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Suicide Blast In Balochistan: 5 Pakistani Soldiers Killed

Pak Has Become Epicentre Of Terror, Must Abandon This Path: PM Modi’s Strong-Worded Advice

Quetta: At least five Pakistani soldiers were killed and more than ten injured after a deadly explosion rocked the Pakistani Army convoy in Balochistan’s Noshki, reports said. The blast is suspected to be a suicide blast and the number of casualties is likely to go up. Baloch Liberation Army (BLA), the separatist group in Pakistan’s Balochistan province has claimed responsibility for the deadly ambush and also claimed that at least five Pakistani soldiers have

been killed. The blast occurred at the Noshki – Dalbandin highway. The injured were taken to the Noshki Hospital. “A convoy of security forces consisting of seven buses and two cars were attacked. There are 5 fatalities and more than 10 injuries. One of the busses has been hit by a Vehicle Borne IED (Improvised Explosive Device), possibly a suicide attack, the other was targeted by a Rocket propelled grenade while moving from

Quetta to Taftan”, said an official on the basis on anonymity. BLA spokesperson Jiyand Baloch confirmed that a suicide attacker targeted a bus following by firing on another bus. While the BLA claims high number of casualties in the latest attack; independent sources confirm of at least 7 casualties and at least 21 injuries till now. Security forces have cordoned off the area and an investigation into the blast has been initiated.

NEW DELHI: Prime Minister Narendra Modi on Saturday called out Pakistan over its role in fostering and sponsoring terrorism from its soil, stating that all the terror activities across the world today find their 'roots' in the neighbouring nation. New Delhi, Mar 16: Prime Minister Narendra Modi on Saturday called out Pakistan over its role in fostering and sponsoring terrorism from its soil, stating that all the terror activities across the



world today find their 'roots' in the neighbouring nation. In a wide-ranging interview with the US-based podcaster Lex Fridman, PM Modi said that Pakistan has become the epicentre of terror, causing immense suffering not just to India but to the entire

world. “Wherever terror strikes in the world, the trail somehow leads to Pakistan. Let’s take the September 11th attacks, for example. The main mastermind behind it, Osama bin Laden, where did he eventually emerge from? He had taken refuge in Pakistan. The world has recognised that in a way terrorism and the terrorist mindset are deeply rooted in Pakistan. Today, it stands as an epicentre of terror, not just for India but for the world,”

PM Modi pointed out. Further, in firm advice, the Prime Minister asked the neighbouring nation to abandon its path of self-sponsored terrorism for the larger good of its people. He also said that the people of Pakistan deserve a future free from violence and fear and wished that it learns from its mistakes and chooses the correct path. “We repeatedly asked them what good could come from this path. We have urged them to abandon

the path of state-sponsored terrorism for good, “What do you hope to gain by surrendering your nation to lawless forces?” he remarked. Sharing insights on his efforts to broker peace with Pakistan, PM Modi told Lex Fridman about India’s sincere efforts to establish peace and also recalled his visit to Lahore to invite his Pakistani counterpart to his swearing-in ceremony but sadly the ‘noble attempts’ were met with hostility’.

3 Killed In Tragic Truck-Bike Collision

Bhubaneswar: Three persons died in a collision between a truck and a bike at Dolita Chhak in the Joda area under Champua police station in Keonjhar district, on Saturday. The deceased have been identified as Ivan Pradhan, his wife Mathamani Pradhan, and their son Mangal Pradhan, a family from Sanani village. According to reports, the Pradhan family was en route to visit their daughter when the accident occurred near Dolita Chhak. A truck, speeding at the time, struck the Pradhan family’s bike, resulting in Ivan’s death at the scene. His wife and son were taken to the Champua Sub-Divisional Hospital (SDH) in critical condition. Upon arrival at the Champua SDH, the doctor declared Mathamani Pradhan dead, and Mangal succumbed to his injuries while being transported to Keonjhar District Headquarters Hospital (DHH). At Least 13 Killed In US Airstrikes On Houthi Sites In Yemen Sanaa: The US warplanes launched airstrikes on several Houthi sites in Yemen’s capital Sanaa and the northern province of Saada, killing at least 13, Houthi-run al-Masirah TV reported. “This is an initial toll as the number of death could increase,” the TV cited the Houthi-run health ministry as saying, adding that at least nine others were injured.

AI Could Predict True Biological Age From 5 Drops Of Blood

New Delhi: Scientists at Osaka University in Japan have devised a new AI model to estimate a person’s biological age — a measure of how well their body has aged, rather than just counting the years since birth. Using just five drops of blood, this new method analyses 22 key steroids and their interactions to provide a more precise health assessment. The team’s breakthrough study, published in Science Advances, offers a potential step forward in personalised health management, allowing for earlier detection of age-related health risks and tailored interventions. “Our bodies rely on hormones to maintain homeostasis, so we thought, why not



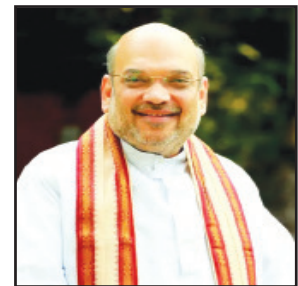
use these as key indicators of aging?” said Dr Qiuyi Wang, co-first author of the study. To test this idea, the research team focused on steroid hormones, which play a crucial role in metabolism, immune function, and stress response. The team developed a deep neural network (DNN) model that incorporates steroid metabolism pathways, making it the first

AI model to explicitly account for the interactions between different steroid molecules. One of the study’s most striking findings involves cortisol, a steroid hormone commonly associated with stress. The researchers found that when cortisol levels doubled, biological age increased by approximately 1.5 times. This suggests that chronic stress could accelerate

aging at a biochemical level, reinforcing the importance of stress management in maintaining long-term health. “Stress is often discussed in general terms, but our findings provide concrete evidence that it has a measurable impact on biological aging,” said Professor Toshifumi Takao, a corresponding author and an expert in analytical chemistry and mass spectrometry. The researchers believe this AI-powered biological age model could pave the way for more personalised health monitoring. Future applications may include early disease detection, customised wellness programmes, and even lifestyle recommendations tailored to slow down aging.

Home Minister Amit Shah To Pay A Three-Day Visit To Odisha From March 21

Sambalpur, (correspondent):: Union Home Minister Amit Shah will pay a three-day visit to Odisha from March 21. He will attend a public meeting at PHD Ground in Sambalpur on June 22. On March 23, he will go to Puri to see Lord Jagannath. BJP State president Manmohan Samal announced Shah’s Odisha visit after a preparatory meeting in Sambalpur. Shah will land at Jharsuguda Airport on the afternoon of March 21. He will visit Sambalpur and spend the night there. He will visit Maa Samaleswari Temple on the morning of March 22. After this,



he will attend a public meeting at the PHD ground in Sambalpur. He will inaugurate and lay the foundation stone of various projects. “More than one lakh people from five parliamentary constituencies of western Odisha are expected to attend the meeting. Thus, details about his visit were discussed at a crucial meeting at the MCL,” said Samal. The Home Minister will visit

Puri in the afternoon of March 22 and spend the night. On the morning of March 23, he will visit the Shree Jagannath Temple in Puri. Later, he will lay the foundation stone of Forensic Science University at Jatni. He will return to Delhi in the evening. Apart from Samal, State BJP general secretary Manas Mohanty, Health Minister Mukesh Mahaling, Panchayati Raj Minister Rabi Naik and other senior party leaders were present at the preparatory meeting at MCL. The meeting was also attended by district presidents of five parliamentary constituencies.

Budget Session: Opposition Likely To Maintain Heat On Centre Over Faulty Electoral Roll



New Delhi: Parliament will witness a discussion on ministries of Home, Agriculture, Health, Railways and Water Resources in Budget Session’s second leg starting Monday, even as the Opposition insisted that they will continue to demand a discussion on faulty electoral roll. The government has also indicated

its intention to pass the Budget this week by listing discussion and voting, on Demands for Grants for Agriculture, Railways and Water Resources, guillotining outstanding Demands for Grants and passing The Finance Bill, 2025 as its business by March 21. However, sources said this is only a proposal.

India To Co-Chair Key International Counter-Terrorism Meet For First Time

New Delhi: India is set to play a pivotal role in an upcoming international counter-terrorism meeting, marking a significant milestone in its efforts to combat terrorism globally. The meeting, which will take place from March 19-20 in New Delhi, is the 14th session of the ASEAN Defence Ministers’ Meeting-Plus (ADMM-Plus) Expert Working Group (EWG) on Counter-Terrorism. For the first time, India will co-chair the EWG alongside Malaysia. This is a momentous development as it highlights India’s growing influence and leadership in global counter-terrorism initiatives. Delegates from the 10 ASEAN member nations, including Brunei, Cambodia, Indonesia, Laos PDR, Malaysia,



Myanmar, the Philippines, Vietnam, Singapore, and Thailand, will be attending the meeting. Additionally, eight dialogue partners — Australia, New Zealand, South Korea, Japan, China, the United States, Russia, and Timor-Leste — will also participate, along with members from the ASEAN Secretariat. The meeting will focus on the evolving threats posed by terrorism and extremism, with the primary goal being the formulation of a robust and comprehensive strategy to

tackle these issues. India’s Defence Secretary, Rajesh Kumar Singh, will deliver the keynote address at the opening ceremony on March 19. The discussions will centre on sharing experiences from ASEAN and its dialogue partners’ defence forces to devise a strong counter-terrorism framework for the current cycle (2024-2027). This session marks the first of many during the current three-year cycle and will lay the foundation for planned activities, exer-

cises, seminars, and workshops aimed at enhancing cooperation in counter-terrorism efforts. As part of the ASEAN Defence Ministers’ Meeting-Plus framework, the EWG acts as a platform for practical collaboration among defence institutions. The ADMM-Plus focuses on seven critical areas of cooperation: counter-terrorism, maritime security, humanitarian assistance and disaster relief, peacekeeping operations, military medicine, and cyber security. Expert Working Groups are established for each of these areas, with co-chairs from both ASEAN member countries and dialogue partners working on strategic goals and guiding policies for each cycle. The groups convene regularly, holding

at least two meetings annually, and also organise various practical exercises, such as tabletop drills and field training, to evaluate progress in fostering collaboration. The EWGs are each co-chaired by one ASEAN member state and one dialogue partner, following a three-year cycle. The task of the co-chairs is to lay down the objectives, policy guidelines and directions for the EWG for the three-year cycle at the commencement of the chairmanship, conduct of regular EWG meetings (minimum two in a year) and an exercise of any form for all member nations in the third year to test the progress made in practical cooperation during the three-year cycle.

“PM Modi responds to Lex Fridman’s India-China question

NEWDELHI: Prime Minister Narendra Modi, while speaking on the Lex Fridman podcast, emphasised strengthening the relations between India and China, saying that competition should not turn into conflicts and differences shouldn’t be replaced by disputes. While speaking on the Lex Fridman podcast, Prime Minister Narendra Modi reiterated his commitment to diplomacy as the only viable path to resolving the ongoing Russia-Ukraine conflict. Speaking to the influential host and MIT research scientist Lex Fridman, Modi emphasized that military victories would not lead to a lasting resolution and



called upon both Russian President Vladimir Putin and Ukrainian President Volodymyr Zelensky to engage in direct negotiations. “I have a close relationship with Russia and Ukraine alike,” PM Modi stated. “I can sit with President Putin and say that this is not the time for war. And I can also tell Presi-

dent Zelensky, in a friendly way, that regardless of how many people stand with you in the world, there will never be a resolution on the battlefield.” PM Modi highlighted the necessity of direct dialogue between the warring nations, cautioning against relying solely on allied support. “Ukraine may hold

countless discussions with their allies, but it will bear no fruit. Discussions must include both parties instead,” he said, underscoring that negotiations remain the only viable route to peace. The Prime Minister also pointed out that the global community, particularly the Global South, has suffered due to the prolonged con-

flict. “There has been a lot of suffering. Even the Global South has suffered. The world has been grappling with a food, fuel, and fertilizer crisis. So, the global community should unite in the pursuit of peace.” His remarks come amid ongoing global efforts to mediate an end to the conflict, which has led to devastating humanitarian and economic consequences. Russia’s invasion of Ukraine in February 2022 has left hundreds of thousands of people dead and injured, displaced millions, reduced towns to rubble and triggered the sharpest confrontation for decades between Moscow and the West.

