

Odisha schools to remain closed from April 18 to 20 due to heatwave

Shubhaneswar Centre said heatwave conditions would prevail at some places in the districts of Keonjhar, Mayurbhanj, Bhadrak, Balasore, Kendrapara, Jagatsinghpur, Cuttack, Khurda, Dhenkanal, Jajpur, Nayagarh, Kandhamal, Koraput, Malkangiri, Angul, and Boudh on Wednesday. Hot and humid weather conditions would prevail at one or two places over the districts of Balasore, Bhadrak, Jajpur, Kendrapara, Cuttack, Jagatsinghpur, Puri, Khurda, Nayagarh, Ganjam, and Gajapati, it said.

Nuapada – have been sealed. ADG (Operation) Devidutta Singh stated that this measure was taken in anticipation of ultras entering the Odisha forest after facing significant setbacks in Chhattisgarh. Odisha police, in coordination with BSF, SOG, DVF, and CRPF, are prepared to face any potential unpredicted situations. With the use of night binoculars and drones, the border areas are under the close surveillance of security forces.

will be reformed into a more equitable instrument of revenue distribution,” it said. The party also promised to delink the Railway Budget from the Union budget and allocate 5 per cent of the country’s overall GDP for education.

In regards to national security, the party promised to do away with the Agnipath Scheme and restore “the Indian Armed Forces’ traditional recruitment mechanisms.”

“We will amend the current BSF Act to establish an independent oversight committee to promptly investigate allegations of misuse of force against innocent citizens during peacetime. We will revert BSF’s jurisdiction to 15 km from the International border in West Bengal,” it said.



SQUARE

Manas Ranjan Mahapatra

Story begins
When the bird of my
Hearty lust
comes back to my bedroom
and light goes out

Story ends
when my intimate dream
is reborn as a
Tiny flower !

Visiting Professor of Development
Communication
Former Director, I & PR and Culture,
North Eastern Council Ministry of
DoNER, Govt. of India
Former Director, Book Publishing
Courses & Editor, NCCL National Book
Trust, Ministry of HRD, Govt. of India



Quotation of the Day

Give every day
the chance to be
the **most** beautiful
day of your life.

Mark Twain

HAPPINESS

By Dr. Arundhati Devi

It is such a joy
To feel neatly happy
Your heart sings
You feet dance
You mind
sways in the wind.
The world is light
You float on a breeze
The world moves
To the rhythm of your joy
Every note is sung
With the voice of contentment.

Director & Secretary, International
Indecency Prevention Movement,
Odisha, Cuttack, Mob. : 9937172810



THE BEAUTY OF DARKNESS

Santyona Jena

Calming in night's darkness,
After a long bright day,
Throwing out all my stress,
To a place which is far away.

Now no noise exhausts my mind,
As the silence dances everywhere,
And my mind left all the worries behind,
In the dark downstairs.

Nothing is visible in the darkness of night,
Not even the anxiety taken during the day,
Just the moon & moonlight,
Accompanied by the stars who love to play,



This delightful darkness refreshes my soul &
heart,
And excites me for the upcoming brightness,
This darkness is actually an aesthetic art,
Filled with peace and happiness!

C/o. Kabir Ku. Jena, Advocate
Rajabagicha, P.O. - Telenga Bazar,
Cuttack-753009, Mob. : 9437674009
E-mail : santyonajena@gmail.com



The Friendly Tree

Er. Prakash Kumar Bhuyan

I've found a place beside a friendly tree,
Where I'll hide my face when the world hurts me,
For the tree will never hurt; I shall love it to the end;
It shall have a dear, dear name:
"My true and silent friend."

TATA Steel, Merhamundali, Dhenkanal,
Mob. : 7978927765

Forget

Anupama Bhuyan

Forget the suffering
You caused others.
Forget the suffering
Others caused you.

The waters run and run,
Springs sparkle and are done,
You walk the earth you are forgetting.

Sometimes you hear a distant refrain.
What does it mean, you ask, who is singing?
A childlike sun grows warm.
A grandson and a great-grandson are born.
You are led by the hand once again.

The names of the rivers remain with you.
How endless those rivers seem!
Your fields lie fallow,
The city towers are not as they were.
You stand at the threshold mute.

"Sai Bithi", 7D/1354, Sector-9,
CDA, Cuttack



Illusory Night

(Shibangi Dhara), Bandana Sahoo

Many events and incidents happen in our life, out of which there are some events that stay our minds forever. Sometimes there are things in our life that are just our illusions. No kind of reality is found in it. And we make many mistakes in it's pursuit, which makes us regret it in the next moment. I have also experienced an incident of that day in my life. Of course, it's not a story of regret, but also it's definitely a story of illusion.

That day, around midnight, me and my friends go to pick up flowers for Khudurukuni Puja. In the rain and intoxication, we forgot the time of night. Who will come and take the flowers from all the trees and not find us, so we all sleepless at night wondering how soon we will go and take the flowers from the trees for worship before someone else comes and takes the flowers. So we didn't



sleep that day and all of us spent a sleepless night together and had a lot of fun. Fun was over, the night was over and we all went out together to pick flowers.

All of us went out to pick flowers with great enthusiasm, but we forgot to see the time of night. It was a very dark night, and there wasn't even a bit of light. Even fear is lost in these tears and intoxication. We all came out with only a light and a flower pick in hand to pick flowers

together. We all joined hands and went to pick flowers, and we also picked flowers, but we all have the fear of the devil lurking in our hearts. But in the addiction of Maa Khudurukuni Puja we ignored all this things.

Suddenly, while picking flowers, I noticed that someone wearing a white colour saree and holding a long veil was sitting shyly as a daughter - in - law near a tree. And her cloak is swaying in the wind. I was very

scared, my body got cold. And I forced everyone to run away from there without saying anything to anyone. They all ran away. But when we ran away from there, I looked back and saw that the shadow of that woman disappeared completely. I don't say anything to anyone because I don't want anyone to be afraid.

We all ran away that night, and the next day I told everything to everyone. Even today, remembering the events of that day, the body feels very cold and wonders who

really had that shadow that day? Was there a shadow of a ghost? Or was it just my illusion? Do ghosts really exist these days? No, it was just an illusion of mine, which was deceiving me in its illusory net? Sometimes it feels like it was just an illusion of mine. It is not always true what the eye sees. Sometimes the eyes are also deceiving, and being far away from reality, it is also a victim of illusions.

Jajpur
7205550713



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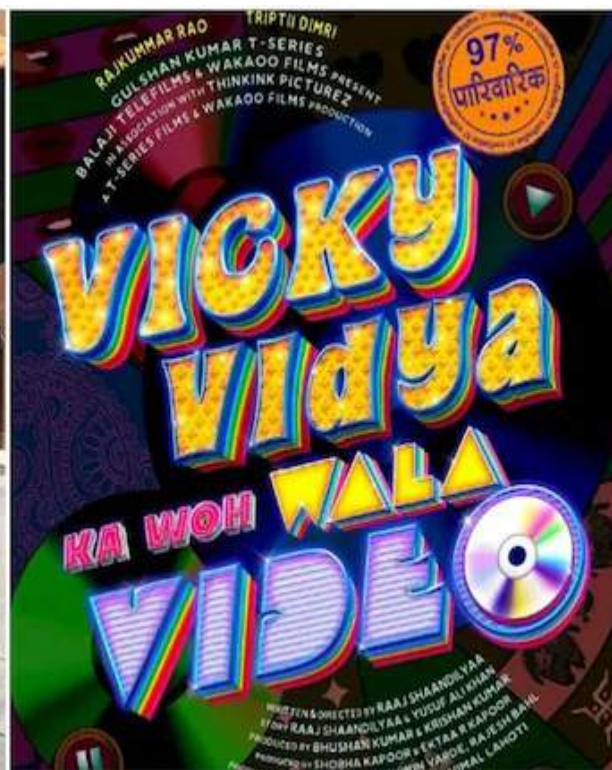
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Triptii-Rajkummar's 'Vicky Vidya Ka Woh Wala Video' to release this October

Bollywood actors Triptii Dimri and Rajkummar Rao's upcoming release, Vicky Vidya Ka Woh Wala Video, will release on October 11 in cinemas. Rajkummar shared a poster from the film to announce the same.

The caption of Rao's post read, "Buckle up for a retro nostalgia trip! Excited to take you on a joy ride in #VickyVidyaKaWohWalaVideo coming on *11th October 2024*."

