

Pinarayi Vijayan vs Amit Shah on Kerala landslides: 'You can't shift blame'

New Delhi (KCN): Kerala Chief Minister Pinarayi Vijayan was responding to Home Minister Amit Shah's statement in Rajya Sabha, where the latter said that an early warning was given to the Kerala government on July 23.

Kerala Chief Minister Pinarayi Vijayan has hit back at Union Home Minister Amit Shah after the latter said the state government was forewarned about the floods and landslides. Addressing the media in Thiruvananthapuram on Wednesday, the Chief Minister said, "The central government should also realise that there are serious issues pertaining to climate change. In the past, did we witness extreme rainfall like what we are seeing now? We need climate change mitigation efforts. When something like this happens, you can't just



try to shift blame onto others and shrug off responsibility. Like I said, I don't think this is the time for blame game."

Pinarayi Vijayan was responding to Amit Shah's statement in Rajya Sabha, where the Home Minister said that an early warning was given to the Kerala government on July 23. "The Centre has spent over Rs 2,000 crore for developing the early warning system since 2014. I want to clarify that on July 23, the Centre gave an early

warning to the Kerala government, seven days before the incident, and then on July 24 and 25, we warned them again. On July 26, a warning was given that there was a chance of heavy rainfall of more than 20 cm, and there were chances of landslides," Amit Shah said. The Home Minister said on July 23, nine NDRF teams were sent to Kerala considering the possibility of landslides. "What did the Kerala government do? Were the people shifted? And

if they were shifted, then how did they die?" he asked. On this, Pinarayi Vijayan said the central government's weather warning was that Wayanad would receive rainfall between 115-204 mm. But in the next 48 hours, the area received 572 mm of rainfall.

The Chief Minister further said that on the day of the landslide, only an orange alert was issued. "Before the tragedy struck, not even once was red alert issued in the area. Only after the landslide took place, on that morning at 6 am, did they issue a red alert," he said. The Chief Minister said on July 29, the Geological Survey of India issued a green alert for July 30 and 31, indicating a possibility

of minor landslides or rock bursts. However, by that time, heavy rain had already occurred, and the landslide had taken place, he said. "From July 23 to 29, the Central Water Commission, which is responsible for issuing flood warnings, did not issue any warnings for either Iruvazhini Puzha or Chaliyar. The Union Home Minister has presented information in Parliament that is inconsistent with these facts," he said. "When they (Amit Shah) proudly says we are the best (amongst the countries in giving prior alerts), I am just pointing out that such errors have also happened. I am not saying this to blame them," Pinarayi Vijayan said. At least 158 people have died, and over 200 were injured after massive landslides hit Wayanad district on Tuesday.

Second vote-on-account in Odisha in single fiscal



The first vote-on-account was placed in February for the first four months of the same financial year in view of the upcoming elections to the Odisha Assembly. Though the Mohan Charan Majhi

government introduced the full-fledged budget July 25, the appropriation bill is likely to be passed September 10. So, the government needs to make arrangements for funds for the months of August and September.

Odisha Appropriation (Vote-on-Account) Bill, 2024 was presented by Majhi, who also holds the finance portfolio, for an amount of Rs 95,000 crore. This is the second vote-on-account in the state in the 2024-25 fiscal.

According to the IMD's forecast, there is a likelihood of 7 to 20 cm of rainfall at one or two places in the districts of Angul, Dhenkanal, Cuttack, Boudh, Sonepur, and Sambalpur on August 1, 2024.

"The cyclonic circulation that was over Jharkhand and its vicinity has now shifted over Gangetic West Bengal and its

neighbourhood. The cyclonic circulation over Bangladesh has diminished," the IMD stated. The IMD has also indicated that heavy rainfall is expected in various parts of Odisha until August 4.

Kerala landslide: Odisha doctor's body recovered, another missing



Cuttack. "I pray before Lord Jagannath that Panda and the two injured women return to the state soon," Pujari said, adding that the state government is in contact with their counterparts in Kerala for more information.

Odisha's Special Relief Commissioner is also in touch with the disaster management authority of Kerala. "We have contacted Odia officers there. Many people are still trapped under debris as armed forces continue rescue operations," he said.

Pujari said Chinara's wife Priyadarshini Pal and nursing teacher Sikruti Mohapatra sustained injuries in the landslide and are currently receiving treatment at a hospital. He added that Chinara and his wife hailed from Choudwar Housing Board Colony in

government and the district administration have reached out to the families and are providing updates on the situation.

Chief Minister Mohan Charan Majhi has expressed grief upon receiving the news that Dr. Bishnu Prasad Chinara's body has been recovered," the CMO said in a statement, adding that Majhi has conveyed his condolences to the family. The Chief Minister has also directed the SRC to stay in touch with the Kerala government.

The court's direction came after hearing the petitioner's arguments and reviewing the submitted documents. The Court found prima facie evidence and deemed the case worthy of trial.

Orissa High Court Directs Immediate Seizure Of Chinese Ship Over Unpaid Dues

Bhubaneswar (KCN): Orissa High Court has recently ordered the seizure of a Chinese ship (MV ZHE HAI 505) (IMO number-9567477) anchored at Paradip Port. If the seizure order is not issued, the ship is likely to leave Paradip Port. Therefore, the Court has clarified to arrest the ship immediately, said sources.

The single bench of the High Court comprising Justice V. Narasingh passed the decree in favour of Scandi Trading Limited asking the Chinese ship to settle a claim of Rs 99.81 lakh for

low supply of goods under Section 4 (1)(l) of the Admiralty (Jurisdiction and Settlement of Maritime Claims) Act, 2017. According to sources, a dispute arose between the petitioner trading company and the ship's owner over the low supply of sulphur marine gas oil. The ship's owner was supposed to pay the petitioner trading company ₹99,81,553. However, since the ship's owner failed to pay, the petitioner trading company approached the High Court.

The case was filed under the Admiralty Act (Jurisdiction and Settlement of Maritime Claims) 2017, Section (4)(1)(A). The court's direction came after hearing the petitioner's arguments and reviewing the submitted documents. The Court found prima facie evidence and deemed the case worthy of trial.

Mamata Mohanta resigns from Rajya Sabha, BJD; likely to join BJP

New Delhi/Bhubaneswar (KCN): Member of Parliament Mamata Mohanta Wednesday resigned from her Rajya Sabha seat and primary membership of the Biju Janata Dal (BJD).

BJP sources informed that Mamata is likely to join the saffron party. Rajya Sabha Chairman Jagdeep Dhankhar said he received the resignation letter from Mohanta Wednesday.

"She has resigned her seat by writing to the Chairman under her hand and handed personally to me. The same I find to be constitutionally in order. I have accepted the resignation of Shrimati Mamata Mohanta, member representing the state of Odisha, with immediate effect," Dhankhar said. In her resignation letter addressed to BJD

supremo Naveen Patnaik, Mohanta wrote, "I sincerely express my gratitude to your good self for giving me an opportunity to serve the people of Mayurbhanj and also to take the cause of Odisha at the national level. However, I feel that there is no requirement of the services of myself as well as my community in the Biju Janata Dal. Therefore, I have taken this hard decision in public interest. I request you to accept my resignation."

With the BJP enjoying a majority in the Odisha Assembly, the party's candidate is all but certain to get elected in the bypoll that will be held following Mohanta's resignation.



Yellow Warning: Heavy rainfall (7 to 11 cm) is very likely at one or two places in the districts of Mayurbhanj, Keonjhar, Balasore, Bhadrak, Kendrapara, Cuttack, Jajpur, Angul, Dhenkanal, Sundargarh, and Jagatsinghpur.

Yellow Warning: Heavy

rainfall (7 to 11 cm) is very likely at one or two places in the districts of Jharsuguda, Sundargarh, Bargarh, Keonjhar, Sambalpur, and Deogarh.

Yellow Warning: Heavy rainfall (7 to 11 cm) is very likely at one or two places in the districts of Angul, Dhenkanal, Sundargarh, Cuttack, Bargarh, Keonjhar, Sambalpur, and Deogarh.