Codeine-Based Cough Syrup, Tramadol Tablets Worth Rs 25.54 Lakh Seized In Vadodara

Vadodara: Special Operations Group (SOG) of Vadodara in Gujarat seized a large quantity of Codeine-based cough syrup bottles and Tramadol capsules worth Rs 25.54 lakh from a godown. Based on a tip-off, the SOG raided the residences of the accused Vipul Rajput and Keyur Rajput leading to the seizure of codeine-based cough syrup worth Rs 7.89 lakh. Following this, the police obtained a six-day remand of the accused. During interrogation, the accused revealed information about a rented godown, after which the SOG team raided

the godown and confiscated a massive cache of illegal codeine syrup and Tramadol capsules totalling Rs 25.54 lakh in value. The godown, located at Palm Exotica near Shri Por Timbi village in Waghodia, was rented just eight days prior. The SOG is now investigating the source of the contraband and the intended recipients. Vipul Rajput owns ‘Auckland Pharmacy’, while Keyur Rajput operates ‘Maa Medical Store’. The duo stored the illegal stock at Vipul’s residence and discreetly sold it to addicts. To avoid detection, deliveries were made via two-wheelers, and the original labels on

the medicine bottles were altered. The police are further probing the supply chain and potential accomplices involved in this illegal drug racket. Gujarat has witnessed several significant seizures of illegal codeine-based cough syrups in recent years, highlighting a concerning trend in the misuse and illicit distribution of such medications. In June 2018, a joint operation by the Narcotics Control Bureau (NCB) and the Gujarat Food and Drugs Control Administration (FDCA) led to the confiscation of over 42,000 bottles of Safecod Cough Syrup containing codeine phosphate.

Drunk Driver Kills Woman, Injures 3 Others in Gujarat’s Vadodara

NEWDELHI: In a tragic incident, a drunk driver, identified as Rakshit Chaurasia, a law student from Varanasi, rammed his car into four pedestrians in Vadodara, Gujarat. The accident occurred near the Karelibag area on Thursday night. Hemani Patel, who was out with her minor daughter to buy Holi colors, lost her life in the accident. Three others, including Patel’s daughter, sustained serious injuries and were rushed to a nearby hospital. Chaurasia, who was driving at a speed of 120 km/h, emerged from the wrecked vehicle shouting “another round” multiple times, as captured in a disturbing video from the crash site. His co-passenger, Mit Chauhan, the car’s owner, has been arrested. The police have analyzed CCTV footage and are conducting an investigation into the matter.

Three Paramilitary Personnel, Two Civilians Killed In Terror Attack In Balochistan

Karachi, : Five people, including three Frontier Corps (FC) personnel, were killed and 30 injured after a paramilitary convoy was attacked by suspected Baloch militants on a highway in Noshki district of restive Balochistan of Pakistan on Sunday. The attack, in which three terrorists died, was claimed by the banned Balochistan Liberation Army (BLA), which hijacked the passenger train Jaffar Express last week.

7 Bangladeshis, 4 Rohingyas Held Along India-Bangladesh Border

Agartala/Shillong: Seven Bangladeshi nationals and four Rohingyas were arrested in Meghalaya and Tripura border villages, along with four Indian touts who facilitated the foreign nationals’ illegal entry into India from across the border, an official said on Sunday. The BSF also seized 187 second-hand mobile phones from Tripura’s Sepahijala district. A BSF spokesperson in Shillong said that acting on specific input, alert BSF troopers in Meghalaya apprehended seven Bangladesh nationals including a woman and two Indian nationals from different villages along the India-



Bangladesh border. The Bangladeshis, with the help of two Indian touts, were attempting to engage in smuggling and illegal entry into India. A BSF spokesman in Agartala said that four Rohingyas, including two women, were arrested in northern Tripura’s Dharmanagar along with two Indian touts who facilitated their illegal entry into In-

dia from Bangladesh. A specific case has been registered against them. The arrested Rohingyas have been identified as Jahid Alam and Mantajul Haque (male), and Meen Tara and Putu Aktar (female), while the arrested touts are Munim and Iqbal. Jahid Alam, one of the arrested Rohingyas, revealed that he paid Rs 25,000

to the Indian touts to facilitate his crossing under the barbed-wire fencing at Kailashahar in Unakoti district. Originally from Myanmar, Jahid Alam told the police that his intended destination was Delhi. Authorities are investigating the network involved in infiltration of Rohingyas into India, as security agencies remain on high alert against ille-

gal border crossings. The spokesman said that a BSF special ambush party observed suspicious movement of six smugglers on both sides of India-Bangladesh border in Matinagar area under Tripura’s Sepahijala district, trying to carry out smuggling activities. On being challenged by the BSF, the smugglers fled away towards their respective sides. Further, when the area was thoroughly searched, BSF recovered 187 used mobile phones of various makes worth Rs 42.10 lakh. Seized mobile phones have been handed over to the Customs for further necessary legal action.

Tesla Boss’s Lookalike In Pakistan Goes Viral On Social Media

Islamabad, : Celebrity lookalikes have always garnered the attention of social media, and the latest entry in the list who has gone viral is a doppelganger of billionaire Elon Musk. A Pakistani man is being talked about on social media for his uncanny resemblance to Musk. A video titled ‘Elon Musk in Pakistan’ has gone viral that shows the man enjoying a meal with his friends.

Cleric Who Called Shami Sinner For Not Fasting Says His Daughter Playing Holi Against Shariat

Bareilly, : A cleric who had claimed cricketer Mohd Shami committed a sin by not fasting during Ramzan has described the Holi celebrations of the pacer’s daughter as “illegal” and “against Shariat”. In a video released late on Saturday, All India Muslim Jamaat president Maulana Shahabuddin Razvi said, “She is a small girl ... If she plays Holi without understanding (it), then it is not a crime.” “If she is sensible and still plays Holi, then it was a crime.



SC To Hear On Monday Suo Moto RG Kar Doctor Rape-Murder Case

New Delhi: The Supreme Court is slated to hear on Monday the matter where it has taken suo moto cognisance of the rape and murder of a junior doctor at the state-run R.G. Kar Medical College and Hospital in Kolkata. As per the causelist published on the website of the apex court, a Bench of Chief Justice of India (CJI) Sanjiv Khanna and Justice Sanjay Kumar will resume hearing the suo moto case on March 17. In the previous hearing, the CJI Khanna-led Bench directed hospitals and medical colleges across the country to not penalise doctors and medical professionals, who participated in protests against the ghastly rape and murder case, but had returned to their duty pursuant to the top court’s appeal. In August last year, during the hearing on the suo moto case titled ‘Alleged rape and murder incident of



a trainee doctor in R.G. Kar Medical College and Hospital, Kolkata, and related issues’, the apex court had urged the protesting medical fraternity to resume work at the earliest and assured them that no adverse action would be taken against them for participating in protests. Meanwhile, the Central Bureau of Investigation (CBI) is expected to file its supplementary charge sheet at a special court in Kolkata this month, detailing the different aspects of the evidence tampering angle. The Central agency officials are trying their best to

submit the supplementary charge sheet at the special court in Kolkata before the scheduled hearing at the Supreme Court. In October, the CBI filed its first charge sheet against Sanjay Roy, a civic volunteer with Kolkata Police, in the alleged rape and murder case. In the charge sheet, the CBI did not rule out the possibility of a larger conspiracy behind the macabre crime that prompted the alleged events of tampering and altering of evidence during the initial phase of the investigation, which was carried out by Kolkata Police.

RSS Helped Me Find A Life Of Purpose: PM Modi

New Delhi: Prime Minister Narendra Modi on Sunday credited Rashtriya Swayamsevak Sangh (RSS) for giving him a purpose in life, inculcating the spirit of a nation first and nurturing him with a service-driven philosophy. Talking to AI researcher and podcaster Lex Fridman in a podcast, PM Modi said that the RSS — the ideological mentor of the ruling BJP — has played a crucial role in shaping him as an individual. “Through the RSS, I found a life of purpose. Then I was

fortunate to spend some time among the saints, which gave me a strong spiritual foundation. I found discipline and a life of purpose,” he said. The PM also showcased the social causes to which RSS, over the past 100 years, has devoted its energy, touching the lives of tribals, women, labourers and youth. He said RSS and volunteers nurtured by the organisation have always prioritised values, alongside education, among youth so that they remain grounded, learning skills so that they don’t be-

come a burden on society. “That is in every aspect of life, whether it’s women, youth, or even labourers, the RSS has played a role,” he said. Highlighting RSS’ selfless service to the nation, PM Modi said, “The RSS has dedicated itself with the discipline and devotion of a seeker staying away from the glare of mainstream attention. I feel blessed to gain life’s values from such a sacred organisation.” During the interaction, Fridman observed that when PM Modi was eight, he joined the RSS, which

espouses the idea of Hindu nationalism. He asked the PM to talk about RSS and what impact it had on who he is and the development of his political ideas. PM Modi said, “In our village, there was a branch of the RSS, where we played sports and sang patriotic songs. Something about those songs touched me deeply. They stirred something inside me, and that’s how I eventually became part of the RSS. One of the core values that were instilled in us at RSS was, whatever you do, do it with a purpose.”

New Zealand PM Arrives In New Delhi

New Delhi: Prime Minister of New Zealand Christopher Luxon will arrive in New Delhi this afternoon on a five day visit to India. He has been accompanied by a high-level delegation, including Ministers, senior officials, businesses, media and members of the Indian diaspora community. Luxon will attend the inaugural session of the Raisina Dialogue as the chief guest and deliver the keynote address, ac-

cording to Ministry of External Affairs (MEA) statement. A high-level delegation, including Ministers, senior officials, businesses, media and members of the Indian diaspora community in New Zealand, will accompany him during the visit to India. In a post on X, the Ministry of External Affairs (MEA) spokesperson stated, “PM @chrisluxonmp will be arriving shortly on an Official Visit to In-

dia. He will be accompanied by a high-level delegation, including Ministers, senior officials, businesses, media, and members of the Indian diaspora community in New Zealand.” Later in the day, External Affairs Minister S Jaishankar will call on Christopher Luxon. On Monday, he will lay a wreath at Raj Ghat to pay tribute to Mahatma Gandhi, according to the media advisory released by MEA.

Odisha Sizzles: Seven Places Record Above 40°C Temperature; Boudh Hottest

Bhubaneswar(correspondent):: Odisha is experiencing a severe heatwave, with seven places in the state recording temperatures above 40°C today. Boudh town has emerged as the hottest place, with a scorching temperature of 43.6°C.The mercury levels have been rising steadily across the state, with several towns and cities experiencing extremely hot conditions.According to weather scientist Umashankar Das, temperatures soared across the state, with Jharsuguda recording 42°C, Balangir at 41.7°C, Angul at 41.1°C, Titlagarh at 40.5°C, Sundergarh at 40.3°C, and Bhabanipatna at 40.2°C.The Odisha government has issued heatwave alerts and advised people to take necessary precautions to avoid heat-related illnesses.

