

Odisha To Get Four New NH Projects Worth Rs 15,000 Cr, DPR Soon

CM Mohan Majhi holds discussion with Union Minister Nitin Gadkari on the ongoing and future NH projects in Odisha.

New Delhi(KCN): Odisha Chief Minister Mohan Charan Majhi and Law Minister Prithviraj Harichandan attended a review meeting presided over by the Union Minister for Road Transport and Highways Nitin Gadkari at Bharat Mandapam in New Delhi on the 51 NH projects being implemented by the National Highways Authority (NHA) in the state.

Chief Secretary of Odisha, Manoj Ahuja, ACS, Revenue and



Disaster Management and Principal Secretary, Works, Govt of Odisha also attended the review meeting. In this meeting, it was agreed that the ongoing projects would be accelerated in coordination with the Odisha government.

Chief Minister Majhi has assured that since road construction is the priority of the Odisha government, all cooperation will be extended and issues like land acquisition and availability of construction materials will be resolved soon.

In this meeting, it was agreed to implement 4 new highway projects in Odisha from Bhubaneswar to Puri, Chandikhol to Barbil, Khurda to Nayagarh, and Kalingapatna to Junagarh at an estimated cost of Rs 15,000 Crores.

Dhanu Yatra icon Gopal Sahu passes away at 70



had been suffering from diabetes and receiving medical care at a private facility. His tenure as

Kansa spanned 23 years, from 1984 to 1998 and again from 2001 to 2008. Unfortunately, his declining health eventually led the organising committee to replace him. The loss of his crown and make-believe kingdom lingered with Sahu, compelling him to watch the performances from home. Sahu's legacy

continued through his nephew, who portrayed Krishna from 2005 to 2008. In recognition of his outstanding portrayal of the Dwapara Yuga king, Sahu was honoured with the Sangeet Natak Academy Award in 1994, and he also received a lifetime achievement award from the then Chief Minister, J. B. Patnaik.

Odisha vigilance arrests ex-engineer after unearthing disproportionate assets

Bhubaneswar(KCN): Odisha's vigilance sleuths Tuesday arrested a retired engineer Tara Prasad Mishra a day after unearthing disproportionate assets worth crores of rupees from his possession.

Mishra, a retired chief engineer of the public works department, was found in possession of disproportionate assets, including 10 high-value flats in Bhubaneswar and Jharsuguda, seven costly plots, 2.55 kg of gold, and 370 grams of diamond. During simultaneous raids conducted at nine locations in



Bhubaneswar, Cuttack, and Jharsuguda Monday, the vigilance has also detected deposits over Rs 2.70 crore, Rs 6 lakh in cash, two luxurious cars, from his possession, vigilance officials said. The investigation also uncovered Mishra's visits to foreign countries like the USA, Thailand,

Vietnam, UAE, Canada, Malaysia, and Singapore. When asked about the source of income, Mishra could not explain satisfactorily. A corruption case was registered against the retired engineer in the Bhubaneswar Vigilance police station following which he was arrested, the officials said.

Kolkata(KCN): The Calcutta High Court Tuesday ordered the transfer of the probe into the alleged rape and murder of a trainee doctor at RG Kar Medical College and Hospital from the Kolkata Police to the CBI.

The court directed the city police to hand over the case diary to the central probe agency by this evening, and all other documents by 10am Wednesday.

The body of the postgraduate trainee, who was allegedly raped and murdered inside a seminar hall of the state-run hospital, was found Friday morning. A civic volunteer was arrested in this connection Saturday.

Dharmendra urges Odisha CM to amend University Act, citing autonomy and legal concerns

Bhubaneswar,(KCN): Union Education Minister Dharmendra Pradhan has urged Odisha Chief Minister Mohan Charan Majhi to address the discrepancies in the Odisha University (Amendment) Act 2020 in alignment with the legal and regulatory framework.

In a letter to Majhi, Pradhan emphasized the need for amendments to restore confidence among educators, protect the autonomy of educational institutions, and ensure the state upholds the highest standards of education. Pradhan pointed out that



the previous BJD government had made significant changes to the original University of Odisha (Amendment) Act, 1989, for political reasons. These amendments, according to Pradhan, conflicted with the provisions of the University Grants Commission (UGC) Act and the rules set by the Commission, thereby compromising the autonomy and

interests of educational institutions. He specifically highlighted that the provisions regarding the appointment of Vice Chancellors and the recruitment of educators in universities were inconsistent with UGC regulations and ignored the judicial directives from the Supreme Court. Pradhan called on the Chief Minister to intervene, warning that the amendment's excessive government control over educational institutions could undermine the freedom of teachers.

Ahuja appointed Working Chairman of Jagannath Temple Managing Committee



members of the committee.

Puri Gajapati Dibyasingha Deba is the nominal head of the committee. Shree Jagannath Temple chief administrator, Puri Collector and SP, and ASI Superintending Archeologist are ex-officio

PRESIDENT OF INDIA TO ADDRESS THE NATION TOMORROW ON THE EVE OF 78th Independence Day

New Delhi,(KCN): The President of India, Smt Droupadi Murmu will address the nation tomorrow (August 14, 2024) on the eve of the 78th Independence Day. The address will be broadcast from 1900 hrs. on the entire national network of Akashvani and telecast over all channels of Doordarshan in Hindi followed by the English version. Broadcast of the address in Hindi and English on Doordarshan will be followed by broadcast in regional languages by regional channels of Doordarshan. Akashvani will broadcast regional language versions at 2130 hrs. on its respective regional networks.

Odisha Assembly to organise orientation programme for new MLAs

Bhubaneswar(KCN): The Odisha Assembly will organise a two-day orientation programme for first-time MLAs Saturday and Sunday, officials said. The programme will be held on the Assembly premises to acquaint the MLAs with the rules and procedures relating to the proceedings of the House, functioning of various committees, the budgetary process, privileges and conduct of members, an Assembly official said. Parliamentary Affairs Minister Mukesh Mahaling told reporters that Union Health Minister JP Nadda, Education Minister Dharmendra Pradhan and Tribal Affairs Minister Jual Oram are scheduled to address the MLAs during the event. In the 147-member Odisha Assembly, 82 are first-time legislators, the official said.

Calcutta HC orders transfer of probe into murder of woman doctor to CBI



A division bench presided by Chief Justice TS Sivagnanam also urged agitating doctors in the state to call off their ceasefire, maintaining that there is a "pious obligation" on their part to treat patients who come to government hospitals.

Junior doctors and interns across West Bengal continued their ceasefire Tuesday, protesting against the incident and demanding adequate protection to hospital staff. The bench said it is truly appreciative of the feelings vented by the doctors and interns over the incident.

Passing the order, the court said even after five days, no significant progress had been made in the investigation into the case by the Kolkata Police. The state's counsel submitted that one person has been arrested and statements of more than 25 people

have been recorded. He also claimed that the probe was being carried out in an appropriate manner. The bench observed it was disheartening to note that the then principal of the medical college, Sandip Ghosh, was not proactive. Ghosh has been asked to go on a long leave by the court. The court also expressed surprise that within the shortest possible time, he was reinstated as principal of another medical college in the city after he tendered his resignation Monday. The case will be heard again after three weeks, when the CBI will submit its progress report.

payments. The application has already been successfully tested in three village panchayats of Bhubaneswar block in Khurda district, receiving positive feedback from stakeholders. Notably, Odisha is the first state in India to implement such a platform for electricity bill management at the Panchayat level. This innovative solution not only simplifies the payment process but also provides gram panchayat users with an easy way to report and resolve electricity bill-related issues. Odisha is the first state in the country to use such a platform.

GCMS Portal & Mobile App Launched for Hassle-Free Electricity Bill Payments



Bhubaneswar(KCN): To ease the electricity bill payments at the grassroots level, the Odisha Government, in partnership with Tata Power Ltd, has launched a new portal called GCMS (Government Consumer Management System) along with a mobile application. This initiative aims to simplify the process of paying electricity bills for Gram Panchayats across the state.

The GCMS portal was inaugurated by Deputy Chief Minister KV Singh Deo, while the accompanying mobile

app was launched by Panchayati Raj and Drinking Water Minister Rabi Narayan Naik. The project is a collaborative effort between the Panchayati Raj and Drinking Water Department, the State Informatics Centre (SIC) in Bhubaneswar, and Tata Power Company Limited.

The primary goal of this initiative is to ensure uninterrupted road lighting and drinking water supply in rural areas while promoting transparency and accountability. Historically, the state has faced challenges with delayed payments and a lack of efficient monitoring systems for electricity bills.