15L PMAY Houses, Purvodaya for Odisha, CM Majhi on NITI Aayog Meeting



Bhubaneswar (KCN): Amid an outcry from the opposition in the assembly, asking for the revelation of Odisha's demand at the Niti Aayog meeting, Chief Minister Mohan Majhi informed the details to the legislature on Tuesday. During his afternoon response to the general budget discussion, he outlined the demands presented by Odisha at the NITI Aayog meeting. The CM stated that

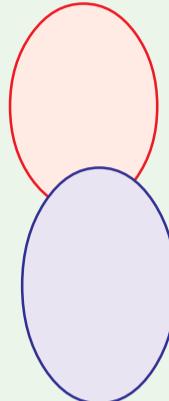
Odisha's various concerns were addressed at the Niti Aayog meeting with the central government. A proposal to allocate 15 lakh houses to Odisha under the Pradhan Mantri Awas Yojana was made. The proposal includes 5 lakh houses in urban areas and 10 lakh in rural areas. The meeting also assured that Odisha's demands would be met on a priority basis. The development of the state is set to proceed under the Purvodaya Yojana and Odisha will be the engine of development, the CM conveyed. Furthermore, the CM mentioned that negotiations with the central leadership have taken place regarding the settlement of the state's pending dues. CM Majhi conveyed that assurances have been made for additional funding where needed.

Oh You Crazy

DWIT DAVID PHILIP

As a child, I kissed you divinely,
As a teen ager, I kissed you mischievously,
As a youth, I kissed you passionately,
As an adult, I kissed you respectfully,
As an old one, I kissed you friendly,
Who in you, responded always, being smily,
Now dead is me, frozen body,
Not noticed, responding divinely,
But you are saying,
"Need a final responsive kiss", "Oh You Crazy"
God the almighty,
Saying, now dead is you, you missed the given time.

Advocate & Social Worker,
Badpada, Bhawanipatna, Kalahandi
klddavid@rediffmail.com
9437104303



The Creator :-

(Shibangi Dhara) Bandana Sahoo

Life doesn't survive
in a single drop of water
Many sour sweet mists are to be shed,
Many tears are to be shed
To bear the blows of many stones.



End is not bound in slavery
to build a new beginning
a new existence
a new earth
Where there is no end
Many peaces of restless shrine
Many feelings and emotions.

Small drops can form in to tears
Lots of pictures and characters
And can draw a number of pictures.

He breaks and builds
an another new life
with a very clever mind
where no one can entered
to create a single mistake
on his path

where he say many
living things
Without any sound
Without any word.

Jajpur
7205550713

Quotation of the Day

"Write it on your heart that every day is the best day in the year."

—RALPH WALDO EMERSON



Culture of Odisha

Apart from its architectural marvels, beautiful and scenic locations, tourist attractions, abundant natural wealth, the state of Odisha is also known for its exquisite, unique and vibrant culture and is truly a pride for India. People belonging to various religions and castes live together in peace and harmony with each other. They celebrate various festivals and fairs with pomp and gaiety, adding to the cultural exquisiteness of this state. The rich historic traditions and cultural heritage are reflected through various celebrations accompanied by folk songs and music, arts and crafts, architecture, practices and lifestyle of the people here.

Oriya, one of the oldest languages in India is the official language of this state and is spoken by majority of the population here. It bears a close resemblance to Maithili, Bengali and Assamese languages. English is widely spoken among the educated masses and visitors. Other languages that are popular among the people in Odisha include Hindi, Urdu, Telugu, Bengali etc.

Arts and Crafts of Odisha

When it comes to art and craft forms, the artisans of Odisha are widely appreciated for their talent and creativity. The rich and varied cultural heritage of this state is reflected through its vibrant and artistic and alluring handicrafts. Under the patronage of various rulers, diverse and beautiful art and craft forms have flourished in this region and bear in them strong imprints of various religions along with subtle, yet firm influences of tribal culture and traditions. For the art lovers, this state is thus a treasure trove of souvenirs, that appeal to the modern tastes of the younger generation, yet retain their ancient cultural and traditional essence.

Silver Filigree
The intricate silver filigree works, called as 'Tarakasi', is quite popular in the Cuttack district of Odisha. Rich in patterns and exquisite designs, anklets, arm jewellery, necklaces, toe rings are quite popular and are in great demand, especially among the tourists visiting Odisha. The jewellery worn in the classical dance of Odissi, as well as the jewellery used as the backdrop in pandals as well as to adorn Goddess Durga, during Durga Puja is usually made out of Tarakasi work.

Applique Work
Pipli in Odisha state is said to be the birth place of applique work. Dating back to about 850 years, this vibrant and colourful art form of Odisha is a manifestation of the rich and varied culture and traditions and craftsmanship of the local artisans in Odisha. Applique objects including canopies used during festivals and in temples, lamp shades, garden and beach umbrellas, kitchen accessories, bed and table linen, handbags and other furnishing items are available in plenty in Pipli, Bhubaneshwar and other adjoining areas.

Wood Carvings
Wooden works are among the most sought after handicrafts in Odisha. The toil and meticulous efforts of the skilled artisans here are reflected through the intricate and exquisite designs and carvings on the wood work, that catch the fancy of the visitors. Apart from utilitarian items like bowls, plates, and ashtrays, various other items including statues of gods, toys, masks, boxes are in great demand among the tourists visiting Odisha. The beautiful wood carvings on the temple ceilings, beams and doors and motifs can be witnessed at Charchika temple, Buguda, Banki, Birchnarayan temple, Kapilas, Siva temple

and the Laxmi Narasingha temple at Berhampur.
Weaving
The weavers of Odisha are known for their distinctive style and painstaking efforts, that are exhibited in the fabrics. The 'Ikat' fabric created using the intricate 'dye and tie' technique is popular all over the world. The tussar silk fabrics of Odissi, as well as the jewellery used as the backdrop in pandals as well as to adorn Goddess Durga, during Durga Puja is usually made out of Tarakasi work.

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craftsmanship and skill of the stone carvers in Odisha. While in Odisha, do visit Bhubaneswar, Lalitgiri, Puri, Khiching to experience the magic of the enchanting stone carvings here. Sculptures of Odisha The culturally exquisite state of Odisha is known for its rich temple sculptures, with aesthetic and artistic images and decorative motifs. The temple sculptures of Konark temple depict the

medieval Odishan sculptures include various stupas, monasteries, small Buddhist images, depiction of Bodhisattva and Avalokitesvara in various forms etc. The flawless Buddhist sculptures of Lalitgiri, Udayagiri and Ratnagiri reflect the artistic brilliance and genius of the artists. Apart from Buddhism, sculptures pertaining to various other sects including Hinduism,

sculptures of yakshas and yakhis, nayika and mithuna figures, processions with musicians, elephants, horses, soldiers, human figures, as well as those based on ordinary themes like hunting, dancing, games, family life can be seen in the temples. Erotic sculptures, semi-divine beings, fables and stories, various flora and fauna are depicted in a highly realistic manner in the

belonging to the Kalinga style of architecture consists of the main shrine along with a frontal porch. There is an assembly hall called as Jagamohana, where devotees gather together. The main shrine has the deity and is constructed on a square base, with a curvilinear tower and is called as rekha deula. The frontal porch is built on a rectangular base and its roof consists of pidhas, successively arranged to form a perfect pyramidal structure. Later on, the natya mandira – the dancing hall and the bhogamandapa – a hall of offerings came to be added in the temples.

The architecture of the various temples in Odisha are known for their unparalleled beauty and perfection. The beautiful Muktesvara Temple of Bhubaneshwar is adorned with a magnificant ceremonial arch in its front and is rightly called as the 'gem of Odisha architecture'. The Rajarani Temple, set amidst a brilliant backdrop of paddy fields reminds one of the Khajuraho temples, due to its brilliant architecture. The Lingaraja Temple is known for its architecture, chiselled almost to perfection. Various forms of folk songs including Dalkhai Geeta, Kendra Geeta, Jaiphula Geeta, Balipuja Geeta, Kela Keluni Geeta, Jaiphula Geeta, Gopal Ugala, Osa Parva Geeta etc are passed on from one generation to the next by oral rendition. These songs are sung during significant events in life, with the active participation of all the people belonging to the community. These songs are accompanied by music using various instruments and the enchanting and engaging tune and rhythm of these songs appeal to the people and strike the right chord with the listeners.

stands tall and proud as a symbol of Odisha's distinct cultural heritage. Folk Songs and Dances of Odisha The state of Odisha is known for its vivid and rich culture and varied heritage. It is a colourful and vibrant state, known for its distinctive styles of folk art forms. Music and dance form an integral part of the lives of the people here, and thus marriages, family gatherings and get togethers are often accompanied by singing, dancing and merry making. As this state is home to various tribes as well, one can see large variations in folk songs and dances of different regions. These folk art forms carry their own distinct style and reflect the cultural diversity prevalent in this state.