Child Abduction Foiled: Minor Boy Rescued, Reunited With Family

Cuttack(correspondent):: In a shocking incident, a child was abducted after being lured with chocolate in Balipatpur village in Khurdha. The victim, Chandan Behera, son of Keshav Behera, was successfully rescued and reunited with his family.According to reports, the child was abducted and taken to a location near Gopinatpur in Baramba area of Cuttack. However, the abductors was unable to take the child further due to crowd in the local market and left the minor boy alone. Locals rescued the boy and informed the police.Baramba police station officials arrived at the spot and took the child into the custody.Following a thorough investigation, the police contacted Chandan’s family this morning, and they rushed to the police station and received the son with due legal procedure.The police are continuing their investigation to determine the circumstances surrounding the abduction and to identify the perpetrator.

Night Watchman Found Hanging Inside Boriguma Kendu Leaf Office

Jeypore(correspondent):: In a shocking incident, a night watchman was found hanging inside Kendu leaf office at Borigumma in Koraput district.The deceased, identified as Bhaskar Mahakund, from Kamta village in the same locality.According to reports, the Borigumma police rushed to the scene, seized the body, and sent it to the Borigumma health centre for autopsy.According to reports, Bhaskar had requested leave from his superior officer due to his poor health and his wife’s paralysis, which had left her bedridden. However, the department allegedly threatened to withhold his salary if he failed to report to work.Bhaskar’s sister-in-law, Anu Mahakud, has come forward, alleging that the pressure from the office drove him to take the extreme step.

Padma Bhushan Awardee Ramakanta Rath Passes Away

Bhubaneswar:(correspondent): The most renowned modernist poet in Odia literature and Padma Bhushan recipient, Ramakanta Rath, passed away on Sunday. He was 90 years old.Rath breathed his last early this morning at his residence in Kharavela Nagar, Bhubaneswar.Born on December 13, 1934, in Cuttack, Ramakanta Rath completed his master’s degree in English from Ravenshaw University before joining the Indian Administrative Service (IAS) in 1957.He retired as the Chief Secretary of Odisha after holding several key positions in the Central Government, including Secretary to the Government of India.Rath’s illustrious career was marked by numerous accolades, including the Sahitya Akademi Award in 1977, the Saraswati Samman in 1992, the Bishuva Samman in 1990, and the Padma Bhushan, India’s third-highest civilian honour, in 2006.In addition to his literary achievements, Rath served as the Vice President of the Sahitya Akademi of India from 1993 to 1998 and as its President from 1998 to 2003, based in New Delhi.In February 2009, he was honoured with the Sahitya Akademi Fellowship by the Central Sahitya Akademi, becoming the fifth Odia writer to receive this prestigious recognition.Ramakanta Rath’s poetic works, celebrated for their depth and insight, include iconic poems such as “Sri Radha,” exploring the ever-present theme of death-consciousness, “Saptama Ritu” (The Seventh Season), “Kete Dinara” (Of a Long Long Time), 1962, “Aneka Kothari” (Many Rooms), 1967, “Sandigdha Mrigaya” (Suspicious Hunting), 1971

Bhubaneswar To Get National Gallery Of Modern Art Branch Soon

Bhubaneswar(correspondent):: The Centre will soon decide on setting up a branch of the National Gallery of Modern Art (NGMA) in Bhubaneswar. Union Minister Gajendra Singh Sekhawat has assured Bhubaneswar MP Aparajita Sarangi of all support in this regard.The MP, who had written to the Union Minister proposing the establishment of the National Gallery of Modern Art in Bhubaneswar, recently met him in New Delhi and reminded him of her request for the project. Sarangi informed this through a post on ‘X’, where she stated that Chief Minister Mohan



Charan Majhi had also written to the Union Minister for the same.In her letter, Sarangi stated that Bhubaneswar, often referred to as the “Temple City of India”, is not only a city with a rich historical and cultural heritage but also a rapidly developing urban centre with immense potential for tourism and educational growth. “The

establishment of an NGMA branch in Bhubaneswar would significantly contribute to the cultural and artistic landscape of the region, providing multifaceted benefits to both the local population and the state as a whole. A branch of the NGMA in Bhubaneswar would serve as a major attraction for tourists, both domestic

and international,” the letter read.It would further complement the existing historical sites, such as the Konark Sun Temple and Puri Jagannath Temple, thereby enriching the cultural tourism circuit of the state. This initiative would not only enhance the cultural appeal of Bhubaneswar but also contribute to the local economy by increasing tourist footfall, the letter added. Sarangi also stated that an NGMA branch in Bhubaneswar would provide cultural exchanges and collaborations between artists from different regions, enhancing the overall artistic environment.

Cuttack Bayalis Mouja Shooting: Carrom Game Dispute Leads To Murder

Cuttack(correspondent): The Commissionerate Police cracked the 42-mouja firing incident after arresting the accused, Prakash Sutar. The incident occurred on Saturday evening, following a heated argument over a carrom game, fuelled by alcohol consumption on Holi festival.At a press meet, DCP Khilari Rishikesh Dnyandeo said that Prakash Sutar had a dispute with Vikas Mohanty, which escalated into a violent confrontation. Sutar allegedly shot Mohanty at close range, resulting in his death on the spot.The DCP revealed that Prakash brought the gun from his village

and committed the crime in an intoxicated state. The police have recovered a gun, a bottle of liquor, and other materials from the scene.“We have seized the pistol, bullet and other materials. The scientific team seized them with due legal procedure. The gun was illegal and we are investigating the origin of the gun,” the DCP said.Preliminary investigations suggest that the accused and the victim had no financial disputes, as they were engaged in different businesses. The police have also questioned the family members of the deceased regarding possible personal enmity. The accused,

Prakash Sutar, has a history of residing in various locations, including Kendrapara, Cuttack Badambadi, Kalyani nagar and currently, Bayalis Mouja. The police are investigating the origin of the illegal gun used in the crime.“Our team is still at the scene and collecting the CCTV footages of the area. We are also verifying the call details records (CDR) of the accused,” the DCP added.

After due legal procedure, Prakash has been forwarded to court. “We will also move court for his remand to extract more information about his gun, he added.

30.73 Lakh People Yet To Complete Ration Card e-KYC: Minister

Bhubaneswar(correspondent): The State government today announced that a physical survey will be conducted to identify genuine beneficiaries of ration cards. The final list of beneficiaries will be released after the survey is completed.According to Food Supplies and Consumer Welfare Minister Krushna Chandra Patra, approximately 30.73 lakh people have yet to complete their e-KYC process. The exact number of beneficiaries who have not completed e-KYC will be determined after March 31. Following this, departmental officers will conduct field visits to ascertain why beneficia-



ries have not completed their e-KYC, he pointed out.The minister has assured that no ration cards will be cancelled abruptly. Meanwhile, 6.35 lakh individuals have already applied for ration cards through the portal, and their survey is currently underway. The survey process is expected to be completed by April

15, after which new ration card beneficiaries will begin receiving rations.Additionally, 50,000 individuals have applied for new ration cards on the recently launched portal. The verification process for these applications will commence upon completion of the application process, as stated by the minister.

IMD Issues Red Warning For Heatwave In Odisha Until Mar 17

Bhubaneswar (correspondent)::: The Indian Meteorological Department (IMD) has issued a red warning for heatwave conditions, which are expected to prevail at many places in the state until March 17.According to the midday weather bulletin, severe heatwave conditions are likely to persist at a few locations in the districts of Jharsuguda, Sambalpur, Kalahandi, Sonepur, and Boudh today.In addition to the red warning, the IMD has issued an orange warning for heatwave conditions in the districts of Angul, Bolangir,

and Sundargarh. A yellow warning has also been issued, indicating that heatwave conditions are likely to prevail at one or two places in the districts of Mayurbhanj, Keonjhar, Dhenkanal, and Gajapati.The IMD has further predicted warm night conditions to prevail at one or two places in the districts of Mayurbhanj, Sambalpur, Sundargarh, Bolangir, Kalahandi, and Boudh.Hot and humid conditions are expected at one or two locations in the districts of Balasore, Bhadrak, Jajpur, Kendrapara, Cuttack, Jagatsinghpur, Puri,

Khurda, Nayagarh, Ganjam, and Gajapati.On March 17, the IMD has again issued a red warning for heatwave conditions at many places, with severe heatwave conditions likely at a few locations in Jharsuguda, Sambalpur, and Kalahandi.An orange warning has been issued for the districts of Sundargarh, Sonepur, Kalahandi, Boudh, and Bolangir.A yellow warning is also in place for one or two locations in Keonjhar, Angul, Dhenkanal, and Mayurbhanj. Hot and humid conditions will likely affect one or two areas in Balasore, Bhadrak, Cuttack,

Jagatsinghpur, Khurda, Jajpur, Kendrapara, Puri, Nayagarh, Ganjam, and Gajapati.The IMD has also predicted warm night conditions in Balangir, Mayurbhanj, Sambalpur, and Boudh.For March 18, the IMD has predicted orange and yellow warnings for heatwave conditions at one or two locations in the districts of Jharsuguda, Sambalpur, Sonepur, Boudh, Bolangir, and Kalahandi.On March 19, a yellow warning has been issued for heatwave conditions, which are likely to persist at one or two places in the districts of Balangir, Kalahandi, Boudh, and Sonepur.

TEENAGER DROWNS IN NAGABALI RIVER WHILE RESCUING COUSIN

Rayagada, (correspondent)::: A 17-year-old boy, P. Sai Krishna, drowned in the Nagabali river while trying to rescue his cousin. Krishna, the son of P. Murli, from Vijayawada, Andhra Pradesh, was on a family trip to visit the Maa Majhighariani temple and the Jhula Bridge.After visiting

the temple, the family went to the Jhula Bridge, where they decided to take a bath in the Nagabali river. While bathing, Krishna's cousin started drowning, and Krishna attempted to rescue him. Unfortunately, Krishna lost his balance and drowned in the river.The fire department and police

were informed, and they rushed to the spot. The fire department personnel rescued Krishna and took him to the district headquarters hospital, where he was declared dead.This incident highlights the importance of water safety and the need for caution when engaging in water activities.

Youth Arrested For Filming Inside Shree Jagannatha Temple Premises In Puri

Bhubaneswar (correspondent)::: A youth was arrested on Saturday for allegedly recording a video within the premises of the Shree Jagannatha Temple in Puri.The accused, identified as Bhaskar Samanta, was found to be using a spy camera to record footage inside the Srimandir.According to reports, Samanta was apprehended by the Singhdwar police after they discovered the spy camera during an interrogation.The police acted promptly and Singhdwar Sub-Inspector Bikash Kumar Pradhan led the arrest.Samanta has been charged under Section 30(A) and 4(C) of the Sri Jagannath Temple Act. He is currently in custody at the Singhdwar Police Station.

5-Yr-Old Girl’s Body Found In Pool Of Blood In Angul

Bhubaneswar: A missing 5-year-old girl was found dead in a pool of blood under a tree at Kankarei village under Industrial Police Station (Nisha) in Angul district on Sunday.Preliminary investigations suggest that the minor girl was allegedly raped and killed. In connection with the incident, police have detained one person. According to reports, the girl had gone missing on Thursday and her family members had filed a police complaint on Friday. After the complaint was lodged, police initiated an investigation. Locals discovered the girl’s dead body in a pool of blood on Sunday and informed the police. Upon receiving the information, police reached the spot and began investigating the matter.The police have sent the girl’s body to Angul District Headquarters Hospital (DHH) for medical examination.