Youth should practice 'Yoga' & lead Healthy lifestyle while embracing New Technologies in every day life: Fmr. President Kovind

Kolkata (PAPRTHA ROY): Bharat's 14th President Shri Ram Nath Kovind called upon youth to practice Yoga and to be health conscious and lead healthy lifestyle while facing challenges of every day life.

President Kovind was addressing students, faculties, guests at the Convocation ceremony of Techno India University on 12th August 2024 in Kolkata.

President Kovind said human civilization is evolutionary and undergoing major socio-cultural

economic transformation with embracing of Artificial Intelligence (AI). President Kovind stressed the need for physical activities and proactive lifestyle while embracing new & evolving technologies which are influencing all most all spheres of every day Life.

Incidentally, on 12th August United Nations observed International Youth Day. Theme of International Youth Day 2024 - 'From Clicks to Progress: Youth Digital Pathways for Sustainable



Development.' Chancellor Prof. Dr. Gautam Roy Chowdhury of Techno India University announced slew of Artificial Intelligence and Digital technology research and innovation projects initiatives with international information technology

companies and governments to be taken up by pioneering private sector Techno India University in India and abroad.

The university awarded Honorary D. LITT to Shri Sampooran Singh Kalra (Gulzar), poet & lyricist, Shri Jogen Chowdhury, renowned Artist, Smt Shabana Azmi, actress, Shri Leander Paes, former Indian Tennis Player, Shri Shankar Mahadevan, singer & composer, Dr. Partha Pratim Chakrabarti, Director, Indian Institute of Technology, Kharagpur, Prof. K D Mondal acclaimed educationist, pioneer, innovator and polymath, Dr. Achyuta Samanta, educationist & philanthropist founder

of KIIT-KISS, Dr. Kali P. Chaudhuri, founder & Chairman, KPC Group, & Dr. Kunal Sarkar, renowned Cardiac Surgeon, Prof. S. Subhankar Chakraborty acclaimed Bengali language specialist, educationist and former Vice Chancellor of Rabindra Bharati University. Prof. Manoshi Roychowdhury, Co-Chancellor, Techno India University & Co-Chairperson, 'Techno India Group', Mr. Meghdut Roychowdhury, Executive Director and

Chief Innovation Officer, Techno India Group. Vice-Chancellor, Prof. S. Amiran Chattopadhyay addressed the august gathering and spoke on importance of innovation in education and need for empowering the students with knowledge and skills so that after passing out from the university, they can engage themselves in economically sustainable productive activities as well as contribute for development of the society.



East Coast Railway (ECoR) General Manager Shri Parmeshwar Phunkwal hoisting the National Flag at his residence to mark "Har Ghar Tiranga" drive from 13th to 15th August 2024. Shri Phunkwal had earlier appealed all ECoR employees to participate in the drive and directed Principal Heads of Departments and Divisional Railway Managers to ensure widespread participation of employees across the region.

ECoR TO ADOPT ADVANCED BALLASTLESS TRACK TECHNOLOGY IN TUNNELS:

Bhubaneswar (KCN): East Coast Railway has been adopting advanced ballastless track technology in Railway Tunnels while constructing new projects in its jurisdiction. This strategic move is set to revolutionize the safety, efficiency and sustainability of rail transport, particularly in challenging tunnel environments.

ECoR initially started Ballastless track in Tunnel with Rheda 2000 Block System for Tunnel No.1 for 600 meters tunnel between Baiguda & Kakrigumma Stations in connection with Koraput-Singapur Road Doubling Project of East Coast Railway.

This ballast less track system will also be implemented at all the under construction tunnels of various ongoing projects over ECoR. Plans have also been taken to replace existing tracks in tunnels with ballast less tracks. Tunnels works are going on in Kottavalasa-Kirandul, Koraput-Rayagada Doubling projects and in new line projects like Khurda Road-Balangir and Talcher-Bimalagarh Rail Line projects.

Ballastless train tracks, particularly in tunnels, offer several significant advantages that are ideal for various key merits. These are enhanced durability and longevity; increase stability & safety; reduce maintenance cost; improved ride comfort and noise reduction; efficient space utilization, environment friendly; improved drainage & water management and quicker installation & commissioning.

Enhanced Durability and Longevity

Reduced Wear and Tear: Ballastless tracks are more robust and require less maintenance



compared to traditional ballasted tracks. The absence of ballast eliminates issues like ballast degradation and shifting, which can cause track misalignment. Longer Lifespan: The materials used in ballastless tracks, such as concrete and steel, provide a longer service life, making them a more sustainable option for tunnels. Increased Stability and Safety

Better Track Stability: Without ballast, the track structure is more rigid, ensuring consistent alignment and reducing the risk of derailment. This stability is especially crucial in tunnel environments where space is confined.

Higher Load Capacity:

Ballastless tracks can handle higher loads, making them suitable for high-speed rail or heavy freight traffic that may pass through tunnels.

Reduced Maintenance Costs

Minimal Maintenance Requirements: The robust design and construction of ballastless tracks mean that they require less frequent maintenance. This is particularly beneficial in tunnels, where access for maintenance work is often more challenging and costly.

Lower Operational Disruptions:

With reduced maintenance needs, there are fewer operational disruptions, leading to increased efficiency and reliability of train services.

environment of a tunnel, improving air quality and reducing the need for cleaning.

Quicker Installation and Commissioning

Faster Construction: The prefabricated nature of many ballastless track systems allows for quicker installation, which can speed up the overall construction timeline of tunnels.

Immediate Operational Readiness: Once installed, ballastless tracks can often be used immediately, without the need for the track settling period that is typically required for ballasted tracks.

Improved Drainage and Water Management

Effective Water Drainage: Ballastless tracks are designed with integrated drainage systems that efficiently manage water accumulation, which is particularly crucial in tunnels. This helps to prevent water-related issues such as track deformation, corrosion, or flooding, thereby enhancing the overall durability and safety of the track.

Reduced Risk of Water-Related Damage: The superior drainage capability minimizes the risk of water pooling, which can lead to deterioration of the track structure or affect train operations.

This is especially beneficial in tunnels where water management can be more challenging.

These merits make ballastless tracks a highly advantageous option for modern tunnel construction, offering long-term benefits in terms of cost, safety, and environmental impact. This merit further enhances the appeal of ballastless tracks, particularly in tunnel environments where managing water effectively is critical for maintaining track integrity and safety.



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Kangana Ranaut Reveals New Poster Of 'Emergency': Trailer Drops On August 14

Taking to X, Kangana updated fans with the latest developments of the film.

The poster intrigued fans with Anupam Kher, Shreyas Talpade, Vishak Nair and Milind Soman featuring in it alongside Kangana Ranaut, who is playing ex-PM Indira Gandhi.

Sharing the poster featuring the cast, she wrote, "Witness the Darkest Times of Democratic Indian History & the lust For Power that almost burned down the Nation! #KanganaRanaut's #EmergencyTrailer out on 14th August. The Explosive Saga of The Darkest Chapter of Indian Democracy #Emergency Unfolds In cinemas worldwide on 6th September."

Recently, makers unveiled the new release date.

The political drama, which explores a significant and controversial period in Indian democracy, is set to hit theaters worldwide on September 6, 2024.

'Emergency', a project helmed entirely by Kangana Ranaut, boasts a stellar cast including Anupam Kher, Mahima Chaudhary, Milind Soman, Shreyas Talpade, Vishak Nair, and the late Satish Kaushik in pivotal roles. Produced by Zee Studios and Manikarnika Films, the film is set against the backdrop of one of India's most tumultuous political periods, promises to be a portrayal of historical events.

With screenplay and dialogues by Ritesh Shah and music orchestrated by Sanchit Balhara, 'Emergency' aims to captivate audiences with its portrayal of a significant chapter in India's political history.

Actor Disha Patani remembered late actor Sushant Singh Rajput on the occasion of their film 'MS Dhoni: The Untold Story' 7th anniversary. Taking to Instagram, Disha shared a clip from the movie featuring herself and Sushant. Sharing the video, she wrote, "Grateful for this beautiful journey and my first film in Hindi cinema. Love whole heartedly and cherish the ones who make you happy safe and heard life's too short for regrets! We couldn't say goodbye but I hope you're

Lokesh Kanagaraj's reunion after the 2021 blockbuster 'Master'.