Apart from this, Rao also has Mr and Mrs Mahi in the pipeline with Janhvi Kapoor. Earlier, producer Karan Johar had shared the release date of the



film and written, "Some films are more than just stories, they are so much more than celluloid love. They talk to the viewer about dreams and how many a time people closest to us can come in the way of our dream. MR AND MRS MAHI is exceptionally close to our hearts and we can't wait to share our campaign designs with you on Monday, but for now, we have a release date!!! 31st MAY 2024!!! At a cinema near you!" Meanwhile, Triptii was last seen in the blockbuster Animal alongside Bollywood star Ranbir Kapoor.

Not Arjun Kapoor, '2 States' was 1st offered to Saif Ali Khan, SRK, Ranbir Kapoor

'2 States' based on Chetan Bhagat's novel of the same name, stars Arjun Kapoor and Alia Bhatt in lead roles. Arjun's portrayal of Krish Malhotra, a Punjabi boy in love with a Tamil Brahmin girl, earned him praise. However, contrary to popular belief, the role was not initially earmarked for Arjun Kapoor. Instead, popular stars like Saif Ali Khan, Shah Rukh Khan (SRK), and Ranbir Kapoor were the offered character. On April 18, 2024, directed by Abhishek Verma, '2 States' will complete 10 years of its release. When Bhagat's book was first conceptualised for the big screen, Saif Ali Khan was the producer's and author's initial choice to play the lead. The reasoning behind this preference was that Saif, with his urbane charm and sophisticated persona, would effectively capture the essence of the script. However, the usually versatile Nawab of Pataudi, for reasons best known to him, decided to skip the project. Meanwhile, Shah Rukh Khan was also approached for the role as the filmmakers believed

he could bring the necessary depth to the character. However, due to various reasons, including date conflicts, things didn't work out. Considering SRK's track record in romantic movies, his version of Krish would undoubtedly have much charisma and passion. Ranbir Kapoor, riding high on the success of 'Rockstar' and 'Barfi', was yet another contender for the role. However, things did not materialise as planned, and eventually, Arjun Kapoor was roped in for the role. Despite not being the first choice, Arjun Kapoor emerged as the perfect Krish with his sensitive yet powerful performance. Speaking about the same at the film's trailer launch, producer Sajid Nadiadwala said, "Look at the journey the film has taken. It started with Saif Ali Khan green lighting the project. Then Shah Rukh Khan and later Ranbir. After that, Karan came to me saying let's make it with Arjun and I fell off my chair. However, when we started making the movie and I saw the final product, I thought Karan was right in his judgement."

Arjun Kapoor pulled off the character of Krish, bringing not just his own emotion but also his vulnerability.



SS Rajamouli Brews Candid Conversation With Prashanth Neel, Prabhas, and Prithviraj Sukumaran

Ahead of the release of 'Salaar Part 1: CeaseFire', starring Prabhas and directed by Prashanth Neel, ace director SS Rajamouli interviews Prabhas, director Prashanth Neel and Prithviraj Sukumaran. Following the massive response to the teaser, trailer and the songs the film is doing magic in the advance booking which was opened recently. In a recent surprise, the makers Hombale Films made a special announcement revealing an exciting announcement of the interview ahead of the film's release on Tuesday, December 19th.

Sharing the teaser of the interview, makers wrote, "The special interview with @ssrajamouli garu and the dynamic trio of #Salaar will be released this Tuesday, December 19th. Stay tuned for the full interview. #Prabhas #PrashanthNeel @PrithviOfficial #SalaarCeaseFire #SalaarCeaseFireOnDec22"



The anticipation of the audiences for the excitement is sure to be raised as watching the trio SS Rajamouli - Prashanth Neel and Prabhas together is one of a kind experience. Hombale Films, Salaar: Part 1: Ceasefire will star Prabhas along with Prithviraj Sukumaran, Shruti Haasan, and Jagapathi Babu. Made under the direction of Prashanth Neel, the film is produced by Vijay Kiragandur. The film will be released in theatres on December 22, 2023. The Salaar: Part 1 - Ceasefire also marks the

biggest collaboration of the two powerhouses of Indian cinema, the KGF director Prashanth Neel and 'Baahubali' star Prabhas, who are coming together for the first time to create this mega action-packed cinematic spectacle. Prabhas plays the titular character of Salaar in the film, along with an ensemble cast of Prithviraj Sukumaran, Shruti Haasan, and Jagapathi Babu. The movie has been produced by Vijay Kiragandur under Hombale Films. Few months ago, makers unveiled the teaser of the film. The teaser delivers

glimpses of the thrilling action from the extensive universe created by Neel. Well-studded with massive scale and ensemble cast, the makers have treated the viewers to some eye-catching glimpses in the violent teaser. In the less than 2-minute teaser, veteran actor Tinnu Anand can be seen in a fearless avatar surrounded by several armed men who point their guns at him and are ready to fire and it further goes on to introduce Prabhas, as if hinting that he is the king of the jungle.

Fans Flock To Meet Shah Rukh Khan In MASSIVE Numbers At 'Dunki' Event In Dubai

As Shah Rukh Khan's much-awaited Dunki is all set for its in this week, the superstar has kick-started its promotional journey in full force. Leaving the audience excited, SRK is leaving no stone unturned by

spreading his charm across the world. Kickstarting the promotional journey from Dubai, SRK received a grand welcome from the people on the Dunki Day 1 promotion with a

grand setup for his entry at the Global Village. SRK recently visited VOX Cinemas Dubai and it took no time for the audience to go insane on his entry. Dubai gave a grand welcome to SRK

as he visited Deira City Centre for the VOX cinemas event. Hooting and cheering of the people filled the auditorium while SRK spread his charm as always.

Kho Gaye Hum Kahan: Aditya Roy Kapur, Suhana Khan, Shanaya Kapoor Exude Uber Cool Vibes At Screening

Ahead of the highly-anticipated release of Zoya Akhtar-directorial 'Kho Gaye Hum Kahan', the makers organized a special screening in Mumbai. Aditya Roy Kapur, Suhana Khan, Shanaya Kapoor, amid others turned up for the glittery event. Ananya Panday, Siddhant Chaturvedi, and Adarsh Gourav-starrer 'Kho Gaye Hum Kahan' is slated for a December 26 release.

Helmed by debutant director Arjun Varain Singh, 'Kho Gaye Hum Kahan' is a 'coming-of-digital-age' story about three friends in their mid-20s navigating life in



the world of social media. Adarsh Gourav shared, "I am incredibly grateful to producers and filmmakers like Zoya Akhtar, who believe in actors like me who have carved their own paths. Zoya is a dynamic director with an impeccable eye for talent, and I feel privileged to be a part of her much-awaited project, 'Kho Gaye Hum Kahan'. I find myself lucky to be working and collaborating with such great minds and the fact that they recognise my work and have given me roles like the one in Kho Gaye". In the movie, the captivating narrative revolves around the lives of Imaad (Siddhant Chaturvedi), Ahana (Ananya Panday), and Neil (Adarsh Gourav). This relatable tale follows the intertwined journeys of these three best friends as they navigate the challenges of aspirations, relationships, and emotions, offering a glimpse into their shared experiences and personal growth against the bustling cityscape of Mumbai. Kho Gaye Hum Kahan chronicles the lives of Imaad (Siddhant Chaturvedi), Ahana (Ananya Panday) and Neil (Adarsh Gourav), through the very relatable journey of three best friends together navigating aspirations, relationships and emotions. Bringing their infectious energy from reel to real, the young and dynamic cast helped turn a wall on the bustling street in Mumbai into a vibrant mural capturing their friendship and inviting the crowds to join their journey as they kick off the promotions for the film. 'Kho Gaye Hum Kahan' is set to arrive on December 26 on Netflix.

Lord Shriram is the symbol of truth, justice and righteousness

Dr. Laxman Sahoo



Every year, the Ram Navami festival i.e. the birth anniversary of Lord Shri Ram is celebrated on the ninth day of Shukla Pak in the month of Chaitra with great devotion and glory. On this day, a special festival is organized in Ayodhya, the birthplace of Sri Ram. In which devotees from different parts of the country reach Ayodhya and take a dip in Sarju river. On this day, the entire city of Ayodhya is completely decorated with Ramamay. The echoes of hymns and kirtans of devout Rambhakti devotees and the recitation of the complete Ramayana are heard everywhere. As per the custom in various religious institutions of the country, fasting, fasting, sacrifices, charity etc. are organized on this day.