EDITORIAL

Clinging Is A Symptom Of Insecurity

We always try to find ourselves validated – be it in a relationship, love, power, or position. Thus, our expectation and demanding self gets nourished. The more the self-ego is strong, the more one struggles in life, despite the success. You have to learn to lose yourself and in that losing, you find the wise way of living. In all mystical literature, the art of losing oneself is taught. How does one lose oneself? Have you ever explored this? The more you try, the harder it becomes. Like in swimming, if you want to float, the more you try, you become tense and hence can't float. But if you "let go" then you "let in" the art of floating. There is an effortless effort. So one has to let go effortlessly and then one lets in. It is not by effort, and it is not without effort. Language fails, but it is true. Understanding this difficulty, we are putting a lot of effort to love but, learn how to die. Death, not in the sense of suicide but letting the past die, so that you are alive to the movement of life. So, the ego-self need not be killed but you die to it. When you are happy, the ego, 'i', disappears. When the 'i' disappears, your past also disappears. But our life is filled with the past. We go on spinning stories of past incidents. The past, feeling insecure, tries its entry by living in the present and/or fantasising in the future. Hence, one is living backward. Can you see how foolish it is? Seeing and observing is learning. Learning is not repetition of some knowledge. But there are those who think that repetition of facts is learning. True learning is by observing life, and the greatest book is the book of life. Why do we cling to illusions? Humanity has seen wars and violence. Neither has helped, but war and violence continue. This happens even in relationships where there are mini wars. When your spouse does not agree, you feel hurt. When your boss disagrees with you, you feel hurt. Why does this happen? When present is not lived, illusion seems to be one's hope. Hence, the power of illusions. Immediately after achieving one desire, one other desire crops up. Man, therefore, considers the present as insipid and craves for achieving the new desire. Thus, the cycle goes on. When you cling to anything, you destroy it. We find this in all mystical literature. There is a way of living without clinging. When one dies one does not carry anything and hence live life with this understanding. Clinging is a symptom of one's insecurity. Only when things are clear, your life will be a clearing and such a clearing is true understanding; understanding of words is just information. We are not happy in the "now" and hence we fantasise the future and then cling to it. We have an illusion of what happiness is. We have a definition of happiness. Our definition defines life. We never question our definition. These definitions, which are not inspected or verified, control our life.

A daily yoga routine could bring great benefits



Puspamitra Mohapatra

Yoga needs to become a part of daily life. This starts in the mind, with our thoughts. We may talk about ahimsa but non-violence starts with thinking kind thoughts, especially about ourselves. How often do we get impatient or put ourselves down for being clumsy or forgetful? Those things happen; we should register them to avoid them in the future but then move on. When we feel good and balanced about ourselves, then it will be easy to feel that way towards others asac well. Yoga needs to permeate all our actions. The yamas and niyamas, the restraints and observances that are the first two basic steps of Ashtanga – non-violence, truth, non-stealing, continence and non-covetousness and purity, contentment, fortitude, study of self and surrender to the absolute, respectively – are good check points. We need to stop reacting and start acting. Reaction happens

automatically, without thought, whereas action is mindful response to any situation. For example, if someone shouts at me, my first reaction might be to shout back. That is the ego talking. Perhaps he had to shout to be heard. An objective assessment of the situation will reveal that it is better to move to a quieter space and continue the conversation. This question comes up often: 'What to do when somebody insults me?' or 'How not to get hurt by others?' Well, it is our choice to get insulted or hurt or not. Nobody can hurt me if i decide not to get hurt. So if that happens, if someone tries to insult or hurt you, take a step back and enjoy the show. There is no need to get involved; simply observe. As householders, it is our duty to take care of ourselves and make sure all the systems of our body are in balance. This can be achieved through ahar, vihar, achar and vichar – right diet, sufficient rest and recreation, good management of the outside world and a positive outlook towards life. Another thing is that

nowadays, everyone is stressed. This is where asanas and pranayama – the fourth and fifth step in Ashtanga Yoga – can help because stress is all in the mind and when the mind is disturbed, we should move into the body. Asanas can be simple but should be done with sincerity, dedication and regularity. Four times a day, a person should sit quietly for two to five minutes – for example in sukhasana – to give strength to the body and balance to the mind. Pranayama is essential to regulate our breath and vital energy. Our founder would say, "Those who have mastered the art of breathing have mastered the art of living." In summary, a householder needs to concentrate and excel at work and have a balanced and strong mind all the time together with a tender heart. In addition to the things mentioned above, yoga benefits everyone and is essential for everyone. So whenever we think before we act, we are living yoga. Whenever we keep the purpose of any action in mind and act, then we are living yoga.

Divine progress from sight to insight



Ajaya Kumar Behera

The plan of Nature is a slow, yet steady unfolding of consciousness, awareness. As awareness increases, avenues open up, offering greater happiness, fulfilment and joy. A stone is alive with atoms but has no feeling. It makes no difference to the stone whether you kick it, pulverise it or worship it. A stone in the pristine Himalayas has no ability to take in the beauty of its environment; one in a coalmine does not rue its misfortune. A plant is aware of soil conditions and moisture. It sends its roots to sources of water and nutrients. Its shoots reach out to sunshine and it blossoms in spring. It is believed to respond to music, too. But it does not feel the love or tenderness of a parent. Animals are aware of seasons. Migratoray birds fly thousands of miles to beat winter. Animals sense danger and elude predators. They are capable of deep caring and

form loving relationships. The human being is mindful. You are aware of the seen and obvious. You can connect cause with effect and decipher laws of nature. You also have the power to align with the unseen and subtle hand of Divinity. You can choose to remain at lower levels of awareness – eating, drinking, sleeping – content to submit to the elements. On the other hand, you could soar to higher levels of consciousness, to a world that offers certain victory over the material world, where you find perfect equilibrium in every set of circumstances. You can enjoy the highs of classical music and maintain the same poise when someone passes a nasty remark. Vedanta requires commitment to your own inner transformation. As you go up, you transcend earlier limitations. You become independent. What are we aware of? Sense gratification is what the world craves for. But it is the lowest and is limited by the here and

now. And you can be happy only when you are catered to. The realm of emotion is far more powerful and satisfying. It pervades and controls the body. You willingly give up physical pleasures for emotional joys. A mother may be starving but is happy when the child eats. You can tap into past and future joys, reliving the thrill of your first date or visualising the ecstasy of parenthood. However, emotional joys are restricted to known avenues. Atman, Spirit, is all-pervasive. It governs all laws, so accommodate that powerful, divine Force within you. Have you ever marvelled at your own body and its complex systems? Have you stood in awe of the rising sun or the full moon? Have you wondered who or what created this stunning world? We call this divine Power, God. But a statue is not the saint; the menu is not the meal. Go beyond the menu and enjoy the meal!

The true life versus a mechanical life



Narayan Chandra Biswal

A machine always performs exactly the same type of function; a cutter machine will cut and a grinder will grind; they are designed that way. If our mind always gets angry, reacts specifically to a particular type of situation, then it is no different than a machine. A machine is manipulated by someone who operates it; it has no volition. Similarly, a mechanical mind operates routinely according to external stimuli. Hence our moods, feelings and actions are in the hands of others and externalities. We don't let the Self within to have a say. Some mechanical actions are inevitable. When we are hungry, we eat; when we are thirsty, we drink. Beyond this, we could be inspired to show generosity, kindness and compassion. Then, along with mechanical bodily functions, we could direct our

thoughts and actions in a life-affirming manner. Human nature 'to be happy' leads us to search for peace outside and within, and this may take us to the spiritual path. To satisfy our physical needs together with our mental desires and ego, is our interpretation of life and we are living with that. Basic human physical needs can be satisfied with food, clothing and shelter. What really aggravates most of us is the psychological need. Even when conditions promote happiness, we are not fully satisfied. We want more because we have unlimited desires based on imagination. The mind's thirst can never be quenched, because those needs are imaginary. Also, the mind can only think from experience and from the field of the known. Apart from physical and imaginary hunger, the third is spiritual hunger: the desire to be desire-less, that is beyond physical and mental planes. This path will help us overcome our mechanical nature, and live life with utmost satisfaction.

Everything materialises with a specific cause and condition, depending upon many variables – mental conditions and experiences. We tend to be attached to only the result, and we repeatedly aspire for it. But the situation changes; so the same result every time is impossible. Nevertheless, when we fail, we get depressed. Suppose, one day we visit a restaurant. The food tastes delicious. On a different occasion, we again visit the same restaurant and order the same food. Strangely, it tastes different! We are saddened. The taste depends on ingredients and their quality, the cook and his mood, how hungry we are, our mental condition and so on that are all subject to change. A seed will germinate if soil is fertile, it gets water, the temperature is conducive, and so on. Otherwise, it will not germinate. Living with equanimity and harmoniously with all beings, surroundings and society is ideal living.

Mindfulness, respect, religion and character



Alekha Chandra Samal

Yoga needs to become a part of daily life. This starts in the mind, with our thoughts. We may talk about ahimsa but non-violence starts with thinking kind thoughts, especially about ourselves. How often do we get impatient or put ourselves down for being clumsy or forgetful? Those things happen; we should register them to avoid them in the future but then move on. When we feel good and balanced about ourselves, then it will be easy to feel that way towards others as well. Yoga needs to permeate all our actions. The yamas and niyamas, the restraints and

observances that are the first two basic steps of Ashtanga – non-violence, truth, non-stealing, continence and non-covetousness and purity, contentment, fortitude, study of self and surrender to the absolute, respectively – are good check points. We need to stop reacting and start acting. Reaction happens automatically, without thought, whereas action is mindful response to any situation. For example, if someone shouts at me, my first reaction might be to shout back. That is the ego talking. Perhaps he had to shout to be heard. An objective assessment of the situation will reveal that it is better to move to a quieter space and continue the conversation. This question comes up often: 'What to do when somebody insults me?' or 'How not to get hurt by others?' Well, it is our choice to get insulted or hurt or not.

Nobody can hurt me if i decide not to get hurt. So if that happens, if someone tries to insult or hurt you, take a step back and enjoy the show. There is no need to get involved; simply observe. As householders, it is our duty to take care of ourselves and make sure all the systems of our body are in balance. This can be achieved through ahar, vihar, achar and vichar – right diet, sufficient rest and recreation, good management of the outside world and a positive outlook towards life. In summary, a householder needs to concentrate and excel at work and have a balanced and strong mind all the time together with a tender heart. In addition to the things mentioned above, yoga benefits everyone and is essential for everyone. So whenever we think before we act, we are living yoga. Whenever we keep the purpose of any action

in mind and act, then we are living yoga. These teachings contain a set of principles, to regulate our behaviour towards our fellowmen, and constitutes the basis of civilisation. It is related that when an agnostic asked Rabbi Hillel to let him know in one sentence what is in the Torah, he replied: "Do not unto others what you would not have others do unto you." One is apt to judge people by the extent of their power or wealth, but as an ancient writer pointed out, "I would rather be adorned by beauty of character than jewels. Jewels are the gifts of fortune, while character comes from within." The person who is truly religious is rightly wary of transgressing the laws of good behaviour and character prescribed by Him. And such a fear of evil doing is a positive concept that is akin to reverence for our Maker and Creator.