Taran Adarsh shared a report on advance booking of the film in the UK and posted on X, "VIJAY: 'LEO' SETTING NEW BENCHMARKS... #ThalapathyVijay's #Leo is SHATTERING RECORDS #Overseas. Distributed in #UK and #Europe by #AhimsaEntertainment, with 19 days left, the film has already taken the #Tamil* Day 1 #BO crown in #UK from the previously held #PS1. #Leo is targeting to

'Laila Majnu' re-release box office: Shining 1st weekend for Triptii-Avinash's film



Laila Majnu' re-release

will surpass its original lifetime collection in no time. The film is running successfully in theatres and is enjoying its newfound popularity. 'Laila Majnu' gained newfound popularity after its initial release in the year 2018. A box office dud originally, the film has been re-released in theatres and

is performing fabulously

now. Starring Avinash Tiwary and Triptii Dimri as the modern-day Laila-Majnu, it grossed over Rs 2 crore within three days of its release.

The first weekend of the film suggests that it will simply surpass its original lifetime run in no time. Directed by Sajid Ali, the film ended up grossing Rs 3.20 crore and Rs 2.72

crore nett in India. It has

already grossed over Rs 2.15 crore in its opening weekend, and is expected to reach around Rs 5 crore gross by the end of its re-release run. Unfortunately for the film, despite its impressive re-run right now, 'Laila Majnu' is not likely to stay in theatres for a long time. Three new Bollywood releases

and many other pan-India South biggies will be hitting the screens in three days, which will hardly leave any screens for this romantic drama. However, the film will end up surpassing its old collection. It is also the first time that any Bollywood re-release has touched the single-day mark of Rs 1 crore gross at the box office. Only if 'Laila Majnu' had more days to perform at the ticket window, it would have easily challenged the lifetime collection of 'Rockstar' re-release, which earned over Rs 10 crore gross in India when it hit the screens recently. The music, the story, the pairing and the performances - everything about 'Laila Majnu' grew in the audience's minds over the years. There was a massive demand for its big screen comeback, especially with Triptii's new popularity after 'Animal', and the film's songs going viral on Instagram. Definitely a gem that we missed appreciating six years back!

Leo Advance Booking: Vijay's Action-Thriller To Become Highest Tamil Opener In UK



surpass the current single-day earnings for an INDIAN film in #UK, a record presently held by #Pathaan."

The Lokesh Kanagaraj directorial has begun on an excellent start and has already crossed USD 100K in the US for the

premiere shows. As reported by the trade website sacnilk, the film has sold around 5800 tickets worth USD 130K

gross. 'Leo' is all set to arrive in theatres worldwide on October 19. The much-awaited film stars Vijay and Trisha, alongside Sanjay Dutt, Arjun Sarja, Gautham Vasudev Menon, Mansoor Ali Khan and Mysskin. The film was officially announced in January 2023 with tentative title 'Thalapathy 67', as it is Vijay's 67th film as a lead actor. Apart from Tamil, it is expected to be released in dubbed versions including Telugu, Kannada, Malayalam and Hindi languages.

Aditi Rao Hydari: 'Been told I'm fragile like glass'



of the way I look or the way I am or the parts I have played, usually the fragile, feminine, petite girl. Often people say, 'oh, she will just blow away.' Or 'oh she is like glass, if you touch, she will break.' Today, I own it and I am what I am. It is not a burden for me, but if it is for you, then you need to figure it out. Secondly, my vulnerability is my strength."

Aditi then elaborated on why she feels Bhansali manages to show women with their flaws, strength and vulnerabilities alike: "I also feel it is also about directors who bring that out in an actor. To have a vision and say that there are different kinds of strengths. I'm so happy that I lived this life of Bibbo Jaan because it was literally like 'here is a girl who

is so kind, so feminine, and artistic.' She sings and dances. She is celebrated for her beauty, but beneath that, she has this simmering purpose, courage and fearlessness. I feel that fearless belief is so inspiring, and they are not mutually exclusive. You can be both. I relate to it."

Aditi also spoke about

'silly' things actresses hear for any project they are offered, like 'you are too beautiful'. Responding to it, she shared, "That's so silly. It is somebody's insecurity that is speaking because it is such a silly thing to say about somebody. A person is how they look, but there is more to the person. There

are directors who create very beautiful female characters, and in this case, like Sanjay Bhansali, he doesn't look at a woman as a one-tone character. Bibbo could have been a sweet and obedient girl, but the fact that she has this arc, shows how he looks at women as complete beings."

The actor also

questioned why many in the industry fail to look at an artist as an artist: "I have 100 per cent been told that you are too beautiful for this role. But I am a person. I am a sum total of many things."

Aditi quipped, "Also, why is this a problem? You don't tell somebody that 'you act too well'. It doesn't make sense. But that is also being heard now, oh 'that girl is too good an actor, she will outshine the others.' It has not been told to me, but I have heard this as well. It just doesn't make sense. It means your intentions aren't pure."

'Heeramandi' is currently streaming on Netflix. It also features Manisha Koirala, Sonakshi Sinha, Sanjeeda Shaikh, Richa Chadha and Sharmin Segal in pivotal roles.

The Timeless Significance of Handwritten Letters



In a world increasingly dominated by screens and instant messaging, where communication is often reduced to quick texts and fleeting emails, the art of handwritten letters feels like a distant memory, a relic of a bygone era. The tactile experience of putting pen to paper, the thoughtfulness required to carefully choose each word, and the anticipation of waiting for a response are all elements that have been largely lost in the digital age. Yet, there is something profoundly moving and deeply personal about receiving a letter written by hand, something that resonates with the soul in a way that no digital message can replicate. A handwritten letter is much more than mere words on paper; it is a piece of the writer's essence, a tangible expression of their thoughts, emotions, and intentions. Unlike the hurried typing on a keyboard, writing a letter requires time, effort, and a deep engagement with the self. Each stroke of the pen, each curve of a letter, carries the weight of the writer's emotions. The pressure of the pen on paper can reveal excitement, hesitation, or sorrow, making the letter not just a message but a reflection of the writer's state of mind and heart at the moment it was written. Receiving a handwritten letter, therefore, becomes a uniquely intimate experience. The

recipient knows that the letter was crafted with care, that the writer took the time to sit down and compose their thoughts, and that the letter travelled through time and space to reach them. The paper, often bearing the marks of its journey—perhaps a smudge, a fold, or a slight tear—carries with it a story of its own. The physicality of the letter adds layers of meaning that a text message or email can never convey. Holding a letter in one's hands is like holding a piece of the past, a moment frozen in time, encapsulating the thoughts and feelings of another person. In a world where emails are quickly deleted and text messages vanish into the ether, a letter can be kept, cherished, and revisited time and again. It becomes a lasting memento, a treasure that can be passed down through generations. Families often keep boxes of old letters, each one a testament to the lives, loves, and experiences of those who came before. These letters are not just personal keepsakes; they are pieces of history, capturing moments of joy, sorrow, love, and loss in a way that is both deeply personal and universally relatable.

Let's explore the importance of handwritten letters, delving into their historical context and providing examples that illustrate their enduring impact.

Handwritten letters carry a personal touch that digital communication cannot replicate. The process of writing by hand involves thoughtfulness and intention. Each stroke of the pen reflects the writer's emotions,

making the letter a genuine expression of their feelings. This personal connection is especially evident in love letters, where the writer's emotions are conveyed not just through words but through the very act of writing. One of the most famous examples of handwritten love letters in history is the correspondence between John and Abigail Adams, one of America's founding couples. Their letters, written during the late 18th century, provide a glimpse into their deep affection and respect for each other. In a letter dated October 4, 1762, Abigail wrote to John: "My Dearest Friend...I long for your return...but still I must deny myself." These letters reveal not just their love but also their intellectual partnership, as they discussed politics, philosophy, and the challenges of their time. The letters between John and Abigail Adams are now treasured historical documents, offering insights into both their relationship and the era in which they lived.

Handwritten letters serve as primary sources that document historical events, personal experiences, and societal changes. Unlike digital communication, which can be easily deleted or altered, handwritten letters provide a permanent record that can be preserved for generations. They offer a firsthand account of history, capturing the thoughts and emotions of those who lived through significant events. Mahatma Gandhi's letters are a testament to the power of written words in shaping history. Gandhi corresponded with many influential figures during India's

struggle for independence, including British officials, fellow freedom fighters, and ordinary citizens. In a letter to Adolf Hitler dated July 23, 1939, Gandhi appealed for peace, writing, "It is quite clear that you are today the one person in the world who can prevent a war which may reduce humanity to a savage state." Although Hitler never responded, the letter highlights Gandhi's commitment to non-violence and his belief in the power of words to effect change. Gandhi's letters provide valuable insights into his philosophy and the strategies he employed in the fight for India's independence.

