahant, Vice-Chairman. Municipal Executive Officer Rajendra Kumar Khara participated . On this occasion, all ward councillors, all employees, cleaners and dignitaries of the city were also present. First, after laying wreaths at the portraits of the great men and legends in the city hall, the chief guest, Mr.Monaj Barik , hoisted the self Government flag in the office. A 110 feet tall national flag was unveiled in the park infront of Collector office. Along with this, wreaths were offered to the statues of the great men in the district Sadar.

Balasore Urban Coop Bank Official Awarded 2 Yrs RI In Corruption Case



Bhubaneswar(AoBureau): A Special Vigilance Court in Balasore on Saturday sentenced former Secretary of Balasore Urban Cooperative Bank, presently serving as Recovery Officer of the same bank Prasanta Kumar Das to two years rigorous imprisonment (RI) and fine after convicting him in a corruption case.According to an official press release, Das was earlier charge sheeted by Odisha Vigilance under section 13(2) r/w 13(1)(d) PC Act 1988, for showing undue favour to the land owners in purchase of Ac 0.182 dec. land at a rate much higher than the Govt. benchmark valuation, for which the said Bank sustained huge loss of Rs 64,16,776.Odisha Vigilance will now move the competent authority for dismissal of Das from service following his conviction, the release added.

Police ASI Caught Taking Bribe In Mayurbhanj

Bhubaneswar(AoBureau): Odisha Vigilance sleuths on Saturday apprehended Rama Chandra Soren, Assistant Sub Inspector (ASI) of Police, serving at Baripada Town police station in Mayurbhanj district while he was demanding and accepting bribe of Rs 6,000 from a person (Complainant) to help him in a case registered earlier against him.According to an official press release the entire bribe money has been recovered from accused Soren and seized.Following the successful trap, simultaneous searches are going on at two locations of Soren from disproportionate assets (DA) angle.Odisha Vigilance has registered a case against accused Soren at Balasore Vigilance police station under section 7 PC (Amendment) Act, 2018 has been registered. Investigation is in progress against accused Soren.

9-Feet Long Python Rescued

Malkangiri: A nine-foot long python weighing 15 Kg was rescued from a chicken vendor's stall near Satiguda dam in Malkangiri district on Saturday.According to reports, locals noticed the python inside the chicken stall and called up snake helpline members B Bibhuti Bhusan and Sarat Nayak. The snake helpline members rescued the python which was later released into the wild by Forest Department staff.

School Boy Goes Missing In Budha River In Jajpur

Jajpur: A school boy went missing while getting a wash in the Budha river near Kalindrabad under Sadar police limits of Jajpur district on Saturday.According to reports, the missing boy, a class IX student identified as Om Prakash Sarangi hails from Katia village under Dasarathpur block.

Security Lapse: 3 Ghana Nationals Caught Hiding On Chinese Ship At Paradip Port

Bhubaneswar(AoBurrau): In a shocking incident, three Ghanaian nationals were found hiding on a ship at Paradip Port on Saturday.As per reports, the ship, MV Great Sheng Wen, had arrived at the port from Hong Kong, and the trio was discovered during a routine security check.The three individuals, identified as citizens of Ghana, were found hiding on the ship, which had a crew of 20 members. The purpose of their journey and how they managed to board the ship are still unknown.An investigation has been launched to determine the circumstances surrounding their presence on the ship. The ship had arrived at Paradip Port carrying coal from Russia.The Central Industrial Security Force (CISF) has taken the three Ghanaian nationals into custody and launched an inquiry to determine the lapses that allowed the trio to board the ship.Meanwhile, the Immigration Department swiftly responded to the situation by issuing a notice to the Chinese ship, instructing it to refrain from docking at any additional Indian ports. Furthermore, the department ordered the ship to promptly offload its cargo and depart from Paradip port immediately.

Two Youths Found Dead At Paddy Field In Puri

Puri: Two youths were found dead at a paddy field on Kathuaredi Road at Baliahara chandi area under Brahmagiri police station limits in Puri on Saturday.

The deceased youths, identified as residents of Khadipada in Puri, were found with a bike nearby. The exact cause of their death is unknown, but it is suspected that they might have met with an accident while returning from a function at Baliharchandi.The bodies were spotted by locals who informed the police.On a tip-off, police have recovered the bodies and are investigating the incident.

Balasore Urban Co-Operative Bank Ex-Secretary Convicted In Vigilance Corruption Case

Balasore: Prasanta Kumar Das, former Secretary of Balasore Urban Co-operative Bank Ltd. has been sentenced to undergo rigorous imprisonment of two years in a vigilance corruption case.