It is said in various Hindu scriptures that Lord Ram was born on the eve of Navratri after the completion of the Navadurga . The ninth power of Mother Durga was awakened in his body. It is believed that on this day, during the Tretaya Yuga, Maryada Purhu Puruchottam

Sriram was born in Ayodhya. In Hinduism, Lord Ram is considered as the seventh incarnation of Lord Vishnu. Because of his special work, he has been known as Maryada Puruchottam for centuries. According to the Ramayana and other Puranas, the birth of Lord Shri Ram took place in 5114 BC Tretaya Yuga. In other words, Sri Ramachandra was accused as a noble man and his period was named as Tretaya Yuga.

In the Tretaya Yuga, Kaushalya, the concubine of King Dasaratha of Ayodhya, gave birth to Lord Sriram. According to Valmiki Ramayana, 'Lord Sri Rama was beautiful like the moon, serious like the sea and patient like the earth. He was so virtuous that even though he lived in the heat of grief, he never spoke harshly to anyone. He was fulfilling his loving responsibilities towards his parents, teachers, brothers, servants, gurus. He was always ready to obey his duty and obey his parents, even strict orders. His father accepted Dasaratha's order as Respected. Sri Ram's life is a good example of patience. Nath Paheli would have become the king, but Mother Kaikeyi ordered Sri Ram to stay in the forest for 14 years. He accepted it patiently. Therefore, even in adverse situations, he never lost patience or self-control. Even being

angry, he did not take any alternative decision. Rather, in difficult times, he has created an example of the great mantra of restraint, determination, patience and courage to live life everywhere.

Before creation, Lord Sriram presented such an ideal example. That's why he was called 'Maryada Purku Purkuottam'. He ruled Ayodhya following the path of mercy, forgiveness, truth, justice and righteousness. He was full of all the qualities of kindness, tolerance, patience, ideal son, ideal husband, ideal brother, ideal ruler etc. That is why he is called an ideal man and a decent man. Sri Ram had many friends like Kaivarta, Sugriva, Nisadaraja, Vibhishana etc. Ram felt equal friendship with everyone and faced many hardships for his friends. That is why it is said that everyone should have the virtue of maintaining friendship like Lord Rama. He was always tolerant and patient in the performance of his duties. Adams was a good example of an ideal brother and friend. In other words, Shri Ram's brother Bharata came to bring him back to Ayodhya during his exile. But he did not disobey the command of his mother and father but obeyed the truth of his father and surrendered the throne of Ayodhya to Bharata. Sri Ram was the leader in celebrating friendship like



that. Sugriva accepted Vibhishana Adi as his best friend and also faced their problems. He made friends with everyone without any discrimination. Similarly, he respects everyone in his life and executes every relationship and responsibility smoothly. It is believed that such a situation occurred only then in Ayodhya.

He managed the state well to make Ayodhya a model state. Even today his name is revered as an ideal brother and it is said that if you have a brother, he should be like Rama. He himself became the king of Ayodhya after leaving the ashram of Balmiki to mother Sita. Being a king, he did not indulge in any luxury and lived a peaceful life like a sage, a Russi, a saint,, a saint. A monogamous vow has been observed. Lord Shri Ram had immense love for mother Sita. He never thought about any other woman in his life except mother Sita.

Shri Ram's character was very generous in nature. Lord Shri Ram offered his protection to Ahalya. Which no one accepted as innocent. He sheltered him under his umbrella and rescued him. Impressed by the immense faith and devotion of Kaivarta, a commoner helping people to cross the river Ganges, Lord Sriram gave him the status of his younger brother and offered him the boon of moksha (salvation) at the last moment. He had such a quality that he gave all the living beings, humans, monsters and animals, birds an opportunity to progress. Apart from being the ideal king of Ayodhya, he was also an able administrator there. Who had the special quality of taking everyone with him. Because of that quality, despite having few soldiers and resources, he built a huge bridge across the sea with the

help of his soldiers to reach Lanka. In Lankagarh, he fought Dashanan with skill and showed his prowess by rescuing Sita. His group included humans, animals and monsters, birds. He gave opportunity to Hanuman, Jambavan and Angad in his army.

Shri Ram, the seventh incarnation of Lord Vishnu, was the master of 16 gunas and 12 arts. Shri Ram was Suryashulhi. Sun has only 12 phases. That is why it is believed that all the 12 phases of the sun are observed in Sri Ram. Arts in the scriptures refer to the unit of some incarnate power. These arts also reflect the changing appearance of the sun and moon. Stones and trees have 1-2 blacks while animals and birds have 2-4 blacks. A common man has five arts and a cultured man has six arts. Special great people like muni sages and saints have seven to eight arts. which

teaches their consciousness to be awake. It even makes them superior and worshipful. There are nine arts of seven, Manu, Deity, Prajapati and Lokpal. Ten and more arts are present only in Elohim avatars like Barha, Narasingha, Kuram, Matsya, Baban avatars etc., also known as Abhyashavatars. Parashuram is also considered to be an incarnation of God.

Sri Ram, full of twelve arts, also had 16 folds. These 16 specific qualities are, Gunaban (worthy and skillful), Nindanya (pious, positive), Dharmajna (having knowledge of religion), Grateful (grateful or thankful, humble), Satta (telling the truth). In his c o m m i t m e n t (u n w a v e r i n g , determined), quality (moral, quality and good behavior, exemplary character). protector of all living beings (cooperative), learned (intelligent and discriminating), powerful (faithful to all and one who receives support), b b vyeloved (beautiful face), one who controls the mind (jittendriya), one who is angry (calm and easy), bright (with a bright body and good personality), virile (healthy, restrained and strong) and whose fury in battle frightens even the gods (brave, archer, opponent of falsehood) explains this.

In other words, the

Lord's (pervasive) form has hands and feet in all directions. In the same way, the head faces etc. in all directions. Commonly people hear that Ram, he is Krishna and he is the Jagannath. But according to the theory of Brahman, a person has attained the status of the Brahman without ever manifesting himself during his lifetime. As soon as he was born, Ugrasena was shown the symbol of the conch wheel, Yashoda saw the world in his mouth and Arjuna saw the world in Kurukshetra. But Dekadhidev Jagannath is the possessor of the 16th class and has traditionally been enthroned in the shrine. Only in Sriram Tretaya is Maryada Puruchottam named.

In fact, Maryada Puru Puruhottam Sriram was filled with deep feelings of love for everyone. Because of his love for his subjects, justice and truth, his rule is called the definition of an 'ideal' state ruler. Even today, good governance is defined as 'Ramarajya'. 'Ramraj' means kingdom of happiness, peace and justice. In that respect Bhagwan Shriram is the symbol of truth, justice and righteousness.

Pricipal and Senior Columnist, Mahanadi Vihar Women's degree College, Cuttack-4 Contact: 9040151475

Watermelon The Super Nutritious Summer Fruit

Shahnaz Husain



With a lip-smacking taste and having a distinct juicy, sweet and refreshing quality to it, watermelons are synonymous with summertime. Watermelons and Indian summers are made for each other. High in water content and low in calories, watermelon is a cool option on a scorching afternoon. A slice of juicy watermelon is one of summer's most delicious seasonal treats. Its refreshing sweetness makes it a versatile ingredient for all kinds of dishes, from salads to salsas to smoothies. Nothing beats a big, juicy wedge of watermelon on a hot summer day, whether it's berries, mango, peaches, or litchi. It is rich in salt, potassium, and electrolytes, all of which are essential for maintaining your body's

strength. Watermelon is also loaded with the healthy vitamins A, B, and C, as well as the antioxidant lycopene. Watermelon the 'summer's blessing' contains 90 % water by weight and is packed with vitamins and nutrients, especially lycopene, ascorbic acid, and citrulline. Watermelons are tasty, hydrating, and negative calorie food, which helps in burning calories. When you're incredibly thirsty and need to replenish fluids in your body, watermelon is the ideal summer go-to. Since 90 percent of watermelon is just water, it helps in nourishing the skin and makes it more radiant. This luscious summer fruit is not only a delicious summer snack, but it also has several advantages for the skin. From keeping you cool to maintaining your skin health, let us look at some of the benefits of consuming watermelons in summer