Folk Songs of Odisha
The Odiya music can be said to be a perfect blend of the right kind of ingredients in the right proportion. The folk music of this state is called as 'Loka Geeta', and folk songs are sung on different occasions and may differ from one region to other, with respect to their scale, tone, interval etc, with the basic underlying tune remaining standard. Various forms of folk songs including Dalkhai Geeta, Kendra Geeta, Jaiphula Geeta, Balipuja Geeta, Kela Keluni Geeta, Jaiphula Geeta, Gopal Ugala, Osa Parva Geeta etc are passed on from one generation to the next by oral rendition. These songs are sung during significant events in life, with the active participation of all the people belonging to the community. These songs are accompanied by music using various instruments and the enchanting and engaging tune and rhythm of these songs appeal to the people and strike the right chord with the listeners.



unmatched beauty and architectural brilliance and eloquence of the sculptors here. The majesty and beauty of the sculptures here tend to captivate and enthrall the audience here and the charm exuded from these sculptures is perceived as the remainder of the brilliant artistic sculpture prevalent in Odisha.

Buddhist Sculpture in Odisha
Buddhist Temple Sculptures in Odisha
The Buddhist sculptural art form was given an impetus in Odisha under the patronage of Emperor Ashoka, during the period from 261 BC to about 12th Century AD. The early

Shaiivism, Vaishnavism and Shaktism, depicted by various forms of goddess Durga can be observed in the temples here. Temple Sculpture in Odisha
The temple sculpture in Odisha mainly consists of the cult images and decorative motifs adorning the walls of the temples. The images of Ganesh, Kartikeya and Durga on the walls of Siva temple, called as Trivikra Nrusimha, Varaha and the ten avatars on the walls of the Vishnu Temple are a must see, for those who wish to get a glimpse of the grandeur of Odishan sculpture. The

temples. The beautiful sculptures of Muktesvara, Rajarani and Lingaraja temples in Odisha exude a charm that captivates the visitors and takes them into a dream like trance.

Architecture in Odisha
Being a land of temples, the temple architecture of Odisha is renowned worldwide for its splendour and grandeur. The Kalinga style of architecture consisting of three different types of temples, namely, Rekha Deula, Pidha Deula and Khakhra Deula can be found in the state of architecture. A temple

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The UP Files' director on making a film on Yogi Adityanath: Inspiring other leaders

The UP Files' director Neeraj Sahai spoke to us about making a film based on the life of Yogi Adityanath, the current Chief Minister of Uttar Pradesh. He also talked about inspiring other state leaders with his cinema.

Director Neeraj Sahai, whose latest film 'The UP Files' is currently running in theatres, talked about making a film on the life and work of Yogi Adityanath, the current Chief Minister of Uttar Pradesh. In an exclusive interview with IndiaToday.in, he spoke about the need for making a political film, and the intention behind it.

Sahai said, "This is not about the life story of Yogi Adityanath ji. It is

inspired by his work for a state. This shows his journey as the leader of Uttar Pradesh. We are not talking about his personal life, we are talking about his work here. The intention is to make a film which can inspire the other state leaders to show the same courage as him."

The director recalled the other films based in Uttar Pradesh. He said most of these films glorify UP as a criminal state and that irked him as a filmmaker and also as someone who belongs to the state. "Most of the films that are based in Uttar Pradesh show a negative side of the state. This is a positive film about its growth. We are not showing any



criminal activities. We are saying there's a leader who understood the essence of his state and worked towards growth," he said.

He added, "I am from UP. I know how the

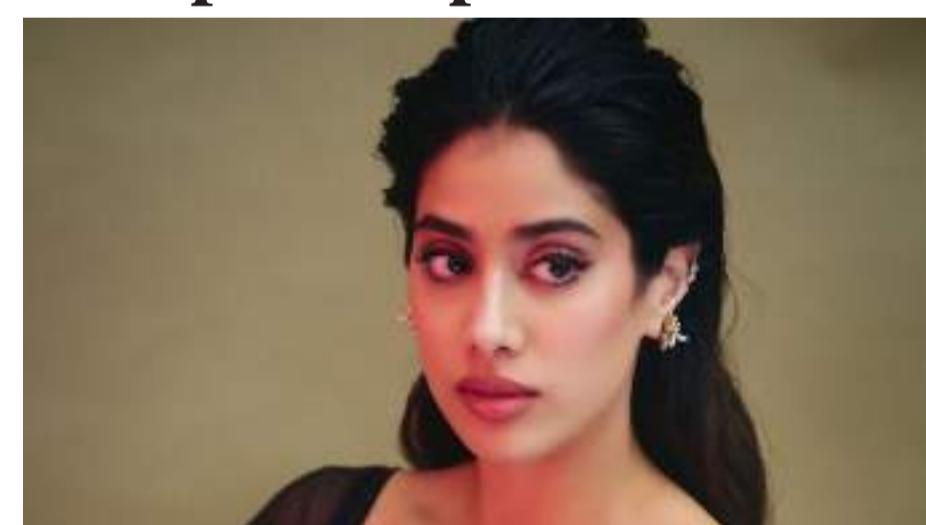
state was infested with crime, gang wars, crimes against women. Many Chief Ministers came before Yogi ji but none of them cared to fix the problem. It was always about politics.

Yogi Adityanath is a saint. He only focussed on the transformation of this state. We felt there was a need to highlight the problem and to show how one man did the unthinkable."

Akshay Kumar, Fardeen Khan's 'Khel
Khel Mein' to release in September

#KhelKhelMein hits the theaters."

Reportedly, the movie is a situational comedy with three couples. Akshay mentioned in an interview that he is returning to the comedy genre with several films in the pipeline. The plot centers around a group of friends gathering for dinner, during which they unexpectedly reveal secrets about each other. This film is an official adaptation of the 2016 Italian comedy thriller 'Perfect Strangers.' Meanwhile, other than 'Khel Khel Mein', Akshay Kumar also has 'Welcome To The Jungle,' slated for release during the Christmas 2024 weekend. Next, he will be seen in 'Sarfira,' directed by Sudha Kongara and set for a theatrical release on July 12.

Janhvi Kapoor: Don't know if industry
has opened up to the actor in me

Actor Janhvi Kapoor recently opened up about her career, picking meaty roles and more in an exclusive interaction with IndiaToday.in.

Actor Janhvi Kapoor, who is all set for her upcoming theatrical release 'Ulajh,' has been extensively promoting her film as she believes this is one of her finest performances to date. Janhvi's last release, Mr and Mrs Mahi, didn't clock in huge numbers but Kapoor's performance and hard work didn't go unnoticed. During the

promotions of her film, Janhvi shared her take on whether the industry has opened up to the actor in her, looking beyond her vanity.

Speaking to IndiaToday.in, Janhvi said, "I don't know whether the industry has actually opened up to the actor in me yet. Even if they have, it's something that I'm probably not specifically thinking about as such, because acting is what I wanted to all my life. I feel I have evolved from my first film to now, but

how the industry takes me is something I can't tell for myself."

"It would have been predictable and a much easier journey if I had done commercial movies with a wider reach that has the song, dance and glamour, because that would have come easily to me and has a higher guaranteed success rate and ensures more popularity. But I made a conscious decision a couple of years ago to challenge myself a Janhvi opened up about picking the 'smaller films' and

stated, "So, yes, I do feel that I have picked a couple of high-risk films and 'Ulajh' is one of them. I sometimes make jokes about Insta Janhvi vs actor Janhvi. Honestly, I'm a little unaware of how the industry sees me, but all I can attest for myself is that with every film, I get more confident on another set because I feel that I can deliver what my director wants out of me."

Janhvi concluded by saying, "I am scared to try to become aware of what the outside narrative or perception is about me. I think that kind of awareness kills an artist, because it will start making me calculate things that I'm not meant to calculate in any case. It will either make me supremely confident or completely shatter my ego and both of these things will be very disruptive for me."

Ulajh releases in

Aamir Khan's 'Sitaare Zameen Par'
to go on floors in May: Report

Aamir Khan is gearing up for his next, 'Sitaare Zameen Par'. The actor took a break after 'Lal Singh Chaddha'. If reports are to be believed, then the shoot for 'Sitaare Zameen Par' will begin next month (May) in Delhi.

