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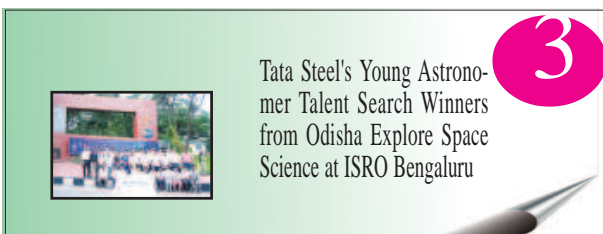
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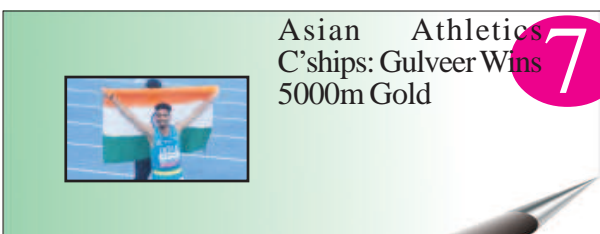
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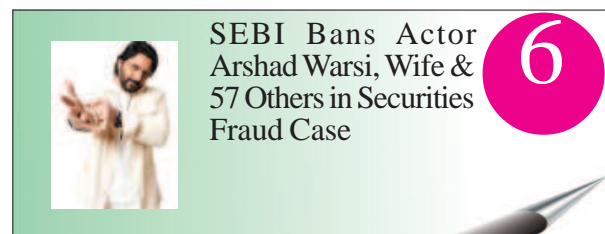
Crackdown on intruders in Delhi, police arrested illegal Bangladeshi citizens



Tata Steel's Young Astronomer Talent Search Winners from Odisha Explore Space Science at ISRO Bengaluru



Asian Athletics Championships: Gulveer Wins 5000m Gold



SEBI Bans Actor Arshad Warsi, Wife & 57 Others in Securities Fraud Case

## 3 Dead; Incessant Rains, Waterlogging Disrupt Life In NE States

Guwahati/Aizawl: Three people, including a child, died in three northeastern states while normal life in most of the states in the region was badly affected due to intermittent light to moderate rain triggered by a depression in the Bay of Bengal, officials said on Friday. An official of the Mizoram Disaster Management Authority said that one person died and another was injured as a wall collapsed at Thuampui in Mizoram's Aizawl on Friday after incessant rains during the past 24 hours. According to the official, a retaining wall collapsed causing the death of Lalnunmawia, 36, while Lalfakzuala, 35, was injured

## 1 dead, BJP leader among 9 missing after tourist vehicle falls in river in Sikkim

NEWDELHI: A tragic tourist vehicle accident in North Sikkim has claimed one life and left nine others missing after their vehicle plunged nearly 1,000 feet into the Teesta River on Thursday night. The vehicle was travelling from Lachen to Lachung when it veered off a sharp



turn, as reported by the news agency PTI. Initial

reports suggest that the vehicle, carrying 10

people including the driver, was on a shared trip with tourists from Odisha and Kolkata. It lost control at a precarious bend and fell into the gorge, landing in the fast-flowing Teesta River below. Authorities have confirmed that one body has been recovered,

## Odisha CM Responds To Sikkim Bus Tragedy, Orders Immediate Relief

Sikkim: Odisha Chief Minister Mohan Charan Majhi has expressed deep sorrow over the incident and has initiated discussions with the Sikkim government regarding rescue and relief efforts. He has also directed a special team of Odisha officials to

travel to Sikkim to oversee the evacuation, medical assistance, and safe return of the affected passengers. Additionally, Jajpur MP Dr. Rabindra Narayan Behera has engaged with Sikkim's representatives to coordinate rescue operations.

## India Will Never Give In To Nuclear Blackmail: EAM Jaishankar



New Delhi: External Affairs Minister (EAM) S. Jaishankar on Friday reiterated that India will never give in to nuclear blackmail, asserting

that those who sponsor, nurture and utilise terrorism must pay a high price. Addressing the Parul University Convocation in Gujarat's Vadodara, EAM Jaishankar said that the recent events (Operation Sindoor) have only sharpened India's awareness about terrorism. "In Pahalgam, what we saw was an attempt to devastate the tourism economy of Kashmir, as well as an evil design of sowing religious discord," he said. EAM Jaishankar emphasised that the barbarity of the killings required an exemplary response, which was delivered by destroying terrorist command centres, especially in Bahawalpur and Muridke. "It is imperative that those who sponsor, nurture and utilise terrorism for their ends are made to pay a high cost. That it warranted a forceful response even after the 26/11 attack in Mumbai in 2008 is widely acknowledged. But times have changed, and our resolve is much stronger now. Terrorism epicentres are no longer immune. India's zero tolerance for terrorism is manifest today through its actions. We will never give in to nuclear blackmail. And whatever decisions have to be taken in India's national interest are taken and will continue to be taken," he added. He pointed out that India was not alone in its fight against terrorism, as the country had the understanding from other nations of India's right to defend itself against terrorism. "In an age of narratives, it is also to be expected that friendships will be professed by many. After all, one goal of diplomacy is to maximise solidarity with other nations to strengthen one's own position. Some countries do that through collectives based on geography and history; some others invoke faith, language or culture," he said.

## Op Sindoor Not Over: PM Modi In Kanpur

Kanpur: Prime Minister Narendra Modi said on Friday that India will respond with full force if any act of terrorism is carried out on its soil and also spotlighted three principles emerging as India's strategy in the fight against terror, after the Operation Sindoor. Addressing a large public gathering in Kanpur, PM Modi said, "I reiterate that the enemy who was pleading during the Operation Sindoor should not be under any illusion. It is not over yet." The Prime Minister added that after Operation Sindoor, India has clearly laid out three principles in its fight against terror. "India will give a befitting reply to every terrorist attack – the timing, method and terms of response will be decided by our forces. India will no longer be afraid and tolerate nuclear blackmailing by Pakistan. And, lastly, India will look at the master of terror and government that patronises terror – with the same eye," he said. "Pakistan's design of state and non-state actor won't work anymore," the Prime Minister said, in a stern warning. PM Modi also spoke about Kanpur's son Shubham Dwivedi becoming a victim of barbaric terror attack in Pahalgam and how the entire nation was united in sharing the grief, pain and anger of his wife and nation's daughter Aishwarya.





सत्यमेव जयते  
Ministry of Civil Aviation  
Government of India



### Madhya Pradesh Flies Higher with New Wings of Progress

Inauguration of

## Satna & Datia Airports

**SALIENT FEATURES & BENEFITS**

-  Operationalisation of the Satna and Datia Airports is set to enhance Regional Connectivity and will raise the total number of airports in Madhya Pradesh to eight (8)
-  Enhancement of education and employment opportunities; fostering rapid development in the trade, industry, and tourism sectors
-  Sustainable airport infrastructure equipped to serve annual passenger volume of 2.5 lakhs each, and built at a combined cost of over ₹100 Crore
-  Satna Airport is suitable for the operation of Dornier-228 aircraft and Datia Airport is equipped to handle ATR-72 aircraft, which will foster direct connectivity

by

## Narendra Modi

Prime Minister  
(through video conference)

**in the august presence of**

**Mangubhai C. Patel**  
Governor, Madhya Pradesh

**Murlidhar Mohol**  
Union Minister of State of Cooperation; and Civil Aviation

**Ganesh Singh**  
Member of Parliament (Lok Sabha)

**Dr. Mohan Yadav**  
Chief Minister, Madhya Pradesh

**Rajendra Shukla**  
Deputy Chief Minister, Madhya Pradesh

**Sandhya Ray**  
Member of Parliament (Lok Sabha)

**Kinjarapu Rammohan Naidu**  
Union Minister of Civil Aviation

**Jagdish Devda**  
Deputy Chief Minister, Madhya Pradesh

on Saturday, 31<sup>st</sup> May, 2025 at 1115 hrs, Jamboori Maidan at Bhopal, Madhya Pradesh



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# Delhi CM Rekha Gupta will take 2 days leave, she will visit Uttarakhand religious place

New Delhi: Delhi Chief Minister Rekha Gupta may take 2 days leave in the first week of June. The BJP government of Delhi led by Rekha Gupta completed its 100 days in power on Friday. On this occasion, the CM also released a workbook. On Saturday, she will list the achievements of her government in a program organized at Jawaharlal Nehru Stadium. Official sources said on Friday that Delhi Chief Minister

Rekha Gupta may take two days leave in the first week of June after completing 100 days of her tenure. She is going to visit the religious places of Uttarakhand. He told that CM Gupta may go to Haridwar on June 1. There she will take a holy bath in the river Ganga at Har Ki Pauri. The next day she can go to Kedarnath. A government source said that the Chief Minister is taking leave after a busy schedule in the first 100 days of her government.

Her family members will also accompany her on this visit. Earlier on Friday, Chief Minister Rekha Gupta released a booklet to mark the completion of 100 days of her government. She described this booklet as a record card instead of a report card. She said that she will tell about the achievements of her government in 100 days in a program organized at Jawaharlal Nehru Stadium on Saturday. The BJP government

of Delhi led by Rekha Gupta completed its 100 days in power on Friday. The BJP won the assembly elections held in February this year and returned to power in Delhi after 27 years. Rekha Gupta was sworn in as the Chief Minister of Delhi along with her cabinet ministers on February 20 at a ceremony held at Ramlila Maidan in the presence of Prime Minister Narendra Modi.

# Crackdown on intruders in Delhi, police arrested 30 illegal Bangladeshi citizens

New Delhi: On Friday, the police in West district took a major action and arrested 30 Bangladeshi intruders living illegally in India from Bharat Nagar area of Delhi. All of them were involved in begging and other suspicious activities. They were identified on the basis of secret information and long-running surveillance. Northwest District DCP Bishma Singh said that all of them were caught on the



basis of secret information on Friday morning. 5 smartphones have been recovered from

them in which the banned IMO app was installed. Police say that they were using this app to contact their

relatives in Bangladesh. The arrested people admitted during interrogation that they crossed the border illegally with the help of agents and reached Delhi. All of them are residents of various villages of Kurigram district of Rangpur state of Bangladesh. These include men, women and small children. A special campaign is being run as Bangladeshi migrants.