Benefits of Watermelon for skin Hydrates your skin - ----- Whether you apply a watermelon face mask or consume

a fresh slice, it has a huge influence on keeping your skin hydrated. From acne-prone to sensitive, dry to combination, it's a one-fruit-fits-all kind of thing. If you have sensitive, acne-prone skin, the strong anti-inflammatory properties in watermelon can help calm skin irritation, redness, and inflammation. Vitamin A, B6, and Vitamin C in Watermelon help in collagen production, which improves skin texture and suppleness, make the skin brighter, and fade spots and blemishes. Lycopene content in watermelons has a sun-protection effect, so you are less likely to get sunburnt. The vitamin A in watermelon keeps your eyes sparkly and healthy too and can prevent macular degeneration. At home, you may make your own moisturizing facemask using watermelon and honey. Honey is a humectant that replenishes moisture and works quickly to give you smooth, bright skin. It hydrates and cures dry skin. Combine two

tablespoons of watermelon juice and one tablespoon of honey in a mixing dish. On your face, apply the mixture. Allow it to sit for 10-12 minutes before washing it off. For the best results, do this once a week. A d d i t i o n a l l y , watermelon juice helps to calm and lessen the redness of the skin that is prone to acne . **Prevent oily skin** Watermelon is an excellent skin component, particularly for individuals with oily skin. The delicious red fruit reduces pores and has unparalleled moisturizing effects. It treats oily skin by controlling the oil-producing glands called sebaceous glands, allowing your face to be free of oil and acne. Watermelon is beneficial for eliminating excess oil from your skin. Mix one tablespoon of watermelon pulp and one tablespoon of banana pulp in a bowl with a spatula and apply to the face and neck. Allow 20 to 25 minutes for the face pack to dry. After that, wash it with warm water. This is the finest watermelon face mask for those who

suffer from acne and pigmentation. A mixture of mashed watermelon and tomato pulp can be used by those with oily skin to smoothen the skin. The malic acid in watermelon and lycopene in tomato act as natural exfoliators and soothe the skin A natural skin toner-- Watermelon juice is a natural toner that is as good as rose water for your skin because of its natural extracts. Vitamin C and antioxidants present in watermelon help regenerate skin cells and protect them from injury. These nutrients prevent free radical damage and also protect your skin from any further disruption. To tone your skin, gently apply fresh watermelon juice to it and rinse it off. Watermelon seeds are a good source of magnesium which lowers cortisol levels that help reduce acne and also balances out your hormones. They also contain protein, fatty acids, and ceramides that help in locking the moisture in your skin. Natural Exfoliator--

The grainy particles present in the fruit helps gently exfoliate the skin. Watermelon is rich in vitamin C, which brightens your skin quickly. The gritty particles in the fruit assist in gently exfoliating the skin while also moisturizing it. To naturally scrub off dead skin cells, apply a teaspoon of mashed watermelon to your skin. To remove dead skin cells, rub watermelon and tomato pulp across the face or body in circular motions. The malic acid in watermelon and the enzymes in tomato help break down the glue that holds the dead skin cells together. Combining mashed watermelon with yogurt and honey and then leaving the paste on the face for 10-15 minutes can be beneficial. The antioxidants in honey and watermelon can reduce inflammation, while yogurt can exfoliate the skin. **An Anti-Ager** Watermelons are enriched with antioxidants and vitamins, which all involve offering you glowing skin.

Antioxidants help combat free radical damage and enhance suppleness, which reduces the appearance of fine lines and wrinkles and makes skin appear tighter. Vitamins brighten dull skin and take off that layer that makes it look tired and overworked. Mix watermelon pulp, milk, and honey. Make a paste and apply it to your face. Wash it with running or lukewarm water. Watermelon has potent antioxidants that fight free radicals to prevent premature aging. Milk, on the other hand, is a natural cleanser that deep cleanses the skin and removes dead skin cells. **Cure sunburn** Applying a watermelon and cucumber face pack to cure sunburn is recommended. Both watermelon and cucumber are excellent for your skin. Cucumber is a cooling substance that aids in the removal of tan. Watermelon has various aesthetic advantages, including moisturizing and soothing inflammation and itching. It also contains lycopene, protecting the skin from sunburn and skin cancer.

It blocks UV rays at least twice as well as an antioxidant. Mix a spoonful of cucumber pulp with watermelon juice to make the face mask. Apply the pack evenly to your face and leave it on for 15-20 minutes before washing it off. The best time to eat watermelons is in the morning between 10 am to 12 pm, as breakfast or between breakfast and lunch. You can also have it as an evening snack, before 5 pm. Do not consume it at night or with your meals. It must be avoided by diabetics and everyone with digestive issues. Have it in moderation and never too much, otherwise, it sure can make you feel bloated, and gassy and even give you a stomach ache, It's totally safe, to use it for skin care. The only people who can't use it are those who are allergic to watermelon. The author is an international fame beauty expert and is called the herbal queen of India

The author is international fame beauty expert and is called herbal queen of India

AIIMS Bhubaneswar Launches Advanced Artificial Urinary Sphincter(AUS) Implantation Service

First of its kind implantation in Odisha

Bhubaneswar, (KCN): Adding another feather to its cap trusted tertiary care national health institution, AIIMS Bhubaneswar is proud to announce the launch of a cutting-edge service for the placement of Artificial Urinary Sphincters (AUS), a significant advancement in urological care. This innovative service is set to provide new hope and an improved quality of life for patients suffering from severe urinary incontinence. This modern facility is first of its kind in Odisha. Earlier this implantation was only available in the metro cities of our country. The Artificial Urinary Sphincter (AUS) implantation procedure is recognized as a gold standard treatment for urinary incontinence that has not responded to conventional treatment modalities. This service is particularly tailored for patients who have experienced urinary



incontinence due to prostate surgery, spinal cord injuries, or other underlying conditions that affect urinary control. Executive Director, Prof. (Dr.) Ashutosh Biswas congratulated the team of doctors and said, "The Department of Urology at AIIMS Bhubaneswar has consistently been providing world class care which is at the forefront of technology and innovation. With the introduction of the services of Artificial Urinary Sphincter implantation here, the

people of Odisha and Eastern India will have access to this service, for which they had to travel to centres in other states earlier." The AUS program at AIIMS Bhubaneswar will be led by a team of highly skilled urologists and surgeons, trained in the latest techniques and using state-of-the-art technology. "The initiation of the AUS implantation service represents a pivotal step in our commitment to offering comprehensive and advanced medical

treatments," said Dr. Sambit Tripathy, Assistant Professor, Department of Urology, involved in delivering Andrology care at AIIMS Bhubaneswar. Dr. Prasant Nayak, Professor and Head of the Department of Urology added "We are dedicated to providing our patients with the best possible outcomes and improving their quality of life. We are thankful and indebted to the Director, Prof. (Dr.) Ashutosh Biswas, who has always encouraged us in our

endeavour to bring the latest advances in urological care to the population of Odisha. We are also thankful to our patients for their immense trust and faith in us."

The Medical Superintendent of AIIMS, Bhubaneswar congratulated and felicitated the doctors of the Department of Urology.

AIIMS Bhubaneswar has equipped itself with the latest medical technologies to ensure the highest standards of safety and efficacy for all procedures performed within this new service. The hospital also plans to conduct regular follow-up clinics and support groups to assist patients during their recovery process. Patients seeking more information about the Artificial Urinary Sphincter implantation service at AIIMS Bhubaneswar or wishing to schedule an appointment can contact the Urology Department at AIIMS Bhubaneswar.

Awareness Programme on Fish and Dolphin Conservation



KOLKATA, (KCN): On March 13, 2024, the ICAR-CIFRI team organized an awareness programme under the NMCG project, focusing on fish and dolphin conservation along the Ganges River basin (Seoraphuli Ghat). A total of 50 army doctors, along with the brigadier from the base hospital (Barrackpore cantonment) actively participated, showcasing a commitment to environmental conservation. The programme aimed to educate local communities about the ecological significance of

these aquatic species, promote conservation practices and encourage public involvement in preservation efforts. Through educational sessions, participants were informed about the threats faced by fish and dolphin populations, emphasizing the importance of conservation measures. The initiative successfully heightened awareness among local communities, leading to a notable shift in attitudes towards environmental stewardship. Increased adoption of sustainable practices among fishermen and

heightened community engagement in conservation activities underscored the programme impact. Moreover, the involvement of army personnel fostered stronger collaboration between government agencies, the military, and local communities, laying a foundation for continued efforts to safeguard the Ganga River ecosystem. Overall, the programme effectively mobilized stakeholders and raised awareness about preserving fish and dolphin species in the Ganges River basin.