Throughout history, handwritten letters have been a medium for intellectual exchange, where ideas were discussed, debated, and refined. Many of these letters have become important literary works in their own right, offering readers a glimpse into the minds of great thinkers, writers, and artists.

The correspondence between the French philosopher Voltaire and Frederick the Great, King of Prussia, is one of the most famous intellectual exchanges in history. Over a period of nearly five decades, the two men exchanged letters on a wide range of topics, including philosophy, politics, religion, and the arts. These letters reveal not only their intellectual camaraderie but also the challenges and conflicts that arose between them. Voltaire's wit and Frederick's sharp insights make their

correspondence a fascinating read, shedding light on the Enlightenment era and the complex relationship between two towering figures of the time.

Handwritten letters have played a crucial role in social and political movements, serving as a tool for organizing, mobilizing, and spreading ideas. They have been used to inspire, persuade, and galvanize people into action, often in times of great social upheaval. Martin Luther King Jr.'s "Letter from Birmingham Jail" is one of the most powerful examples of a handwritten letter that influenced a social movement. Written on April 16, 1963, while King was imprisoned for participating in non-violent protests against segregation, the letter was addressed to fellow clergymen who had criticized his actions. In the letter, King eloquently defended the strategy of nonviolent resistance to racism, arguing that "injustice anywhere is a threat to justice everywhere." The letter became a key text of the civil rights movement, inspiring countless individuals to join the struggle for equality and justice in the United States.

Handwritten letters are often preserved as part of a culture's heritage, providing future generations with a window into the past. These letters offer a unique perspective on cultural practices, traditions, and social norms, making them invaluable resources for historians and scholars. The diary of Anne Frank, written during her time in hiding from the Nazis, is essentially a series of letters addressed to an

imaginary friend named Kitty. These letters provide a poignant account of her life as a Jewish teenager during the Holocaust, offering a deeply personal perspective on the horrors of war and persecution.

Handwritten letters have the ability to convey emotion, preserve history, facilitate intellectual exchange, and inspire social change. They are a testament to the enduring power of the written word and its ability to connect people across time and space. The letters of the famous Dutch painter Vincent van Gogh, primarily written to his brother Theo, are an example of how handwritten correspondence can offer profound insights into an individual's life and work. Van Gogh's letters, written between 1872 and 1890, detail his thoughts on art, his struggles with mental illness, and his financial difficulties. These letters are not just a record of his life but also a reflection of his creative process and artistic vision. They provide an intimate look at the mind of one of history's greatest artists and have become an essential part of his legacy.

In an era where communication is increasingly instant and impersonal, the handwritten letter stands as a powerful reminder of the depth and richness that can be found in taking the time to connect with others in a meaningful way. It is a reminder that, despite the convenience of digital

communication, there is something irreplaceable about the tangible, personal nature of a handwritten letter.

Whether kept as a personal keepsake, passed down through generations, or preserved as a historical document, handwritten letters capture the essence of human connection in a way that no other medium can. They are, in the truest sense, echoes of the soul, offering us a glimpse into the hearts and minds of those who came before us, and preserving the beauty of human expression for generations to come.

Handwritten letters have played a crucial role in shaping human history, culture, and relationships. They are more than just a means of communication; they are a reflection of the human experience, capturing the thoughts, emotions, and ideas of individuals in a way that digital communication cannot. The examples discussed in this essay, from the love letters of John and Abigail Adams to the philosophical exchanges between Voltaire and Frederick the Great, demonstrate the lasting impact of handwritten correspondence. As we continue to move towards a digital world, it is important to remember the value of handwritten letters and the unique role they play in preserving our history, culture, and personal connections.

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Lack of public education hurting fight against hepatitis



the National AIDS and STI Control Programme, nine out of ten people living with hepatitis are unaware of their true condition, despite the fact that the infection prevalence in India is more than five percent.

According to the findings of the World Health Organization's (WHO) 2024 Global Hepatitis Report, hepatitis is the second most infectious cause of mortality worldwide, accounting for 1.3 million deaths per year.

A viral infection is

the most common cause of hepatitis; however, autoimmune hepatitis, medicines, narcotics, toxins, and alcohol are all potential causes of hepatitis for certain people. Autoimmune hepatitis is a condition that occurs when the body produces antibodies that kill liver tissue. The most recent estimates place the number of chronic hepatitis C infections in India between six and twelve million, and the number of chronic hepatitis B infections at forty million. The HEV

virus is the most significant contributor to epidemic hepatitis, despite the fact that the HAV virus is more prevalent in children. Following China in the rankings, the nation came in second place, contributing 27.5 percent of the total number of cases worldwide in 2022, with 83.8 million cases.

Because of the high incidence, there is a lack of awareness and understanding of the symptoms, which highlights the need for implementing

public health interventions and strategic strategies in order to manage and finally eradicate the illness. It is critical to discover hepatitis at an early stage in order to improve patient outcomes, in addition to the fact that time is important when it comes to treatment. According to the statement, "The country has to take urgent action in order to bridge the knowledge gap in the treatment of viral hepatitis and establish better means for health care practitioners to

communicate information." In order to prevent and treat hepatitis B and C infections, India must take a global approach. By the year 2030, the plan intends to cut the number of new cases of viral infection by ninety percent and the number of fatalities caused by hepatitis by sixty-five percent.

Additionally, it aims to ensure that eighty percent of viral hepatitis infections receive treatment. According to the plan, in order to eradicate hepatitis B, it is necessary to

work together on five fundamental interventions. These interventions include immunization against hepatitis B, preventing mother-to-child transmission, ensuring the safety of blood and injections, harm reduction programs for those who inject drugs, and expanding testing and treatment.

To achieve these objectives, it is critical to encourage and broaden the reach of the HBV vaccine to different communities. Everyone should be screened for HCV at

least once, according to the recommendations that India has established. Blood donors, patients undergoing hemophilia, health care professionals, people who use intravenous drugs, and people living with HIV are among the individuals who should be given priority for HCV screening in cases when regular screening is not practicable.

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World Odisha Society (WOS)'s Chairman Kishore Dwibedi felicitating Odisha Legislative Assembly Speaker Surama Padhy during the courtesy meeting with her today in Bhubaneswar alongwith WOS's New Delhi and NCR Branch's Chief Co - ordinater Umakant Jena and Cultural General Secretary Kaveri Behera

Congress will form government with full majority in assembly elections: Former Minister Jagdish Yadav



Rewari(KCN): Former Congress Minister Jagdish Yadav said that elections can be announced in the state anytime and in these upcoming assembly elections, Congress party will form government with full majority under the leadership of Honorable Chaudhary Bhupendra Hooda. He was discussing tea in Kosli village today. He said that the crowd of people on the streets in the

party program Haryana Maange Hisaab Abhiyan being run by MP Deepender Singh Hooda in the state today is proof that now BJP's exit from power in Haryana is certain. He said that people in Haryana have made up their mind for change because in the last 10 years, the BJP government has oppressed every

section. The people sitting in the Haryana government have not only insulted every section but also put the state off the track of development and made it a victim of unemployment, inflation, crime, corruption and drug addiction. In the last 10 years, this government has not spared anyone. Be it farmers or youth, players or school children, everyone had to

come out on the streets against this government. Referring to Kosli Vidhan Sabha, he said that despite having a BJP MLA from Kosli Vidhan Sabha for the last ten years, it has lagged behind in development. This will be compensated on priority basis when Congress government is formed. He said that today BJP is making announcements in bulk, not to benefit the people of the state but to deceive people to remain in power. But today every voter of the state is fed up with the oppressive policies of BJP and has made up his mind to change the government. On this occasion, Sonu Yadav, Rajkumar, Omprakash, Rajendra Yadav and other dignitaries were present.