Vigilance Raids Uncover Massive Assets Of Chhatrapur Block Education Officer

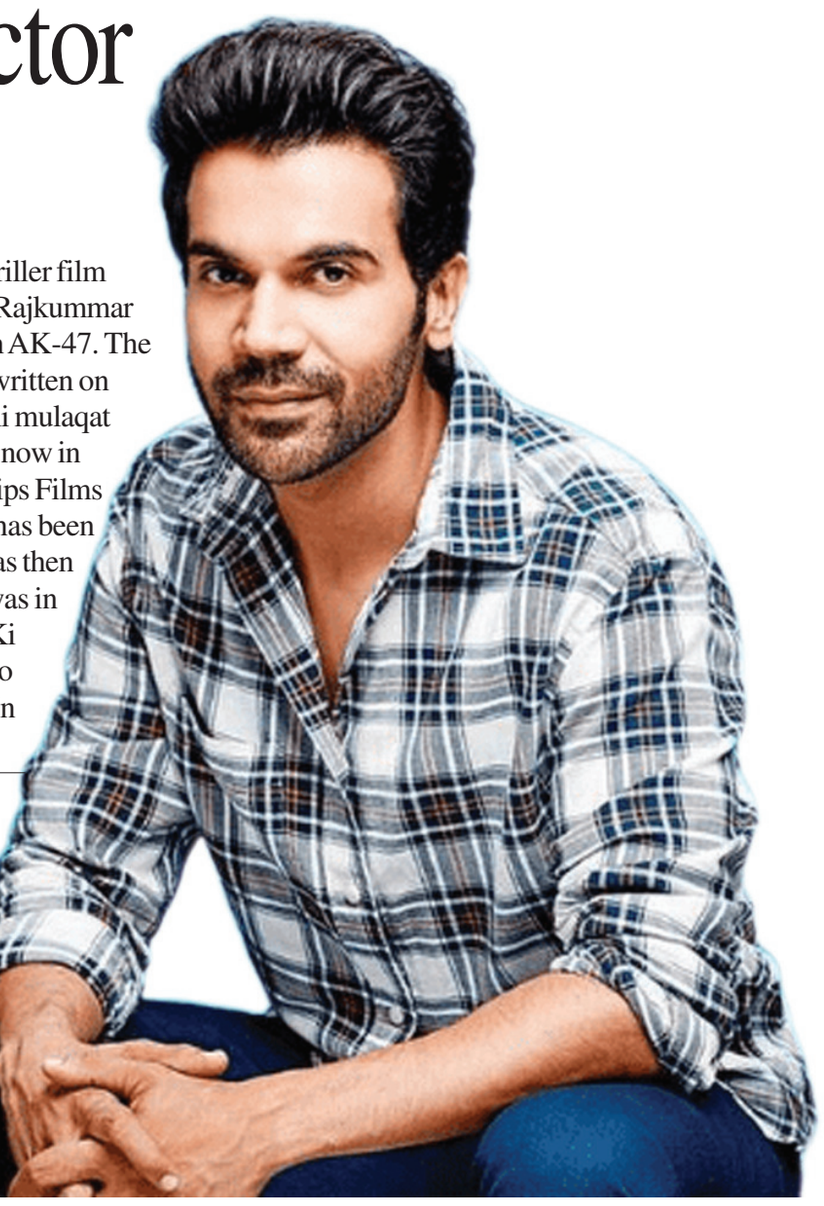
Bhubaneswar: The Vigilance Department sleuths on Saturday unearthed a massive stash of assets linked to Sita Ram Patro, Block Education Officer (BEO) of Chhatrapur, Ganjam.During the ongoing raids, the Vigilance Department has uncovered three multi-storeyed buildings including a double-storeyed residential building in Berhampur and two buildings in Polasara, Ganjam, belonging to Patro.Additionally, cash worth Rs 6.50 lakhs, one four-wheeler, and two two-wheelers have been seized. The department has also found bank, insurance, and postal deposits, as well as other investments, which are still being assessed.

The technical wing of the anti-graft department is currently valuing and assessing the buildings, which include a double-storeyed residential building of approximately 3500 sqft at Ramakrushna Nagar in Berhampur, a double-storeyed building of approximately 1600 sqft in Kolisahi, Polasara in Ganjam, and another building in Kolisahi, Polasara, Ganjam.The searches are still continuing, and further updates are expected. The Vigilance Department is expected to take further action against Patro and his family members.

Havildar Found Hanging In Cuttack Barracks

Bhubaneswar(AoBureau): The body of a Havildar was found hanging at 6th battalion barracks under mysterious circumstances in OMP Square, Cuttack, on Saturday.The deceased Havildar has been identified as Trilochan Sethy.According to reports, Sethy's duty was scheduled for the day. However, one of his colleagues discovered the hanging body of Sethy in the wee hours of Saturday and informed other employees and police.Upon being informed, Chauliaganj police rushed to the crime scene and began an investigation into it. Meanwhile, the family members of the deceased Havildar have reached the spot and are being interrogated by police.The Assistant Commissioner of Police (ACP), meanwhile. launched an investigation into the incident. The cause of death remains unknown, and police are working to determine the circumstances leading up to the tragic event.