OVERWHELMING RESPONSE FOR THE CONTEST OF BOBBY CHAKRABORTY'S AAC 419 AT VIDYASAGAR SHISHU NIKETAN, MIDNAPORE



KOLKATA, (KCN): It is very important that the right values and awareness against every sort of addiction, is inculcated in a child at the earliest possible opportunity and more importantly that awareness should be nurtured on a regular basis in the growing up years. Bobby Chakraborty, an actor/activist/teacher of method acting from Kolkata-India, has been raising that awareness against all kinds of addiction and harmful social trends, for over a decade now, through his globally acclaimed, free of cost awareness program for the youth, titled 'I AM THE KING

OF MY MIND'. To carry forward that awareness by not limiting it only during his session, he organizes a contest, for the participants on 3 categories- 1) writing skills (2) art (3) speaking/visual skills to keep the awareness flowing, post his sessions. Recently after a superhit Anti Addiction Campaign (AAC) no. 419, at Vidyasagar Shishu Niketan-Midnapore, he received a highly encouraging feedback from the students (his soldiers) and their parents too. He also received an overwhelming amount of entries for the contest of AAC 419. Out of them, 3 deserving winners were chosen.

The 1st place went to Aniruddha Bhunia of Class 8 - Gamma, for his amazing eye for details through his artwork, encapsulating the essence of Bobby's campaign perfectly. The 2nd place went to Torsa Murmu of Class 9-Beta, for her powerful poem on the dangers of addiction. The 3rd place went to Arkadip Barman of Class 8-Delta, for his meaningful artwork against addiction. The winners were given special HCF t-shirts and Community Service Certificates by Bobby in association with the socially responsible Principal Chanda Majumder.

KOLKATA, (KCN): Jamui district of Bihar lies in the catchments of the Kiul and Barnar Rivers, still, there's a gap in the supply and demand of fish in the district. Hence, training the fish farmers of the district on "Inland Fisheries Management" is necessary for their livelihood as well as nutritional security. Considering their needs, ICAR-CIFRI, Barrackpore, conducted a seven-day training programme on "Inland Fisheries Management" from April 11-17, 2024, for the fish farmers of Jamui with the objective of doubling fish farmers' income.

The program was inaugurated by Dr. B.K. Das, Director, ICAR-CIFRI. He highlighted the need to develop skills in



inland fisheries management to secure their sustainable means of livelihood in his inaugural speech. Thirty active fish farmers and a fishery official have attended the training program. Additionally, he exhorted the fishermen to study and apply science to maximize productivity and production from their existing resources. Dr. Das also briefed the trainees about the new entrepreneurship avenues available in the inland fisheries sector.

There is great potential for improving livelihoods through the development of inland fisheries in the Jamui district. Through this training program, ICAR-CIFRI sought to close the farmers' gaps in knowledge, expertise, and mindset about inland fisheries management. The course covered topics such as pond construction and management, managing soil and water chemistry, nurseries and rearing ponds, composite fish culture, natural fish food organisms,

candidate fish species for pond aquaculture in Bihar, inducing breeding, ornamental fish farming, enclosure culture, fish feed management, fish disease management, socio-economics and governance related to fisheries management, economic evaluation of fisheries enterprises, climate change and inland fisheries, and showcasing CIFRI products and technologies. Exposure visits to the field encompassed the following: ICAR-CIFE, Kolkata Centre; ICAR-CIFA Kalyani fish farms; East Kolkata Wetlands (EKW); ornamental fish markets; and a private fish farm at Halisahar. They were given exposure to the Institute's Recirculatory Aquaculture System (RAS), Bio-floc units, ornamental hatchery units,

and feed mill in addition to receiving hands-on training in a variety of need-based subjects, such as basic water quality parameters, preparing fish feed using ingredients that can be found locally, identifying fish pathogens and the appropriate remedies, etc. The feedback session was marked by the trainee's overall satisfaction with their upgradation of knowledge, which would be applied to their respective water resources. The training programme was successfully coordinated by Dr. Dibakar Bhakta and Ms. T. N. Chanu coordinated the training program with the assistance of Mr. Sujit Chowdhuri, Mr. Manabendra Roy, Mr. Kausik Mondal and Dr. Avishek Saha.

Ram Navami celebrated with great fervour by people of Bengal & Bharat

Kolkata (PARTHA ROY): People of West Bengal especially Hindus celebrated Ram Navami with great devotion on 17th April 2024 across the state. In fact on the last day of Chaitra Navratri Ram Navami was

celebrated across Bharat.

In Kolkata as well as in the districts men, women, youths, children visited Ram temples, Hanuman temples, Durga Mandirs to pray as well as offer puja to the deity of Ram.



ISKCON temple at Albert Road Kolkata celebrated Ram Navami where thousands of devotees attended the puja. After opening of Ram Temple in Ayodhya by Prime Minister of India Shri Narendra Modi in January 2024, this is the

first Ram Navami was being observed. As various reports indicated Hindus across the country and places abroad celebrated Ram Navami with great devotion to Bhagwan Sri Ram and with pride and joy.

The campaign end with ban of single use plastic at Pana Yatra of KP, Puri

PURI, (KCN): The women members of Gomundia, Badajhada & Titipa Gram Panchayat Level Federations (GPLF) of Krushnaprasad block, Puri are safely disposing of at least 3 to 4 quintal waste everyday at 'Pana Yatra' organized in Deulapada village that otherwise would have ended up going into the nearby Chilika lagoon, harming its ecosystem. Rising to the occasion, the Humara Bachpan Trust

launched a campaign titled 'Eco-friendly Pana Yatra' last year and took the responsibility of collecting the waste generated during the festival organized from April 13 to 18 to protect the lagoon from single-use plastic.

This year women from the nearby panchayats took proactive steps to address this environmental challenges associated with the Pana Yatra festival. Their involvement not only

helps in cleaning up the area but also plays a crucial role in raising awareness among festival attendees about the importance of responsible waste disposal. By implementing waste collection and recycling plans and by empowering local communities, this initiative is effectively mitigating the impact of festival waste, thereby protecting the valuable tourism resource that is Chilika Lake. This holistic



approach not only addresses immediate environmental concerns but also fosters a sense of stewardship and ownership among community members towards their natural surroundings. Plastic Free Pana Yatra Campaign today ended up with collection of 420 Kgs of Plastic Waste under stewardship of 80 women community members. The hard work and commitment was appreciated and 35 Mauja

Pana Committee felicitated HBT & the 3 GPLFs for this impactful contribution. Undoubtedly, the campaign increased the level of awareness among public and pilgrims during the festival to avoid single use plastic. Moreover, such kind of activities should be undertaken every year to stop the practice of single use of plastic. The effort of organizers appeal to public for protection of ecosystem of largest brackish water lake was commendable and significant.

Measures in place to save Bhitarkanika wildlife from heatwave, poaching, fires



Kendrapara(KCN): The authorities of Bhitarkanika National Park have taken adequate measures to prevent poaching and forest fires, and protect animals from the scorching heat. DFO of Rajnagar Mangrove Forest and Wildlife Division, Sudarshan Gopinath Yadav, stated that the anti-poaching squad has been deployed at vulnerable points within the Kanika forest range to extinguish fires inside the Bhitarkanika National Park area. With the rise in mercury levels and high humidity during the daytime, many wildlife faunas,

especially wild boar and spotted deer, typically seek water from nearby ponds and other water bodies in villages located at the fringes of Bhitarkanika National Park to quench their thirst. Sources indicate that hooved animals often cannot find sufficient sweet water to quench their thirst as the water bodies and ditches within the forest generally dry up in the hot summer months. The Forest Department has made all necessary arrangements to protect wildlife from the scorching heat and humidity during the summer. Arrangements have been made to

ensure there is adequate drinking water so that animals do not become dehydrated and do not stray from the forest into human habitation within the fringes of Bhitarkanika National Park. Existing ponds along with ditches have been renovated under the Bhitarkanika forest block to alleviate water scarcity and provide sufficient water for hooved animals and wild boars, ACF-in-charge of Kanika Forest Range, Manas Kumar Das said. Similarly, steps are being taken at the Dangamal Crocodile Research Centre to provide a better cooling environment for nearly a hundred crocodile hatchlings housed at the hatchery. Since reptile hatchlings are more susceptible to heat, Forest personnel have ensured there will be zero casualties due to the heat wave, Das said.