Mega Cyclothon "A Ride for the Nation" Organized by NCC GP HQ, Odisha

Paradip (correspondent):- The Mega Cyclothon, which commenced on March 12, 2025 from Puri, has reached Paradip on its third day. The Paradip College NCC Alumni Association and NCC cadets, extend a warm welcome to all cadets and staff participating in this noble initiative. This cyclothon aims to raise awareness on crucial issues such as pollution, environment conservation, road safety, cybercrime prevention,

The success of Balimela girl Snigdha in Odisha Judicial Service Examination

Malkangiri, correspondent:- Snigdha Behera, the daughter of Malkangiri district Balimela NAC has been successful in Odisha judicial service. The result of Odisha Judicial Service 2023/24 has been released today. In which Balimela girl Snigdha Behera has secured 29th position. Snigdha child was studying the lesson from day to day. Passed 10th from IMST English School, Balimela, then graduated from Balimela College of Science and Technology, , after passing B.Sc she joined Law at Bhadrak District. The third time was successful in 2023/24. Father Vivekananda Behera was known as a pious man while he was working as a retired PA of Balimela Hydropower Station. Her moris a primary teacher.she got married in Achak village of Bhadrak district. However, her husband Alok Ranjan Sahu is also a government employee. Needless to say, her husband Alok is her inspiration, and she credits him for the success she has achieved today. However, after the news that Snigdha has passed the OJS, there has been a wave of happiness in the minds of the people of Balimela city.



plastic-free living, and the importance of joining the defense forces. On this occasion, a stage program was organised at Paradip Sea Beach, which was graced by Smrutiranjana Kar, ASP, Paradip as the chief

guest. The cyclothon was led by CEO Major Ashutosh Tripathy and ANO Lt. Cdr. A. C. Mishra, who addressed cadets, students, and the public on the significance of this event. The day was filled with enthusiasm.

Pond (Bamphi) of Sureshwari Temple in Neglected Condition

SUBARNAPUR (correspondent): --- The pond (Bamphi) that adorns the premises of Istadebi Maa Sureshwari Temple in Subarnapur is now in a deplorable condition. A tree near the temple fell in the wind and a large wooden trunk of a tree is lying in the pond. The water level has gradually dropped and now there is only 2 to 3 feet of water. Thousands of fish species that thrive there are now in a dangerous condition. In this regard, there is widespread dissatisfaction among the public and devotees who visit the temple. If the problem is not resolved immediately, the fish species will disappear. While a lot of money is being spent in the name of development, the perennial water problem is not being solved. The temple is being discussed in the Devotee Department of The devotees and intellectuals are demanding that the administration immediately solve the problem of water in the pond along with the permanent problem of water in the temple.



Minister Prithiviraj Harichandan celebrates Holi at Chilika

Khordha (correspondent): On the occasion of the festival of colors, 'Holi', Law Minister Prithiviraj Harichandan celebrated "Holi Utsav" at Nachuni with party leaders, activists, journalists, social workers, intellectuals and locals of Chilika constituency. 'May the Holi festival, which carries the message of peace, friendship and brotherhood, fill everyone's lives with happiness, peace and joy', Minister prayed to Lord Jagannath. The public was very happy



to play Holi with the Minister. He told that development of Chilika is always a priority and he will always be with the people of Chilika as a 'Sevak'. On this occasion, former MLA Dr. Bibhutibhushan Harichandan, Chilika

Block Chairman Jyotshna Behera, Vice Chairman Arun Pattnaik, Banpur Block Chairman A m a r e n d r a Ranasingh and all the BJP leaders of Chilika constituency were present.

Sonepur to Bhubaneswar on a bicycle and submitted a demand letter to the minister regarding the problem

SUBARNAPUR (correspondent): Since pre-independence, the Sonepur caste has been at the forefront of other in the field of education, culture and art. A high school was established in Sonepur in 1903, while Prithviraj High School was established in Balangir 13 years later. The establishment of the English chair in Ravenshaw College from the funds of the Sonepur, the contribution of the Sonepur state to the Calcutta National Library, the establishment of the Odisha chair in the Calcutta University from the own funds of the Sonepur king, etc., indicate the excellence of Sonepur in education. But after the merger of the Sonepur with Odisha and after independence, due to



lack of necessary encouragement and support, the Sonepur College has not been made official for seven decades, which has recently emerged as a question of pride. Why is there not a single government college in Subarnapur district even after 78 years of independence? Is this a gratitude for the contribution made by Sonepur to the development of education in Odisha? Since 1993, when Sonepur was de-

clared as Subarnapur district, the demand for the governmentization of Sonepur College was increasing in various forums. But it is a matter of great sadness that no government has paid any attention to this. Especially since 2000, there has been a continuous demand for the governmentization of Sonepur College, but the previous government did not pay any attention. While some district headquarters colleges have been de-

clared government colleges, the education seekers of the areas deprived of Sonepur College are particularly distressed. Perhaps this is what has increased the Dadan of Subarnapur district by 30% in 24 years of uninterrupted government. Perhaps this is why, after completing 10th standard, the children of Subarnapur district are thinking it is better to go to Tamil Nadu and earn some money instead of studying. The government has changed. The government's approach has also changed. In the hope of changing the fate of Sonepur College and making it a government college, a second-year graduate of Commerce Department of S o n e p u r College, Shrikanta Sahu came to Bhubaneswar

from Sonepur on a bicycle and submitted a demand letter to the Minister of Higher Education, Sports and Youth Affairs, Odia Language, Literature and Culture, Shri Suryavanshi Suraj. In the demand letter, he has demanded that Sonepur College be declared a government college, Opening of PG department in Sonepur College, Establishment of a Fisheries College and Agriculture University in Sonepur, Planning for the development of higher education in every panchayat, Enacting laws to prevent the entry of non-students into educational institutions, preventing student violence and ragging, implementing employment-oriented education at every level, and strengthening the sports infrastructure in educational institutions and making the selection of sports persons from the district level transparent. And they have submitted a 6-point demand letter demanding that it be done continuously.

1920kg of ‘Ganja’ seized by Boudh police

Boudh (correspondent): -Boudh police recently displayed 1920 kg of ganja, which was seized from a forest near Lekadpaju village, in court. According to the police, they received reliable intelligence about illegal activities in the area and launched an operation in the Lekadpaju jungle. While the ganja smugglers managed to escape, the police successfully seized the large quantity of ganja hidden in the forest



TWO-DAY ASTAPRAHARI NAMA YAGNA HELD AT DUMADANGAR VILLAGE

Bandhugaon, Koraput (correspondent): : A two-day Astaprahari Nama Yagna was held at Dumadangar village under Bandhugaon block in Koraput district. The event was attended by devotees from nearby villages, including Durgi, Rutupai, Lundurukana, Gajabadi, and Bhilamal. The Nama Yagna was performed under the guidance of Niklima Guru, who has established 30 mandalis (centers) in Bandhugaon block. The event was marked by chanting of the holy name of Lord Krishna, and the village was decorated with colorful lights. The chief guest of the event was Niklima Guru, who was accompanied by other dignitaries, including Damburu Bidika, Bhima Kashyap, Nagesh Meleka, Ramia Himirika, and Rupa Himirika. The event was held in a peaceful and serene atmosphere, with devotees chanting the holy name of Lord Krishna throughout the day.

RAYAGADA POLICE SEIZE 660 KGS OF GANJA, ARREST 6 ACCUSED PERSONS

Rayagada, (correspondent) - In a major crackdown on ganja trafficking, the Rayagada Police seized 660 kilograms of contraband ganja and arrested six accused persons on Wednesday. According to police sources, the accused persons were transporting the ganja from Andhra Pradesh to Odisha when they were intercepted by the



police. The seized items include 660 kilograms of ganja, one pickup

truck, one car, one pistol with two live ammunitions, and four mo-

bile phones. The accused persons have been arrested and a case has been registered under PS Case No-85/25. The police are investigating the matter further to uncover the nexus of ganja trafficking in the region. The Rayagada Police have been actively working to combat ganja trafficking in the region, and this sei-

zure is a significant milestone in their efforts. With this seizure, the total amount of ganja seized by the Rayagada Police in the last month has reached 1,200 kilograms. The police have appealed to the public to come forward and provide information about any suspicious activities related to ganja trafficking.

The dead body of the minor was recovered from the mango tree

Malkangiri, (correspondent): Malkangiri District K o r u k o n d a B l o c k Nilakamberu P a n c h a y a t Sorlukonda Village A juvenile was found hanging from a mango tree this evening. The minor is said to be from that village. However, it has been reported that this minor has passed the 10th board exam in the last few days. Seeing the dead body of the minor in a hanging position, the villagers immediately informed the Orkel police. On receiving the news, Orkel police reached the spot and seized the body and registered a case of death on 3/25 and recovered the body of the minor. However, the scientific team will come tomorrow and conduct a thorough investigation of the incident and the body will be handed over to the family members after the post-mortem, informed the police officer Dhiren Patnaik.



50th anniversary celebration at Narayan Sevashram, Poteru

Malkangiri correspondent :- At Narayan Sevashram at Poteru under Kalimela Block, Malkangiri District The 50th anniversary celebration has been held. Devotees from 8 states including Malkangiri district came to celebrate the 50th anniversary of the annual festival. Every year Naranarayan Sevashram, which is celebrated on the occasion of the 20th anniversary of the festival, holds various programs like Ast Gavati Naam Yangya, but this year a 24-hour Naam Yangya was held on the occasion of the Ashram's 50th anniversary, and West Bengal's famous lyricist and MLA Asim Sarkar, former minister and BJP leader Arvind Dhali were present. On the following day, thousands of devotees were seen participating in the Holi games.

'e' PROCUREMENT NOTICE REFERENCE NO- E.E. (A), Kendrapara Division – 07/2024-25

Date & time of bidding online – 17.03.2025 at 10.00 A.M. to 24.03.2025 up to 5.00 P.M.

Date of Submission of document- 17.03.2025 at 10.00 A.M. to 25.03.2025 up to 5.00 P.M. (Except Holidays)

Sl. No.	Name of the work	Approximate Estimated cost put to Tender (Excluding G.S.T) (Rs.)	Cost of Bid Documents (in Rs.)	Class of Contractor	Period of Completion	Cost of EMD @1% in the form of TDR
1	2	3	4	5	6	7
1	Beautification with land development of the CDAO office campus, Jajpur	8,42,451.00	4000.00	C&D	2 (Two calendar month)	8500.00

Date of Opening of original Documents & Online Bid- 26.03.2025 at 11.00 A.M. onwards

Further details can be seen from the website www.tendersodisha.gov.in

Executive Engineer (Agril.)

Agriculture Engineering Division, Kendrapara

OIPR-01471/11/0007/2425

MANAPPURAM HOME FINANCE LTD.

Regd Office: IV/470A (OLD) W/638A (NEW) Manappuram House Valapad Thrissur, Kerala 680567

Corp Office: Manappuram Home Finance Limited, Third Floor, Unit No. 301 to 315, A Wing, 'Kanakia Wall Street', Andheri-Kurla Road, Andheri East, Mumbai-400093, Maharashtra. Phone No.: 022-68211000. Website: www.manappuramhomefin.com

POSSESSION NOTICE (For Immovable Property)

Whereas, the undersigned being the authorised officer of Manappuram Home Finance Ltd ("MAHOFIN") under the Securitisation and Reconstruction of Financial Assets and Enforcement of Security Interest ("SARFESI") Act, 2002 (54 of 2002) and in exercise of powers conferred under section 13(12) read with rule 9 of the security interest (Enforcement) Rules, 2002 issued a Demand Notice calling upon the borrowers and co-borrowers to repay the amount mentioned in the notice and interest thereon within 60 days from the date of receipt of the said notice. The borrower having failed to repay the amount, notice is hereby given to the borrower and the public in general that the undersigned has taken Symbolic possession of the property described herein below in exercise of powers conferred on him/her under section 13(4) of the said "Act" read with rule 9 of the said rules. The borrower in particular and the public in general is hereby cautioned not to deal with the property and any dealings with the property will be subject to the charge of the Manappuram Home Finance Ltd as mentioned below for each of the respective properties:

Sr. No.	Name of Borrower and Co-borrower/ Loan account number/ Branch	Description Of Secured Asset In Respect Of Which Interest Has Been Created	Date of Demand Notice sent & Outstanding Amount	Date of Possession
1	Rita Behera Subal Behera /MHL00960014296/ Balasore	Ror No.142/190 & Plot No. 512/578, Area -Ac 0.040 Dec, Mouza-Praharaipur, Tahsil-Rasgobindpur, PS-Morada, PS. No. 236, Dist-Mayurbhanj, P.O. Purnachandrapur, Mayurbhanj, Odisha, Pin: 757055, East-Govt Road, West-Govt Road, South-Sambhunath Bhuyan, North-Niranjan Bhuyan	14-12-2024 & Rs. 244054/-	12-03-2025

Date: 17th March 2025
Place: ODISHA

Sd/-
Authorised Officer
Manappuram Home Finance Ltd

Salman Khan Spends Holi On The Set Of ‘Sikandar’

Salman Khan is extremely busy with his next, “Sikandar” at the moment. The superstar even spent Holi on the set of his much-awaited drama. Child actor Adiba Hussain who will be seen in “Sikandar” took to her Instagram and treated us with a few pictures of her Holi celebration with Salman on the set. In the first two pics from the post, Salman and Adiba can be seen facing the camera with splashes of color all over them. Later on, these two are joined by Adiba’s younger sister. While Salman posed in a black sleeveless T-shirt, shaded denim, and a silver chain, Adiba looked adorable in a stylish checkered top, and hoop earrings. The caption of the post read, “The most colourful Holi. Splash colours of love.” Adiba further posted these pictures in the stories section with the caption, “Adiba with Bhaijaan on set”. Recently, Salman shared an intriguing poster from “Sikandar” before Holi. The poster featured Salman standing on top of a burning vehicle, surrounded by flames and smoke.