Rajkummar Rao Goes Dark For Director Pulkit's Action Thriller 'Maalik'



Acclaimed star Rajkummar Rao treated his fans on his 40th birthday on Saturday by sharing the first look from his next action thriller film "Maalik," which is directed by Pulkit, who has previously helmed "Dedh Beegha Zameen", "Bose: Dead/Alive" and "Bhakshak".Rajkummar took to Instagram on Saturday morning, where he shared the film's poster, in which he is seen standing on top of a jeep holding an AK-47. The poster also features a line of trucks queued up in front of him.The poster had: "Maalik. Paida nahi ho sakta ban toh sakta hai," written on it.Giving an update about the filming, he captioned it: "#Maalik ki duniya mein aapka swagat hai. Shoot shuru ho chuka hai, jald hi mulaqat hogi!"This will be the first time Raj Kummar Rao will be seen playing the role of a gangster in an action thriller. The film shoot is now in progress, with an extensive schedule planned across various locations in India."Maalik" is produced by Kumar Taurani under the Tips Films banner and Jay Shewakramani's Northern Lights Films.Ever since his debut in 2010, Rajkummar has worked in over 30 films and has been feted with several honours including a National Award. The FTII alumni made his acting debut with "Love Sex Aur Dhokha".He was then seen films such as "Gangs of Wasseypur – Part 2" and "Talaash: The Answer Lies Within", where he had small roles. However, it was in 2013, when his luck changed with films such as "Kai po Che!" and "Shahid".He was then seen in "Queen", "Aligarh", "Bareilly Ki Barfi", "Trapped", "Newton", "The White Tiger", "Ludo", " Monica, O My Darling", "Badhaai Do" and "Stree 2"Rajkummar also has "Vicky Vidya Ka Woh Wala Video" with Triptii Dimri.The film is directed by Raaj Shaandilyaa and revolves around the chaos in a small town when a VHS tape contains an intimate video of Vicky and Vidya in the 1990s.

Drink moringa water every day on empty stomach for these amazing benefits



If there is one vegetable that could double up as food and medicine since ancient times, it's moringa. The storehouse of many amazing micronutrients, moringa or drumsticks is believed to be much more nutrient-dense than your kitchen staples.

From being the best source of calcium even more than milk, to being ten times richer in Vitamin A than carrots, having moringa can nourish your body like no other vegetable. Besides revving up your metabolism, regulating your blood sugar, promoting hair growth, it can also help detoxify your liver. Young children, pregnant women and new mothers are especially advised to have moringa for nourishing their body and mind.

What is Moringa?

Moringa, is a superfood found in Indian subcontinent. It is sourced from the drumstick tree which is also called as the Miracle tree. It is loaded with several health benefits and has been called a superfood by the modern-day nutritionists, although its use and application is deeply rooted in ancient Indian culture.

Many benefits of Moringa water

"Moringa leaves can be sourced from the drumstick tree and boiled in water, to make infused water or the leaves can be dehydrated under the sun to make moringa powder. You can drink moringa water on an empty stomach for various ailments and nutritional deficiencies in the body," says Dimple Jangda, Ayurveda & Gut Health Coach.

Jangda shares other amazing benefits of having Moringa water on empty stomach.

Nutrient powerhouse

Moringa is a rich source of antioxidants, and is packed with essential vitamins, nutrients and minerals like Vitamin A, C, E, calcium, potassium and iron. If you are low on haemoglobin or if you are suffering from deficiencies of the above vitamins, experience hair fall, thin brittle bones or skin issues, then you must include moringa water in your daily plan. Moringa is also a rich source of beta carotene and Vitamin C, which helps boost your immune system, and prevent frequent illness and ailments. Especially during monsoons and summers, this water can help fight infections and diseases.

Relieves aches and pains, improves bone health

Moringa also has anti-inflammatory properties, and contains polyphenols and flavonoids, which helps reduce inflammation in the body and thus aches and pains. It's recommended for patients suffering musculoskeletal disorders like thin brittle bones, arthritis, and bone density. It's a rich source of calcium that helps meet daily requirements of calcium for both vegans and vegetarians, helps prevents bone loss and reduces the risk of osteoporosis. Moringa is also a rich source of Vitamin K, which helps improve bone metabolism and mineralisation, and activates the proteins involved in bone formation.

Improves metabolism, aids weight loss

Moringa infused water, helps improve metabolism and aids weight loss. It is rich in nutrients and low in calories, which creates a sense of fullness, reduces craving, and thus helps reduce weight.

Good for people with diabetes

It is also excellent for diabetic patients, as it helps improve insulin sensitivity and regulates blood sugar levels. Anyone who may be experiencing pre diabetic symptoms, can also consume moringa water on an empty stomach.

Helps detox

Moringa also has natural detoxifying properties which supports the liver and kidney on detoxifying the body effectively. It can also boost your energy level and reduce the ill effects of caffeine addiction and the withdrawal symptoms when weaning off caffeine.