According to a report in Hindustan Times, Aamir Khan will be flying to the National Capital to shoot for his next. A source was quoted saying, "Aamir Khan will fly down to Delhi next month for Sitaare Zameen Par's shoot. He will come to the capital with around 11 children for the shoot of his film. There will also be other star cast members too, whose details are not out yet."

The same source added, "The schedule is set for one month, between May-June. The children will indulge in various Paralympic Games for the shoot. It will be shot at different spots in Delhi, including Lal Qila, Lodhi Garden, Purani Dilli, and Thayagraj stadium. It is being shot in various parts of Delhi, as they don't want all the kids to travel to NCR regions."

Impact of Osteoarthritis: Causes and Consequences



Traditional beliefs and practices might influence the management of OA, sometimes hindering the adoption of evidence-based treatments. 6. Social Implications: The disease can lead to social isolation due to mobility issues, affecting mental health and community participation. Addressing these challenges requires targeted health education, improved healthcare access, and integration of modern and traditional practices for effective management of osteoarthritis.

Who is impacted mostly by Osteoarthritis and what are the most common symptoms?

Osteoarthritis primarily impacts older adults, with the risk increasing significantly for those over the age of 50. Women are more likely to develop osteoarthritis than men, especially after menopause. Other groups at higher risk include individuals who are overweight, those with previous joint injuries, and people with a family history of the disease.

The most common symptoms of osteoarthritis include:

Joint Pain: Often worsened by movement and relieved by rest.

Stiffness: Particularly noticeable after periods of inactivity or upon waking.

Swelling: Around the affected joint.

Decreased Range of Motion: Limited ability to move the joint normally.

Crepitus: A grating sensation or sound when the joint moves.

Joint Deformity: In severe cases, the joint may become misshapen.

These symptoms typically develop gradually and can vary in severity.

What are the major differences between osteoarthritis and osteoporosis?

Osteoarthritis and osteoporosis are both conditions that affect the bones, but they differ significantly in their causes, symptoms, and treatments:

Definition:

Osteoarthritis (OA): A degenerative joint disease where the cartilage that cushions the ends of bones in the joints deteriorates, leading to pain, swelling, and

reduced motion in the joints.

Osteoporosis: A condition characterized by weakened bones that become fragile and more likely to fracture due to a loss of bone density and mass.

Causes:

Osteoarthritis: Caused by the wear and tear of joint cartilage over time, which can be exacerbated by age, joint injury, obesity, genetics, and repetitive stress on the joints.

Osteoporosis: Caused by an imbalance between bone resorption and bone formation, often due to aging, hormonal changes (especially in postmenopausal women), lack of calcium and vitamin D, sedentary lifestyle, smoking, and certain medications.

Symptoms:

Osteoarthritis: Symptoms include joint pain, stiffness, swelling, and decreased range of motion, primarily affecting weight-bearing joints like the knees, hips, and spine, as well as the hands.

Osteoporosis: Often called a "silent disease" because it typically has

no symptoms until a fracture occurs. Fractures commonly affect the hip, spine, and wrist and can lead to chronic pain and disability.

Diagnosis:

Osteoarthritis: Diagnosed through clinical evaluation, patient history, and imaging studies such as X-rays or MRIs that show joint space narrowing, bone spurs, and cartilage loss.

Osteoporosis: Diagnosed using bone mineral density (BMD) tests, such as a dual-energy X-ray absorptiometry (DEXA) scan, which measures bone density in the hip and spine.

Treatment:

Osteoarthritis: Treatment focuses on managing symptoms and improving joint function through lifestyle changes (e.g., weight management, exercise), physical therapy, medications (e.g., pain relievers, anti-inflammatory drugs), and in severe cases, joint replacement surgery.

Osteoporosis: Treatment aims to strengthen bones and prevent fractures through medications (e.g., bisphosphonates, hormone therapy), dietary supplements (calcium and

vitamin D), weight-bearing exercises, and lifestyle changes to reduce fall risk.

Prevention:

Osteoarthritis: Preventive measures include maintaining a healthy weight, staying physically active, avoiding joint injuries, and managing other health conditions that can affect joints.

Osteoporosis: Prevention involves ensuring adequate intake of calcium and vitamin D, engaging in regular weight-bearing and muscle-strengthening exercises, avoiding smoking and excessive alcohol consumption, and taking medications if necessary to maintain bone health.

What are the possible treatments available for Osteoarthritis?

Osteoarthritis (OA): is a degenerative joint disease characterized by the breakdown of cartilage and underlying bone. Treatments aim to relieve symptoms, improve joint function, and slow the progression of the disease. Here are the possible treatments for OA:

Medications:

Pain Relievers: Acetaminophen, nonsteroidal anti-inflammatory drugs (NSAIDs) like ibuprofen and naproxen.

Prevention:

Osteoarthritis: Preventive measures include maintaining a healthy weight, staying physically active, avoiding joint injuries, and managing other health conditions that can affect joints.

Topical Analgesics:

Creams and ointments containing capsaicin or NSAIDs.

Corticosteroids:

Injects to reduce inflammation.

Hyaluronic Acid Injections:

To lubricate the joint.

Physical Therapy:

Exercise programs tailored to strengthen muscles around the affected joint.

Range-of-motion exercises: to maintain joint flexibility.

Physical therapy modalities: like ultrasound, heat, or cold therapy.

Life-style Modifications:

Weight loss to reduce stress on weight-bearing joints.

Low-impact aerobic exercises: such as swimming or cycling.

Use of assistive devices like braces, canes, or shoe inserts.

Occupational Therapy:

Techniques to reduce

strain on joints during daily activities.

Adaptive devices: to make daily tasks easier.

Alternative Therapies: Acupuncture.

Nutritional supplements like glucosamine and chondroitin sulfate (though their efficacy is debated).

Surgical Options:

Arthroscopy: Minimally invasive surgery to clean out the joint.

Osteotomy: Bone realignment surgery.

Joint Replacement: Partial or total replacement of the affected joint, such as knee or hip replacement.

Regenerative Medicine:

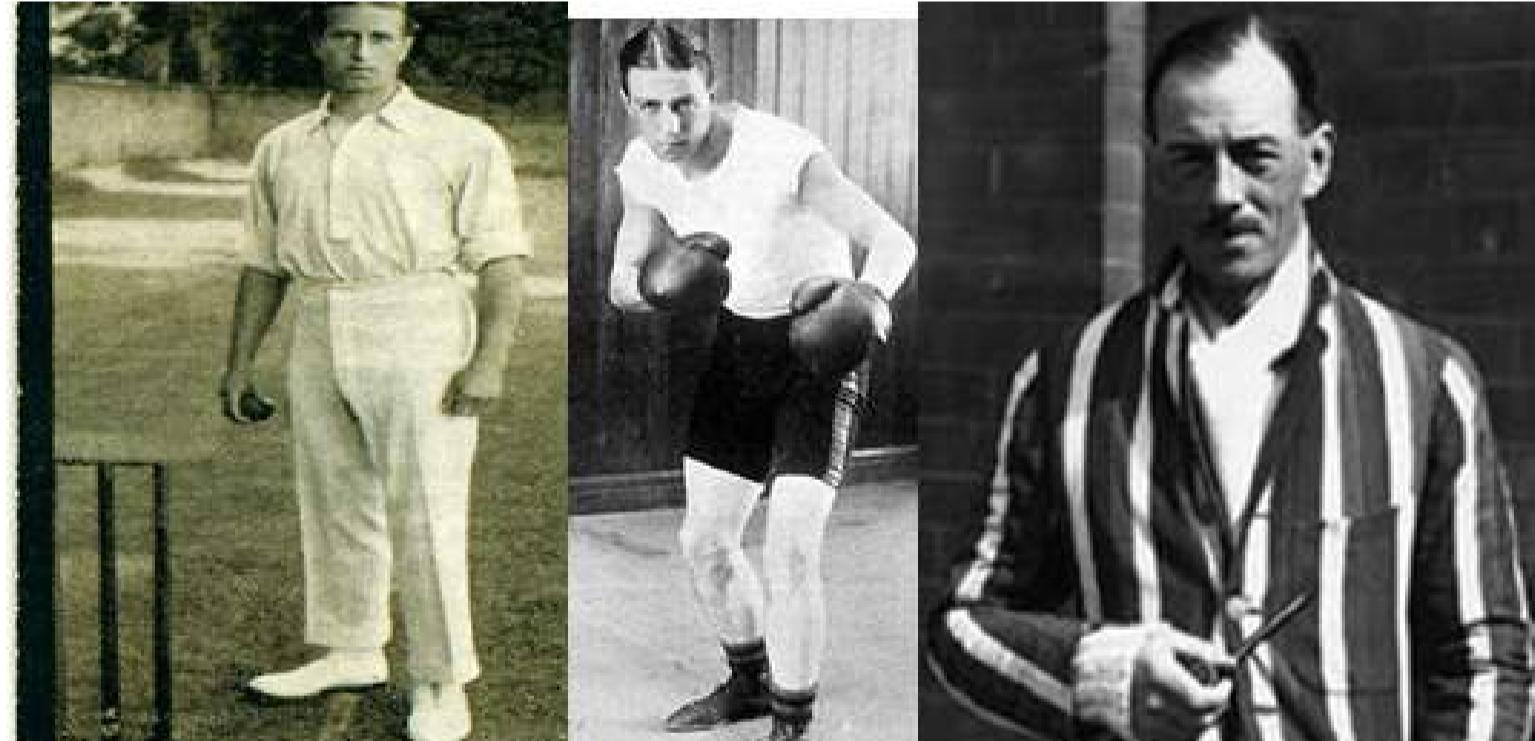
Emerging treatments like platelet-rich plasma (PRP) injections or stem cell therapy, though these are still under research and not widely accepted. The choice of treatment depends on the severity of the OA, the specific joints affected, overall health, and personal preferences.