# TPCODL Embraces Smart Metering to Empower Consumers and Ensure Error-Free Billing

Bhubaneswar, (correspondent): TP Central Odisha Distribution Limited (TPCODL), a joint venture of Tata Power and the Government of Odisha has introduced Smart Meters across all consumer categories, marking a major leap towards smart and efficient energy management. This follows directives from the Government of India, Government of Odisha and the OERC. Smart meters offer automated, reading and billing,

ensuring error-free and timely bills for consumers. Installation of Smart Meters on pre-paid mode is not mandatory. These meters are always installed in post-paid mode, while the pre-paid option is available on consumer's request. To empower consumers with real-time insights, TPCODL has integrated smart meters with the Mitra App, enabling users to track their daily electricity consumption in graphical form for the last 30 days. This

feature helps consumers plan their energy usage and reduce monthly bills effectively. Prepaid users can also monitor their balance in real time, allowing greater control over usage and expenses. For any queries or support regarding smart meters, TPCODL provides a 24x7 Call Centre accessible via 1912 / 1800-345-7122. Consumers can also visit the nearest Customer Care Centre or TPCODL office, or log on to www.tpcentralodisha.com for more information

# AM/NS India launches world-class, patented colour-coated products Optigal® Prime and Optigal® Pinnacle to drive 'Viksit Bharat'

New Delhi, (correspondent): ArcelorMittal Nippon Steel India (AM/NS India) today announced the launch of Optigal® Prime and Optigal® Pinnacle, two world-class, high-performance products in its premium colour-coated steel portfolio Optigal®. With this launch, AM/NS India ups its game in the colour-coated steel market in India, introducing for the first time European standard highly corrosion-resistant steel for use in large high-end infrastructure and construction projects such as state-



of-the-art airports, railway stations, highways, large building projects. The company is pioneering a new market segment in high-quality C4 specialty steel previously unavailable in India, where it proudly stands as the sole domestic producer. The product will support the Prime Minister's call for accelerated

development, which would be the key to achieving a 'Viksit Bharat'. AM/NS India targets a dominant market share in this segment and a 25% share in the overall colour-coated steel segment. The colour-coated steel segment in India, which is estimated to be 3.4 million tonnes market at present, is growing at a sustained pace of around 10 per cent annually. The addition of two new specialised Optigal® offerings will bring AM/NS India closer towards its goal of securing 25% within the next two to three years.

# Jindal Stainless honoured with British Safety Council award for second consecutive year

Bhubaneswar, (correspondent): The Jajpur manufacturing facility of Jindal Stainless, India's largest stainless-steel manufacturer, has once again earned international acclaim, being conferred with the prestigious British Safety Council Award for the second consecutive year. This honor was announced at the British Safety Council International Safety Awards Conference 2024, held yesterday in Mumbai. This esteemed award acknowledges the Jajpur plant's exceptional dedication to workplace safety, its impressive zero-accident performance, and its adherence to world-class safety standards. The



ceremony was attended by Chairman of the Safety Board, Mr Jonathan Gaither and Chief Executive of the British Safety Council, Mr Mike Robinson, alongside distinguished guests and leaders in industrial safety. The award was received by Head, Fire & Safety,

Jindal Stainless, Jajpur, Mr Manoj Kumar Bal on behalf of the company. Notably, Jindal Stainless, Jajpur, achieved the rare distinction of maintaining a 'Zero Accident' record in 2024, an accomplishment that underscores the organization's robust

safety culture. This culture is fostered through structured policies, continuous training initiatives, and the unwavering commitment of its entire workforce. Speaking on this achievement, Unit Head, Jindal Stainless, Jajpur, Mr Deepak Agarwal said, "Achieving the British Safety Council Award for a second consecutive year, especially with a 'Zero Accident' record in 2024, is not just an honour; it validates our deeply ingrained safety culture. We believe that true safety excellence comes from continuous proactive engagement, robust training programs, and a leadership commitment that permeates every level of our operations." Jindal Stainless has

consistently been at the forefront of safety excellence, securing over 10 national and international safety awards annually. These include the Kalinga Suraksha Puraskar, CII Safety Awards, Greentech Safety Awards, Hero Plus, Green Enviro Awards, and Apex India Awards. This latest recognition serves as an inspiration not only for Jindal Stainless but for industries across Odisha and India. As Jindal Stainless continues to expand its footprint and operations, the company remains deeply committed to maintaining the highest standards of industrial safety, setting a benchmark for the manufacturing sector at large.

# India Has Undertaken Over 600 Development Projects In 78 Nations: EAM Jaishankar

New Delhi: External Affairs Minister (EAM) S. Jaishankar on Friday informed that India has undertaken more than 600 development projects in 78 nations across various continents. "Our resources may be limited, but India has always had a large heart. And that is why, still being a developing country, we have

undertaken more than 600 development projects in 78 nations across various continents," said EAM Jaishankar while addressing the Parul University Convocation in Gujarat's Vadodra. He emphasised that for that very reason, even while India was in the midst of taking care of its own, the country was able to

supply vaccines to 99 nations and medicines to 150 during the COVID pandemic. "When we advocate the interests of the Global South, it is for a reason that only a member of that fraternity can appreciate. Doing the right thing is also doing the smart thing," he said. During his address, EAM Jaishankar said that India's endeavour, even while building on bonds

of proximity, sociology and heritage, has been to promote goodwill through development. "To that end, we have utilised two broad approaches that drive our activities abroad. One is to share our experiences in a very concrete manner with partners, conscious that they are probably more relevant to their needs than those that our

partners could access elsewhere. The other is to continuously strengthen capacity building, so that partners have a better ability to evaluate and make their own choices. Together, what it does is to give our partner countries, especially those of the Global South, more options as well as a stronger hand in negotiating with others in the world," he said.

# In Indonesia, Indian Delegation Spreads Gandhi's Message Of Non-Violence

Jakarta: The Indian all-party Parliamentary delegation led by Janata Dal (United) MP Sanjay Kumar Jha, on Friday planted tree saplings in a school in Jakarta, carrying forward Prime Minister Narendra Modi's initiative of 'Ek Ped Maa ke Naam' which not only honours the role of mothers in nurturing one's life but also contributes to the health of the planet. The delegation also paid

floral tributes at Mahatma Gandhi's statue as Jha, drawing inspiration from the unwavering courage of freedom fighters, reiterated the message of peace, truth, and justice, especially in the face of external threats to the country's sovereignty and security. As members of the delegation interacted with Gandhi Seva Loka workers in Jakarta, they conveyed India's united

resolve to combat terrorism in all its forms and thanked the Indian community for their support. Founded by the Sindhi community, Gandhi Seva Loka is one of the oldest philanthropic diaspora organisations in Indonesia and remains rooted in Gandhian values. Later, the all-party delegation interacted with the members of the Indian diaspora and answered their questions about



Operation Sindoor. They emphasised upon

spreading the word for India's unified response

and responsible action as a world power 'Vishwa

Guru'. "The bipartisan delegation commended the Indian diaspora for upholding India's cultural heritage and the principles of tolerance, pluralism, and unity as well as for standing resilient against terrorism and for amplifying the national resolve to combat terrorism in all its forms, while bringing laurels to India by excelling in their professions abroad as true Ambassadors of India. The Indian diaspora

echoed the sentiments in unison," the Embassy of India in Indonesia posted on X. The delegation also includes BJP MPs Aparajita Sarangi, Brij Lal, Hemang Joshi, and Pradan Baruah, Trinamool Congress MP Abhishek Banerjee, CPI(M) Rajya Sabha member John Barittas, senior Congress leader Salman Khurshid, and Former Indian Ambassador to France, Mohan Kumar.



## Veer Surendra Sai Medical College, Burla campus inaugurated 'Super Specialty Hospital'

# If Odisha doctors remain in medical service in Odisha, the state will be number 1 – Dharmendra Pradhan

◆ Built at a cost of about Rs 125 crore, this hospital has a total of 272 beds including 58 ICU beds ◆ The people of 13 districts including Sambalpur and the people of Chhattisgarh and Jharkhand will benefit ◆ This hospital will play a leading role in providing modern healthcare services ◆ The state government is planning to redevelop Bhimsar ◆ Health is the wealth of human life, Bhimsar is the basic laboratory to maintain the health of the people ◆ Suggested to do a multi-disciplinary course in collaboration with Visut and Bhimsar

Burla, May 30 – Medical students in Odisha should not go out for jobs but should serve in Odisha. Only if medical students make such a commitment can our state become number one, said Union Education Minister and Sambalpur MP Dharmendra Pradhan while inaugurating the super specialty hospital at Veer Surendra Sai Ayurvedic Science and Research Institute (VISMAR), Burla on Thursday. Shri Pradhan said that this hospital, built at a cost of about Rs 125 crore, has a total of 272 beds including 58 ICU beds.



This super specialty hospital will have nine super specialty departments including Urology, Nephrology, Neurology, Neurosurgery, Pediatric Surgery, Plastic Surgery, Gastroenterology, Endocrinology and Clinical Hematology. The people of 13

districts including Sambalpur and the adjoining areas of Chhattisgarh and Jharkhand states will benefit immensely from this project through the dedicated super specialty hospital. This hospital will create new opportunities for sickle cell patients. This super



specialty hospital will play a leading role in providing modern and contemporary healthcare to the patients. Shri Pradhan Mantri Narendra Modi, Chief Minister Mohan Charan Majhi and State Health and Family Welfare Minister Dr. Mukesh thanked

Mahalinga. Shri Pradhan said that in Sambalpur district, there are institutions like IIM, Sambalpur, Veer Surendra Sai University of Technology, Sambalpur University, Gangadhar Meher University, Odisha Open University, OUAT Chipilima

Agricultural College, which are the specialties of Sambalpur. Many students who have studied at Bhimsar Medical College have brought fame to the state and the country not only in medical science but also in various fields. Shri Pradhan suggested doing a multi-disciplinary course together with Vishut and Bhimsar. Health is the wealth of human life. Bhimsar is the basic laboratory for maintaining the health of people in western Odisha. In order to make Odisha number one, medical students studying at institutions

like Bhimsar in the state should work in our state instead of working in foreign states. Only then can the goal of developed Odisha and developed India be achieved. The state government has announced in the budget to establish a unitary dental college in the Bhimsar area. The government is planning to make a master plan for the redevelopment of Bhimsar. The double engine government is committed to connecting the world of public education, good governance model and startups

with modern medical methods like meditech, biotech, AI enabled treatment in Bhimsar. Shri Pradhan has expressed his opinion on organizing national and international level workshops here after taking suggestions from everyone for the development of its infrastructure. State Rural Development, Panchayati Raj and Drinking Water Minister Ravi Naik, Health and Family Welfare Minister Mukesh Mahaling, Sambalpur MLA Jai Narayan Mishra were prominently present in this program.