Amazing for skin, helps treat anaemia

Moringa is a rich source of Vitamin E, which is excellent for the skin. It helps reduce acne, improves skin textures and gives a radiant look to the skin. Because of its high iron content, moringa powder or infused moringa water helps promote hair growth too. It helps reduce hair fall and improve iron levels in the body. It's also a good recommendation for those fight anaemia or have low haemoglobin levels.

small steps to improve mental health every day

Establishing a Consistent Sleep Routine:

Adequate sleep is paramount for mental health. Consistent sleep patterns regulate mood, cognition, and emotional stability.

Aim for 7-9 hours of quality sleep each night, maintain a regular sleep schedule, and create a calming bedtime routine.

Mindful Breathing and Relaxation Techniques:

Mindful breathing reduces stress, anxiety, and promotes a sense of calm. It activates the parasympathetic nervous system, fostering relaxation.

Encourage practices such as deep breathing, progressive muscle relaxation, or guided imagery to manage stress and enhance mental well-being.

Physical Activity for Mental Health:

Regular exercise releases endorphins, which act as natural mood lifters. Physical activity is linked to improved cognitive function and reduced symptoms of depression and anxiety.

Advocate for at least 30 minutes of moderate-intensity exercise most days of the week, tailored to individual preferences and abilities.

Nutrition and Brain Health:

Nutrient-rich diets positively impact brain function and mental health. Certain vitamins and minerals play crucial roles in neurotransmitter synthesis.

Promote a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and omega-3 fatty acids to support cognitive function and emotional well-being.

Social Connection and Support:

Social relationships are vital for mental health. Strong connections reduce feelings of isolation and contribute to emotional resilience.

Encourage individuals to maintain and nurture relationships, engage in social activities, and seek support when needed.

Limiting Screen Time and Digital Detox:

Prolonged screen time, especially on social media, can negatively impact mental health by fostering comparison and exacerbating feelings of inadequacy.

We suggest regular breaks from screens, setting boundaries on social media use, and promoting face-to-face interactions for a healthier digital balance.

Practicing Gratitude and Positive Affirmations:

Cultivating gratitude and positive affirmations can reframe negative thought patterns and enhance overall mental well-being.

Encourage the daily practice of gratitude journaling or reflecting on positive aspects of life to foster a positive mind-set.

Bringing his expertise to the same, Dr Achal Bhagat, Senior Consultant Psychiatrist and Psychotherapist at Indraprastha Apollo Hospitals, shared, "Taking care of your mental health is crucial for overall well-being and even small daily habits can make a significant difference. Incorporating these simple steps into your routine can help you cultivate a healthier mindset, reduce stress and improve your overall quality of life."

He recommended -

Start your day with mindfulness: Begin each morning by taking a few deep breaths and practicing mindfulness meditation, even if it's just for five minutes. This simple exercise can help you cultivate a sense of calm and clarity, setting the tone for a more centered and focused day.

Engage in physical activity: Regular exercise has been proven to boost mood and reduce symptoms of depression and anxiety. Aim for at least 30 minutes of moderate physical activity daily, whether it's going for a brisk walk, doing Yoga, or hitting the gym.

Prioritise self-care: Make time for activities that nourish your mind, body, and soul. This could include taking a warm bath, reading a book, listening to uplifting music, or engaging in a hobby you enjoy.

Practice reflection: it is possible to learn to reflect on the patterns of one's thinking. One of ay of doing so is to journal everyday and revisit the journal at the end of the week. You will discover which of your thinking patterns are helpful and which are unhelpful.

Connect with others: Maintaining social connections is crucial for mental well-being. Make an effort to reach out to friends and loved ones, whether it's through a phone call, video chat, or in-person gathering.

Practice reflection: it is possible to learn to reflect on the patterns of one's thinking. One of ay of doing so is to journal everyday and revisit the journal at the end of the week. You will discover which of your thinking patterns are helpful and which are unhelpful.

Establish a healthy sleep routine: Adequate sleep is essential for mental and physical health. Aim for seven to nine hours of quality sleep each night by establishing a consistent sleep schedule and creating a relaxing bedtime routine.

Practice mindful eating: Pay attention to your eating habits and make an effort to consume a balanced, nutrient-rich diet. Certain foods can impact mood and energy levels, so choose nourishing options whenever possible.

Engage in stress-reducing activities: Identify activities that help you unwind and decompress, such as journaling, practicing deep breathing exercises, or engaging in creative pursuits.

Seek professional help when needed: If you're struggling with persistent feelings of sadness, anxiety, or other mental health concerns, don't hesitate to seek support from a qualified mental health professional.



Joe Root Sets England Record With 34th Test Century



London: Joe Root etched his name in cricket history by setting a new England record with his 34th Test century during the second Test against Sri Lanka at Lord's.Root's remarkable achievement came when he reached three figures for the second time in the match, following up his first-innings score of 143 with a century on the third day. Root, who had equaled the previous England record of 33 hundreds held by the legendary Alastair Cook in the first innings, surpassed his predecessor when he cut Lahiru Kumara for his 10th four after facing 111 balls. With the mark coming from 111 balls, it was also Root's fastest Test century.This milestone came in Root's 145th Test, compared to Cook's 161-match career, highlighting Root's incredible consistency and skill.