White Dhokla

Ingredients:

- Rice Soaked 3 cup
- Urad Dal Soaked 1 cup
- Asafetida 2 tsp
- Sugar 1 tsp
- Water as required
- Ginger 1 inch
- Green chili 4-5 no.
- Salt to taste
- Yogurt 2 tbsp
- Eno ½ tsp
- Black pepper crushed 1 tsp
- Red chili powder 1 tsp
- Coriander leaves chopped 1 tbsp.

Method:

1. Take grinder jar, add soaked rice, urad dal, asafoetida, sugar and water and grind smoothly.
2. Remove in a bowl, cover it and keep it aside to ferment for overnight.
3. Take grinder jar, add ginger, green chilli and little water and grind coarsely and add to the fermented batter.
4. Add salt and Yogurt and mix well.



5. Add eno and mix well. Keep it aside.
6. Meanwhile Take big pot, place the stand and add water.
7. Tie the cloth on lid and cover the pot.
8. Grease the tin with oil and pour the prepared batter, add crushed black pepper, red chilli powder and chopped coriander on top.
9. Place the tin on prepared steamer, cover the lid and cook till 15-20 min.
10. After 15-20 min. remove the tin from steamer, brush some oil on top and keep it aside to cool down.
11. Cut into pieces and serve.

5 weight loss tips for couples to achieve their health goals together



5 wight loss tips for couples

1. Set Realistic Goals Together

Before starting any weight loss regimen, sit down with your partner and discuss your goals. Set realistic and achievable goals that are compatible with both your lifestyles and schedules. Whether you're trying to lose weight or change your eating habits, make sure your goals are precise, measurable, achievable, relevant, and time-bound. You can also opt for a group or family weight loss plan that will help in setting the overall goals for your weight loss journey as a couple. Moreover, they not only provide diet plans but also suggest workout routines that you can do together, focusing on your holistic fitness goals.

2. Meal Prep as a Team

Diet is a major element influencing weight loss. Instead of relying on unhealthy convenience foods, make meal prep a joint activity. Plan your weekly meals together, go grocery shopping as a group, and spend time preparing healthful meals. Not only does this encourage healthier eating habits, but it also improves your friendship as you work together to achieve a common objective. Experiment with new recipes, try other cuisines and make meals pleasurable and rewarding for both of you.

With a supportive buddy, losing weight can be much easier and more long-lasting. And who better to team up with than your partner? The adage "Couples who eat healthy together, slay together" takes on a whole new meaning in the present day. It's not just about sharing salads; it's about sharing a commitment to a healthier lifestyle as a team. While social media and health apps provide a plethora of options, there's something very exciting about going on this path hand in hand. Beyond the physical benefits, it's the shared effort that ignites sparks in the relationship, making it a thrilling adventure towards mutual well-being.

3. Stay Active Together

Physical activity is vital for weight loss and overall health. Find activities you both enjoy and incorporate them into your daily routine. Whether it's going for a walk or jogging in the park, taking a fitness class together, or dancing in the living room, keeping active as a pair makes exercising more enjoyable and inspiring. Additionally, ensure that you keep your house clean together. Avoid stocking an abundance of tempting snacks and motivate each other to adopt healthier habits.

4. Support Each Other Through Challenges

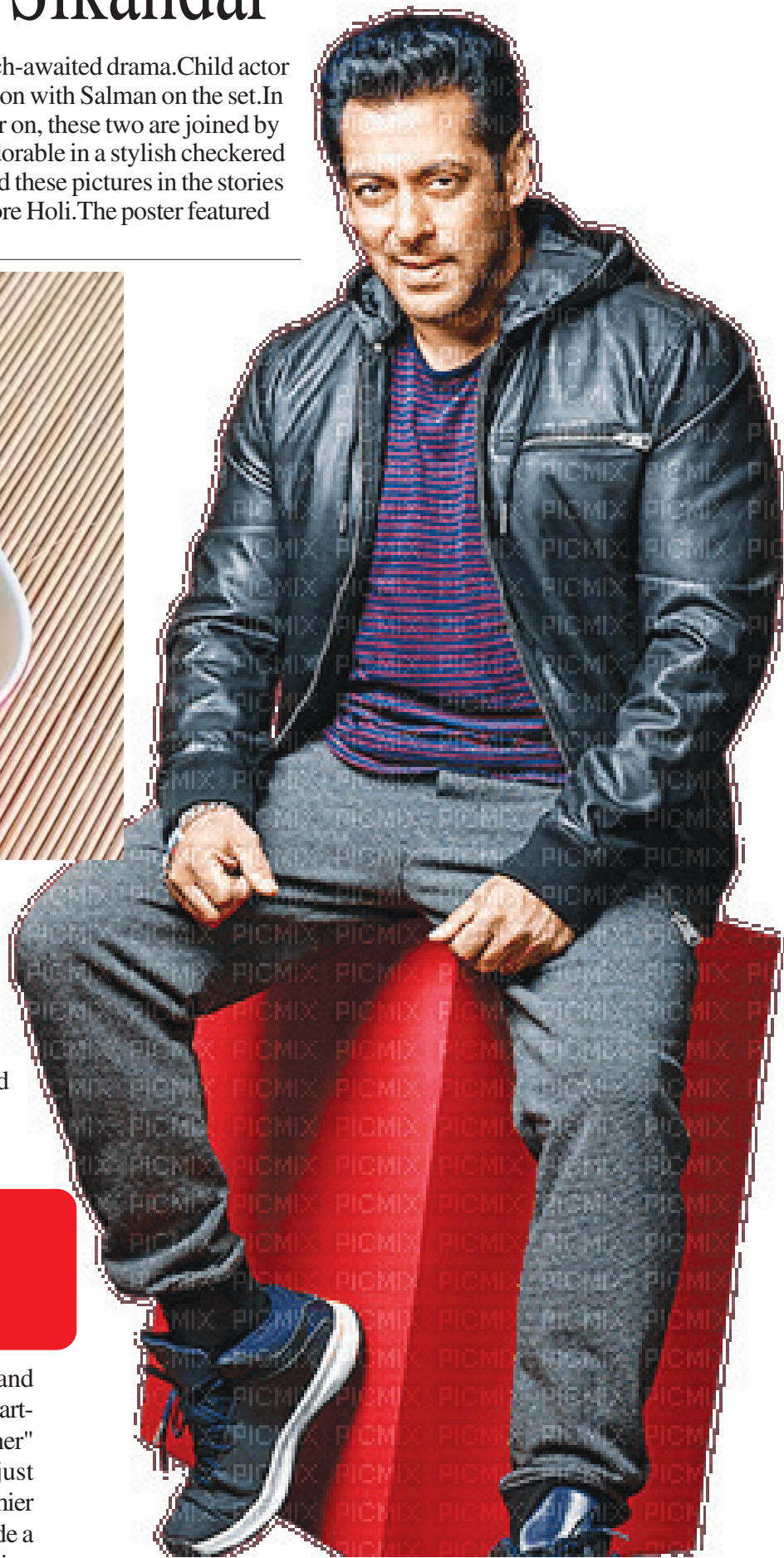
Weight loss journeys are often accompanied by challenges and setbacks. It's crucial to support each other during these times and celebrate your successes together. Be each other's cheerleaders, offer words of encouragement, and provide emotional support when needed. Decide one cheat day where you can enjoy your favourite foods, reinforcing the idea of rewarding yourselves within your fitness journey.

5. Communicate Openly and Honestly

Effective communication is key to any successful relationship, including your health and fitness journey. Be open and honest with each other about your struggles, temptations, and achievements. Discuss any concerns or obstacles that may arise and work together to find solutions. By maintaining open lines of communication, you'll build trust, deepen your connection, and overcome obstacles more effectively as a couple.

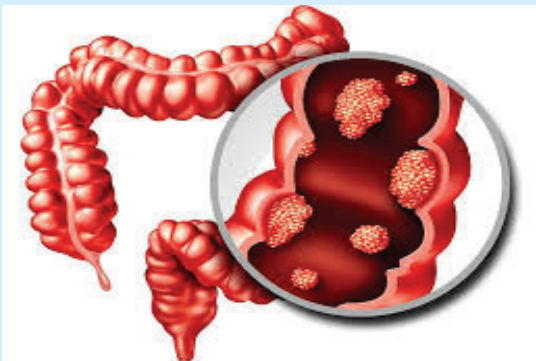
oversized variant topped with grated cheese and small pieces of other dosas — like sizzler dosa, French fries dosa, kadhai paneer dosa, chocolate dosa and Burj Khalifa dosa — placed on top of each other like a tower and filled with a variety of exotic vegetables and cheese. Crepeing up on the taste buds “Videos featuring these kinds of dosas go viral. I’ve tried almost all their varieties. People love these for their unique flavour combination and creative presentation,” says Tanvi Bhalla, a lifestyle influencer.

Owing to the popularity of fusion dosas, Sambarpot, a South Indian restaurant in Delhi organises a dosa festival every year.



Colorectal cancer symptoms: What you need to know

Colorectal or colon cancer originates from the growth of cells within the colon, which is a section of the large intestine. The large intestine serves as the final part of the digestive system, responsible for breaking down food for bodily use.



Although it primarily affects older individuals, we are now seeing more and more younger patients with colorectal cancer. In an interview with HT Lifestyle, Dr Ganesh Nagarajan, Director of Hepatobiliary Pancreatic Gastrointestinal Oncology at Nanavati Max Institute of Cancer Care, explained, “Typically, it begins with the formation of small cell clusters known as polyps inside the colon. While most polyps are non-cancerous, some have the potential to evolve into colon cancer over time. As polyps often do not exhibit symptoms, regular screening tests are recommended by doctors to detect and remove them to prevent colon cancer.”

He elaborated, “In some cases, colorectal cancers with polyps are hereditary. In cases where colorectal cancer does develop, various treatments such as surgery, radiation therapy(for rectal cancers), and medications including chemotherapy and immunotherapy can be employed to manage it effectively. We routinely perform minimal access surgery for colorectal cancers by robotic or laparoscopic techniques to improve outcomes and hasten recovery but it is the need of the hour to spot the symptoms of this cancer to seek timely intervention.”

These are the symptoms of colorectal cancer:

Dr Ganesh Nagarajan shared, “Colon cancer can often be asymptomatic in its early stages, with symptoms only manifesting once the cancer has grown to a certain size or reached a specific location within the large intestine. These symptoms may include alterations in bowel habits, such as increased instances of diarrhea or constipation, as well as rectal bleeding or blood in the stool. Additionally, individuals may experience persistent discomfort in the abdominal region, including cramps, gas, or pain.”