Wish to work for betterment of my state Odisha: UPSC 2nd rank holder Animesh Pradhan

Bhubaneswar(KCN): Animesh Pradhan lost his mother to cancer only last month but it did not deter him to continue with his interview preparation for the civil services examination and secure the second rank in the prestigious test, results of which were announced on Tuesday by the UPSC.



I wish to work for the betterment of my state's people, especially those from the marginalised communities and backward areas, said the 24-year-old UPSC qualifier from Odisha. "The result has been very fulfilling. I thank my parents for my success. It is like a dream come true," an elated Pradhan, who got the second position his maiden attempt, told PTL. "I lost my mother to cancer last month when the interview for the civil services examination was going on. I lost my father in December 2015. I was

studying in Class 11 then. Their loss is irreparable to me," he said. Pradhan, hailing from Talcher town in Odisha's Angul district, is currently employed with the Indian Oil Corporation (IOC) refineries division in the national capital. As an Indian Administrative Service (IAS) officer, Pradhan wishes to work for the people of his state Odisha. "I have given IAS as my first preference. I hope to get my home state Odisha, as a cadre to work in. I wish to work

for the betterment of the people of my state, especially the marginalised ones and those from the backward areas," the AIR-2 holder said. He studied at the Kendriya Vidyalaya in his home district and graduated in engineering in computer science from National Institute of Technology (NIT) Rourkela. Pradhan, who had opted sociology as his optional subject for UPSC, said he did not attend any coaching classes for the exam.

Huge public support for PM Modi, Odisha to have double engine govt: BJP's Kendrapara LS candidate Baijayant Panda

Kendrapara,(KCN): There is massive public support to ensure BJP's victory in Odisha and make Narendra Modi the Prime Minister of the country for the third time, said Bharatiya Janata Party (BJP) National Vice President and party's Kendrapara Lok Sabha candidate, Baijayant Panda. The senior BJP leader, who attended a party workers meeting at Anupada in the Patakura Assembly constituency under the Kendrapara Lok Sabha segment on Tuesday, said Odisha will get a double-engine government.

While addressing party workers, Baijayant Panda shared the mantra of success and laid emphasis on organisation. "There is huge public support for the BJP. Today, we held discussions with party



workers on ways to capitalise on this public support and convert it to votes in ballot boxes. The results will be excellent this time," said Baijayant Panda. During the meeting,

discussions were held on several organisational matters in the constituency. Among others, the party's candidate for the Patakura Assembly constituency Tejeswar

Parida, district president Kishore Panda and many senior leaders and activists were present in the meeting. "Our senior leader and Kendrapara Lok Sabha candidate, Baijayant

Panda shared tips with party office bearers and workers on how to further strengthen the organisation in all booths," said Tejeswar Parida.

Injured wild boar enters Keonjhar pharmacy shop



Keonjhar(KCN): Panic spread after an injured wild boar entered the Keonjhar town from a nearby forest at about 9 am Tuesday and took shelter in a pharmacy shop near the District Court here. Taken aback, three pharmacists on duty in the medicine shop ran outside to save their lives and informed the Forest department after

trapping it inside by downing the shutter. The Forest Department staff along with Rapid Response Team (RRT) headed by Assistant Conservator of Forests (ACF) Jitendra Behera rushed to the spot with a wildlife rescue vehicle (Rakshak) and rescued the injured boar. Later, the boar was taken to a veterinary hospital

for treatment in the old town. After the news spread, scores of people gather near the shop to witness the live rescue operation being carried out by the Sadar rangers. Though it is not known where the boar came from, Forest officials suspected it might have come from Baras hill near Kodipasha under Sadar forest range. ACF

Behera said "The boar might have been injured in an accident while crossing the road and sustained injury in the face. It came into the town for shelter. After its rescue and treatment, the animal was released in Sidhamath forest." However, it is also suspected that the boar may have been injured by poachers after a long chase.



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Modicare Limited launches Blue Light Shield range under its color cosmetics brand, Urban Color London

New Delhi: Modicare Limited, one of India’s leading direct selling companies, recently launched Blue Light Shield, a gender-neutral and efficacious skincare range to combat the harmful effects of Blue Light rays. Owing to the pandemic and the work-from-home culture, the average screen-time has significantly increased, raising concern over Blue Light rays’ adverse effects on the skin. Since it has the ability to penetrate deeper into the skin, excess exposure to Blue Light rays can lead to a number of skin concerns, including premature ageing and hyper-pigmentation. Urban Color London’s Blue Light Shield range leverages innovation and technology to offer the

consumers a ‘Screenguard’ against the high energy Blue Light emitted from digital devices and provides modern day solution to the new-age skin concerns. The range comprises of a meticulously designed five-step regime – Gentle Face Wash, Resurfacing Gel Scrub, Deep Clean Coffee Masque, Reset Serum Oil and Moisturising Crème. The products have been formulated using Urban Color London’s proprietary technology that neutralises effects of Blue Light rays. The hero ingredient in the range is Carotolino* Active, a combination of Beta-Carotene, Carrot Root Extract and Carrot Seed Oil that unite in a perfect base to provide complete protection from

Blue Light rays and promoting overall skin health. The range is 100% vegan, paraben & cruelty free and dermatologically tested. Announcing the launch, Mr. Samir Modi, Founder and Managing Director, Modicare Limited said, “Our skin is constantly exposed to invisible Blue Light rays emitted from the several digital devices we use like smartphones, laptops, televisions, tablets etc. Most of us do not even know the implications of this. Blue Light tends to affect our skin’s natural barrier function and accelerate signs of ageing. Keeping this in mind, we are launching Urban Color London’s Blue Light Shield range. This is one of the world’s best formulations.

Odisha Government Collaborates with Amrita Vishwa Vidyapeetham to Implement Landslide Early Warning System in Gajapati District

Bhubaneswar, (KCN): In a strategic move to mitigate the impact of landslides during storms, the Odisha government in collaboration with Amrita Vishwa Vidyapeetham is gearing up to establish a user-friendly Landslide Early Warning System (EWS) in Gajapati district. This initiative aims to provide advanced information, especially regarding landslides caused by disturbances in the natural stability of a slope. Representatives from Amrita Vishwa Vidyapeetham engaged in discussions with the Odisha government regarding the system’s implementation. Dr. Maneesha V. Ramesh, Provost for Strategic Initiatives, Research & Innovation and Director, Amrita Center for Wireless Networks and Applications, along with



the Center’s geoscience consultant, Dr. Sudesh K. Wadhawan, met with state Chief Administrative Secretary Pradeep Kumar Jena to discuss the implementation of the Landslide Early Warning System. Dr. Sudesh K. Wadhawan emphasized the importance of proactive measures in addressing landslide risks. The discussions, which involved officers from

the Odisha State Disaster Management Authority (OSDMA) and other officials, focused on providing the essential knowledge and skills required for the successful execution of the system. A team of experts from Amrita Vishwa Vidyapeetham, led by Dr. Maneesha, also conducted a comprehensive study and surveyed the most vulnerable areas for

landslides, including Baraghara and Madha in Rayagada block of the district. The collaboration between the Govt. of Odisha and Amrita Vishwa Vidyapeetham signifies a joint effort towards disaster preparedness and response. As discussions continue, the partnership aims to bring the Landslide Early Warning System to fruition, setting a

benchmark for proactive measures in disaster-prone regions. The University has successfully deployed the world’s first wireless sensor network system which was later upgraded to the AI integrated Internet of Things (IoT) system for detection and early warning of landslides in Munnar, Kerala. At the request of the Government of India, Amrita has also deployed a similar system in Sikkim, Northeast Himalayas. This applied research, with significant global value for all landslide-prone areas, was directly initiated by the University Chancellor, Mata Amritanandamayi Devi to develop low-cost technologies for wide-area monitoring of landslides, to save human life.