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Olympian Cricketers

Dr. Ravi Chaturvedi



silver); Micky Walford (hockey, silver); the solitary bronze medal came Britain's way in hockey through John Cockett in 1952 at Helsinki and in 1968 and 1972 Games at Mexico and Munich respectively the fencing gold was won by David Acfield.

Alfred Bowerman played for England and Somerset. In his two national outings, scored only 8 runs and a solitary catch. At the 1900 Paris Olympics he tops scored with 59 for England's only cricket Olympic gold medal. He was a timber merchant.

Montagu Toller (1871-1948) played for England and Somerset as a right-handed bat and a medium fast bowler without performing anything of acclaim. He had his moment at the 1900 Paris Olympics as member of the gold medal winning Great Britain cricket team.

Claude Buckenham was a gold medalist in football and in four Tests for England, and as the fastest bowler of his time in four Tests, claimed 21 wickets (avg. 28.23) with 5 for 115 as the best.

Arthur Page played for Oxford University as a right-handed batter without any distinction but finished fourth in 1908 at the London Olympics in tennis. He

made an abortive attempt to enter the House of Commons. Later worked as a mariner and then took up the position of a puisne judge of the Calcutta High Court in 1922, Chief Justice of Burma and knighted in 1930.

Arthur Knight played for Hampshire in four matches with modest success. He played for

gold medal winning

England football squad

at the 1912 Stockholm

Olympics.

Johnny Douglas played cricket for England in 23 Tests (captained in 18 Tests-with win & loss of 8 each) as an all-rounder (scored 962 runs and took 45 wickets) and won gold in middleweight boxing at the 1908 London Olympics. He died

tragically in a drowning accident when two vessels collided off the coast of Denmark while on way to Finland to buy timber for his business.

Henry Brougham was an Oxford Blue who claimed a bronze in racket at London in 1908. He even represented England at rugby too.

Britain won hockey gold at Antwerp in 1920 and had in its

hockey contingent

three County and one

minor County

cricketers. In this trio were John Crockford, William MacBryan and Cyril Wilkinson. The first one in this trio, John Crockford, played for Warwickshire as a right-handed batter. William MacBryan for

England, Somerset and Cambridge University as right-handed batter who performed reasonably well. He is a unique Test cricketer who did not bat, nor did he bowl and even could not hold a catch in his solitary Test appearance

against South Africa in the rain-ruined (only 66.5 over could be bowled) at Manchester in 1924. But he

represented a joint Great Britain and Ireland gold medal winning hockey team at Antwerp (Belgium) Olympic Games in 1920 before India took over the Centre stage of the Olympic hockey event.

Cyril Wilkinson played for Surrey as an all-rounder who compiled 1,773 runs (avg. 25.32) with 135 as the highest, including three hundred

and scalped 23 victims (avg. 31.47) with 6 for 43 as the best.

The fourth among them, John Bennett, played for Berkshire, a minor County from 1906-1908. He was a barrister and served with the Royal Warwickshire Regiment in the First World War. He played both football and golf.

In the 1948 London Olympics India obtained gold, beating Great Britain 4-0 in final. The British team included three County cricketers- Norman Borrett, Michael Walford and Alistair McCorquodale. Borrett played for Essex and captained the silver medalist Great Britain hockey team at the 1948 London Olympics. He claimed a silver-medalist in hockey in 1948 London Olympics.

John Cockett played cricket for Cambridge University without much acclaim. He represented Great Britain in 1952 Helsinki (bronze) and lost third place podium finish at the 1956 Melbourne Olympics. David Acfield (1947) was a fencing gold medalist at 1968 Mexico and 1972 sanguinary Munich Games respectively. He played for Essex and Cambridge University as a right-hand bat and an off spinner who claimed 950 wickets (avg. 28.21) with 5 wickets in an innings 34 times and 10 wickets in a match four times, besides scoring 1,677 runs in 420 first-class matches.

Dr. Ric Charlesworth played first-class cricket for Western Australia when team won national championship (Sheffield Shield) thrice. He was member of the silver medal winning Kangaroo team at the 1976 Montreal Olympics. An all-rounder, he became a member of parliament (1983-1993). Charlesworth completed his medical degree (MBBS) from the University of Western Australia, School of Medicine.

TV & Radio Cricket Commentator C/O Manish Chaturvedi
50 Dubois Street, Stamford, CT-06905 USA

HUDD leads sustainable practices in SANJY2024 in J&K through Swaaha

SRINAGAR (Aasif Malik): The Housing and Urban Development department (HUDD) in an effort to promote eco friendliness and environmental responsibility, has introduced a series of innovative eco-friendly measures to transform the Shri Amarnath ji Yatra 2024 in collaboration with Swaaha Resource Management, as their sustainability partner. This initiative stresses on the commitment of both collaborators to ensure a green, sustainable, and responsible pilgrimage experience for thousands of yatris.

In an effort to address needs, HUDD is working closely to implement comprehensive waste management strategies at each Yatra Base Camp. These strategies focus on waste reduction, recycling, and composting. While providing expert guidance on sourcing eco-friendly alternatives to single-use plastics HUDD and SWAHA aims to promote sustainable



procurement practices. Trained volunteers or Yatra Mitras, as they are called, are stationed at each base camp to inform, educate and communicate pilgrims on waste management practices and its environmental benefits of proper segregation at source. Pilgrims are encouraged to separate their waste into biodegradable and non-biodegradable dustbin categories, while green for wet waste and blue for dry waste, streamlining waste management and facilitating a planned recycling efforts.

In addition, community engagement and environmental awareness is pivotal to

this initiative. HUDD and Swaaha organises educational programs, art competitions and interactive sessions with yatris to instil a sense of environmental responsibility among them and local communities. These programs aim to encourage active participation to preserve the sanctity of Amarnath ji yatra and promote a culture of sustainability going forward.

In another effort, HUDD has installed water ATMs along the yatra route. Managed by Swaaha Resource Management, these ATMs provide pilgrims with easy access to clean and safe drinking water. This initiative not only ensures hydration

for the yatris but also significantly reduces the use of plastic water bottles, thus curbing plastic pollution in the region. By offering a sustainable alternative to bottled water, the water ATMs contribute to the overall environmental conservation efforts and promote responsible tourism.

Yatris embarking on this journey of Shri Amarnathji Yatra 2024 have received sustainable kits, as a goodwill gesture, curated by Swaaha. These kits include biodegradable toiletries, reusable steel water bottles, and other eco-friendly essentials to minimise single-use plastics and promote use

of reusable items. While, these kits foster sustainable living practices among pilgrims they aim to ensure a cleaner pilgrimage experience throughout their Yatra journey.