In addition to breaking Cook's record, Root's seventh Test hundred at Lord's gave him sole possession of the most Test centuries at the iconic venue, surpassing England greats Graham Gooch and Michael Vaughan, who each had six centuries at the 'Home of Cricket.'Root also joined an elite group of cricketers who have scored centuries in both innings of a Test at Lord's, becoming the fourth to do so after West Indies' George Headley, Gooch, and Vaughan. While Gooch's combined tally of 456 runs against India at Lord's in 1990 remains the highest by any batsman in a single Test, Root's latest century solidified his status as one of England's greatest batsmen.Root's 34th Test century also moved him into joint-sixth place on the all-time list of Test century-makers, a prestigious group led by India's Sachin Tendulkar, who holds the record with 51 hundreds in 200 Tests. At 33 years old, Root is the only active player among these elite cricketers, further underlining his ongoing contribution to the game.

Zaheer Khan Will Be Key For LSG In Team Meetings And Decisions: Jonty Rhodes



New Delhi: Former South Africa cricketer and Indian Premier League (IPL) franchise Lucknow Super Giants (LSG) fielding coach Jonty Rhodes feels that former India cricketer Zaheer Khan–the new mentor of the franchise with his calm persona will be a huge benefit in team meetings and helping players uplift their performance.Zaheer Khan on Wednesday was appointed as mentor of Lucknow Super Giants (LSG), in a formal event held at the RPSG Group Headquarters in Kolkata."Zaheer Khan will definitely bring the calmness in the team. Having someone like Zak (Zaheer Khan) around will be of great help for the franchise. The team meetings, selections meetings, franchise meetings with owners you need calm head because the tournament goes up and down as per results, you need that support and consistency. Fortunately, we had that support earlier too, on and off the field but we need to continue that.""Team is no longer a brand new franchise it has been around for three years now, so obviously the pressure is there to perform. We need to acheive what we plan, to reach playoffs, we haven't reached final yet, so with Zak and his calmness I think it will be very important for the franchise also with the technique and bowling experience that he carries will benefit franchise," Rhodes told IANS.Zaheer will be filling in the mentor role left vacant at LSG after Gautam Gambhir's exit post IPL 2023. The 45-year-old Zaheer joined LSG's coaching set-up featuring Justin Langer as head coach, along with Lance Klusener and Adam Voges assistant coaches. The side doesn't have a bowling coach yet after Morne Morkel left the role to take up same position with the Indian team.

Paris Paralympics: Rubina Francis Wins Bronze Medal In Women's 10m Air Pistol SH1 Final



Chateauroux: Indian para-shooter Rubina Francis secured the bronze medal in the women's 10m air pistol SH1 final after finishing third with a score of 211.1 at the Chateauroux on Saturday.She finished behind Iran's Sareh Javanmardi and Turkey's Aysel Ozgan who collected the gold and silver medal respectively.Francis started off strong and was placed in second position after Stage 1 at 50 points just .1 points behind Sareh but a dip in her second-stage performance had seen her fall out of the podium position.Despite the immense pressure on Francis, the 25-year old para-shooter did not hit a single shot from her 14th-21st attempt outside the nine point mark and clawed her way back into the competition. She knocked out Turkey's Aysegul Pehlivanlar in sudden death to seal the fourth spot.Iran's Sareh Javanmardi topped the qualification round with a total of 570 ahead of Hungary's Krisztina David (567-17x) and France's Gaelle Edon (567-16x).Earlier in the day, Swaroop Unhalkar missed a place in the final in the men's 10m air rifle standing (SH1) after finishing 14th in the qualification round with a score of 613.4.Francis' victory is India's fourth medal in shooting in the ongoing Paralympics as Avni Lekhara and Mona Agarwal from Rajasthan won gold and bronze medals respectively, in the women's 10m air rifle SH-1 and Manish Narwal clinched a silver medal in the men's 10m air pistol SH1 with a score of 234.9. It is the country's fourth medal at the Paralympics with Para-sprinter Preethi Pal winning the bronze medal in the Women's 100m T35 event

Rahul Dravid's Son Samit Named In India U19 Squad For Australia Series



Mumbai: Allrounder Samit Dravid, son of former India head coach and captain Rahul Dravid, has been named in India's Under-19 squad for the first time, for the multi-format home series against Australia Under-19 in September and October.India U19 will face Australia U19 in three 50-over matches in Puducherry on September 21, 23, and 26, followed by two four-day games in Chennai beginning on September 30 and October 7.Uttar Pradesh middle-order Mohamed Amaan has been named captain of the 50-over squad, while Madhya Pradesh's Soham Patwardhan will lead the team for the four-day matches.Dravid recently participated in his first senior men's T20 competition, the Maharaja T20 Trophy in Karnataka, as a member of the Mysuru Warriors squad. Batting in the middle order, Dravid scored 82 runs at a strike rate of 114 across seven innings, though he wasn't called upon to bowl his medium pace. Mysuru Warriors are set to face Hubli Tigers in the tournament's semi-final on Saturday.India U19 squad for one-day series: Rudra Patel (VC)(GCA), Sahil Parakh (MAHCA), Kartikeya KP (KSCA), Mohd Amaan (C) (UPCA), Kiran Chormale (MAHCA), Abhigyan Kundu (WK) (MCA), Harvansh Singh Pangalia (WK) (SCA), Samit Dravid (KSCA), Yudhajit Guha (CAB), Samarth N (KSCA), Nikhil Kumar (UTCA), Chetan Sharma (RCA), Hardik Raj (KSCA), Rohit Rajawat (MPCA), Mohd Enaan (KCA).