## Stellar Performance by IFFCO in FY 2024-25, Sales of Nano Fertilizers Increased by 47 %

New Delhi: World Number 1 Cooperative, IFFCO booked a profit of INR 3,811 Crore as profit before tax for the FY 2024-25 along with 47% increase in the sales of Nano Fertilisers. This Financial year (2024-2025) 365.09 Lakh bottles of Nano-Fertilizers were sold as compared to 248.95 Lakh bottles sold in the previous financial year (2023-2024). IFFCO recorded a Turnover of INR 41,244 Crore during the FY 24-25. Sh. Dileep Sanghani, Chairman, IFFCO during his interaction with the media said that It's a matter of proud for the entire cooperative sector of country that the stellar growth figures of IFFCO is realising the dream of "Sahakar Se Samridhi". He informed that the



Society has registered a profit of more than Rs.3000 Crores for three consecutive financial years. He further said that for the last 23 consecutive years, IFFCO has rewarded its members with a 20% dividend on the paid-up share capital-highlighting its dedication and commitment to equitable and sustainable growth. Nano-fertilizers has been the key focus area for the society with support from the Union Ministry of Chemicals and Fertilizers, extensive awareness

campaigns and research helped the society increase the acceptance of the products among the farmers. Dr. U.S. Awasthi, MD, IFFCO stated that IFFCO will be also launching Nano NPK fertilizer in Granular form for soil application in basal dose. Nano NPK fertilizer is enriched with Magnesium, Sulphur, Zinc and Copper which would help in increasing the crop productivity & would minimize nutrient losses. This along with Liquid Nano Urea Plus and Liquid Nano DAP can

eliminate the use of traditional chemical fertilisers from the soil. It will further promote balanced nutrition with higher use efficiency of primary nutrients. He further said that IFFCO will be also launching Nano Zinc, Nano Copper in Liquid form in size of 100ml bottle to fulfil the micro-nutrients need. By incorporating Nanotechnology, drone technology, AI technologies, IFFCO is transforming the agriculture & food value chain across the country. In a short span of time, IFFCO's Nano Fertiliser has gained a global recognition, with various countries such as Brazil, Kenya and The United States of America has expressed strong interest to adopt the Nanotechnology.

## Tata Steel's Young Astronomer Talent Search Winners from Odisha Explore Space Science at ISRO Bengaluru

Bhubaneswar, (correspondent): The winners of Tata Steel Young Astronomer Talent Search (YATS) 2024 from Odisha have returned from an inspiring trip to Indian Space Research Organisation's (ISRO), Bangalore. As part of the 5-day long exposure visit, the students explored the ISRO Telemetry Tracking and Command Network (ISTRAC) and the U R Rao Satellite Centre (URSC), delving deep into the world of satellites, telemetry and mission planning. Organised by Tata Steel in collaboration with the Pathani Samanta Planetarium under the Department of Science and Technology, Government of Odisha, the initiative aimed at nurturing scientific



curiosity and a passion for space exploration among school students. The young winners had the rare opportunity to interact with ISRO scientists and engineers, gaining first-hand insights into India's space missions and cutting-edge research. The students interacted with Shri Raghavendra MR, Associate Director and Shri B Sankar Madaswamy, Scientist/Engineer- (Senior Grade), Division Head, HRLD, at ISTRAC,

Bengaluru. "Meeting scientists, walking into the Mission Control Room, and seeing cutting-edge space tech firsthand-these are memories I'll carry with pride and inspiration. We're returning with not just knowledge, but, unforgettable memories, stronger bonds, a fresh spark to dream bigger" said Aurojyoti Pradhan, a student of Odisha Adarsha Vidyalaya, Ranibhol in Mayurbhanj who took part in the exposure visit. Apart

from ISRO's core centres, the students also visited the Visvesvaraya Industrial and Technological Museum further enriching their understanding of science and innovation. "We express our gratitude to Tata Steel and Pathani Samanta Planetarium for organizing the visit to ISRO and Visvesvaraya Industrial and Technological Museum. The tour was an enriching experience, filled with learning and enjoyment. It provided us with exposure that would have been difficult to gain otherwise," echoed another student Preetika Priyadarshini from Anugul. "The interactions with scientists and the visit to the Mission Control Room are memories we will cherish for a lifetime," added Preetika.

## ECoR Bolsters Monsoon Preparedness to Ensure Safe & Uninterrupted Train Services

BHUBANESWAR, (correspondent): Apart from this, Indian Railways is in constant coordination with Regional Meteorological Centres for real-time weather alerts and with district authorities for timely updates on dam water releases. Precautionary steps are immediately activated upon weather warnings. ECoR General Manager Shri Parmeshwar Funkwal has reviewed preparedness and round-the-clock alertness. All officials have been instructed to act swiftly in the event of any rain-induced incidents, ensuring



passenger safety and uninterrupted rail operations. Accordingly, all precautionary measures have been taken prior to onset of monsoon. The catch water drains and side drains have been cleared of silt, vegetation and other obstructions to ensure free flow of rain water.

The water ways of bridges have been cleared of vegetation and other obstructions. Coordination meetings are being conducted with State Irrigation Dept Officials at different levels for proper maintenance of Railway-affecting Tanks & works. Protective and river

draining works have been maintained in good condition and repairs carried out wherever necessary. Full Supply Level (FSL) in the case of canals and Danger Level (DL) in case of bridges have been painted with bright red band across each pier adjacent to the abutment so as to be clearly visible to the Patrolman, Stationary Watchman and Drivers. In a proactive effort to ensure safety and minimize risks in vulnerable hill areas, ECoR has intensified its precautionary measures along critical rail routes like in KK

(Kottavalasa-Kirandul) Line and in KR (Koraput-Rayagada) Line. Key interventions include the installation of protective netting along slopes to prevent landslides and rockfalls, regular geological inspections and the deployment of advanced monitoring systems to detect early signs of slope instability. Additionally, maintenance teams are on high alert during the monsoon season and emergency response protocols have been strengthened. These steps underscore the Railways' commitment to safeguarding travel through challenging terrains.

## ITER RANKED SECOND IN INDIA BY TIMES ENGINEERING INSTITUTES RANKING 2025

Bhubaneswar, (correspondent): Institute of Technical Education and Research (ITER), faculty of engineering and technology of Siksha 'O' Anusandhan Deemed to be University (SOA) here, has been ranked second in the country in the Times All India Engineering Institutes Ranking Survey 2025. The survey conducted by the widely circulated Times of India and published on Thursday ranked 175 engineering institutes in the country through a research comprising three modules-desk research, factual



survey and perceptual rating backed by scientifically developed analysis. ITER was also ranked second in the list of country's top 125 private engineering institutes in the same survey while it topped the list of such institutes in eastern India. SOA's faculty of engineering and technology was placed third in the list of 30 institutes in the country in the realm of

research capability while it was ranked fourth in placement. SOA, which was ranked 14th in the country among universities by the National Institutional Ranking Framework (NIRF) in 2024, was reaccredited with A++ by NAAC in 2022 and received Category-I Graded Autonomy by the UGC.



## EDITORIAL

### Darkness for spiritual & psychological growth

Author and speaker Sister Joyce Rupp, in her book ‘Little Pieces of Light ... Darkness and Personal Growth’ says in a prayer at the end: “And yes, I thank you for my darkness, (the unwanted companion I shun and avoid) because this pushy intruder comes with truth and reveals my hidden treasures to me.” Darkness is essential for growth, because it makes us reach into our own depths, where lay hidden treasures of wisdom and knowledge. Though our focus may be on the depths of our misery or on our lack of capacity, darkness reaches into the most tender and vulnerable corners of our beings, and draws out the truth about ourselves. The truth is that we have potential but are weighed down by failures and weaknesses. But when we see this, the weak spots can become sources of our strength. We welcome and value illumination in our moments of darkness, but where do we turn for help? Delving deeper into ourselves, we discover that there are glimmers of light that protect and reassure us, bringing back our self-confidence. Whoever would have thought that in the blackest of moments, we would find sparks that inspire and resuscitate us? But it’s true. Darkness, in many ways, is the precursor of psychological and spiritual growth. Even though things seem bleak and there is no solution in sight, hidden away, in all these circumstances, there are opportunities and invitations to grow. All we have to do is look within and discover the light. We may have produced something that was a massive flop. We may have made fools of ourselves, we may have got a crude rebuff from someone who we least expected to be unkind – yes, these are all a form of darkness. Yet, all is not lost. When confronted by the unpleasant and harsh realities of life, we step into the arena of darkness and all of it is not individual angst but could be caused by external events and situations if, for example, one lives in an oppressive society or is faced with violence. It is here that we have to draw up the courage to do battle not just with inner demons but external threats as well. Then there is all the good that still exists in the universe. Ever so often, deliverance has come to us from those who have accompanied us on life’s pathways. Maybe, it was because they had prescience, and they could see a little ahead of us. They may have given us insights that we would never have arrived at if unassisted. The greatest truth about ourselves is that we are accepted by God where we are and the way we are in the present. He meets us at the point we turn things over to Him. The darker the night, the brighter the stars burn. We, too, encounter, as Joyce Rupp says, many points of light in our lives, howsoever bad things may seem. Sometimes, we may be depressed about something or feel that things are not going right; that there is no light at the end of the tunnel. But, it is only by experiencing such darkness that we grow to fullness of stature as human beings. Because it is darkness that reveals the real truth about us.

## Clear your lungs, clear your life – quit tobacco



Umesh Chandra Patra

World No Tobacco Day is an annual global event observed on May 31st, dedicated to raising awareness about the detrimental effects of tobacco use on health and advocating for effective policies to reduce tobacco consumption. 31 May is the World No Tobacco Day (WNTD). This year, once again, WHO and public health champions from across the globe will come together to raise awareness about the harmful influences of the tobacco industry on youth. “Clear your lungs, clear your life – quit tobacco.” This theme of WNTD 2025 is focused on advocating for an end to the targeting of youth with harmful tobacco products. This discourse provides a platform for young people, policy-makers and tobacco control advocates globally to discuss the issue and to urge governments to adopt policies that shield young people from the manipulative practices of the tobacco and related industries. Although cigarette smoking has decreased over the years due to phenomenal efforts by the tobacco control community, more must be done to safeguard these vulnerable groups. According to 2024 data, worldwide, at least 37 million young people aged 13–15 years use some form of tobacco. In the WHO European Region, 11.5% of boys and 10.1% of girls aged 13–15 years are tobacco users (4 million). To keep making billions of dollars in revenues, the tobacco industry needs to replace the millions of customers who die and those who quit tobacco use every year. To achieve this goal, it works to create an environment that promotes uptake of its products among the next generation,

including lax regulation to ensure its products are available and affordable. The industry also develops products and advertising tactics that appeal to children and adolescents, reaching them through social media and streaming platforms. The consequences of youth tobacco use are dire. Nicotine is highly addictive, and early exposure increases the likelihood of dependence in adulthood. This dependence can lead to a range of health problems, including: Respiratory illnesses: Tobacco use damages the lungs, increasing the risk of chronic obstructive pulmonary disease (COPD), asthma, and lung cancer. Cardiovascular disease: Tobacco use is a major risk factor for heart attacks, strokes, and other cardiovascular complications. Cancer: Tobacco use is not just linked to lung cancer but also increases the risk of cancers of the mouth, throat, esophagus, bladder, and pancreas. Mental health issues: There is a growing body of evidence linking tobacco use to depression, anxiety, and other mental health conditions. Beyond the immediate health effects, youth tobacco use poses a significant economic burden on healthcare systems. Early intervention and prevention efforts are crucial to protect future generations and ensure a healthier tomorrow. Raising Awareness: World No Tobacco Day serves as a platform to raise awareness about the harmful effects of tobacco use on health. Through educational campaigns, media outreach, and community events, the public is informed about the various diseases and conditions caused by tobacco consumption, including cancer, heart disease, respiratory illnesses, and more. Preventing Initiation: For many individuals, tobacco addiction begins during adolescence or young adulthood. By dedicating a day to highlight the dangers of tobacco use, especially among youth,