He revealed, “Other potential signs of colon cancer are a sensation of incomplete bowel emptying during defecation, weakness or fatigue, and unexplained weight loss. However, potential warning signs such as rectal bleeding or blood in the stool should be taken seriously and promptly discussed with the doctor.

Special Olympics World Winter Games: India End Campaign With 33 Medals

New Delhi: On the final day of the Special Olympics World Winter Games 2025, India witnessed an extraordinary display of skill and determination from Indian athletes, who clinched 12 medals across four events, increasing the medal count to 33. In Snowshoeing, India secured four more medals, adding to the six medals won previously. Vasu Tiwari, Shalini Chauhan, and Tanya each claimed a silver medal in the 25m Snowshoeing event while Jahangir added to the medal count with a



bronze in the same category. The Alpine Skiing segment also saw stellar performances from Indian athletes. Radha Devi and Nirmala Devi captured silver medals in the Intermediate Slalom (F01 and F04 categories, respectively) while Abhishek Kumar clinched another silver in

the Novice Slalom (M02 category), reinforcing India's success in the tournament. Adding to the accolades, Akriti demonstrated remarkable endurance in Cross Country Skiing, securing a bronze medal in the 100m Classical Technique (F02 category). In the Floorball event, India's

Women's Traditional Team showcased their teamwork and skill, claiming a bronze medal to conclude an incredible journey at the Special Olympics. Dr. Mallika Nadda, president of Special Olympics Bharat, expressed her pride in the athletes, stating, "Our athletes have once again proved that with dedication and perseverance, there are no limits to what they can achieve. Each medal won is a testament to their hard work and the unwavering support from coaches, families, and the entire Special Olympics

Bharat family. We are incredibly proud of their achievements and will continue to support their journey towards greater heights." The Special Olympics World Winter Games 2025 concluded with the Indian contingent winning a total of 33 medals, including 8 gold, 18 silver, and 7 bronze medals. While India recorded 10 medals each in Snowshoeing and Alpine Skiing, 6 medals came in Snowboarding. Short Track Speed Skating, Cross Country Skiing and Floorball brought the country 4, 2, and 1 medal respectively.

WPL 2025: Mumbai Indians Players Soak In The Feeling Of Being Champions For Second Time

Mumbai: This time last year, Mumbai Indians' players were in tears after losing the Eliminator to eventual Women's Premier League (WPL) 2024 champions Royal Challengers Bengaluru in New Delhi. But on Saturday night, the smiles were back on MI players' faces as they beat Delhi Capitals by eight runs to win their second WPL title at the Brabourne Stadium here on Saturday. MI's win was set up by captain Harmanpreet Kaur, who timed her shots and placed them exquisitely to top-score with 66 as the hosts posted 149/7 on a fresh pitch. In defence of 150, Nat



Sciver-Brunt took 3-30, including taking out Marizanne Kapp, while Amelia Kerr picked 2-25 as MI restricted DC to 141/9 in their 20 overs to win WPL 2025. "Because we have won before, expectations can be a little more. But we have played big games before, so it did not feel like (a very different occa-

sion). Our team meetings are simple. They had won before us, but today was a new day, a new match. We had good depth, and we would not leave this game for anyone (else to win)," added all-rounder Amanjot Kaur. "As soon as we reached that score, we knew we would win it. I had confidence in my team.

Special Olympics World Winter Games: India's Medal Count Surges To 24

New Delhi: India's remarkable run at the Special Olympics Winter Games continued on the third and fourth days of the event, with the athletes adding as many as 15 more medals to the tally. With this latest achievement, India's total medal count has now risen to 24, building on the nine medals secured in the earlier events. In Alpine Skiing, Deepak Thakur and Giridhar displayed exceptional skill to clinch gold medals in

the Intermediate Super G M04 and M05 categories respectively while Abhishek Kumar secured a silver in the Novice Super G M01 category. Radha Devi, also delivered a stellar performance, earning a silver medal in the Intermediate Super G F03 event. Adding to India's success on the ice, Ziara Porter showcased impressive speed and determination to claim silver medals in 111M F1 event and 222M F2 event of

Short Track Speed Skating while Tanshu won a bronze in the 777M M2 category and a silver in 500M M3 category. The country's presence in Cross Country Skiing was also felt as Akriti put in a commendable effort to secure a bronze medal in the 50M Classical Technique Final F03. India's Snowshoeing athletes also delivered some stellar performances, further boosting the medal count.

Nitish Reddy Cleared For IPL 2025, Set To Join SRH Camp

New Delhi: Nitish Kumar Reddy has been given the green light by the BCCI's medical team at the Centre of Excellence in Bengaluru to take part in IPL 2025. He will be available for Sunrisers Hyderabad's opening match on March 23, when they host Rajasthan Royals. Nitish is expected to join the SRH pre-season camp, which begins on Sunday. The final step in his recovery was a yo-yo test on Saturday morning, where he recorded a score of 18 –



comfortably surpassing the qualifying mark of 16.5, ESPNcricinfo reported. This milestone confirmed his readiness after undergoing the standard rehabilitation process for a side strain he sustained during last month's T20I series against England. On Fri-

day, Nitish played in a practice match and bowled at full intensity without any discomfort. The BCCI's medical panel took a cautious approach with his recovery, extending his rehab by two weeks beyond the initial three-week estimate. He re-

mains a key part of India's Test plans, with a tour of England scheduled shortly after the IPL concludes in late May. SRH had retained five players ahead of last year's mega auction, with Nitish among them. He enjoyed a breakthrough IPL 2024 season, scoring 303 runs at a strike rate of 142.92. His bowling, however, was less effective, managing just three wickets while conceding runs at an economy of 11.62. Following his IPL success, Nitish made his international debut in the

T20I series against Bangladesh at home. His reputation soared further when he played all five Tests of the Border-Gavaskar Trophy in Australia, highlighted by a maiden Test century in Melbourne. After returning from the tour, Nitish had expressed interest in training with former India bowling coach Bharat Arun in Chennai. However, the plan did not materialise due to his side strain setback. Now fully fit, he is set to return to action and make an impact for SRH in IPL 2025.

East Zone Inter University Handball (Men) Championship Inaugurated at KIIT University, Bhubaneswar

BHUBANESWAR (correspondent): The East Zone Inter University Handball (Men) 2024-25 Championship is being organized with great enthusiasm and competitive spirit at KIIT University, Bhubaneswar, under the aegis of the Association of Indian Universities (AIU), from the 16th to the 18th of March, 2025. The grand inauguration ceremony took place at the prestigious Biju Patnaik International Multipurpose Indoor Stadium, located in Campus 13 of KIIT University. The event was graced by the esteemed presence of Chief Guest Prof. Achyuta Samanta, Founder of KIIT, KISS, and KIMS, and Shri Birendra Kumar Behera, Secretary of the Odisha



State Handball Association. Their inspiring words and support added vigor to the event, motivating the participants to perform at their best. A remarkable total of 30 universities participated in the tournament, with 450 participants, including players and officials, converging to showcase their talent and sportsmanship. The tournament not only served as a platform for athletic ex-

cellence but also fostered camaraderie and unity among the young athletes from diverse institutions. The event epitomized the spirit of sportsmanship, dedication, and teamwork, reflecting the core values that handball as a sport embodies. The electrifying matches and the unwavering commitment of the players captivated the audience and left an indelible mark on the sports fraternity. KIIT

University, renowned for its world-class infrastructure and support for sports, once again demonstrated its capability to host events of national significance. The seamless organization and the vibrant atmosphere contributed to the success of the tournament. As the final whistle blew and champions emerged, the event stood as a testament to the power of perseverance and unity in the realm of sports.

Bumrah Set To Miss Initial Stage Of IPL 2025 For Mumbai Indians: Report

New Delhi: Fast-bowling spearhead Jasprit Bumrah is set to miss the initial IPL 2025 matches for five-time champions Mumbai Indians due to his ongoing recovery from a back injury which has kept him out of action since the Sydney Test in January. Bumrah has been recovering from a stress-related injury in his lower back, which he suffered during day two of the final Border-Gavaskar Trophy Test in Sydney and didn't bowl in the second innings as Australia won the series 3-1. Bumrah, who took the Player of the Series award in Australia for his 32 scalps, was subsequently ruled out of India's Champions Tro-



phy winning campaign after being named in the provisional squad. As of now, Bumrah, who underwent a back surgery in 2023, has been undergoing his rehab process at the BCCI Centre of Excellence (CoE) in Bengaluru. As per a report in ESPNcricinfo on Friday, Bumrah is expected to join the MI squad by early April, subject to clearance

from the medical team at BCCI CoE. At the same time, the report added, "It could not be confirmed exactly how many matches Bumrah would miss and if there was a definite date of return." MI's first two IPL 2025 will be played away from home – against Chennai against Chennai Super Kings (CSK) on March 23 in Chennai, before travel-

ing to Ahmedabad to face-off against Gujarat Titans (GT) on March 29. MI's first home match at the Wankhede Stadium will be against Kolkata Knight Riders (KKR) on March 31, before traveling to Lucknow for facing Lucknow Super Giants (LSG) on April 4 and then coming back to home to host Royal Challengers Bengaluru (RCB) on April 7. MI's other fast-bowling options include Trent Boult, Deepak Chahar, Reece Topley, Corbin Bosch, Arjun Tendulkar, Satyanarayana Raju, Ashwani Kumar, as well as all-rounders – captain Hardik Pandya, and Raj Angad Bawa.

Hockey India Awards: Savita, Harmanpreet Named Players Of The Year; 1975 World Cup Heroes Honoured

New Delhi: Women's team goalkeeper Savita Punia and men's team captain Harmanpreet Singh were adjudged Players of the Year even as Hockey India awarded its Major Dhyan Chand Lifetime Achievement Award to the 1975 World Cup-winning team in its annual awards celebration ceremony here on Saturday. The

Hockey India 7th Annual Awards 2024 brought together the Indian hockey fraternity in New Delhi on Saturday as it celebrated the country's finest hockey stars, officials, and legends who have made immense contributions to the sport, bringing pride to the nation year after year. This year's awards held special significance as the apex body cel-

ebrated 100 years of Indian hockey while also marking the golden jubilee of India's historic 1975 World Cup victory. To commemorate this milestone, Hockey India felicitated the members of the victorious 1975 World Cup squad with the Hockey India Major Dhyan Chand Lifetime Achievement Award, along with a cash prize of INR 50

lakh. The unforgettable evening, which saw some of the biggest names in Indian hockey come together, featured a record prize pool of INR 12 crore, the highest ever in the history of the Hockey India Annual Awards. Among the evening's top honours, Savita and Harmanpreet Singh were recognised as the Hockey India Balbir Singh Sr.

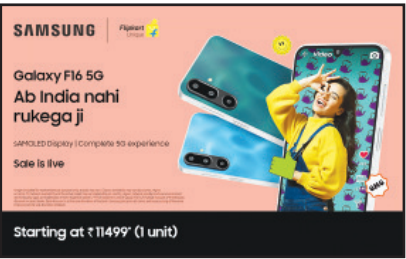
Award for Player of the Year 2024 winners in the Women's and Men's categories, respectively. The awards ceremony began by honouring the biggest highlight of 2024 – India's bronze medal win at the Paris 2024 Olympics. The members of the Indian men's hockey team were felicitated with a scarf and a cash award of INR 15 lakh each, while

alternate players received INR 5 lakh each, and support staff were awarded INR 7.5 lakh each in recognition of their contributions. In the second category, eight states were honoured for their pivotal role in promoting hockey and their outstanding performances at the 14th Hockey India National Championships 2024. Hockey

Haryana, Hockey Jharkhand, Hockey Association of Odisha, Hockey Madhya Pradesh, Hockey Maharashtra, Uttar Pradesh Hockey, and Hockey Punjab each won medals across various categories of the tournament and were awarded a cheque of INR 10 lakh each in recognition of their achievements.