Sheetal Devi Bows Out, Sarita Misses Semis Spot

Paris: Sheetal Devi lost to Tokyo silver medallist Mariana Zuniga by one point in the women's compound open category 1/8 elimination round at the Paris Paralympics 2024 on Saturday.

In a closely contested 1/8 elimination round, Sheetal Devi fell just short of advancing to the quarterfinals, losing to Tokyo silver medallist Mariana Zuniga by a razor-thin margin of 137-138. Despite her impressive performance, where she secured a personal best score of 703 in the qualification round, Sheetal was unable to overcome the determined Zuniga, who edged her out by a single point.

Paris Paralympics: Swaroop Unhalkar Fails To Qualify For Men's 10m Air Rifle SH Final After Finishing 14th



Chateauroux (France): India's Swaroop Unhalkar missed a place in the final in the men's 10m air rifle standing (SH1) after finishing 14th in the qualification round with a score of 613.4 in the ongoing Paris Paralympics on Saturday.The participants finishing top eight in the qualification round progress to the final. South Korea's Park Jin-Ho, who is also a Paralympic qualification record holder with a score of 631.3 in 2021, finished first with a score of 624.4, followed by Denmark's Martin Joergenson, who finished with 621.8 points and was closely followed by China's Chao Dong who finished with a difference of 0.2 behind the Dane.Unhalkar never climbed higher than 13th place and at one point dropped to 16th during the competition. The Kolhapur marksman, who was diagnosed with polio at an early age, leaving him paralysed in both legs, managed a decent second series with a score of 103.0 but struggled to maintain consistency. His scores of 101.8, 103.0, 101.7, 101.8, 102.4, and 102.7 totalled 613.4.The SH1 category is designated for para shooters who can hold their gun without difficulty and can shoot either standing or sitting (in a wheelchair or chair).Earlier on Friday, India won three medals in shooting in the ongoing Paralympics as Avni Lekhara and Mona Agarwal from Rajasthan won gold and bronze medals respectively, in the Women's 10m Air Rifle SH-1 and Manish Narwal clinched a silver medal in the men's 10m Air Pistol SH1 with a score of 234.9.India are currently placed 18th in the Paris Paralympics medal tally with one gold, one silver and two bronze medals to their name.

Rahul Dravid's Son Samit Gets India U-19 Call-up, But Won't Be Able To Play World Cup

NEWDELHI: Samit Dravid, son of former India captain and head coach Rahul Dravid, was on Saturday drafted into the India under-19 squad for the upcoming multi-format series against Australia. However, he will not be able to play in the 2026 U-19 World Cup. Samit was born on November 10, 2005 and currently just over two months shy of his 19th birthday. So, when the 2026 U-19 World Cup happens he will be over 20 years of age. The three-match one-day series will be held in Puducherry on September 21, 23 and 26, and India will be led by Uttar Pradesh's Mohammad Amaan. The series will then roll to Chennai for two four-day matches beginning on September 30 and October 7. The India squad for this leg of the tour will be captained by Soham Patwardhan of Madhya Pradesh.Samit, a pace-bowling all-rounder, is currently playing for Mysore Warriors in the ongoing KSCA Maharaja T20 trophy in Bengaluru.

Joe Root surpasses Alastair Cook to create new English record, equals Lara



NEWDELHI: Joe Root etched his name in history on Saturday by smashing a century in the second innings of the Test against Sri Lanka, thus surpassing England great Alastair Cook. Root became the first English batter to score 34 Test centuries. Root had equaled Cook's record of 33 centuries in the first innings with a brilliant 143 off 206 balls.This match marked a significant first for Root, as it was the first time in his illustrious career that he scored centuries in both innings of a Test match. The century in the second innings not only solidified his position as England's premier batter but also elevated him to another historic achievement. Root also became the first English player to score 50 centuries in international cricket, a milestone that includes his 34 Test hundreds and 16 ODI tons, the latter of which is also a record for England.