World No Tobacco Day aims to prevent initiation and discourage experimentation with tobacco products. Early intervention and education can help shape healthier behaviors and lifestyles among future generations. Supporting Cessation Efforts: World No Tobacco Day also emphasizes the importance of supporting tobacco users in their cessation journey. Advocating for Policy Change: Another critical aspect of World No Tobacco Day is advocating for evidence-based policies and regulations to reduce tobacco consumption. From smoke-free laws and tobacco taxation to advertising bans and packaging regulations, policy interventions play a vital role in tobacco control efforts. By highlighting the effectiveness of these measures and calling for their implementation on a global scale, this observance amplifies the voice of public health advocates and policymakers. Fostering Global Collaboration: World No Tobacco Day serves as a reminder of the importance of international cooperation in tackling the tobacco epidemic. Solidarity among nations is crucial for addressing cross-border challenges posed by the tobacco industry and ensuring that everyone has access to the tools and resources needed to lead tobacco-free lives. As we commemorate World No Tobacco Day 2025, let us reaffirm our commitment to promoting health and well-being by combating the tobacco epidemic. By raising awareness about the health risks associated with tobacco use, advocating for evidence-based policies, and supporting individuals in their cessation journey, we can create a healthier future for generations to come. Together, let us strive towards a world where tobacco no longer robs us of our health and vitality, but instead, fosters a culture of well-being and resilience.

## Mastering the Art of Consistency



Dibyanshu Mishra

Success in any endeavor often hinges on the power of habits and discipline. These twin pillars transform aspirations into tangible achievements by fostering consistency and focus. While motivation sparks action, it’s the cultivation of daily habits and disciplined routines that sustains progress over time. Habits are the building blocks of success. Small, intentional

actions—repeated consistently—compound into significant results. For instance, writing 200 words daily can lead to a novel in a year, while a 10-minute workout routine can improve health over months. The key is starting small to avoid overwhelm. According to research, it takes about 66 days to form a habit, so patience is crucial. Begin with manageable tasks, like reading five pages daily, and gradually increase intensity as the habit solidifies. Discipline, the backbone of habit formation, ensures you act regardless of mood or circumstances. It’s about committing to your goals even when motivation wanes. To build discipline, create a structured environment: set specific times for tasks, eliminate distractions, and use tools like to-do lists or habit trackers. For example, turning

off notifications during focused work hours can boost productivity. Accountability partners or public commitments, like sharing goals on social platforms, also reinforce discipline. Challenges are inevitable. Procrastination and setbacks can derail progress, but self-compassion helps. Instead of abandoning a habit after missing a day, recommit immediately. Reflect on triggers for lapses and adjust your approach—perhaps switching morning workouts to evenings if mornings feel rushed. Ultimately, habits and discipline are about aligning actions with your long-term vision. By starting small, staying consistent, and embracing accountability, you can master the art of consistency, turning dreams into reality one deliberate step at a time.

## Behind the Smoke



Bruhaspati Samal

It’s that time of the year again when the world pauses to confront a silent, lingering epidemic — tobacco use. Every May 31, the global community observes World No Tobacco Day, not just to reflect on the dangers of tobacco, but to raise a collective voice against the powerful tobacco industry that profits at the cost of millions of lives. This year, in 2025, the message cuts deeper than ever with the theme: “Unmasking the Appeal: Exposing Industry Tactics on Tobacco and Nicotine Products.” It is a bold reminder that behind every sleek advertisement or flavored cigarette lies a calculated attempt to ensnare youth and maintain a market rooted in addiction. The focus is no longer just on warning people about the dangers of tobacco, but on pulling back the curtain to reveal how manufacturers manipulate perception, obscure health warnings, and normalize use among the most vulnerable sections of society. As countries across the globe, including India, double down on awareness and policy enforcement, the state of Odisha presents a compelling case — a land where culture, habit, and corporate influence intersect to produce one of the highest tobacco consumption rates in the country. The World Health Organization (WHO) has designated this year’s theme to shed light on how tobacco and nicotine industries manipulate the appearance and appeal of their products. Tactics include the use of flavorings, coolants, and additives to mask the harshness of tobacco, as well as glamorized

marketing strategies targeting youth through sleek designs and digital media promotions. These deceptive practices aim to attract new users and dissuade existing users from quitting, thereby perpetuating the cycle of addiction and health deterioration. Globally, tobacco remains a significant agricultural commodity, with major producers including China, India, Brazil, and Indonesia. Despite a gradual decrease in smoking rates, the tobacco industry continues to generate substantial revenue, with the global tobacco products market valued at \$912 billion as of 2022. However, the economic benefits of tobacco production are overshadowed by its devastating health impacts. According to the WHO, tobacco use kills more than 8 million people annually, including approximately 1.3 million non-smokers exposed to second-hand smoke. In 2020, 22.3% of the global population used tobacco, with higher prevalence among men (36.7%) compared to women (7.8%). In India, the situation is equally alarming. A study in Tamil Nadu and Nagarkurnool districts revealed that 21% of high school students use tobacco, predominantly in smokeless forms. Early initiation, sometimes as young as nine years old, underscores the need for targeted interventions. Focusing on the state of Odisha, the prevalence of tobacco use is notably higher than the national average. According to the National Family Health Survey-5 (2019-2021), approximately 51% of men and 26% of women in Odisha consume tobacco in any form, compared to the national averages of 38% for men and 8.9% for women. Rural areas exhibit even higher usage rates, with 54.1% of men and 28% of women consuming tobacco, compared to 40.5% of men and 16.6% of women in urban areas. Smokeless tobacco use is particularly prevalent in Odisha. The percentage of

smokers in the state has decreased from 10.3% to 7% over the past seven years, yet the use of smokeless tobacco remains a significant concern. Doctors have noted that tobacco chewing is the leading cause of oral cancer in the state, with every second or third oral cancer patient having a history of tobacco chewing. Districts such as Malkangiri and Mayurbhanj report smokeless tobacco usage rates of 58.4% and 51.4%, respectively, highlighting the urgent need for targeted interventions in these regions. The economic burden of tobacco use extends beyond healthcare costs. The WHO estimates that smoking costs the world’s economies more than US\$1 trillion annually in health care expenditures and lost productivity. In Odisha, the government has amassed approximately Rs6,595 crore in taxes from the sale of pan masala, gutkha, and tobacco products over the past ten years. While this revenue contributes to the state’s economy, it pales in comparison to the health-related expenses and productivity losses incurred due to tobacco-related illnesses. To combat the tobacco epidemic, India has implemented several measures. The Cigarettes and Other Tobacco Products Act (COTPA), 2003, prohibits smoking in public places, bans tobacco advertising, and mandates pictorial health warnings on packaging. Additionally, the National Tobacco Control Programme (NTCP) aims to create awareness, enforce tobacco control laws, and facilitate cessation services. Enforcement drives have been intensified across the country. In Bengaluru, police launched a special campaign targeting tobacco use in public and among minors, resulting in 57,130 violations recorded between January 2024 and April 2025, generating Rs 80 lakhs in fines. Similarly, Nagpur police conducted raids to dismantle illegal e-cigarette and hookah trade networks, seizing contraband worth over Rs.43 lakh. Recognizing the need for

accessible cessation support, the Indian government established the National Tobacco Quitline Services (NTQLS), offering counselling in regional languages through a toll-free number (1800-112-356). Combating tobacco use requires collective effort. Individuals can contribute by refraining from tobacco use, supporting cessation efforts, and advocating for smoke-free environments. Community engagement, awareness campaigns, and educational programs are essential to shift societal norms and reduce tobacco consumption. Healthcare professionals, educators, and policymakers must collaborate to implement effective strategies, provide support for cessation, and enforce existing laws. By uniting efforts, society can move towards a tobacco-free future. The story of tobacco is not just one of disease and death; it is a tale of industry power, public vulnerability, and a battle being fought in schools, streets, and homes. In Odisha, this battle is both urgent and deeply personal. While economic arguments for tobacco production continue to echo in policy discussions, the lived reality for families torn apart by preventable diseases paints a far starker picture. The alarming statistics, especially in rural and tribal pockets, are not just numbers — they represent children starting to chew tobacco before adolescence, breadwinners incapacitated by cancer, and entire households thrown into poverty due to medical expenses. Yet, there is hope. From dedicated quitlines to school campaigns, from stricter enforcement to grassroots education, the state and the nation are gradually reclaiming space from the tobacco epidemic. World No Tobacco Day 2025 is not just a calendar event; it is a call to action, a day to renew commitment, to unmask the slick packaging and sweetened lies, and to stand firmly for life, health, and truth. The future can be tobacco-free — but only if we choose to fight for it today.



## GUNUPUR POLICE CRACK DOWN ON GANJA TRAFFICKING, SEIZE 850 KGS OF CONTRABAND

Rayagada / Gunupur, (correspondent):- In a significant operation, the Gunupur Police have seized 850 kilograms of contraband ganja, one truck, three mobile phones, and Rs 7,100 in cash. Two accused persons were arrested in connection with the transportation of the illicit substance. The seizure was made during a transportation operation, and the police have registered a case (PS Case No. 122/25) in this regard. The operation is part of the ongoing efforts by the Gunupur Police to curb ganja trafficking in the region. The arrested persons are currently being interrogated, and further investigation is underway to uncover the network behind the illicit trade. The police have assured that strict action will be taken against those involved in ganja trafficking.

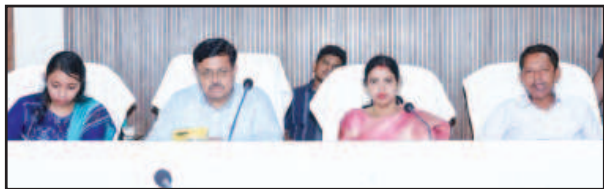


## Paradip Municipality Chairperson felicitated to +2 Science Student



Paradip, (correspondent): Mitali Behera, a Student from Sandhakud area of Paradip, who scored 95% in the +2 Science Examination, has been felicitated. In this context, on Friday, at the Paradip Municipal Administration Building, Chairman Basant Biswal Felicitated the student and wished her a bright future and promised to extend his cooperation. Among others, councillor Jagannath Rao kambala, parents and friends of the student were present on the occasion. Meanwhile, chairman Biswal's felicitation was highly appreciated in the guardian hall for encouraging and inspiring the students.