These eco-friendly innovations introduced by HUDD under the leadership Ms. Mandeep Kaur, IAS, Commissioner/Secretary to the Government, J&K during Shri Amarnath ji Yatra 2024 set a new benchmark for sustainable tourism practices in the region. By integrating environmental awareness into pilgrimage tourism management, HUDD has demonstrated through its IEC (Information, Education & Communication) programme that responsible tourism can coexist harmoniously with religious practices. With each progression in yatra, the positive impact of such initiatives will continue to unfold, leaving a lasting footprint of environmental responsibility and public engagement.

EEPC India ER presented Top Exporter Gold Trophy to industrialist Mahesh C. Keyal

Kolkata (PARTHA ROY): Dr Shashi Panja Minister in Charge, Department of Industry, Commerce and Enterprises and Women & Child Development and Social Welfare, Government of West Bengal presented EEPC India Eastern Region

Top Exporter Gold Trophy 'Merchant Enterprise for year 2019-20' to Premium Ferromet Pvt Ltd, a Mortex Group company. The award was presented to noted industrialist and Engineering product exporter Shri Mahesh Chand Keyal on 29th July 2024 in Kolkata.

The award was presented in presence of Mr. Hugh Boylan Australian Consul General in Kolkata and top officials of EEPC and a large no. of industrialists.



Experts Express Concern Over Increasing Trend of Pediatric Blindness

Odisha State Ophthalmological Society Mid-Term Annual Conference held at AIIMS Bhubaneswar



Bhubaneswar, (KCN): The rising trend of pediatric blindness due to decreased infant mortality rates and various risk factors such as prematurity, hypoxia, and nutritional deficiencies is a growing concern. Experts emphasized the need to enhance state-of-the-art oculoplasty services at peripheral centers and to train more ophthalmologists to address eye health issues and reduce the blindness burden. These discussions took place at the mid-term conference of the Odisha State Ophthalmological Society held at AIIMS

Bhubaneswar. The one-day scientific programme saw the participation of 230 eye specialists, including postgraduate doctors from various medical colleges across Odisha. Key discussion points included the urgent need for awareness about glaucoma, which can cause irreversible blindness and is seen in every fourth patient visiting eye OPDs. Senior ophthalmologists highlighted the importance of spreading awareness about its causes and management.

Distinguished attendees included Prof. Jeewan S Titiyal, Padmashree from AIIMS, New Delhi, and Dr. Ajit Babu Majji, former president of the All India Ophthalmological Society from Hyderabad.

On this significant day, which coincides with Gurupurnima, Prof. Biswambhar Rajguru, a 97-year-old senior eye specialist and esteemed teacher, was honored with the Lifetime Achievement Award. Prof. Rajguru, the second Ophthalmologist in Odisha, was recognized for his lifelong dedication

to the development of Ophthalmological science and society in the state. In his acceptance speech, he expressed his happiness about the progress made in ophthalmological science in Odisha and reflected on the challenges he faced during his early years, around the British era and the era of the Kings, while earning his Ophthalmology degrees from Madras Medical College and Andhra Medical College.

A I I M S B H U B A N E S W A R Executive Director Dr.

Ashutosh Biswas conveyed his best wishes for the programme. The inauguration ceremony was graced by Dr. N Deep Bag and Dr. P R Mohapatra, Dean of AIIMS Bhubaneswar. Both emphasized the importance of eye health, stating, "The eye is the window to the body."

The conference featured various scientific programs, including surgical technique demonstrations, case discussions, and competitions such as "Teachers of Tomorrow" and "Champions of Odisha" for postgraduate doctors. Dr. Sucheta Parija, the organizing secretary, delivered the vote of thanks. The local organizing committee, led by Dr. P.K. Mohanty, Dr. Indrani Rath, Dr. K.C. Padhy, Dr. Subal Kishore Kar, Dr. Srimanta Behera, Dr. Samir Patra, Prof. Sarmista Behera, Dr. Jaiesh Toppo, Dr. Priyadarshini Mishra, Dr. Bhagabat Nayak, Dr. Sandip Kumar Sahu, Dr. Bruttendu Moharana, Dr. Bijnya Panda, and other resident doctors and staff, successfully managed the programme.

Twelfth Convocation of NIPER-Kolkata, held on 31st July' 24



Kolkata (PARTHA ROY): The 12th Convocation of the National Institute of Pharmaceutical Education and Research (NIPER), Kolkata, was held on 31st July 2024.

Dr. Arunish Chawla, Secretary, Department of Pharmaceuticals, NIPER Kolkata; Dr. Sugato Banerjee, Dean, Prof. Subramanian Natesan, Registrar, NIPER Kolkata during this convocation. The Guest of Honor, Dr. C.N. Ramchand, Chief Executive Officer, Theragen Biologics Pvt Ltd.; Prof. USN Murty, Director, NIPER

Guwahati; Prof. V Ravichandiran, Director, NIPER Kolkatta; Dr. Sugato Banerjee, Dean; Prof. Subramanian Natesan, Registrar, NIPER Kolkata during this convocation. The Guest of Honor, Dr. C.N. Ramchand, Chief Executive Officer, Theragen Biologics Pvt Ltd., Chennai, inspired the students to become job creators instead of job-seekers. He also emphasized utilizing the various schemes and initiatives introduced by the Government of India to make the country self-reliant in the pharmaceutical sector.

In addition, he mentioned the importance of biopharmaceuticals and gene-based therapies. Dr. Arun Bandopadhyay, President of the 12th Convocation & Member, BOG, NIPER Kolkata, congratulated the degree recipients. He insisted that the students passing out from NIPER Kolkata will be able to apply their

training and education towards new age therapies and path-breaking innovations. NIPER Kolkata has made rapid progress and contributed to the Indian pharmaceutical industry by providing skills, resources, and innovations.

Prof. V Ravichandiran, Director, NIPER Kolkata, welcomed the dignitaries and presented the Institute Academic report highlighting the achievements of the institute and awards received by students and faculties during the academic year. He also mentioned the establishment of "The Centre for Marine Therapeutics" and "Rare Disease Therapeutics," which aim to provide affordable medicines to society. He further informed that the Institute will establish a Centre of Excellence in Flow Reactor and Continuous Manufacturing with the funding support of Rs. 100 Cr. from the Department of Pharmaceuticals, Govt. of India. Prof. Subramanian Natesan, Professor & Registrar In-charge, delivered a Vote of Thanks to the dignitaries.

Biswabhusan Harichandan receives Warm Send Off in Raipur



Raipur, (KCN): Outgoing Governor of Chhattisgarh Biswabhusan Harichandan was accorded a warm send off at Raipur today.

To mark the occasion a spectacular departure ceremony was organised in Shri Harichandan's honour at Mana State hanger of Raipur Airport. The Farewell function was attended by CM of Chhattisgarh Vishnu Deo Sai, Deputy CM Arun Sao, Several Ministers, Chairman of Greater Odia Samaj and MLA of Raipur City North Purandar Mishra, C.E.O. of State Red Cross Society M.K. Rout and host of

other dignitaries. Shri Harichandan and family were accorded an emotional send off by the attendees.

Chief Minister Shri Sai expressed his gratitude to Shri Harichandan for his active and able guidance to take Chhattisgarh to newer heights of progress and prosperity. Shri Sai wished Shri Harichandan long and healthy life. Replying to CM Shri Sai, Shri Harichandan wished further advancement and development of Chhattisgarh and peace and tranquillity for the residents of the State.

After the farewell ceremony Shri Harichandan left for Bhubaneswar by a special aircraft. A grand parting ceremony was organised by non-resident Odias of Chhattisgarh at the premises of Jagannath temple in Gayatri Nagar under the leadership of the Founder of the temple and MLA Purandar Mishra yesterday evening. As a mark of respect Shri Harichandan was greeted with auspicious coconut, shawl and memorable memento. Shri Harichandan, wife Suprava Harichandan and other family members participated in a special puja at the temple during the occasion.

Thailand to celebrate the "Amazing Thailand Grand Tourism Year" in 2025

Kolkata, (KCN): Thailand will celebrate the "Amazing Thailand Grand Tourism Year" in 2025 to boost its domestic and international tourism market.

Tourism Authority of Thailand (TAT) has announced the "Amazing Thailand Grand Tourism Year" in 2025 to revitalise Thai tourism to prosperity in alignment with the Thai government's 'IGNITE THAILAND'S TOURISM' vision.

Tourism plays critically important role in growth and expansion of Thailand's economy.