Young Poet Rajkumar Shrestha honoured with the First 'Ramdarash Mishra Shatabdi Srijan Award'



New Delhi, (KCN): For the encouragement of creativity and writings of young Hindi writers, Ramdarash Mishra Trust which is recently established on the birth centenary of veteran author Ramdarash Mishra has decided to award young Hindi poet Rajkumar Shrestha with the first 'Ramdarash Mishra Shatabdi Srijan Award' established by the trust. This award is being given to Rajkumar Shrestha for his poetry collection *Aise Bhi Dekhiye* published in 2023. The award will be given to him by Prof. Ramdarash Mishra himself along with the guests present at the Ramdarash Mishra Birth Centenary Celebration organized at the Seminar Hall of Guru Govind Singh

Indraprastha University, Dwarka, New Delhi on 15 August 2024. The award includes ang vastra, citation and an amount of twenty-one thousand rupees. This award jury comprises of renowned writers Ashok Chakradhar, Mamta Kalia, Suresh Rituparna, Ved Prakash Amitabh, Om Nischal, Ved Mitra Shukla and Smita Mishra

(convenor). The award-winning poetry collection has been published by Bodhi Prakashan, Jaipur. In the press release issued by the secretary of the trust, Prof. Smita Mishra, it is said that "Rajkumar Shrestha's poems depict a wide spectrum with limited images, and at the same time, contain words related to the truths of life. In the centre of all these, true identity of humanity can be explored by readers. He repeatedly confronts the reality that touches the heart of humanity in his poems and, by showing extraordinary restraint in words, transforms the poem into a thoughtful unit. These poems are like a gift for humanity." Born on 22 August 1987 in New Delhi, Rajkumar

Shrestha is a poet, editor, translator and promoter of Hindi language and literature. His works and research papers have been published in various national newspapers and magazines. He also has considerable creative momentum in the Nepali language. He is currently the joint editor of Hindustani Bhasha Bharti magazine and is working with the aim of establishing Hindi on the national horizon by joining the Hindustani Bhasha Academy. For Rajkumar Shrestha, poetry is like a necessary initiative for the formation of a living and awakened society, which he has been carrying out very well and for a long time.

'Bail Is Rule, Jail Exception': Supreme Court's Reminder For Anti-Terror Cases

New Delhi(KCN): The Supreme Court has re-emphasised the bail is rule, jail is exception principle - which it underlined while granting bail last week to ex Delhi Deputy Chief Minister Manish Sisodia - that courts must follow, even when charges are filed under special statutes like anti-terror law UAPA. The reference was to one of the truly landmark moments in Indian jurisprudence, dating back to 1977 when Justice Krishna

Iyer lay down what many see as a cardinal rule, that 'bail is the rule... And, in a significant statement today, a bench of Justice Abhay S Oka and Justice Augustine George Masih seemed to channel that sentiment, stating that "once a case has been made out for grant of bail... the court cannot decline relief". "When a case is made for a grant of bail, the courts cannot have hesitation... the

allegations of the prosecution may be very serious but the court's duty is to consider case for grant of bail in accordance with the law... 'bail is rule and jail exception' is a settled law," the judges said. To deny bail in cases where a legal argument is successfully made is "a violation of rights guaranteed under Article 21 (which relates to the right to life and personal liberty)

of our Constitution". A bench of Justice SB Pardiwala and Ujjal Bhuyan made a similar observation last month in an unrelated UAPA accused's bail hearing. They said the right to life and personal liberty, as enshrined under Article 21, is "overarching" and statutory restrictions may be overruled in such cases.



Amrit Udayan is gearing up to welcome the visitors! Glimpses of the preparation!

Tata Steel Foundation Launches 'Jagrut Rath' to Raise Awareness on Vector-Borne Diseases



Sukinda, (KCN) : Tata Steel Foundation launched 'Jagrut Rath' campaign in Sukinda and Bambipal to educate communities about vector-borne diseases, specifically targeting common yet fatal diseases like filaria, dengue, and malaria on Friday. At Sukinda, the campaign was launched by Pramod Kumar, Head Administration, Ferro Alloys & Minerals Division(FAMD), Tata Steel in the presence of Nihar Mitra, Sr Area manager, Mining Operations, Sukinda Chromite Mines, Tata

Steel, Bikash Patra, Sarpanch, Kaliapani and Community Health workers from all nearby Sub-Centers. The campaign will cover 20 villages under four Gram Panchayats namely Rasol, Kaliapani, Chingusipal and Kansa. At Bambipal, the initiative was flagged off by Adarsh Agrawal, Head, Ferro Alloys Plant, Bambipal in the presence of Dr Jayant Kumar Tripathy, Unit Head, Tata Steel Foundation Bambipal, PRI members, social workers, and local community members. Addressing the occasion,

Adarsh Agrawal, Head, Ferro Alloys Plant, Bambipal said, "The initiative will play a critical role in bringing health awareness directly to people's doorsteps, fostering health-seeking behaviour, and positively impacting the region's health and quality of life among rural and tribal communities."

In Bambipal, 'Jagrut Rath' will travel across 30 villages in five Gram

Panchayats including Rasol, Tangiripal, Kijahar, Deulakana, and Radhika

Deipur, delivering crucial health information. In addition to Bambipal,

Flag hoisting ceremony at Saifi Talimi Madrasa of Naglo

New Delhi(Ahsan Ansari): Principal of Saifi Talimi Madrasa located in Nihal Vihar of Naglo and wife of World Peace Harmony Chairman Haji Shakeel Saifi, Rubina Saifi hoisted the flag in the madrasa. On this occasion, all the small children of the madrasa were taught about the independence of the country. Many children and other teachers were present on the occasion. While talking to the media, Rubina Saifi said that our country is a beautiful country in the whole world, here everyone gets equal respect and rights, we are proud that we are Indians.

RUNNING OF INDEPENDENCE DAY SPECIAL TRAINS BY SER

Kolkata, (KCN): The South Eastern Railway (SER) authority has decided to run one trip of Independence Day Special as per following schedule: The 02817/02818 Shalimar-Puri-Shalimar Special:

The 02817 Shalimar-Puri Special will leave Shalimar tomorrow at 9.05 pm at night and will reach Puri at 06.15 am, the next day. In the return direction, the 02818 Shalimar-Puri-Shalimar Special will arrive at Shalimar at 04.05 pm in the evening, the same day.

The 02817 Shalimar-Puri Special will leave Shalimar at 08.50 am, the next day.

The Special train will have stoppages at Santragachi, Kharagpur and Baleswar in South

Eastern Railway jurisdiction.

The

02867/02868

S h a l i m a r - D i g h a -

Shalimar Special:

The 02867 Shalimar-

Digha Special will leave

Shalimar on August 15,

2024 at 11.20 pm at night

and will arrive at Shalimar at 08.50 am, the next day.

The 02867 Shalimar-Puri Special will leave Shalimar at 08.00 am and will reach Digha at 11.55 am, the same day. In the return direction, the

02868 Digha -Shalimar

Special will leave Digha on August 15, 2024 at 12.45 pm and will arrive at Shalimar at 4.05 pm in the evening, the same day.

The Special train will have stoppages at Santragachi, Uluberia, Baganan, Mecheda, Tamluk and Kanthi in SER jurisdiction.

"Jana Gana Mana" National Anthem performed in unique style to create Guinness World Record by composer Ricky Kej

Kolkata (PARTHA ROY): Indian Music Composer Ricky Kej assembled an ensemble of Indian living musical legends and nearly 14000 tribal students of KIIT - KISS of Bhubaneswar Odisha to create unique music video of National anthem to celebrate New Bharat.

Ricky Kej with support of pioneer educationist & philanthropist Dr. Achyuta Samanta founder KIIT - KISS created the unique music video. While creating the music video a Guinness Book of World record was created for "Largest Singing Lesson" involving nearly 14000 students.

The recording is a harmonious blend of traditional and contemporary elements,



representing the essence of a new Bharat. An intergenerational masterpiece.

The recording will be released on the 14th of August (eve of India's Independence) at 5 pm across all streaming platforms, YouTube and Ricky Kej's social media accounts.