## Min Harichandan attended general body meeting of Chilika block



Khordha (correspondent): On Friday, Law Minister Prithviraj Harichandan attended the sixth general body meeting of Chilika block and reviewed about the development work of various departments in the block. In the meeting, Minister Harichandan discussed the water problems of various Gram Panchayats and directed to identify water scarcity areas and resolve them immediately by the end of June. On this occasion, new ration cards were distributed to 29 eligible beneficiaries under the block. Chilika Block Chairman Jyotshna Behera, Vice Chairman Arun Pattnaik, BDO Poonam Mohapatra and PRI members were present during this meeting.

## State govt allocated 17 crore for development of tourism in Malkangiri

Malkangiri, correspondent : The government has taken steps to develop various tourist attractions in the district along with the development of Malkangiri district. During the previous government, many steps were taken for the development of various natural and historical tourist attractions in the district. After the new government came to power in the state, more than 17 crore rupees have been allocated for the development of natural places in the district. It has been reported that the state government has allocated this amount for the development of Mallikeshwar Temple in the district headquarters, Satiguda water reservoir, Saptadhara river at the beginning of the district, Sitakunda, Ammakund, Jaduguda Shaiva Peetha, various places in Chitrakonda and many waterfalls in the district.



Union Education Minister Dharmendra Pradhan inaugurated the new building of Sambalpur Burla Police Station. He was accompanied by State Rural Development, Panchayati Raj and Drinking Water Minister Ravi Naik, Health and Family Welfare Minister Mukesh Mahaling, Sambalpur MLA Jai Narayan Mishra.

## Covid-19: Two New Cases Reported In Cuttack In 24 Hours

Bhubaneswar (Correspondent) : Two new cases of Covid-19 have been reported in Cuttack, taking the tally to two in the city. According to Cuttack District Chief Medical Officer (CDMO)

Prashant Hota, a 72-year-old resident of Nuaroutapatna and a 44-year-old man from Jholasahi have tested positive for the virus. Both patients were tested for Covid-19 after exhibiting

symptoms of cold and fever. The 72-year-old patient has been admitted to a private hospital and kept in quarantine while another patient is under home quarantine.

## Using of "Press Council or Bharatiya Press Parishad" name is offence

B h a w a n i p a t n a : (Correspondent) With an intention, the word "press" frequently has been using to access some special privilege by the organisation and workers of fourth pillar in India during their profession, commonly seen. But sky has in its limit. Following, this trend, some vested interest groups and individuals has moved forward one more step without repenting, to use the name of the only one body "Press Council of India" even, The central government

mulled to curb the unauthorised and illegitimate use of PCI's name, after it came to its notice. In this regard, to protect the credibility and accountability of that entity, in a bold move, the central government has gave direction to DI & PRO to check the unlawful uses in their respective jurisdiction. To works out affectively, the order of government, the Kalahandi district's District Information & Public Relation Officer Haladhar Nial has shown his keen interest to wipe

out it, issued a notice and appealed to refrain such unauthorised and illegitimate use. In his notice, he clarified PCI is only one body has been working under Information and Public Relation Department of India Government. Neither any branch or subordinate office is functioning at anywhere except in New Delhi, using of the name "Press Council or Bharatiya Press Parishad, PCI's logo or symbol is unlawful and offence. PCI never conferred such rights, he confirmed.

## Govt. ITI's domestic career counseling campaign to encourage rural youth towards skill education

SUBARNAPUR (correspondent)---- Government ITI Subarnapur has started a domestic career counseling campaign with the aim of making the rural youth aware of skill education to build a life. In this campaign, ITI staff team visited Ampali, Jampali, Silati, Charada, Antarada, Bhandar and Belpada villages of Binika block and established close contact with the local youth and their parents and informed them about the vocational courses and training. "Our aim is to take this golden opportunity to



the doorsteps of the students and sensitize the rural youth to build a life with skill education that can fulfill their dreams," said Er. Suresh Kumar Dalabehera, Principal, Government ITI Subarnapur. Through this initiative, it is hoped that the youth will become aware of the better opportunities

offered by ITIs, various trade options and job-linked courses. Through this counselling campaign, the youth of rural areas can dream and get a conducive environment to shape them. It is hoped that this initiative will make a significant contribution to human resource development.

## TPWODL Inaugurates its New Circle Office at Bhawanipatna

B u r l a / Bhawanipatna (correspondent): TP Western Odisha Distribution Limited (TPWODL) proudly inaugurated its new Circle Office at N a k t i g u d a , Bhawanipatna town under Kalahandi district on yesterday (29.05.2029). The inauguration ceremony was graced by Mr. Praveen Verma, the Chief Executive Officer of TPWODL, in the presence of senior officials and employees of the company. The

newly inaugurated Circle Office also houses of Kalahandi East Electrical Division, strategically located to serve as a centralized hub for addressing electricity-related concerns across the district. With this significant development, over 3 lakh electricity consumers in the Kalahandi district will benefit, including issue resolution, billing inquiries, new connections, and other consumer support, all under one



roof. However, this new office, built with state-of-the-art technology and modern infrastructure, will serve as a key asset for employees of TPWODL, enabling them to work in a

comfortable. Designed with a long-term vision, the office aims to foster a more productive work atmosphere, enhancing the competency and efficiency of TPWODL's workforce.

## Hindalco, Hirakud to provide RO drinking water facility for school students

Sambalpur: (Correspondent) :- Keeping in mind the need of pure water for the students, Hindalco Hirakud Unit Head Mr. Debashish Malik, on the advice of Hindalco Hirakud Environmental Development Department, with the support of French aluminum company FIBUS, has inaugurated the first phase of RO drinking water project in two schools in the Hirakud area, namely Government High School Hirakud and High School Mohammadpur. The event was attended by Hindalco's Head of Human Resources, Mr.



Biswas Shinde, Head of Hirakud Smelter, Mr. Pratap Kumar Sahu, Head of Odisha Cluster of Environmental Development Department, Mr. Shiv Mohapatra, Managing Director of FIBUS, Mr. Rahul Deshmukh, Vice President, Mr. Gyan Prakash Mahavishnu,

Head of Environmental Development Department, Mr. Sukant Mohapatra, Principal of Hirakud Government High School, Mrs. Laxmi Seth, Principal of Mohammadpur Government High School, Mrs. Parvathi Panigrahi, Shri Rajiv

Mishra of Independent Unity Organization and Shri Subhashish Nayak of FIBS. The event was attended by teachers, students and parents of the school, along with Shri Anand Chakraborty, Smt. Jayashree Rao, Saroj Kumar Acharya, Santosh Kumar Tripathi, Milan Kumar Sahu of the Environment Department, many activists of the Independent Unity Organization and many members of the School Management Committee.

## Culvert breaks in light rain, blocking road to Dhobabahali village

SUBARNAPUR (correspondent): Dhobabahali is the first village to Subarnapur town. A road has been constructed by the Sonepur Municipality to connect the village with Gridco Colony. The family of Late

Pitabas Sahu donated their private land to the municipality for the road. It is said that earlier it was not a road for



connecting Dhobabahali village. The villagers used to walk on the fields. A culvert was built in the middle of the road to allow rainwater to flow in and out, which was in a half-broken condition many days ago due to poor quality work. The attention of the authorities was repeatedly drawn to the reconstruction of the culvert, but the municipality authorities did not pay attention to it. Today, when a gate was brought by the railway authorities for construction work, the road was completely blocked. The movement of people has been stopped due to flooding, and there is a strong demand from the villagers and grid colony residents for its early reconstruction.

## AFFIDAVIT

In the affidavit filed before the Executive Magistrate Kujang, I Ramesh Kumar Pandit, Father:- Shri Ramraj Pandit, Vill/PO - Kundesar, PS - Sahapur, District- Bhojpur, State - Bihar, PIN Code - 802165, Present Address:- CISH Complex, Sandhakud, Quarter No-NCCA 74, Paradip, District Jagatsinghpur, Odisha, PIN Code No.754142, declare that my real name is Ramesh Kumar Pandit which is also recorded in my Aadhaar card but in the Transfer Certificate of my younger daughter Shivani Kumari it has been recorded as Ramesh Kumar instead of Ramesh Kumar Pandit. Hence Ramesh Kumar Pandit and Ramesh Kumar are the same person.



# SEBI Bans Actor Arshad Warsi, Wife & 57 Others in Securities Fraud Case

The Securities and Exchange Board of India (SEBI) has issued a ban on actor Arshad Warsi, his wife Maria Goretti, and 57 others from participating in securities markets, following findings of market manipulation in relation to Sadhna Broadcast shares. The regulatory body imposed a five-year restriction on certain entities and financial penalties ranging from ₹5 lakh to ₹5 crore. Warsi and Goretti each face a one-year ban and a ₹5 lakh fine for their alleged roles in misleading investors through deceptive YouTube videos promoting the stock. SEBI's investigation revealed an orchestrated scheme where parties artificially inflated stock prices through coordinated trading before investment recommendations. The regulatory body has ordered the involved entities to return illicit crore, along with accrued interest. Prominent individuals in the scheme have been named, including stock company promoters, with SEBI citing evidence of premeditated fraud. The case highlights growing over unethical stock market promotions and signals increased scrutiny on social media-based financial

using digital platforms to push earnings, estimated at ₹58.01 market figures and concerns advice.

## Dhaba-Style Mutton Curry Recipe

### Ingredients :

1/2 kg mutton  
1/2 tsp haldi  
1 tsp red chilli powder  
3 tsp yogurt  
Salt to taste  
For curry: 1/2 tsp red chilli powder  
1/2 tsp haldi  
2 tsp Oil  
1 tsp cumin powder  
1 tsp coriander powder  
1 tsp garam masala  
1 tsp cumin seeds  
3 garlic cloves  
2 red chillies  
2 onions, sliced  
2 tomatoes, sliced  
1 tbsp ginger-garlic paste  
Salt to taste  
A handful of curry leaves  
Coriander leaves for garnishing

### How to Make Dhaba-Style Mutton Curry

1. First, we need to clean and wash the mutton nicely. Drain the water and marinate it with red chilli powder, haldi, yogurt, and salt. Keep aside for 20-30 minutes.  
2. Once done, add the marinated mutton to the pressure cooker. Add oil, haldi, red chilli powder, cumin powder, coriander powder, and garam masala. Mix well.  
3. Add ½ cup water and cook until the mutton is tender. Set aside.  
4. Next, heat oil in a pan. Add cumin, garlic cloves, red chillies, curry leaves, and allow them to splutter. Add onions and cook until they turn golden brown in colour.  
5. Add ginger-garlic paste and fresh coriander leaves. Mix well. Now, add the sliced tomatoes and cook until they turn soft.  
6. Now, add the cooked mutton along with the prepared masala. Cover the lid of the pan and cook on low flame for about 10-15 minutes. Garnish with coriander leaves and serve hot!