Thailand has announced new visa measures to boost Thai economy through travel and tourism. These include 60-day visa exemption and Visa on



Arrival (VOA) schemes, Destination Thailand Visa (DTV), and student visas, which takes effect from 15 July 2024.

Thailand will grant visa exemption for nationals of 93 countries and territories including India. Visitors under this scheme will be allowed to stay for tourism and short-term business engagements for a period not exceeding 60 days, which can be extended for another

period not exceeding 30 days.

Tourism play pivotal role in Thailand's prosperity and socio-economic development.

In 2025, "Thai Charms" and "Hidden Gem Cities" will inspire more travel across Thailand. Thailand's 'five must-do activities' will be diversified, including Must Taste - Thai food, Must Try - Muay Thai, Must Buy - Thai

2024, at the Biswa Bangla Mela Prangran, Kolkata.

Consul-General of Thailand Ms Siriporn Tantipanyataph highlighted various aspects of tourism in Thailand.

Thailand offers diverse attractions such as cultural tourism, culinary delights, beautiful beaches, vibrant festivals, bustling shopping, lively nightlife, and much more.

Consul General mentioned in first half of this year, over 1 million tourists from India visited Thailand, making it the third-largest source of international tourists to Thailand in 2024. Consul General indicated about 2 million Indian tourist will visit Thailand by the year end.

Odisha minister objects to Patnaik writing letter to Mamata over potato crisis

Bhubaneswar, (KCN):

Odisha's Food Supplies and Consumer Welfare Minister Krishna Chandra Patra Tuesday raised an objection to BJD president and Leader of Opposition in the state assembly, Naveen Patnaik, writing a letter to West Bengal Chief Minister Mamata Banerjee over the issue.

"This is kind of cheap politics and the drama should stop. Our CM has met Mamata Banerjee and spoken to her over her decision to stop the supply of potatoes, following which its transportation has normalised," the minister said.

Patra also accused the BJD president of failing to make the state self-sufficient in the production of potatoes, onions and other essential items during his 24-year rule.

"You (Patnaik) are not in a position to write letters. The people of the state have rejected you and installed a BJP

government... Nothing will happen by writing letters. Crises are not solved by writing letters," he said.

"During its rule, the BJD failed to set up an adequate number of cold storages in the state because of which farmers failed to preserve their products," Patra alleged.

Chief Minister Mohan Charan Majhi, upon his return from a four-day tour to Delhi to attend a Niti Aayog meeting, on Monday night had also said that he does not believe that writing letters can solve problems.

"I have directly spoken to West Bengal Chief Minister Mamata Banerjee and the situation is getting normalised," Majhi had said.

First Climate Change Odia Lit. Environment Conference



Cuttack (KCN): Odisha's First Climate Change Literary Reflection Meeting has been organized by KAIBALYA SAHITYA SANSAD at St. Xavier's Public School, Gaitrautpatna, Cuttack. This is the 50th state level literature and cultural programme. At the beginning of the programme guests, poets and poetess planted trees. The Poetess Manorama Mishra sang Jagannath Ashtakam. The Poets and writers read poems, stories, humor and essays on the effects of climate change. Dr. Sangram Keshori Samantaray, the founder of the Kaivalya Sahitya Sansad chaired

the event and suggested that climate change literature should be read from primary to university level and various aspects of climate change. Dr. Kumarbar Das (Professor) gave a thorough fact-based discussion on the topic. The chief guest Mr. Rathikanta Mahapatra, dist. & Sessions judge gave information that simple living will balance thinking stop climate change. The Chief Speaker Mr. Nidhi Kumar Rautray presented the scientific data that climate change is causing rapid slow down of the economy. As the guest of honour Mr. Narayan Nayak, former O.A.S., Mr. Vijay Das, Pandit

Nilakantha Raut, Dr. Dipayan Pattanaik, Environmentalist Ms. Priyambada Nayak, Director Prof. Dr. Sarba Narayan Mishra, (OUAT) participated and presented research data on climate change and literary reflection. Students of Keshav Dham Saraswati Shishu Vidya mandir and students of St. Xavier's Public School displayed artwork related to climate change. The students performed Odissi dance and sang patriotic songs. Ten prominent people of Odisha were awarded Odisha Gyan Vigyan Sarswat Honor 2024. More than fifty poets and

poetess were awarded Odisha Gyan Vigyan Sarswat Honor 2024. One hundred and fifty talented students were awarded Odisha Gyan Vigyan Saraswat Award 2024. Hemant Kumar Jena conducted the meeting. Mrs. Banlata Mohapatra performed solo in a beautiful play on climate change. Vijay Kumar Sahu and Golap Sahu sang Jagannath's famous song. More than fifty poets recited poems on climate change. The guests celebrated the auspicious launch of author Pratap Chandra Mohapatra's children's story book "Bilua Bichar". The Poet Arun Agarwal gave vote of thanks.

Renowned academician Dr. R.K. Uppal appointed principal of Guru Gobind Singh College of Management and Technology

New Delhi, (KCN): Professor Dr. R.K. Uppal has been appointed principal of Guru Gobind Singh College of Management and Technology, Gidderbaha. A prolific writer, a Man of Letters, an eminent academician, a research stalwart, and the most ingenious guide, Dr. Rajinder Kumar Uppal has received accolades not only from the academic world but also from the genre of research. Dr. Uppal is also the MTC Global Chair Professor of



Banking and Finance and Research Professor at the Indian Institute of Finance. He is also a visiting professor at several national and international institutions/universities. He is also a professor of practice in finance at

Narayana Engineering College, Nellore, Andhra Pradesh. Dr. Uppal has 87 books on his credit and has completed seven post-doctoral major research projects at UGC and ICSSR, New Delhi. As well as publishing an



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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's 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

Filatex Fashions Ltd's mining subsidiary receive Export Order worth USD 35 million (Rs. 293 crore)

Hyderabad (KCN): Subsidiary of Hyderabad-based leading socks and cotton products manufacturing company Filatex Fashions Ltd (BSE – 532022, NSE – FILATFASH) has received export order worth USD 35 million for supply of 2,97,388 metric tonnes of White Marble.

Company's subsidiary in the mining business, that Filatex Mines and Minerals Private Ltd has received this order from Bloomflora Ventures Limited, a company is into Hospital Development Business

for their upcoming 54 hospital in Africa. The order for supply White Marble order over a period of 7 years is estimated to be USD 35 million (Rs. 293 crore). It is the first export order for company's mining subsidiary. Board of Directors of Filatex Fashions Ltd at its meeting held on 26 July 2024 has approved the appointment of Mr. Sunil Agarwal as an Additional Director and CEO of the Company in the Executive Director category. The appointment is subject to the approval of the shareholders in EGM stands at Rs. 850 crore divided into 850 crore

Over 1.5 lakhs Devotees experienced 'Ratha Yatra – Eka Aithiya' with Aashirvaad Atta

Bhubaneswar : In a remarkable confluence of tradition and technology, ITC's Aashirvaad Atta, known for purity and tradition, celebrated the Rath Yatra Festival through an innovative 'Ratha Yatra Eka Aithiya' campaign. During the festival, over 1.5 lakh devotees enjoyed an immersive show demonstrating the rich culture and tradition of

Ratha Yatra. 'Ratha Yatra Eka Aithiya' takes devotees on an ethereal journey via an immersive 3-screen technology, guiding viewers through the festival's evolution from the 1100s AD to the present date and offered a unique virtual 'Chariot Pulling' experience. They also learned about Odisha's heritage through various art forms like Pattachitra, Pipli applique and more. The devotees were also educated about Aashirvaad Atta's commitment to quality and purity through various engagement activities. Additionally, Aashirvaad Atta emphasised on reusing and recycling by donating the used flex sheets for roofing and art installations to local colleges and museums.

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 capesize 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.

Former President Kalam's death anniversary was celebrated

Kendrapara (KCN): On behalf of Utkal Gramya Swaraj Cuttack, Mahaprayan Day of Bharat Ratna former President Dr. APJ Abdul Kalam has been observed at Janashakti Government High School at Kendrapara Marshaghai Block. First, the statue of Kalam in the school premises was garlanded and paid tributes under the presidency of Niranjan Maharana, the principal of the school. Dr. Sunmani Raut, faculty dramatist. Baijayanti Mishra, Literary columnist Meera Beura, Faculty Dr. Vasant Kumar Nanda, Faculty Sobhavati, Captain, Lawyer, Kanjang Kumar Samantherai, Social Worker, Shishir Kumar Parida, participated in the event. Respecting his



sacrifice, if today's youth will be strong-willed and determined and work with a dedicated attitude for the motherland, then that will be our true tribute to him. All the

guests said this in their speech. On this auspicious occasion, various kinds of fruit trees were planted in the school yard by the program and paid their respects to Kalam.