SpiceJet and Axis Bank launch co-branded credit card

GURUGRAM: SpiceJet, the country’s favourite airline and Axis Bank, India’s third largest private sector bank, have partnered to launch the most rewarding co-branded credit card, powered by Visathat will offer a host of privileges and benefits to customers. The card comes in two variants – SpiceJet Axis Bank Voyage and Voyage Black, and is aimed at facilitating a superlative travel experience for flyers through SpiceClub, the first frequent flyer program by a low cost carrier in India. Through this collaboration, the two

brands hope to capitalize on the resurgent demand for travel following two years of stagnation caused by the pandemic. Further, with the shared goal of expanding their reach to Tier 2 & 3 cities and other synergies, the brands are committed to serving a much larger populace. SpiceJet Axis Bank Voyage & Voyage Black credit cards were officially launched at Indira Gandhi International airport in the presence of Ajay Singh, Chairman and MD, SpiceJet and Amitabh Chaudhry, MD & CEO, Axis Bank, where they unveiled a special

SpiceJet-Axis Bank credit card livery on a SpiceJet Boeing 737 MAX aircraft. The products are designed to enable customers use the rewards earned on their daily spends for booking flights and add-ons, thus encouraging both travel and digital payments embedded with benefits of SpiceJet’s frequent flyer program, SpiceClub. Customers can earn benefits up to 7% on the Voyage Black credit card which is a Top-tier offering in the travel credit card segment. In addition, the redemption of earned points does not

have any limitations on blackout dates, festival demand, and are on first-come basis. Cardholders would get exclusive SpiceClub membership with direct entry in either Silver or Gold tiers, and special benefits like complimentary or discounted travel add-ons, priority check-in, SpiceMax upgrade, preferred seat selection, complimentary meal etc. Ajay Singh, Chairman and Managing Director, SpiceJet, said, “I am delighted to announce the launch of the SpiceJet-Axis Bank co-branded Credit Card. This card will make every customer journey an even

more rewarding one. We are the pioneers of the frequent flyer program for budget airlines in the country and this partnership with Axis Bank significantly strengthens the value offering of SpiceClub. Our association with Axis Bank – founded on the shared vision to offer unparalleled customer experience – is yet another innovative step towards creating a world class travel experience. I hope to see our customers enjoying the benefits of this rewarding collaboration as much as they love to fly with us.”

JSW Infrastructure begins commercial operations at Paradip East Quay Terminal in Odisha

Paradip/ Bhubaneswar : JSW Infrastructure, India’s leading ports company and part of US\$ 13 billion JSW Group, has begun commercial operations at Paradip East Quay Coal Terminal in Odisha. This is a fully-mechanized terminal at Paradip Port Trust with an annual coal handling capacity of 30 million tons . The coal terminal has been built as a cape compliant terminal and will handle cape size vessels once the dredging at Paradip Port is completed. The terminal has capacity to unload 25 rakes per day and can load two vessels simultaneously. The infrastructure of the terminal is built to ensure higher productivity while reducing overall logistics cost to power producers.

The company has invested approximately Rs 1,300 crore to establish this terminal at Paradip Port. Paradip Port Trust awarded JSW Infrastructure to develop a fully-mechanized coal terminal on Build, Operate & Transfer basis for 30 years. Following the commissioning of this coal terminal, JSW Infrastructure’s current cargo capacity crosses 150 MTPA. It aims to have a total cargo handling capacity of 200 MTPA by FY24. Commenting on its coal terminal at Paradip, Mr. Anun Maheshwari, Joint MD & CEO of JSW Infrastructure said, “Paradip Port continues to be an attractive sea route for coal movement. With the commissioning of this terminal, India can now offer

cape size shipments with efficient operations. During the last few months, steam coal prices globally have witnessed sharp increase forcing thermal power plants and other coal based industry to switch to domestic coal. Start of this coal terminal has come at the right time to fill up the demand gap of domestic coal. Through high productivity and larger shipment size, we hope to reduce overall logistics costs for our coal cargo customers. As the country pursues PM’s vision of Atma Nirbhar Bharat, the total thermal coal demand in India is expected to remain strong and our endeavor would be to maximize fulfilment by domestic producers.

Sony announces the Next-Gen Smart BRAVIA 32W830K Google TV

Bhubaneswar : Sony India today announced the launch of BRAVIA 32W830K television with attractive picture quality and life like sound. The all-new 80 cm (32) HD ready Google TV lets you enjoy movies, games and shows from apps or broadcast in an instant with advanced voice controls and built-in Chromecast. Now seamlessly integrate Google TV and bring together more than 700,000 movies, shows, live TV and more from apps and subscriptions and organize seamlessly. With BRAVIA 32W830K, browse content from across your apps, intelligently organized just for you. Customers can easily find something to watch with personalized recommendations and bookmark shows and movies by adding a watchlist from phone and watch it on TV to keep track of what to watch. Users can even add to their Watchlist from their phone or laptop with Google Search and find everything in one place. BRAVIA 32W830K supports Apple Home Kit and AirPlay that seamlessly integrates Apple devices like iPads and iPhones with the TV for effortless content streaming. Easily control your TV with Hands-free voice capabilities. The hands-free voice control is built into the TV, no need to reach for the remote every time to search for entertainment, get answers, or control the TV and smart home devices. Simply say, “OK Google” to issue a voice command.

further commented, “A death claim is the ultimate test of a Life Insurance product, and it is the ‘dharma’ of a Life Insurer to honour all such claims with speed and accuracy. We continue to be fully committed and financially stable at 235% solvency (against the regulatory requirement of 150%), to meet all customer claims that may arise in the times ahead.”

Mumbai : Reliance Nippon Life Insurance Company Limited, a JV between Reliance Capital and Nippon Life of Japan, announced its financial results for the year ended March 31, 2022. The key performance highlights as on March 31, 2022 include: Commenting on the company’s strong performance in FY22, Mr. Ashish Vohra, ED &

CEO, Reliance Nippon Life Insurance said, “FY22 continued to pose its own set of challenges with the outbreak of the second, and then the third wave of the pandemic. We are grateful for the support we have received from our customers, employees, distributors, service providers and their families, that powered our journey of providing maximum value to each

one of our stakeholders.” Mr. Vohra further highlighted that in a volatile economic environment of today, there is a heightened appreciation of Life Insurance for ensuring certainty of life coverage as well as financial investments. These guarantees are designed to drive durable long-term returns and to help customers fulfill their life goals and form the

bedrock of our business model. The company paid death claims, maturity and survival benefit payouts of over Rs. 1,877 Cr in FY22 and achieved an impressive claims settlement ratio of 98.7% for FY22, up from 98.5% in FY21. The company expeditiously settled 3,517 Covid related claims worth Rs. 117 Cr. within an average period of 9 working days. Mr. Vohra



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Buttler's mantra: Keep believing and stay till the end 'like Dhoni and Kohli'

New Delhi:For a third game in a row, Rajasthan Royals had to stretch till the dying moments of the game to stay alive in the contest. This time, it was Jos Buttler standing to face the last of the 120 balls that he was in the middle, with the fate of the contest for his side hanging on him. He was standing with the help of the same foot that had him ruled out of the previous contest and nearly had him ruled him out against Kolkata Knight Riders on Tuesday too. But then with an inside-edged whip through mid wicket, Buttler scampered through to a single and took RR to a stunning victory in a last-ball finish. In the process of his unbeaten 60-ball 107, several records tumbled: Buttler brought up his

seventh IPL century and his third in a successful run-chase (the most by any batter), Rajasthan Royals chased down the joint-highest score in the IPL, registered the maximum runs in the last six overs of a successful chase, and plenty more. As he pulled off one of the most effective run chases in IPL without any significant aid of dew, bracing through physical pain and tough playing conditions, the words of praise didn't stop. Much like Buttler, Sanju Samson called it among the best of his IPL centuries. Rovman Powell took it a notch higher and termed it one of the top five T20 innings he had ever seen. But that wasn't the case all along. Much before he unleashed the best version of his batting, he was struggling in the

middle. By the end of the 14th over, he was still tottering at 42 off 33 balls, of which the last 21 deliveries had earned him only 22 runs. Sunil Narine, who had hogged the limelight till then, had especially tied him down. It didn't help that from the other end, wickets kept tumbling. Barring Riyan Parag, who had scored a breezy 14-ball 34, there wasn't any substantial support as Royals had slipped to 128 for 6. With nearly a hundred runs needed in the last eight overs, and with only a solitary player with batting pedigree for support, Buttler was left with little option. The Buttler assault started out in the 15th over - with 96 runs needed in six overs - when he took down Varun Chakaravathy, cracking the spinner for