## 6 Desi Superfoods That May Boost Your Thyroid Health

- Moringa** Moringa (drumstick) has several health benefits to offer, including managing thyroid issues. According to the expert, moringa is packed with iron and antioxidants, which help reduce inflammation and support thyroid hormone production. You can add it to your salads, smoothies or even stews like sambar.
- Cold-Pressed Coconut Oil** The type of cooking oil you use is also of great importance when trying to manage thyroid. Poornima recommends opting for cold-pressed coconut oil as it boosts metabolism, supports energy, helps with dry skin and sluggish digestion. So, if you've been using any other type of oil, consider swapping it with this one today itself!
- Ashwagandha** Ashwagandha is an Ayurvedic herb that has been consumed in India since time immemorial. It turns out that ashwagandha can also help manage your thyroid disorder. The hormone coach explains that ashwagandha is a magical adaptogen that balances cortisol and supports the thyroid-adrenal connection. However, the herb may not be effective for those who have hyperthyroidism.
- Amla** Also known as Indian gooseberry, amla is considered excellent for thyroid health due to its rich nutrient profile. It is rich in vitamin C, supports immune health, gut healing, and detoxification, which is crucial for hormonal balance. Poornima suggests you can eat amla in the form of a pickle, chutney or candy.
- Jeera** The expert also recommends including jeera in your diet to manage thyroid naturally. What makes it so great? It's because jeera aids in better nutrient absorption and promotes digestive health. This is essential for converting thyroid hormones properly. The best way to reap its benefits is by making jeera water at home.
- Haldi** Another desi superfood that can work wonders for thyroid health is haldi. This golden spice is known to reduce inflammation in the body and support liver function, which helps in converting T4 to active T3 thyroid hormone. Peri suggests making turmeric water and consuming it first thing in the morning.



## Tired Before 10 AM? This Desi Haldi-Adrak Chai Might Just Save Your Day

Haldi-adrak chai is the humble, golden blend does more than warm your soul - it offers a steady energy boost minus the caffeine jitters. You know the drill. The alarm rings, but instead of springing into action, you are mentally bargaining for "five more minutes". Your limbs feel like they are made of lead, your head is still stuck in dream mode, and even thinking about putting on clothes feels like a chore. Relatable? Welcome to weekday mornings. You have work to do, calls to take, deadlines to chase - and absolutely no time to laze around. That is usually when the search for an energy fix begins. Yes, coffee is the default fix. But what if there is a more natural, kinder option that people have been using for generations? Say hello to turmeric-ginger tea. This humble, golden blend does more than warm your soul - it offers a steady energy boost minus the caffeine jitters. Here is why this homemade morning tea is finding a permanent place in so many kitchens. What Causes Morning Fatigue? | Why You Might Feel Exhausted Even After Sleeping: Still feeling wiped out after 8 hours of sleep? You are not the only one. Morning tiredness is not always about staying up too late or sleeping badly. Nutritionist Lovneet Batra says it might be your body waving a red flag. According to her, here are some major reasons why you might feel completely out of it in the morning:

- You Might Be Missing Out on Key Nutrients:** Your body needs fuel, and not just any fuel. We are talking about crucial vitamins and minerals. If you are short on these, your energy levels could take a serious hit.  
**Iron:** Low iron? Your cells are starved of oxygen. Result: you feel wiped out.  
**Vitamin B12:** This vitamin helps produce energy and carry oxygen. A deficiency can leave you feeling like you have run a marathon before breakfast.  
**Vitamin D:** Helps power up your cells' energy factories. Low levels can mean low energy and poor stamina.
- Your Hormones Might Be Acting Up:** Melatonin, the hormone that manages your sleep cycle, can mess things up if it is out of sync. When melatonin is not doing its job right, your sleep might not feel like proper rest, and you wake up feeling foggy and tired.
- Poor Oxygen And Blood Circulation:** When blood and oxygen do not circulate properly, your body builds up toxins and stress. This slows everything down, including your sleep quality, which means fatigue greets you first thing in the morning.

### Why Haldi-Adrak Chai is the Morning Boost You Did

### Not Know You Needed:

**Health Benefits Of Ginger:** Ginger is not just a cooking essential - it is also packed with gingerol, a compound known for fighting pain, fever, and bacteria. Then there is zingerone, a strong antioxidant. As per Healing Foods by DK Publishing, these elements help strengthen your immune system, aid digestion, and support a healthier gut. The result? You feel less bloated, more energetic, and ready to take on whatever your day throws at you.  
**Health Benefits Of Turmeric:** Consultant nutritionist Rupali Datta says turmeric is loaded with curcumin, a compound

famous for its antioxidant, anti-inflammatory, antibacterial, and healing effects. This combination supports immunity, aids digestion, and helps cleanse the liver. All of which makes you feel less sluggish and more switched on in the morning.

### How To Brew This 2-Ingredient Tea That Will Make You Forget Coffee:

- Step 1:** Take half a raw turmeric root and a half-inch piece of fresh ginger.
- Step 2:** Pour one and a half cups of water into a pan and bring it to a boil.
- Step 3:** Lightly crush the turmeric and ginger, toss them into the boiling water, and let it simmer for 5-7 minutes.
- Step 4:** Strain into a cup and sip slowly. Want a touch of sweetness? A little honey works wonders.





# KIIT University Students Strike Gold and Silver at Asian Athletics Championships 2025

Gumi, South Korea – In a phenomenal showcase of talent, determination, and national pride, four outstanding students from KIIT University brought home medals and accolades from the 26th Asian Athletics Championships, held from 27th to 31st May 2025 in Gumi, South Korea. This championship, hosted by South Korea for the third time, witnessed a commanding performance by India — with KIIT University athletes at the heart of the action. Ms. Jyothi Yarraji, representing India, student of KIIT University, sprinted her



way to Gold in the 100m Hurdles with an electrifying timing of 12.96 seconds, demonstrating elite-level performance and extraordinary composure. Adding another shining feather

to KIIT’s cap, Ms. Parul Chaudhary delivered a remarkable run in the 3000m Steeplechase, earning the Silver medal with a sensational timing of 9:12.46, setting a new National Record for

India. Her achievement marks a historic moment in Indian athletics. Further adding to the medal tally, Mr. Praveen Chitravel soared to a Silver medal in the Men’s Triple Jump with an impressive leap of 16.90 meters, reaffirming India’s dominance in field events. Rising sprint star Ms. Rupal Chaudhary delivered a strong finish in the Women’s 400m, posting a time of 52.68 seconds — an inspiring performance on the Asian stage. These victories underscore KIIT University’s unwavering commitment to nurturing world-class athletes and creating a global impact in the field of sports.

# IPL 2025: Rohit Sharma Becomes Second Player To Cross 7000-Run Milestone



New Chandigarh: Rohit Sharma crossed the 7000-run milestone in the Indian Premier League (IPL) during his knock of 81 runs, off 50 deliveries, in the Eliminator match against Gujarat Titans at the Maharaja Yadavindra Singh International Cricket Stadium in New Chandigarh on Friday. The former Mumbai Indians skipper stood tall against GT’s bowling attack as he became the second player in IPL history to reach the mark after Virat Kohli. His innings, which showcased his brute force and ability to cross the boundary at ease, was laced with

nine boundaries and four sixes. However, it was not a perfect one as the former India T20 skipper was dropped twice on the day, in what can only be described as a poor outing for the 2022 winners in the field. His first lifeline came when he was batting on 3 runs, Rohit pulled towards Gerald Coetzee in the deep, which the Proteas

player fumbled through his hands. In the very next over, Mohammed Siraj induced an outside edge, but Kusal Mendis could not grab onto it behind the wicket. Called ‘The Hitman’ for a reason, Rohit showed no mercy on the bowlers after being dropped twice and took Sai Kishore to the cleaners with two boundaries and a six. Rohit, who was

accompanied by Bairstow, helped MI score their highest total in a power-play during the IPL play-offs with 79/0. He swept Rashid Khan for a six in the ninth over, which saw him cross the milestone. That shot also saw him reach 300 IPL sixes. He then went on to score his 47th tournament half-century in 28 deliveries, with a boundary off Kishore. Rohit made his IPL debut in 2008 with the Deccan Chargers and lifted his first trophy with the side in 2009. He was purchased by the Mumbai Indians in the 2011 auctions and has led the team to five trophies.

# Asian Athletics C’ships: Gulveer Wins 5000m Gold

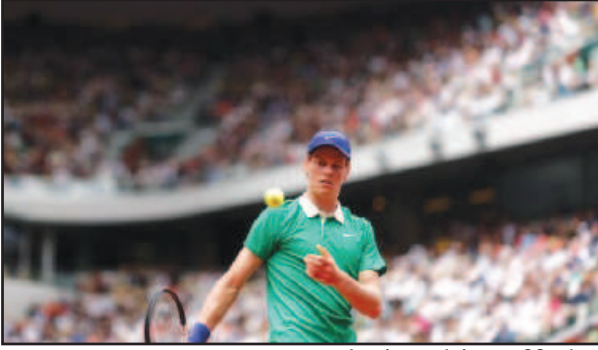


Gumi (South Korea): India’s long-distance runner Gulveer Singh clinched his second gold at the Asian Athletics Championships after winning the men’s 5000m with a Championship Record on Friday. Gulveer, who won the men’s 10,000m gold on the opening day of the competition,

clocked 13:24.78 to set a new championship record, surpassing Mohamed Al-Garni’s 13:34.47 set in 2015, to clinch the gold medal in the 5000m race. The 26-year-old from Uttar Pradesh had previously taken bronze in the same event at the last edition in Bangkok. In

March this year, the Hangzhou Asian Games bronze medallist bettered his own men’s 10,000m national record, clocking 27:00.22s at The Ten 2025 athletics meet. Earlier this year, Gulveer Singh also pocketed the men’s 3000m indoor national record and the Asian 5000m short track record at an athletics meet in Boston. In the women’s high jump, Pooja clinched a gold medal with a season-best effort of 1.89m. In the process, she also broke her own Under-20 national record.