TPCODL Launches Meter Data Analysis Group (MDAG) to Tackle Electricity Theft

Bhubaneswar, (AoBureau): TP Central Odisha Distribution Limited (TPCODL), a joint venture of Tata Power and the Government of Odisha, has recently established the Meter Data Analysis Group (MDAG) to strengthen its efforts in combating electricity theft. This specialized team consists of highly experienced employees who analyse consumer energy meter data using advanced, in-house developed software capable of processing large datasets.The primary function of the consumer meter is to record and generate consumption data for billing and tariff purposes. However, the meter also collects a significant amount of data that, when combined with various logics based on different scenarios, can be utilized not only for billing but also to assess the quality of supply at the consumer end, the quality of installation, the quality of the meter, electricity theft, and technical losses. The main role of the MDAG group is to identify potential cases of electricity theft, which is currently a significant challenge for the company. By analysing meter data, the group can generate leads that help TPCODL carry out targeted enforcement raids, thereby reducing commercial losses due to dishonest practices like meter tampering or illegal connections. While the group is currently prioritising analysis of consumers with high consumption, there are plans to gradually expand the analysis to include low electricity consuming consumers as well.Electricity theft is a societal issue that places an unfair financial burden on the honest consumers. TPCODL encourages consumers to report any instances of electricity theft via WhatsApp at 9437158670 or through the call center at 1912. The identity of those reporting such incidents will be kept confidential.

TPNODL EMBARKS ON SOLARISATION JOURNEY UNDER THE MISSION SAURYAN



Bhubaneswar (AoBureau): TP Northern Odisha Distribution Limited (TPNODL) had initiated Mission SAURYAN, a significant project aimed at solarizing its Corporate Office and Circle Offices to fulfil their auxiliary consumption of requirements with solar energy. With a project cost of ?1 crore, these efforts have successfully powered the TPNODL Corporate Office with a Rooftop Solar (RTS) capacity of 65 KW and the Circle Office in Balasore with an RTS capacity of 30 KW. By operating at full capacity, this solar plant is expected to generate around 270,000 kWh of electricity annually. Switching to renewable energy can substantially reduce annual CO2 emission, compared to traditional energy sources like coal or natural gas. This initiative marks a significant milestone in TPNODL's ongoing commitment to sustainable energy and environmental stewardship. Speaking on this occasion, Mr. DwijadasBasak, CEO of TPNODL, who inaugurated these projects recently, expressed his pride in the company's progress towards a greener future. He was joined by Chief Operating Officer, Mr. NileshPotphode; Chief Project Officer, Mr. Pradeep Kumar Mohanty; Chief Contract & Material Management and Vigilance Officer, Mr. Harish Sharma; General Manager of Solarisation, Mr. Rajib Kumar Nayak; and Balasore Superintendent Engineer, Mr. Siddharth Shankar Roy. "Our journey towards sustainability is not just about reducing our carbon footprint but also about setting a benchmark for the adoption of renewable energy in both corporate and rural settings," said Mr. Basak.

Successful Eye Screening Camp Conducted by JK Pur CSR Team at Devdalaguda Village



Rayagada(AoBureau): On Saturday, August 31, 2024, an eye screening camp was organized at Devdalaguda village under Kumutipenth Panchayat, Rayagada Block by the CSR Department of JK Paper Mills in collaboration with LV Prasad Eye Institute, Pitamahal.Dr. Minketan Kondagori, Senior Ophthalmologist from LV Prasad Eye Institute, led the camp, examining 43 patients. The screenings identified 4 patients with cataracts, 5 with pterygium, and 21 with visual impairments. Following the camp, patients will receive a fitness certificate from JK Dispensary before being referred to LVPEI, Pitamahal for surgical procedures.The Project Roshni aims to treat approximately 200 patients each month, providing free medicines and spectacles post-surgery. Hari Har Khamari, Deputy Manager (PR & CSR), facilitated the program.

Tata Steel announces the winners of QUEERious 3.0 - acasestudy competition exclusively for the LGBTQIA+ community

Jamshedpur: Tata Steel announces the winners of thethird edition of QUEERious, a one-of-its-kind competition for LGBTQIA+ students. This competition offers opportunities to young minds from the LGBTQIA+ community to add value and bring their best talent to the corporate world. QUEERious 3.0 received more than 2,300 registrations, recording a 44% jump over the previous edition. Nearly 50% of the participants were from technical schools, 36% from business schools, and the balance from other specialisations.As a pioneer in introducing some of the most progressive HR standards in India, Tata Steel designed and rolled out QUEERious in 2022 with the aim of reaching out to graduate and post-graduate students from the LGBTQIA+ community.The three-round competition that kickedoff in the last week of Julythis year, culminated in the Grand Finale held in Jamshedpur on August 30, 2024,in the presence of senior leadership of Tata Steel, including Chaitanya Bhanu, Vice President, Operations, Tata Steel Jamshedpur, Atrayee Sanyal, Vice President, Human Resource Management and Jaya Singh Panda, Chief, Learning & Development and Chief Diversity Officer.