Pachyderms in peril: Calf carcass recovered on World Elephant Day

Keonjhar (KCN): Forest officials found an elephant calf's decomposed carcass in Barbanka reserve forest under Deoband section of Ghatagaon forest range in Keonjhar district as people and various organisations observed World Elephant Day, Monday. Coming close on the heels of the recovery of a female elephant carcass in Hadagarh Wildlife Sanctuary in the northern district and coinciding with the international annual event dedicated to the preservation and protection of pachyderms, the discovery has evoked sharp reactions among nature lovers and wildlife enthusiasts. Sources said the calf belonged to a seven-member herd that is moving around the forests under Deoband.

section. The carcass was found lying near Raghubeda dam around 60 metre from Santrapur village under Ghatgaon range of Keonjhar forest division. The calf, a female, is estimated to be aged within three to seven years. Circumstantial evidence suggested that she might have died less than a week ago. The matter came to the fore after locals who had gone to collect firewood from the jungle spotted the decomposed carcass through the stench and informed Forest officials. Preliminary investigation indicated that someone tried to burn the carcass. However, it can be confirmed only after the investigation is completed, Forest officials said. Informed, Assistant Conservators of Forests (ACFs) Jitendra Behera, Ashok Das and Surendra Hembram rushed to the



spot and launched an investigation. A team of veterinarians conducted a post-mortem of the carcass before burying it at the spot. The Forest officials ruled out electrocution as the cause of the calf's death as there is no power source within 1km radius of the spot. The veterinary team has taken samples for

examination. Divisional Forest Officer Dhanraj HD said the officials of Centre for Wildlife Health have been contacted to ascertain the actual reason behind the animal's death.

Questions have been raised on the efficiency of the Forest department as the incident dawned upon the officials only a week

of the calf's death. The lackadaisical attitude has sparked anger and resentment among animal lovers as they alleged that

the elephant tracking report submitted by the field staff is a complete failure. The report submitted by the field staff claimed the calf to be alive and present with the herd, though it had died a week back. It is clear from this incident that the field staff often submits wrong reports about the presence of elephants without actually visiting the field and taking stock of the pachyderms, they further alleged.

Notably, five years back, the decomposed carcass of a tusker was recovered from Gayalmunda village in Barbanka reserve forest. Official sources

said that 12 elephants died under Keonjhar forest division in the year 2022-23, whereas in 2023-24 the fatalities rose to 18. In the current financial year (2024-25) death of seven elephants has been reported so far. Altogether, at least 37 elephants have perished in the forest division in the last three years. On the other hand, 139 elephants are moving in different forests under Keonjhar forest division. The animals are wandering aimlessly and often straying into human habitats due to the destruction of the forest cover as well as loss of

NGT slaps Rs 6cr penalty on Serajuddin and Co



Keonjhar (KCN): The Kolkata bench of National Green Tribunal (NGT) has slapped a penalty of over Rs 6 crore over mining firm Serajuddin and Co towards environmental loss at its Balda iron ore mines in Joda mining division of Keonjhar district. Sources said, the tribunal has directed the mining firm to deposit the penalty with Odisha State Pollution Control Board (SPCB). Acting on the order, the member secretary of SPCB in a letter (7070, dated May 9, 2024) has asked the mining firm to deposit the penalty towards

amount. Earlier, while hearing an environmental damage case (OA No. 173/201/EZ) between Ramachandra Mahant and others versus M/s Serajuddin & Company, a special bench of the tribunal had ordered a joint investigation of the mines owned by Serajuddin & Company, April 21, 2022. Later, a joint inspection committee consisting of Keonjhar DFO, Champua Sub-Collector, scientists of Central Pollution Control Board (CPCB) and the regional officer of SPCB in Keonjhar visited the mines to determine the penalty amount from the mining firm. Acting on the order, the

member secretary of SPCB has asked the company to deposit the penalty. However, it was learnt that the mining company, instead of depositing the penalty, went to court to delay the implementation of the order and avoid paying the amount. Sources alleged that the Justice Shah Commission, which was inquiring about illegal and irregular mining, found illegality in the work of this company and imposed a fine. Regional Officer, SPCB, Keonjhar, Prasant Kar said that the company moved the court against the NGT order and is yet to deposit the penalty towards the environmental loss. Subas Mohanty, senior manager of the company, said that the order was stayed by the court and the matter is sub-judice. Further steps will be taken after the court hears the matter and issues a fresh order, he added.

Police foil armed bank loot bid; 7 held

Jaleswar (KCN): The police foiled an armed bank dacoit bid late Sunday under Jaleswar police limits and apprehended seven inter-state dacoits. In a swift operation and timely intervention of the DIG-cum-incharge of IG of Police (Eastern Range), Satyajit Nayak, the Jaleswar police apprehended seven inter-state anti-socials including four from West Bengal and one from Delhi, while they were preparing a plan for a bank dacoity at Jaleswar.

The dacoit gang had congregated at Dashahara ground in Gobar ghat under Jaleswar police limits in Balasore district when the police swung into action and foiled their plan to loot a bank. The Jaleswar police seized



two pistols with 14 rounds of ammunition, one country-made gun with a live cartridge, iron rod, one gas cylinder, cutter and six mobile phones. The police also seized one four-wheeler and three motorbikes, besides Rs 3,600 cash from the possession of arrested dacoits, Nayak said. The

DIG said the Jaleswar police registered a case and further investigation is on. According to Nayak, he got information from reliable sources that some inter-state anti-socials had congregated at a place under Jaleswar police limits and hatched a plan for



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Add a Healthy Twist to Holi: Make Almonds Your Go-To Festive Snack

Bhubaneswar (KCN): Holi is a joyous festival celebrated with vibrant colours, symbolizing the spirit of togetherness as families and friends unite in cheerful gatherings. During this festive occasion, exchanging gifts and relishing delicious meals with loved ones are cherished traditions. However, amidst the festivities, it's crucial to exercise caution against overindulging in unhealthy snacks and foods, recognizing their potential long-term impact on our health. Therefore, practicing mindfulness while celebrating Holi becomes imperative. Incorporating a handful of almonds into your diet during this time can enhance taste as well as provide essential health benefits, ensuring a balanced and enjoyable celebration.

Almonds, rich in 15

essential nutrients like vitamin E, magnesium, protein, riboflavin, and zinc, are renowned for their ability to provide numerous health benefits, including supporting heart health, managing weight, and regulating blood sugar levels. Incorporating these powerhouse nuts into Holi celebrations can elevate the festivities. Whether presented as gifts, incorporated into traditional recipes, or enjoyed as snacks, almonds symbolize prosperity and well-being. Their delicious taste and satisfying crunch enhance the flavors of various Holi dishes, from sweet gujiya to savory almond chaat. Moreover, gifting almonds expresses good wishes for health and happiness. By embracing almonds in Holi festivities, Opting

everyone can enhance the joy of the occasion while embracing a healthier lifestyle.

Sharing thoughts on the celebration of Holi, Bollywood actress, Soha Ali Khan said, "Like everyone else, I cherish celebrating Holi with my loved ones. I love hosting Holi parties at home, where family gathers to indulge in festive delicacies. As a tradition, I always prepare healthy almond brittle for my family, a delightful fusion of taste and nutrition. This dessert not only enhances our enjoyment of the festival but also promotes overall health by providing a healthier alternative to sugary treats."

Ritika Samaddar, the Regional Head-Dietetics, Max Healthcare – Delhi said, "During Holi celebrations, making mindful choices about snacks can significantly impact our health. Opting



for nutritious options like almonds instead of unhealthy snacks not only adds to the festive spirit but also enhances our well-being. Almonds, loaded with good fats and proteins, are an ideal addition to any weight-loss plan, providing satiety and valuable nutrition. Moreover, studies suggest that incorporating almonds into our daily diet may help reduce dyslipidemia, a critical risk factor for

cardiovascular disease. This highlights the importance of including almonds in our Holi festivities. By savoring Holi delicacies mindfully and enjoying the sensory experience with a handful of almonds, my family and I not only celebrate the joy of the festival but also prioritize our health."

Speaking about how to maintain skin health during Holi, Skin Expert and Cosmetologist, Dr.

Geetika Mittal Gupta to remove color traces and sweat without stripping away natural oils. Additionally, I recommend moisturizing the skin thoroughly and staying hydrated by drinking plenty of water to restore hydration levels and promote skin healing. Furthermore, I suggest incorporating a handful of almonds into the diet, as they are rich in vitamin E, copper, zinc, and polyphenols, which can contribute to improving skin health."

Sheela Krishnaswamy, Nutrition and Wellness Consultant said, "Almonds serve as a meaningful and auspicious gift during festivals and special occasions, embodying the care and concern of the gift giver for their loved ones. Not only are almonds a thoughtful gesture, but they are also a nutritional powerhouse, packed with essential nutrients like protein, fiber, and healthy fats, making them a valuable

addition to any diet. Regular consumption of almonds has been associated with improved heart health, as they can help lower cholesterol levels and reduce the risk of heart disease. Furthermore, almonds are rich in antioxidants, vitamins, and minerals, which contribute to overall well-being and support a healthy immune system. Therefore, I prefer to gift my family and friends something that promotes fitness during these festive occasions, and that is where almonds come to my rescue."