four boundaries: a flick and a slog through mid wicket, a swat through backward square leg and a pull through backward point. "Keep believing, that was the real key today," Buttler admitted in the post-match presentation. "At times, felt like I was

struggling a bit for rhythm. Actually have been watching the golf and I saw a guy called Max Holmes. Anytime the negative thoughts come, I think the complete opposite and dare to dream. That's what kept me going. "At times you feel

frustrated or you are questioning yourself," he said of the talk he was having with himself during the innings. "I was trying to tell myself it'd be okay, keep going, you'll get your rhythm back and try to stay calm. There's been plenty of times throughout the IPL, you've seen crazy

things happen. Guys like Dhoni and Kohli, the way they stay till the end and keep believing, you've seen it so many times in the IPL and I was trying to do the same." That's something Kumar Sangakkara has told me a lot - there's always a little breaking point. The worst thing you can do when you are not feeling your best is to fight it and try to force the issue and give your wicket away. He just tells me to stay there and at some point, the momentum will change or you'll find your rhythm or one shot will get you going. That's been a big part of my play over the last few years - try to stay the course and not get in my own way." Buttler had come in as an Impact Substitute in the second innings after

sitting on the bench watching Narine taking the Royals bowlers to the cleaners. Powell insisted that as much as Buttler braced through the pain and the climatic challenges in the hot and humid conditions of Kolkata, it was also a credit to the team's support staff for getting the opener fit for the contest. "He is struggling a little bit with his foot, he is not very fast between the wickets," Powell said. "Credit has to be given to the support staff and the physios or doctors. Those guys have done extremely well. At one point, we thought he would miss more than one game. Morning and night they did a lot of work with him and made sure that he missed only one game."

Najmul remains optimistic about Tamim's international future

Dhaka: Bangladesh skipper Najmul Hossain said on Tuesday that experienced opener Tamim Iqbal requested some time to make up his mind regarding making a national comeback. Najmul sat with Tamim on April 15 at the Sher-e-Bangla National Stadium to talk about his international future. Tamim, who retired from T20Is, is currently available for the other two formats. "We just chatted and spoke about cricket. Where he [Tamim] is at present and what we [team management] and me as a captain is thinking, we spoke about these things. It is difficult to say clearly at the moment because it is a

matter of time and he asked for some time and probably will think about it. Let the DPL end and I have to think about it as well," Najmul told reporters during a private program on Monday when his attention was drawn to his meeting with the experienced left-handed batsman. "Though he retired from T20 naturally I would like if he is fit we would be happy if he returns to any format and what I feel it is not only me but all the people of the country as well as the cricketers will be happy. This is a wish and our desire but most importantly he needs to have the desire and later the process will start [of his return] but what is my wish and



demand as a captain we discussed about it a bit as well," he said. Najmul said that he is not very keen to make a big statement before going to the ICC T20 World Cup while adding that he would prefer if the expectation is not that high. "Every year I see before the World Cup there are lots of talks like our goal

and we want to do this and that. I am requesting you, we don't need to have expectations. Let it remain in our heart. You all know what Bangladesh wants to achieve while we know how far we want to take the team and everyone wants to do something big but when there is lot of hue and cry about it I don't like

it and basically we don't need it. When there will be a result it will come in the daylight," said Najmul. "All I can say that those who will be playing in the team will give 120 percent and I can guarantee that and we will go for a win. Every year when we play, we play with lot of hope but there is no need to have all those hopes and goals from the very early stage," he said. Najmul added that Mustafizur Rahman does not lack commitment for national team after questions were raised recently suggesting that the left-arm pacer keeps his best for IPL.

New Delhi:Few days ago, Sunil Narine was certain that he would be watching the upcoming T20 World Cup "from home". But speaking to Harsha Bhogle after his 49-ball hundred against Rajasthan Royals at the Eden Gardens, there has emerged some hope of watching the all-rounder in international cricket once again. "It is what it is but we will have to see what the future holds," Narine told the broadcaster in a sideline chat after his hundred. In fact, West Indies captain Rovman Powell, who was in the opposition camp on Tuesday (April 16), revealed later that



he's been trying to get Narine to come out of international retirement. "For the last 12 months, I have been whispering in his ears," Powell said of Narine, "but he's blocked out everyone." "I've asked [Kieron] Pollard, [Dwayne] Bravo, [Nicholas] Pooran. Hopefully,

before they select the team, they can crack his code." Narine last played for the West Indies in August 2019 and announced his retirement in November 2023, when he had said that it would be "business as usual" for him in the "franchise world in the foreseeable future".

Barcelona Open: Rafael Nadal makes winning return to clay, hammers Cobolli



New Delhi:Rafael Nadal marked his comeback to the clay court with a resounding victory over Flavio Cobolli, signaling his determination to overcome injury setbacks ahead of the French Open. The 37-year-old legend faced off against the world No.62 in the opening round of the Barcelona Open, clinching a commanding 6-2, 6-3 win in his inaugural clay match since June 2022. This match served as Nadal's return to action since his last appearance at the Brisbane

International in January, having been sidelined due to injury, which also caused him to miss the Australian Open. Despite attempts to stage a return to Qatar, California, and Monte-Carlo, the 22-time major champion had to defer as his body wasn't fully prepared. Marking his return to the clay courts for the first time since clinching his 14th French Open title on June 5, 2022, Nadal's appearance in Barcelona also marked his first official match since January. Amidst months

of uncertainty, Nadal's performance in Barcelona offered valuable insight into the state of his game and physical condition as he eyes a return to the French Open next month. It was fascinating to witness Nadal's form against the 62nd-ranked Cobolli, who has limited experience in Grand Slam main draws. Nadal, a remarkable 12-time champion in Barcelona, stepped onto the clay court for his first match in 681 days, dating back to his

victory in the 2022 French Open final. The anticipation was palpable as a capacity crowd eagerly awaited Nadal's appearance on the court bearing his name. The atmosphere was electric, with ball kids and tournament staff lining the gangway. Nadal was greeted with thunderous applause and a near-standing ovation, while his customary pre-match rituals-aligning his water bottles, box jumps, and sprinting to the baseline-were met with enthusiasm. Nadal, acknowledging that 2024 may mark his farewell from tennis, has returned to compete in Roland Garros for the final time. The Spaniard, renowned as the 'King of Clay', boasts an unparalleled record at the French Open, having clinched a remarkable 14 men's singles titles, cementing his status as the most successful player in the tournament's history.

Champions League: Mbappe stars as PSG dump Barcelona out to set up semis with Dortmund

New Delhi:Paris St Germain's Kylian Mbappe scored twice in the second half to help his side to a 4-1 comeback win against 10-man Barcelona in their Champions League quarter-final, second leg to wrap up a 6-4 aggregate victory on Tuesday. After winning 3-2 in Paris and taking a 1-0 lead with an early Raphinha goal in the return, Barca collapsed after going down to 10 men just before the half-hour when last man Ronald Araujo was red-carded for fouling Bradley Barcola. Former Barcelona forward Ousmane Dembele equalised for the visitors just before the break, while Vitinha and Mbappe finished the job in the second half, with PSG facing Borussia Dortmund in the semi-finals after the Germans beat Atletico Madrid. Having failed to get past the round of 16 in the last two seasons and being pinned against the ropes



by a Barca side who were in the ascendancy, PSG put on a gritty performance to make the most of the home side's mistakes and turn the tie around. "I feel very proud, the players showed a lot of character and desire," PSG manager Luis Enrique told Canal+. "We showed what we wanted to do here. We conceded a goal, but we remained intact in mentality. We did

everything to be better than Barca." Borussia Dortmund stormed into the Champions League semi-finals with a rip-roaring 4-2 home win over Atletico Madrid on Tuesday that saw them fight back from a 2-1 defeat in the first leg to win the tie 5-4 on aggregate. The German side scored twice in the first half and looked to be cruising into the last

four, but Atletico bounced back with two goals early in the second half to put Dortmund on the ropes before they dug deep to complete a superb comeback. "We played an incredibly good first half, then there was the extremely unfortunate goal conceded, (but) how we came back, wow," delighted Dortmund coach Edin Terzic said in a TV interview.