Samsung Launches Galaxy F16 5G with Segment-Leading Features in India

NEWDELHI: Samsung, India's largest consumer electronics brand, today announced the launch of the Galaxy F16 5G, expanding its popular Galaxy F series portfolio. The Galaxy F16 5G continues the legacy of the Galaxy F series, offering fun and segment-leading features such as a stunning sAMOLED display, 50 MP triple camera, and a promise of six generations of Android upgrades and six years of security updates. "The launch of the Galaxy F16 5G reaffirms our commitment to meaningful innovation, empowering users to reach their full potential. Galaxy F16 5G is tailored for Gen Z's fast-paced lifestyle and seamlessly blends performance, longevity, and fun for an exceptional user experience," said Akshay S Rao, Director, MX Business, Samsung India. Boasting a refreshing new design with a Ripple Glow Finish and measuring just 7.9mm slim, Galaxy F16 5G is crafted for both style and comfort. Galaxy F16 5G will feature segment-leading 6.7" FHD+ sAMOLED display, delivering stunning visuals with vibrant colours and deep contrasts.



Tata Steel Employees Celebrate Holi at Old Age Home, Donate Essentials

Bhubaneswar, (correspondent):: In a bid to spread smiles among those who are bereft of a family and are the most needy of a shoulder to lean on, of an ear to listen to their agonies, and of a heart to share their feelings, employees of Tata Steel's Ferro Alloys and Minerals Division (FAMD), had visited an old-age home - Sneha Mandira Brudhashram - in the State capital and spent some quality time with the inmates. As part of their volunteerism initiative, the employees provided ration supplies, fruits and toiletries to the elderly residents of the old-



age home. They interacted with the inmates and offered them comfort and companionship by listening to their stories and interests. Interestingly, the visit coincided with Holi and the employees never forgot to exchange colours with the elderly citizens. The smiles on the faces of the inmates were quite evident as they got the opportunity to splash colours. Expressing his feelings on the noble cause, Pankaj

Satija, Executive-In-Charge, FAMD, said, "Population of elderly people in India will be more than 20% by 2050 and when we are working on VIKSIT Bharat, contributions of these elderly people cannot be ignored. Individuals as well as institutions can always contribute for their well-being and these small acts and meaningful connections will surely make big impact in our society". This volunteer-

ing activity is part of the company's wider efforts to foster a culture of giving back to the community and underscores its dedication to positively impacting society through collaborative efforts between the organization and its employees. The donation by the company's employees included essential items such as rice, lentils, oil, sugar, toiletries, and a variety of fruits, ensuring that the senior citizens have access to nutritious food and hygiene products. The inmates expressed their heartfelt gratitude for the thoughtful act and the time spent with them.

Navi Mumbai International Airport A True Gift To India: Gautam Adani

Mumbai: Gautam Adani, the Chairperson of the Adani Group, on Sunday said the Navi Mumbai International Airport, set for inauguration this June, will redefine connectivity and growth. The billionaire industrialist, who visited the Navi Mumbai International Airport Ltd (NMIAL) site and met teams behind it — along with sharing a short video film on his social media platforms — said the upcoming airport is a "true gift to India". "A glimpse into India's aviation future! Visited the Navi Mumbai International Airport site today — a world-class airport taking shape," Gautam Adani posted. "Set for inauguration this June, it will redefine connectivity and growth. A true gift to India," the Adani Group Chairperson further stated. "Kudos to the Adani Airports team and partners for making this vision a reality," Gautam Adani mentioned. In December last year, the NMIAL successfully carried out its first commercial validation flight with the touchdown of an IndiGo Airlines A 320 plane, paving the way for the Greenfield airport to become operational soon. The validation flight moment witnessed by senior officials from the Directorate General of Civil Aviation (DGCA), the Airports Authority of India (AAI), as well as the Adani Airport Holdings Limited (AAHL), marks the airport's alignment with global aviation standards.

Dalmia Bharat Commences Commercial Production of its New Grinding Unit of 2.4 MTPA at Lanka, Assam

New Delhi: Dalmia Bharat Limited (DBL), India's leading cement company, has successfully commenced commercial production of its 2.4 MTPA increased Cement Grinding Capacity at Lanka, Assam. With this, the total cement manufacturing capacity of the Group stands at 8 MnT in North-East and overall 49 MTPA Pan-India. The new unit is part of the company's planned investment of Rs 3,642 Cr, which was an-

nounced in May-23, to strengthen its market presence and meet the growing demand in the region. This Grinding Unit's integrated Clinker Unit of 3.6 MnT is on an advanced stage of commissioning and expected to come in Q2 FY26. On the commissioning of the new grinding unit, Mr. Puneet Dalmia, Managing Director & CEO, Dalmia Bharat Limited, said: "I am happy to say that the commissioning of 2.4 MnT capacity

makes us the largest cement manufacturers of the North-East India. There is an increased focus for infrastructure development in the North-East and this capacity will help us cater to the growing cement demand. We will continue to partner with the states for the creation of landmark projects in the region." Dalmia Bharat has had a strong presence in the Northeast for more than 10 years. With a total manufac-

turing capacity of 8 MTPA, the company operates four cement plants—three in Assam and one in Meghalaya. It has been a key contributor to landmark projects such as the Dhola-Sadiya Bridge, Sela Tunnel, and Dhuburi-Phulbari Bridge. Its social initiatives focus on skill development, community welfare, and environmental conservation, aligning with its long-term vision for responsible growth.

KISS students celebrate Holi in a unique way

Bhubaneswar, (correspondent): The festival of colours, Holi, was celebrated with traditional fervour on the campus of Kalinga Institute of Social Sciences (KISS) on Friday. The colourful evening was celebrated by KISS students in the presence of several actors, actresses, singers and directors from Bollywood. They also performed cultural programmes and entertained the students. The Founder of KIIT and KISS Dr. Achyuta Samanta, Editor of Kadambini Itirani Samanta were present at



the event. Star attractions at the event were Bollywood stars Cine Critic Dilip Hali, Writer Dr. Rajaniranjana, Vijay Malla, director and producer Sabyasachi Mohapatra, Sanjay Nayak, Basant Sahu, Jubilee Sundara, Ajay Routray, Tapas Saragaria, Avatar Singh, Bobby Islam, D. Reddy,

Tirupati Sahu, Pradeep Das, Pritam, actors Sukanta Rath, Jeet, Niranjana, Sagar Mohanty, Poonam, Abhishek Giri, actresses Namrata Thappa, Lipsa, Pushpa Panda, Pratibha Panda, Akankhya Kabi, child artist Shreyanshi Das, Adyasha Pradhan, comedian Bhakta Prahlad Charan Patnaik

(Hadu), Debu Brahma, Gudu, lyricist Laxmikant Palit, Vidyut Prabha Palit, Pritinanda Routray, Antara Chakravarty, Mohit Chakravarty, and more than 60 eminent personalities, including Sailabhama Mohapatra and Odissi dance guru Shashwat Joshi, attended the event and encouraged the students.

915th Branch of SBI opened at Kishor Nagar Cuttack

Bhubaneswar, (correspondent): State Bank of India has opened its 915th branch in Odisha at Kishore Nagar of Cuttack district on 13th March 2025. Hon'ble Member of Parliament Shri Bhartruhari Mahtab and Hon'ble MLA of Cuttack Sadar Shri Prakash Chandra Sethi had attended the program as Chief Guest and Guest of Honour respectively and inaugurated the new branch for public. Chief General Manager of Bhubaneswar Circle Shri Dinesh Pruthi, General Manager Shri



Ponnambalam M, Regional Manager Shri Bhabani Shankar Mohanty and other se-

nior officials were present in the event. A mega SHG group Mela was organised on this

occasion. Total 111 SHG Loans amounting to Rs. 11.00 Crores were disbursed to the group members. Apart from these, 15 stalls were opened by 20 Groups, where their indigenous and handicraft products were exhibited to the public. The event was attended by nearly 2500 persons and was highly acclaimed by MP & MLA of Cuttack. Also, Shri Mahatab praised the various welfare programs of SBI, concluding the month-long cyber security campaign sponsored by State Bank and run by Red FM 93.5.

India's Economic Indicators Strong, Rate Cuts Could Further Bolster Growth: SBI Report

New Delhi: India's economic indicators for February reflect a moderation in inflation, improved industrial output and strong corporate earnings, according to the latest SBI Ecwrap report. While inflation trends remain favourable in the short term, imported inflation risks and rupee depreciation pose challenges going forward. "The RBI's expected rate cuts could further bolster growth, providing a positive environment for capex expansion and industrial performance. The evolving economic landscape suggests a cautious but optimistic outlook for the coming months," said the report published by the State Bank of India's Economic Research Department. India's CPI inflation fell to a 7-month low of 3.6 per cent in February 2025 due to a substantial decline in food and beverage prices. Food and Beverages inflation eased by 185 basis points (on-month) to 3.84 per cent, mainly due to a sharp decline in veg-

etable prices. Vegetable CPI declined sharply, entering negative territory (1.07 per cent) for the first time in 20 months. Approximately 80 per cent of this decline was attributed to garlic, potatoes and tomatoes. CPI inflation is expected to decline to 3.9 per cent in Q4 FY25 and average 4.7 per cent for FY25, the report projected. FY26 inflation is projected in the range of 4.0-4.2 per cent, while core inflation may range between 4.2-4.4 per cent. The Reserve Bank of India (RBI) may implement successive rate cuts in April and August 2025, with an overall expected cumulative rate cut of at least 75 basis points. The cycle of rate cuts may continue from October 2025, following an intervening gap in August 2025, it added. India's Index of Industrial Production (IIP) expanded by 5.0 per cent in January 2025, the highest in eight months, compared to 3.2 per cent in December 2024.

India, New Zealand Launch FTA Negotiations As PM Luxon Arrives In Delhi

New Delhi: India and New Zealand on Sunday announced the launch of negotiations for a comprehensive and mutually beneficial Free Trade Agreement (FTA) negotiations. The announcement came as New Zealand Prime Minister Christopher Luxon received a warm welcome as he arrived in Delhi for his first official visit to the

country. According to a statement by the Ministry of Commerce and Industry, the significant step was marked by a meeting between Minister for Commerce and Industry, Piyush Goyal, and Todd McClay, New Zealand's Minister for Trade and Investment, laying the foundation for a momentous partnership towards strengthening the eco-

nomical and trade ties between the two countries. Both the nations "share a longstanding partnership founded on shared democratic values, strong people-to-people ties, and economic complementarities", said the ministry. Both countries have continuously worked towards building their bilateral relationship encompassing trade and

investment. The India-New Zealand FTA negotiations aim to achieve balanced outcomes that enhance supply chain integration and improve market access. This milestone reflects a shared vision for a stronger economic partnership, fostering resilience and prosperity. Luxon, who will be in India until March 20, is accompanied by a high-level delegation

comprising ministers, senior officials, business leaders, media representatives, and members of the Indian diaspora in New Zealand. During his visit, Luxon will hold talks with Prime Minister Narendra Modi on March 17, focusing on various aspects of India-New Zealand relations. Following their discussions, PM Modi will host a lunch in his honour. Luxon

will also call on President Droupadi Murmu on the same day. Additionally, Luxon is set to attend the inaugural session of the 10th Raisina Dialogue 2025 on March 17 as the chief guest, where he will deliver the keynote address. On March 19-20, he will visit Mumbai to engage with Indian business leaders and representatives from various sectors.