Fitness Expert and Celebrity Master Instructor, Yasmin Karachiwala said, "During festivals like Holi, where physical activity may decrease due to socializing, almonds can be a valuable addition to maintain cardiovascular health and overall well-being.

Ashok Leyland launches industry first 8-wheel truck – AVTR 2620

Chennai: Ashok Leyland, flagship of the Hinduja Group and India's leading commercial vehicle manufacturer, today, launched the industry first 8 wheeler truck – AVTR 2620. With this launch of AVTR 2620, Ashok Leyland becomes the first and only player in the country to have a full range of trucks based on lift axle technology from GVW of 25.5 to 47.5T. This new product can be operated as 25.5 T(6x2) truck with the lift axle down (offering

payload closer to regular 6x2 MAV truck) and a 4x2 truck (18.5T GVW) with lift axle up ((lower fuel and operating cost similar to 4x2) during light load/partial load/ return empty. This new product thus offers an excellent operational flexibility to customers to choose the option based on their load, offering best-in-class Total Cost of Operation (TCO) benefits.

Speaking on the occasion, Mr. Sanjeev Kumar, Head - M&HCV, Ashok Leyland, said, "Ashok

Leyland, said, "Ashok

Leyland has a history of introducing products which have disrupted the CV industry. AVTR 2620 with its unique lift axle configuration offers higher TCO advantage to our customers operating in Ecom, Parcel & tanker. AVTR 2620 is a testament of Ashok Leyland's technological prudence & our commitment towards providing better logistical solutions to our customers, aligning with our philosophy of Appkijeet, HamariJeet."

Kansai Nerolac Paints Ltd. placed in Leadership position in CRISIL's Sustainability Yearbook

Mumbai: In recognition of its relentless commitment towards sustainability and the environment, Kansai Nerolac Paints Ltd (KNPL) has been placed in the 'Leadership' category in the CRISIL Sustainability Yearbook 2022. The company is one among the only 14 companies that have been placed in this category for their ESG initiatives. Further, Kansai Nerolac Paints Ltd has earned the highest ESG score amongst paint and manufacturing companies. This recognition further reinforces the company's commitment towards nurturing a beautiful and healthy world for future generations.

The CRISIL

Statement by State Bank of India

Mumbai : Shri Vijay Kumar, Branch Manager, Arreah branch of EllaquaiDehati Bank (EBD), a Srinagar-headquartered Regional Rural Bank sponsored by SBI was shot dead today in the branch premises by a terrorist. Vijay Kumar, who belonged to

Sustainability Yearbook is one of the most comprehensive annual publications based on CRISIL's proprietary ESG framework on Indian companies. Analyzing over 575 companies across 53 sectors in India based on data, from the fiscal data from 2021, the Yearbook covers the latest global and domestic developments in the ESG space, incorporation of climate risks by global financial institutions, decarbonization of hard-to-abate sectors in India, implications of transitioning from BRR to BRSR for Indian companies and showcases insights on ESG trends based on the scores and data of the Indian companies.

Commenting on the

achievement, Mr. Anuj Jain, Managing Director, Kansai Nerolac Paints Ltd. said, "We are elated to be placed in the 'Leadership' position in the CRISIL Sustainability Yearbook 2022. This report is a testament to our commitment towards sustainability. At Nerolac, sustainability is at the forefront of all our operations to deliver value to our stakeholders. ESG continues to remain a priority and that has helped us create a positive impact on our communities and the environment. We will continue increasing our ESG efforts as we focus on growing our business sustainably."

uninterrupted banking services to the public. SBI, as the sponsor of EllaquaiDehati Bank, remains committed to ensure the safety and well-being of all its employees, including those posted in the Valley.

Union Bank of India signs MOU with SIDBI for Co-Financing arrangement of MSMEs

Mumbai : Union Bank of India today signed a Memorandum of Understanding (MoU) with Small Industries Development Bank of India (SIDBI) for a Co-Financing arrangement for MSMEs. The MoU was signed by Shri Lal Singh, Chief General Manager, Union Bank of India and Shri Vivek Kumar Malhotra, Chief General Manager, SIDBI. SIDBI is country's principal financial institution

engaged in the Promotion, Financing and Development of Micro, Small and Medium Enterprises (MSME). Under the MoU, Union Bank of India would consider Joint financing/ Co-Financing with SIDBI to Projects/Units in the MSME. This MoU would help the Banks to increase their customer base, while helping the MSMEs to meet their funding requirements. The key highlights of the arrangement include joint

identification of viable projects and term loan and working capital financing to MSMEs. Initially the arrangement would be at specific centers and once the arrangement stabilizes at these centers, more locations would be covered.

Speaking on the occasion,

Shri Lal Singh, CGM

(MSME), Union Bank of India, said "MSME is one of the key sectors of our Indian Economy contributing to GDP,

Exports, Manufacturing Output, Employment, Women Empowerment etc. MSME is one of the focused areas of the Bank and at Union Bank of India, we aim to become Bank of 1st choice for MSMEs. This tie-up with SIDBI aids in realizing the Bank's vision to have increased credit flow to the MSME sector and extend operational convenience to the MSME clientele. Under partnership, Union Bank of India through its Pan

India branch network can provide general Banking products like Current Accounts, Savings Accounts, Working Capital facilities and other related services to the MSME Customers of SIDBI."

Also, speaking on the tie-up arrangement, Shri Vivek Kumar Malhotra, CGM, SIDBI reiterated SIDBI's commitment towards timely financing for MSMEs across all sectors.

Unacademy produces 178 Rankers for UPSC CSE

Bhubaneswar: Unacademy, India's largest learning platform*, today announced that 178 out of 685 rank holders of UPSC CSE 2021 are Unacademy Learners. Among the top rankers from the Unacademy platform are Gamini Singla (AIR - 3), Aishwarya Verma (AIR - 4), Utkarsh Dwivedi (AIR - 5) and Yaksh Chaudhary (AIR - 6). 3 Learners have secured ranks between 1-5, 32 have secured ranks from 6-100 and 143 have secured AIRs from 101-685.

From the 178 Rankers, 45 Learners were Unacademy's Plus/ Iconic subscribers guided by India's Top Educators. The other rankers were guided by Unacademy's Last Mile Programme for UPSC CSE 2021 Interview. Last Mile Programme is an interview guidance program for the last stage of the UPSC CSE exam that helps Learners who have qualified the Mains exam to crack the Personal Interview stage. The questions are asked by retired bureaucrats, former UPSC members and Top Educators in a mock set-up. In last year's Unacademy's Interview Guidance Program 170+ Rankers qualified the Interview stage by securing AIR 2.

New Delhi,: India faces the twin dilemma of co-existence of shortage and abundance in several parts of its energy system. While the provision of electricity has increased significantly over the years, weak institutions and utility governance hamper the power sector's financial performance with issues of accountability, operational efficiency, customer service, and transmission to state-level transmission institutions. The sector takes a huge and grossly unacceptable hit due to extensive losses, leakages and pilferages, and the cost recovery

from tariffs. These are some major findings of a report titled Power Sector in India: New Emerging Opportunities and Challenges released by Infomerics Valuation and Rating Pvt Ltd., the well-known SEBI-registered and RBI-accredited financial services credit rating company. The report explores the opportunities and challenges ahead for India as it seeks to ensure reliable, affordable and sustainable energy for a growing population. During FY20 and FY19, the growth of electricity generation was lower than in the previous financial years because

of the impact of COVID-19. The report quotes the International Energy Agency (IEA) stating that during FY21 recovery in electricity demand from the COVID-19 pandemic was faster and stronger in India than in EU countries.

India is the third-largest producer and the third-largest consumer of electricity in the world. With the increasing population, electricity demand is rising at a fast clip and India has improved its power generation capacity over the years. India has added more than 500 billion units until FY22 from FY10.

Blue Dart signs the UNFCCC Climate Neutral Now Pledge

Bhubaneswar: Blue Dart, South Asia's premier express air and integrated transportation & distribution company and a part of the Deutsche Post DHL Group has signed the 'Climate Neutral Now' (CNN) pledge by the United Nations Framework Convention on Climate Change (UNFCCC). The pledge highlights the organisation's commitment to ambitious CO2 reduction targets.