IIM SAMBALPUR HOSTS BUYER-SELLERS MEET FOR MASTER WEAVERS TO EMPOWER THE TRADITIONAL HANDLOOM SECTOR



Sambalpur, (AoBureau): To empower the traditional handloom sector of India, particularly in Odisha, IIM Sambalpur, one of the premier management institutions, recently organized a Buyer-Seller Meet at its campus. The event aimed to facilitate networkingbetween master weavers and distinguished buyers from various regions of India, including prominent brands such as Fabindia,Nykaa Fashions, Reliance Swadesh and Aditya Birla Liva. The initiative provided master weavers with direct access to the market, thereby significantly enhancing their global business opportunities and promoting the rich heritage of Odisha's handloom industry. On the occasion, a bookletentitled 'Natural Dyeing' was also unveiled by the dignitaries.The event also marked the successful conclusion of the second edition of the 12-weekend'Small Business Management Training Programme,' specifically designed for master weavers from Western Odisha being conducted at the IIM Sambalpur campus. The programmewas organized in collaboration with several key stakeholders, including; the Small Industries Development Bank of India (SIDBI);; Aditya Birla Grasim,Imperial College,the ORMAS and Mission Shakti Department of Odisha.

Nifty Logs Best Week In Two Months, Led By IT Stocks

Mumbai: Indian equity indices witnessed a stellar rally this week. Due to strong domestic and global cues, Nifty and Sensex posted around 1.6 per cent gains between August 26 and August 30.In the last trading session, Nifty closed at 25,235.90 with a rise of 83.95 points or 0.33 per cent and Sensex closed at 82,365.77 with a rise of 0.28 per cent or 231.16 points. In intraday, Sensex and Nifty made new all-time highs of 82,637 and 25,268 respectively. This was the 12th consecutive session for Nifty and 9th for Sensex when both benchmark indices saw gains.Among the sector indices, Nifty IT (4.2 per cent), Nifty Realty (3.33 per cent), Nifty Pharma (3.02 per cent), Nifty Oil & Gas (2.25 per cent), Nifty Finance (1.65 per cent), Nifty Media (1.65 per cent), Nifty Metal (1.36 per cent), Nifty Auto (1.33 per cent), Nifty Energy (1.03 per cent) and Nifty Bank (0.74 per cent) were the major gainers.In NSE indices, FMCG (0.29 per cent) and Nifty PSU Bank (0.53 per cent) were the major laggards this week.In the Nifty pack, LTI Mindtree (9.1 per cent), Bajaj Finserv (8.7 per cent), Bajaj Finance (6.9 per cent), HCL Technologies (5.5 per cent), Bharti Airtel (5.5 per cent), Cipla (5.1 per cent), Wipro (5.1 per cent), Divis Laboratories (4.9 per cent) and Bajaj Auto (4.7 per cent) were the top contributor.Coal India (2.6 per cent), Kotak Mahindra Bank (2.1 per cent), Grasim Industries (1.8 per cent), Hindustan Unilever (1.3 per cent), Nestle India (1.1 per cent), Tata Steel (0.9 per cent) and Asian Paints (0.9 per cent) fell the most this week.Shrey Jain, Founder and CEO of SAS Online, said, "Benchmark indices Nifty and Sensex maintained their momentum, closing at record highs today. This marks Nifty's best week in two months, with the index extending its winning streak to 12 consecutive sessions. The rise comes in the wake of US economic data easing growth concerns, while investors now await the latest domestic quarterly growth figures.""This trend is expected to persist in the near term. A potential breakout could occur if banking stocks experience substantial buying.

Fpis Buying In Indian Debt Market As Rupee Remains Stable This Year



New Delhi: Foreign portfolio investors (FPIs) have increased buying in the Indian debt market because the rupee has been stable this year and the stability is expected to continue, market watchers said on Saturday.Bulk of the buying that FPIs are doing now are through the 'primary market and others' category. In the cash market, they have been consistent sellers because of the elevated valuations.In August, FPIs invested Rs 7,320 crore in equity compared to Rs 32,365 crore in July. They infused more than 11,366 crore in the Indian debt market, pushing the net inflow tally in the debt segment to more than the Rs 1 lakh crore mark in 2024 to date, according to NSDL data.Analysts said that fundamental reason for the low FPI interest in the equity market is the high valuation and FPIs have opportunities to invest in much cheaper markets.Leading FIIs have been selectively investing in defensive market segments, focusing on sectors such as healthcare and FMCG.On the debt market front, the strong buying trend among FIIs can be traced back to India's addition to JP Morgan's Emerging Market government bond indices earlier this June, said Vaibhav Porwal, Co-founder, Dezerv.The US Fed is expected to start its rate cut cycle in September. Historically, rate cut cycles in the US market have not been favourable for their equity markets."We anticipate that FIIs will shift their focus to emerging markets, deploying capital where valuations are more appealing. However, India may not be a significant beneficiary of these flows," said Porwal.FPIs have been selling in the secondary market, where valuations are perceived to be high, and redirecting their investments towards the primary market, which offers relatively lower valuations.The inclusion in global bond indices, attractive interest rates, stable economic growth, shift from equities, and favourable long-term outlook have been the key factors driving FPIs to invest in debt, said analysts.

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Editor: Bansidhar Das