# French Open: Sinner Ends Gasquet’s Career At Roland Garros, Extends Major Win Streak On Paris Clay



Paris: World No.1 Jannik Sinner pulled the curtain down on Richard Gasquet’s illustrious career on Thursday, surging past the Frenchman 6-3, 6-0, 6-4 to reach the men’s singles third round at the French Open here on Thursday. Making his 22nd appearance at the clay-court major in Paris, the 38-year-old Gasquet was unable to produce a response to Sinner’s heavy ball-striking and pinpoint accuracy throughout the

one-hour, 58-minute clash. With his victory, the No. 1 player in the ATP Rankings extended his Grand Slam winning streak to 16 matches, becoming the first man born in 1990 or later to do so. “We have a good

relationship off the court. We are different generations, but it’s your moment,” Sinner said to Gasquet, who recorded his sole win over a World No. 1 in Monte-Carlo in 2005 when he defeated R o g e r

Federer. “Congrats to your family, to your team. Without great people around each player, it’s impossible to make such an incredible career. You played in such an incredible era of tennis, and everyone will recognise you, even after your retirement,” the Italian star was quoted as saying by the ATP Tour in a report on its website. Gasquet, a 16-time tour-level champion, had reached a career-high World No. 7 during his 23-year

career. He holds the record for the most wins (610) among Frenchmen in the Open Era. With this win, Sinner, the reigning US Open and Australian Open champion, set a third-round meeting with Jiri Lehckha, whom he leads 2-0 in their ATP head-to-head series. Lehecka overcame Alejandro Davidovich Fokina 6-3, 3-6, 6-1, 6-2 to advance to the third round at Roland Garros for the first time in his career.

# French Open: Fils Defies Injury To Win Five-Set Epic, Zverev Advances

Paris: On a day of epic five-setters as three were held within a couple of hours, Arthur Fils overcame an injury to win one of the most dramatic matches in recent years at the French Open on Thursday, when he used the support of a vocal French crowd to overcome Jaume Munar and a back injury in a five-set epic. The French No. 1 looked in control after winning two tight tie-breaks to move clear before a back injury in the third set seemed set to hamper his hopes. At two sets all, Fils was struggling to move and looked down and out. However, from a breakdown in the decider, he battled through the pain barrier and played with ultra-aggression to earn a thrilling 7-6(3), 7-6(4), 2-6, 0-6, 6-4 win.

# Asian Athletics: Visualisation Of Race During Downpour Keeps Jyothi On Track To Gold

Mumbai: As she warmed up for the 100m hurdles at the Asian Athletics Championship in Gumi, South Korea, Indian hurdler Jyothi Yarraji’s thought process and preparations were rudely halted by a heavy downpour. With her warm-up interrupted as the evening session was delayed by two hours, the Indian national champion kept working



on her mind, keeping it ready for the race, whenever it happened. “As it started to rain, I kept visualising

how I would go about the race, what I would do on the track, and kept thinking about the race. I also had a

thorough warm-up routine to prepare myself for the race,” Jyothi said in a virtual interaction after the race. Once the sky cleared and the evening’s programme was restarted, Jyothi did not get distracted by the unexpected break and went on to win the women’s 100m race with a Continental Record time of 12.06 seconds.

# PM Modi Meets IPL Star Vaibhav Suryavanshi And His Parents In Patna

Patna: Prime Minister Narendra Modi met IPL sensation Vaibhav Suryavanshi and his family at Patna airport on Friday. The PM interacted with the cricketer and his parents before leaving the venue. PM Modi is on a two-day visit to Bihar, from Thursday to Friday. He inaugurated the new terminal building of Patna Airport on Thursday. He will inaugurate and lay the foundation stone for infrastructure and

welfare projects worth approximately Rs 48,500 crore on Friday. Sharing the glimpses of the meeting on his X account, PM Modi wrote, “At Patna airport, met the young cricketing sensation Vaibhav Suryavanshi and his family. His cricketing skills are being admired all over the nation! My best wishes to him for his future endeavours.” Suryavanshi made the headlines after becoming the youngest



centurion in the IPL at just 14. He was roped in by the Rajasthan Royals for Rs 1.1 crore in last year’s auction. In seven matches, the

teenager has amassed 252 runs, including a hundred and a half-century. His performances led to his inclusion in India’s U19

squad for the upcoming tour of England, scheduled from June 24 to July 23. The tour comprises a 50-over warm-up match, followed by a five-match Youth One-Day series and two Multi-Day matches against England U19. Earlier, PM Modi lauded Suryavanshi for his stellar performance in the IPL 2025 season during the inauguration of the Khelo India Youth Games this month. “We all have seen the outstanding performance

of the son of Bihar, Vaibhav Suryavanshi, in the IPL. Vaibhav has created such a big record at this young age. Behind his game, there is of course a lot of his hard work but playing matches at different levels has also helped him. This means ‘jo jitna khelega, wo utna khilega (whoever plays more, will shine more),” said Modi in his speech that declared open the 2025 Khelo India Youth Games (KIYG) in Bihar on May 4.

# WWE Icon John Cena Opens Up on Retirement: “My Skills Are on Regress”

NEWDELHI: WWE legend John Cena is officially in the final stretch of his in-ring career, with just 20 scheduled appearances left before he hangs up his boots. Having announced his retirement at Money in the Bank 2024, Cena has since taken fans on an emotionally charged farewell tour—marked not only by in-ring action but also by a dramatic heel turn, vowing to “ruin wrestling forever.” In a revealing interview on Stephanie’s Places with Stephanie McMahon, the 17-time world champion shed light on the real reason behind his retirement, moving beyond speculation about his Hollywood commitments. “If I continue at full physical involvement, I’m not going to run right. My partner’s not gonna run right. Our relationship isn’t gonna run right. Sorry, kid, it’s time to close this chapter.” Cena admitted that age and physical wear have taken a toll: “I used to do a clean and jerk with 330 pounds. That’s a 300-pound snatch. I can’t even do those lifts anymore because my body’s so beat up.” Despite his physical decline, Cena expressed that the wrestling ring still feels like home—second only to being with his wife. “I wish I was 18. I wish I felt great. But I don’t feel more at home, besides in the arms of my wife, than I do on the canvas.” Cena’s next and possibly final high-profile match is set for Money in the Bank on June 7, where he’ll team up with Logan Paul against Cody Rhodes and Jey Uso. With this farewell run, Cena is not only bidding adieu to the WWE Universe but also redefining how wrestling icons exit the stage. As he prepares to close the curtain on a storied career, fans around the globe are watching one of wrestling’s most iconic figures walk into the sunset—on his own terms.



## Cultivating the Change – The Journey of Kalipada Das

D h a m r a , (correspondent): Kalipada Das, a 71-year-old marginal farmer from Jharkata village, has shown that age is no barrier when it comes to determination and the will to improve one's livelihood. Traditionally dependent solely on fishing to sustain his family, Kalipada faced several challenges due to the limited income and seasonal nature of fishing. However, his life took a significant turn in 2021 when he became an active member of the Farmer Group initiative facilitated by Adani Foundation in Jharkata. With the support provided by Adani Foundation—specifically in the form of quality seeds and essential organic manure—Kalipada began experimenting with farming. This small step soon turned into a journey of transformation. He



shifted from a mono-livelihood source to adopting double cropping practices, cultivating rice and a range of vegetables. Kalipada's enthusiasm for learning and implementing sustainable practices led him to set up three vermin compost beds, allowing him to produce organic manure for continued use. His farming includes onions, cabbage, cauliflower, Elephant Yam and other high-yield crops. Not only did he manage a successful harvest, but he also practiced seed conservation to ensure sustainability for future

seasons. In the last year alone, Kalipada earned an impressive 1,20,000 from vegetable cultivation—a testament to how community-driven, small-scale interventions can create meaningful livelihood diversification for rural farmers.

## Chair Car Coach to be Augmented in Puri-Bangiriposi Express for One Month

Bhubaneswar, (correspondent): In response to increasing passenger demand and to enhance travel comfort, Indian Railways has announced the temporary augmentation of one Second Class Chair Car Coach in the 12892/12891 Puri-Bangiriposi-Puri Express. Starting June 1, 2025, the train will operate from Puri with 15 coaches—an increase from the existing 14—until June 30, 2025. In the return direction, the additional coach will be attached starting from Bangiriposi on June 2, continuing through to July 1, 2025. This move comes after a detailed assessment of passenger traffic and is intended to meet the rising travel demand, particularly from the aspirational districts served by this route. The added Chair Car Coach will provide more seating capacity and improved convenience for daily commuters, tourists, and long-distance travelers alike. The decision has received widespread appreciation from passengers and public representatives, many of whom have actively voiced their support for the augmentation.

## LTIMindtree Appoints Venu Lambu As CEO And MD

Mumbai: Global technology consulting and digital solutions company LTIMindtree on Friday announced to appoint Venu Lambu as the Chief Executive Officer and Managing Director of LTIMindtree, with effect from May 31. D e b a s h i s Chatterjee has opted to retire due to personal reasons as CEO and Managing Director of LTIMindtree at the end of its 29th AGM held here, the company said in a statement. Chatterjee has been working closely with Lambu to ensure a seamless leadership transition, facilitating continuity and strategic alignment as the company moves forward.

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**TPWODL ତରଫରୁ ଶୀତଳ ଷଷ୍ଠୀ ଉପଲକ୍ଷେ ସମସ୍ତ କନସାଧାରଣଙ୍କୁ ଦ୍ୱାର୍ତ୍ତିକ ଗୁଡ଼େଇଆ ଓ ଅଭିନନ୍ଦନ**