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Waqar Younis appointed advisor to PCB chairman

New Delhi: Waqar Younis has been appointed as an Advisor to the chairman of the Pakistan Cricket Board (PCB). According to sources within the PCB, the legendary fast bowler will oversee cricket affairs for the board. Cricbuzz understands that Waqar has accepted the role and will begin his duties most likely from August 1. He will report directly to Mohsin Naqvi, the chairman of the PCB.

Waqar (52), a former captain and coach of Pakistan with 87 Tests and 262 ODIs under his belt, has been entrusted with a range of responsibilities,

primarily overseeing the national teams and their coaches. He will effectively manage both the red-ball and white-ball teams, with the management and coaches (Gary Kirsten and Jason Gillespie) reporting directly to him. Additionally, he will coordinate with the selection committee, which has recently been in the spotlight for none-too-charitable reasons.

Two selectors, Wahab Riaz and Abdul Razzaq, were recently removed from the selection committee by the PCB chairman for several reasons, the primary one being the controversy

surrounding the selection of the Pakistan team for the recent Twenty20 World Cup. The team failed to advance to the knockout stage of the tournament after a defeat to the USA but more pertinently, they were removed, as reported by Cricbuzz recently, "promotion and selection of certain players despite reservations from other members."

In addition, Waqar "will also address any matters or assignments deemed appropriate by the PCB chairman that require his attention or expertise," sources have revealed. At the moment, Waqar is being



hired as a consultant but his services eventually will be regularised going forward.

The PCB will be looking to Waqar to discharge

Cup. Besides, he is the first international cricketer to be given key charges since Zakir Khan left the board some time ago.

Additional duties that may be assigned to Waqar include the supervision of domestic cricket, the high-performance centre, coaches, and curators. It is also expected that he will be involved in planning, strategizing, and game development. One of the reasons for this appointment is believed to be to relieve the chairman of crucial cricketing matters, allowing him to concentrate on governance, infrastructure, administration, commercial agreements, and the future of cricket.

More significantly, the Pakistan cricket season begins in August and will run continuously until the Champions Trophy, after which the team will tour New Zealand. The PCB chairman felt that a strong candidate with a background in international cricket was essential. According to the source, "The PCB believed there was a need for an experienced individual who understands the language of cricketers and is capable of making the right decisions, which is why Waqar was brought on board."

Nishan Madushka picked for India ODIs



New Delhi: Opening batter Nishan Madushka has received his maiden ODI call-up for Sri Lanka's upcoming three-match series against India at home. The 24-year-old, who made his international debut in April 2023 for the Test side, has made a solid start to his red-ball career with an average of 42 from eight games thus far.

Madushka made it to the elite list of cricketers to have converted their first Test ton into a double century when he achieved the feat during the home series against Ireland last year.

Madushka, though, is likely to remain as the back-up opener in the squad with Pathum Nissanka and Kusal Mendis expected to bat at the top of the order. The young opener is the only fresh addition to the 16-member squad that will be led by Charith Asalanka who gets the elevation to captaincy following his promotion to the post in the shortest format.

The side also has a few changes, both forced and otherwise, when compared to Sri Lanka's previous ODI assignment in Bangladesh.

Pacer Matheesha

Pathirana makes the expected return to the side after having missed the Bangladesh series due to fitness issues. Nuwan Thushara and Dushantha Chameera, both of whom missed the India T20Is due to injuries, continue to be on the sidelines while Pramod Madushanka has been dropped. An impressive showing in the recent season of Lanka Premier League sees the return of promising pacer Asitha Fernando who is expected to shoulder the new-ball duties with Dilshan Madushanka. ODI squad: Charith Asalanka (C), Kusal Mendis, Pathum Nissanka, Avishka Fernando, Nishan Madushka, Janith Liyanage, Kamindu Mendis, Sadeera Samarawickrama, Chamika Karunaratne, Wanindu Hasaranga, Maheesh Theekshana, Asitha Fernando, Matheesha Pathirana, Dilshan Madushanka, Akila Dananjaya, Dunith Wellalage

New Delhi: Star India shuttler PV Sindhu welcomed shooter Manu Bhaker to 2 Olympic Medal Club through a special post on her Instagram account. Sindhu mentioned how Bhaker even defended her on social media. Star Indian badminton player PV Sindhu welcomed shooter Manu Bhaker to the exclusive club of Indian women with two Olympic medals, on Tuesday, July 30 through a special post on her Instagram account. Notably, Bhaker scripted history as she won her second medal of ongoing 30th edition of the Olympic Games in Paris.

The 22-year-old won a bronze medal in 10m Air Pistol mixed team event along with Sarabjot Singh at the Chateauroux Shooting Centre to etch her name in record books. She earlier opened India's account at the quadrennial event by

winning a bronze medal in women's 10m air pistol event. As a result, Bhaker became just the second Indian woman to win two Olympic medals after PV Sindhu. She also became the first Indian to win two Olympic medals in the same edition post-independence.

Congratulating Bhaker on her historic achievement, Sindhu

took to her Instagram account and shared a collage of her posing with two Olympic medals won in Rio 2016 and Tokyo 2020 respectively along with Bhaker posing with her two medals.

The ace shuttler wrote a heartfelt message for the young shooter and recalled her inspirational journey from defending Sindhu on social media

to being a part of an exclusive club with her. "I couldn't find a better picture to welcome this sweet young girl into the 2 Olympic Medal Club! From defending me on social media to joining me in the club, it's clear you're a special talent Manu, watching you bounce back from Tokyo 2020 has been inspiring! Godspeed, girl," wrote Sindhu on her Instagram account.

Notably, following her historic achievement, Bhaker revealed that she once made a fake profile to shut down Sindhu's trollers. Meanwhile, having ended India's 12-year-long wait for an Olympic medal, Bhaker has just embarked on her path to glory in Paris as she's also set to feature in Women's 25m pistol event on Friday, August 2.

Sri Lanka's promise pegged back by missteps and missed chances

New Delhi: Playing the first ball of the Super Over, Suryakumar Yadav swept Maheesh Theekshana directly to the fielder at short fine, with the same precision he had found earlier in the day while paddling Asitha Fernando to get dismissed. This time, however, in an almost theatrical display of clumsiness, the fielder went down on his knees, only to transform a routine stop into an unintentional slip-up, letting the ball go past him and roll away for a boundary. The fumble, in more ways than one, encapsulated the story of Sri Lanka's performance in the series - a journey of potential marred by moments of missed chances and missteps - none more blatant than the loss on Tuesday night.

Needing 28 to win in 29 balls, with nine wickets left, they had to find a dramatic way to lose, and they did. The middle order familiarly came collapsing yet again. There was a bit of turn on offer, but they dished out a few juicy near-half-tracker as well, enough deliveries that should have made for a comfortable chase from that point. But the batters who were left with two options - to nudge those away in gaps and pick quick runs or put them past the boundary ropes - opted for the latter and ended up finding the fielders. Two in the deep, one hit back to the bowler and one gloved to the keeper. The game that should've been wrapped up in Sri Lanka's favour much earlier, ended up going to the Super Over and



consequently ended in defeat.

By the end of it, while the Indian captain proudly flaunted the 'self-confidence' of his players, spoke of 'care' and 'positivity', and upped his own credence by making the "I don't

want to be a leader" statement, his counterpart in dark blue, Charith Asalanka, cut a sorry figure. Congratulatory messages for being appointed the captain of the ODI team were met with drooped shoulders and dejected nods. Being critical of himself and his

experience is bound to be the natural ailment. But what happens when the concern itself is stemming from experienced players? After Angelo Mathews and Dhananjaya de Silva were discarded ahead of the series, the three players under the spotlight at this point for erring in their shot selection are the experienced former captains Dasun Shanaka and Wanindu Hasaranga, along with Asalanka himself.

If experienced players are struggling with the right shot selection for the right moment in the game, what's Plan B? "Change them and bring someone new," was Asalanka's straightforward response after the loss.

Panic, the enemy of reason, has probably set in far too soon, clouding