- ବେଆଇନ୍ ବିଦ୍ୟୁତ୍ ବ୍ୟବହାର ଏକ ବିପଦପୂର୍ଣ୍ଣ ଓ ଅପରାଧମୂଳକ କାର୍ଯ୍ୟ । ନିଜ ଅଞ୍ଚଳର ବିଦ୍ୟୁତ୍ ଗୋରିଲୁ ପ୍ରତିହତ କରନ୍ତୁ ।
- ବିଦ୍ୟୁତ୍ ଶକ୍ତିର ଅପରାଧକୁ ରୋକିବା ଏବଂ ଶକ୍ତିସମ୍ବଳକୁ ଭବିଷ୍ୟତ ପାଇଁ ସଞ୍ଚୟ କରି ଦେଶଗତରେ ସହଯୋଗ କରନ୍ତୁ ।
- ଉପଯୁକ୍ତ କ୍ଷମତା ଏବଂ ଆଇ-ଏସ୍ଆଇ (ISI) ମାର୍କ ପ୍ରାପ୍ତ ବିଦ୍ୟୁତ୍ ଉପକରଣ ବ୍ୟବହାର କରନ୍ତୁ, ଏବଂ ବାକ୍ସ ପ୍ରାପ୍ତ ଲଲେକ୍ଟ୍ରିସିଆନ ଦ୍ୱାରା କାର୍ଯ୍ୟ କରନ୍ତୁ ।
- କୌଣସି ଘରୋଇ ବୈଦ୍ୟୁତିକ ଉପକରଣରେ ସବ୍ ବା ଝଟକା ଅନୁଭୂତ ହେଉଥିଲେ, ଉପଯୁକ୍ତ ଯାଞ୍ଚ ନ କରାଇ ତାହା ବ୍ୟବହାର କରନ୍ତୁ ନାହିଁ ।
- ବିଦ୍ୟୁତ୍ ତାର ତଳେ କୌଣସି ନିର୍ମାଣ କାର୍ଯ୍ୟ, ପୂଜା, ମେଳା ଇତ୍ୟାଦି ନିମନ୍ତେ ପ୍ରୋତ୍ସାହନ ନିର୍ମାଣ, ପରିବହନ ବା ଜିନିଷପତ୍ର ଗଠିତ ଇତ୍ୟାଦି କରନ୍ତୁ ନାହିଁ ।
- ବୈଦ୍ୟୁତିକ ଯନ୍ତ୍ରପାତିରେ ନିଆଁ ଲାଗିଗଲେ ତା'ଉପରକୁ ପାଣି ପକେଇବା ଉଚିତ୍ ନୁହେଁ ।
- ସୁରକ୍ଷା ନିୟମ ପାଳନ କରନ୍ତୁ ଏବଂ ବିଦ୍ୟୁତ୍ ଦୁର୍ଘଟଣା ଏଡାଇ ଅସାଧାରଣ ଧନକାବନ ହାନୀକୁ ରୋକନ୍ତୁ ।

**ବିଦ୍ୟୁତ୍ ଗ୍ରାହକ ଧ୍ୟାନ ଦିଅନ୍ତୁ :**

- ବିଦ୍ୟୁତ୍ ବିଲ୍ ବକେୟା ନରଖି ଧାର୍ଯ୍ୟ ରାଶି ମଧ୍ୟରେ ପୈଠ କରନ୍ତୁ ଏବଂ ଅନୁଲାରନ୍ ବିଦ୍ୟୁତ୍ ବିଲ୍ ପୈଠ କରି ୪% ରୁ ୫% ପର୍ଯ୍ୟନ୍ତ ରିହାତିର ସୁବିଧା ପାଆନ୍ତୁ ।
- ଗ୍ରାହକ ସେବା କେନ୍ଦ୍ର, ସମ୍ପର୍କକେନ୍ଦ୍ର ତଥା ବିଭିନ୍ନ ଅନୁଲାରନ ଆପ୍ ମାଧ୍ୟମରେ ସହଜ ଏବଂ ସୁବିଧାରେ ବିଦ୍ୟୁତ୍ ବିଲ୍ ପୈଠ କରନ୍ତୁ ।

\*ସର୍ବ ଲାଭ

TPWODL - ଅଭିରୁଦ୍ଧ ଆପଣଙ୍କ ସେବାରେ ସମର୍ପିତ । ବିଦ୍ୟୁତ୍ ସେବା ସମ୍ପର୍କିତ ସୂଚନା ଓ ଅଭିଯୋଗ ପାଇଁ ଟୋଲ୍ ଫ୍ରି ନମ୍ବର - ୧୮୦୦-୩୪୫୭-୭୯୮ ରେ ଯୋଗାଯୋଗ କରନ୍ତୁ ।

## Vedanta's Solar-Powered Water Initiative Set to Benefit Over ~1000+ Community Members Kasira Village Panchayat

BHUBANESWAR, (correspondent): Shri Laxman Munda, Hon'ble MLA for Bonai Constituency inaugurated the Vedanta Iron Ore Odisha' initiative on solar-powered water infrastructure systems at Kasira Gram Panchayat, which will benefit ~1000 community members. The initiative will greatly enhance availability of potable water & also amplify the usefulness of



sustainable & clean energy solutions that directly benefit vulnerable communities. The initiative,

undertaken as part of Vedanta IOO's CSR Project 'Nirmal' includes the installation of 5 solar-powered

borewells and 26 water stand posts. The arrangement will help bring uninterrupted access to clean drinking water to the villages of Bhanjpali (Munda Sahi), Nadidihi, BICO Colony, Rengalbeda (Indira Colony & Rahadi Hatting). By shifting to solar power, this infrastructure ensures resilience against power cuts, while reducing the carbon footprint of water delivery systems—

a powerful example of green innovation in rural development, a theme spotlighted by the company's ongoing campaign - Iron Will for Greener Planet. Speaking at the event, MLA Shri Laxman Munda said, "Water scarcity has been a critical issue in the villages of our region. I thank Vedanta for stepping up with a solution that's not only effective but environmentally responsible."

## Perseverance on Wheels – The Journey of Balailal Maity

Dhamra, (correspondent): Balailal Maity, a determined young man from Rabindranagar village, has long battled physical disability. Life was far from easy—his limited mobility forced him to rely heavily on others just to move around, making it difficult to pursue any form of livelihood. But Balailal never gave up on his desire to stand on his own feet and support his family.



Adani Foundation always belief on Seva Hi Sadhana, Seva Hi Parthana, Seva Hi Paramatma. As part of its commitment towards empowering people with disabilities, a

support program initiated providing battery-operated wheelchair vehicles to individuals actively engaged in livelihood-generating activities.

Among the 10 beneficiaries this year, Balailal was one. The impact of this support has been transformative. The specially designed battery-operated vehicle, with a 25 km range, has given Balailal freedom of movement. No longer dependent on others, he now independently manages his daily commute and business operations across nearby areas like Dosinga, Kaithkhola and Dhamra.

## Stock Market Ends Lower Ahead Of Key GDP Data

Mumbai: The Indian stock market closed lower in Friday's trading session. At the end of trading, the Sensex was down 182.01 points or 0.22 per cent at 81,451.01 while the Nifty was down 82.9 points or 0.33 per cent at 24,750.70. Midcap and smallcap closed almost flat. The Nifty Midcap 100 index closed down 37.25 points at 57,420.00 and the Nifty Smallcap 100 index closed down 6.10 points at 17,883.30. Metal and IT stocks led the decline. Nifty Metal index closed down by 1.69 per cent and Nifty IT index down by 1.15 per cent. Apart from this, auto, pharma and FMCG sectors also saw a decline. Only PSU bank, financial services and media indices closed in the green.

**ବିଶ୍ୱ ତମାଖୁ ବର୍ଜନ ଦିବସ**  
୩୧ ମଇ ୨୦୨୫

ତମାଖୁ ବ୍ୟବହାର ଦ୍ୱାରା ଜଟିଳତା ସୃଷ୍ଟି ଓ ପରୋକ୍ଷ ଭାବରେ ସାମାଜିକ, ଅର୍ଥନୈତିକ ଓ ଅନ୍ୟାନ୍ୟ ପାରିବାରିକ କ୍ଷେତ୍ରରେ ଅସୁବିଧି ସୃଷ୍ଟି କରୁଥିବା ମାତ୍ରାରେ ପ୍ରଭାବିତ ହେଉଅଛି । ଏହି ତମାଖୁ ସେବନକୁ ଚିତ୍କର ଉଚିତ୍ବାସାଧି ବର୍ଜନୀୟ ଓ ଭବିଷ୍ୟତ ବଂଶଧରମାନଙ୍କୁ ସର୍ବତ୍ର ଓ ସର୍ବତରଫ ବଢ଼ିବା ବରୁଣା ଅଟେ ।

**ଧୂମପାନ ବା ତମାଖୁ ବ୍ୟବହାରର କୁପରିଣାମ :**

- ପାଟି, ମୁଖ ଗହ୍ୱର, ସ୍ୱରଯନ୍ତ୍ର, ଫୁସ୍ଫୁସ୍, ମୁତ୍ରାଶୟ ଇତ୍ୟାଦିରେ କର୍କଟ ରୋଗ ହୋଇଥାଏ ।
- ହୃଦ୍‌ଘାତ, ଯକ୍ଷ୍ମା ଓ ଫୁସ୍ଫୁସ୍ ରୋଗର କାରଣ ହୋଇଥାଏ ।
- ନିଫୁସକତା, ପ୍ରଜନନ ଶକ୍ତି ହ୍ରାସ ଓ ଅକାଳ ବାର୍ଦ୍ଧକ୍ୟ ବେଶାବେଶଥାଏ ।
- ଗର୍ଭାବସ୍ଥାରେ ତମାଖୁ ସେବନ କଲେ ଶିଶୁ ନିର୍ଦ୍ଧାରିତ ସମୟ ପୂର୍ବରୁ ଜନ୍ମ ନିଏ ଓ କମ୍ ଓଜନର ହୋଇଥାଏ ।
- ଧୂମପାନ କରୁଥିବା ବ୍ୟକ୍ତି ପାଖରେ ଚଳପ୍ରଚଳ ହେଉଥିବା ବ୍ୟକ୍ତିମାନେ ଯେଉଁମାନେ କି ଧୂମପାନ କରନ୍ତି ନାହିଁ, ସେମାନଙ୍କର ମଧ୍ୟ ପରୋକ୍ଷ ଧୂମପାନ ଦ୍ୱାରା ହୃଦ୍‌ଘାତ ଓ ଫୁସ୍ଫୁସ୍ କର୍କଟର ଆକ୍ରାନ୍ତ ହେବାର ଅଧିକ ସମ୍ଭାବନା ଥାଏ ।
- ପରୋକ୍ଷ ଧୂମପାନ ଯୋଗୁଁ ପିଲାମାନଙ୍କର ଆକୃତି, ଶ୍ୱାସନଳୀକର୍ମିତ ତାତ୍ତ୍ୱ ଅସୁସ୍ଥତା ଏବଂ ଅନ୍ୟାନ୍ୟ ରୋଗ ମଧ୍ୟ ଦେଖାଯାଇଥାଏ ।

**ତମାଖୁ ଓ ତମାଖୁ ଉତ୍ପାଦ ବିକ୍ରିକୁ ଅପକୌଶଳର ପର୍ଯ୍ୟାୟ କରିବା, ଜନ ଆବେଦନର ଶୁଣାଣି କରିବା**

ଆସନ୍ତୁ, ଏକ ତମାଖୁ ମୁକ୍ତ ଓ ସ୍ୱଚ୍ଛ ପରିବେଶ ଗଠନରେ ସମସ୍ତେ ସାମିଲ ହୋଇ ସୁସ୍ଥ ଓଡ଼ିଶାର ସ୍ୱପ୍ନକୁ ସାକାର କରିବା ।

**ତମାଖୁ ବର୍ଜନ, ସୁସ୍ଥ ଜୀବନ**

ସ୍ୱାସ୍ଥ୍ୟ ଓ ପରିବାର କଲ୍ୟାଣ ବିଭାଗ, ଓଡ଼ିଶା ସରକାର