The Climate Neutral Now Initiative encourages and supports interested stakeholders to act now in order to achieve a climate neutral world by 2050 as enshrined in the Paris Climate Agreement. The initiative is a tool to promote voluntary action on climate change. Blue Dart achieved a 34% CO2 efficiency in 2021. Pablo Ciano, EVP Corporate Development, DPDHL Group says, "As a Group, we have

developed a Sustainability Roadmap that supports the UN's Sustainable Development Goals. We are constantly working towards introducing innovative green logistics solutions that improve our carbon footprint. I am delighted to share that representing the DHL eCommerce Solutions Division in India, Blue Dart has been delivering high on its sustainability initiatives.



Chinnaswamy to host Duleep game; internationals, barring Bumrah, Pandya, expected to feature

New Delhi: The Karnataka State Cricket Association (KSCA) will host the opening match of India's domestic cricket season, featuring a Duleep Trophy game. The KSCA has confirmed that the Chinnaswamy Stadium in Bengaluru will be the venue for the first of six four-day red-ball matches, beginning September 5. Although Anantapur in Andhra Pradesh is the designated venue for the multi-day tournament, this particular game has been relocated to Bengaluru.

"This decision comes at the request of the Board of Control for Cricket in India (BCCI). We have agreed to host the match at the Chinnaswamy Stadium," a KSCA official told Cricbuzz. The venue change reflects the BCCI's decision to involve top international and domestic players in the four-team Duleep Trophy ahead of the two-match home Test series



against Bangladesh, starting September 18. Top players, with the exception of Rohit Sharma, Virat Kohli, and Jasprit Bumrah, have been directed to participate in the competition. Most international players, including KL Rahul, Shubman Gill, R Ashwin, Ravindra Jadeja, Axar Patel, Shreyas Iyer, and Yashasvi Jaiswal are expected to take part, either partially or fully. Rohit Sharma and Virat Kohli have been given the option to choose whether or not to participate.

The only notable absentee from the top

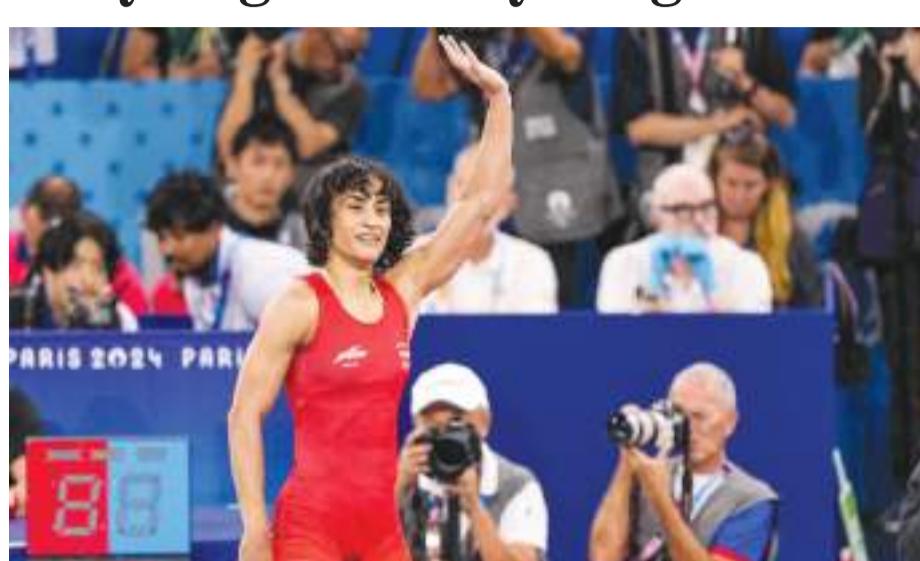
international players is expected to be Hardik Pandya, who has stopped playing red-ball cricket. However, selectors are anticipated to include Ishan Kishan, who has been constantly kept out for all international assignments, in one of the four squads. Jasprit Bumrah will be exempt from domestic duties, and Mohammed Shami, who is still undergoing rehabilitation after surgery, is unlikely to participate in the competition.

The decision was made collectively by the BCCI and selectors, with new coach Gautam Gambhir

involved in the process. The exemption for Rohit Sharma and Virat Kohli was explained by a source, who disclosed to this website, is because the two star players are overworked. "It's up to them whether or not to play," the source explained. Rohit last participated in a domestic game in 2021, while Kohli has not featured in a national-level match since 2015. The decision to include internationals in domestic competitions aligns with the BCCI's effort to address the issue of players skipping domestic matches. Last year, the board notably excluded Iyer and Ishan from the central contract list as part of this policy.

The four-team Duleep Trophy is a multi-day first class competition that will be conducted in a league format. There are no knockout games and the tournament concludes on September 22.

After Vinesh Phogat row, world wrestling body might modify weigh-in rules: Sources



Paris : The world wrestling body (UWW) might be looking into making some minor changes to the weigh-in rules after the Vinesh Phogat controversy stirred a big debate. Vinesh was disqualified from her gold medal bout at the Games for being 100 grams overweight during the weigh-in on the second day of the competition.

The world wrestling governing body, United World Wrestling (UWW) might make slight changes to their weigh-in rules after what they noted during the Paris Olympics 2024, sources

have said. While the weigh-in rules are unlikely to change altogether, some slight modifications will be made, keeping the athletes' safety and health in mind. The changes might come into effect sooner, rather than later.

The development comes even as Vinesh Phogat challenged her disqualification from the women's 50kg gold medal at the Paris Olympics after failing the weigh-in. Vinesh was found 100 grams overweight during the second weigh-in on the second day of the competition. An ad-hoc

division of the Court of Arbitration for Sport (CAS) registered the appeal and heard the arguments of applicant Vinesh Phogat, the respondents United World Wrestling and the International Olympic Committee as well as IOA as an interested party.

Sole Arbitrator Dr Annabelle Bennett of Australia heard the arguments for over three hours on Saturday. While the ad-hoc division of the sports court CAS was scheduled to pronounce the verdict on Saturday, it gave an additional 24 hours for the concerned

Saha to play for Bengal in all three formats

Kolkata: Veteran wicketkeeper-batter Wriddhiman Saha, who returned to Bengal after two seasons with Tripura, expressed his plans to play in all three formats for the state in the forthcoming domestic season.

"I am happy and excited to be back in Bengal. I am looking forward to playing and giving my best for the state. As of now, my plan is to play in all three formats for Bengal, and it will depend on how things go ahead in the season," Saha said during a press meet at Eden Gardens, Kolkata, on Monday (August 12).

The right-handed batter was accompanied by the Cricket Association of Bengal (CAB) president Snehasish Ganguly and secretary Naresh Ojha.



"It is matter (of) great joy to welcome Wriddhi back in Bengal. He has served us a lot in the past. I hope his return will strengthen the team, and Bengal will aim for a better performance in the upcoming season. I wish Wriddhi the very best for the forthcoming season," Ganguly said. Saha further said: "Bengal now has a blend

of both youth and experience. I hope this combination will help in building a strong team. As a team, we are not looking too far ahead, rather focusing on our job at hand and preparing well for the season."

When asked about his age and retirement, Saha said, "Age is just a number for me. As long as I am motivated to play

Abishek Porel, who has already established himself in the team, Saha said, "I will do anything possible for the betterment of the team. I will always be a team man, and I am ready to do what is best for the team and also, help prolong the cricketing career of a talented player like Abishek."

Recently, Harbhajan gave his thoughts on their future and said that captain Rohit can easily play for two more years calling him one of the fittest guys in the team. The 37-year-old is eyeing to play till the ODI World Cup 2027.



"Rohit can easily play for two more years. You never know with Virat Kohli's fitness, you can see him competing for five years. He is probably the fittest guy in the team," Harbhajan told PTI. Further speaking ahead, Harbhajan lauded Virat Kohli's fitness levels saying that he can even compete with the 19-year-old.

"You ask any 19-year-old competing with Virat.

Virat will beat him. He is that fit. I believe Virat and Rohit have a lot of cricket left in them and it is entirely up to them. If they are fit enough, they are performing and the team is winning, they should continue to play. As simple as that," he added. Meanwhile, Kohli hasn't been in the best of forms recently as he had a below par T20 World Cup campaign and a poor ODI series against Sri Lanka. The star batter looked like a shadow of himself during the T20 World Cup scoring just 151 runs from eight innings at an average of 18.87 and a strike rate of 112.68.

Shakib Al Hasan available for all remaining Tests this year - chief selector

Dhaka: Bangladesh chief selector Gazi Ashraf Hossain said on Monday that all-rounder Shakib Al Hasan is available for all the Test matches in 2024. Bangladesh are scheduled to play eight Test matches in the remainder of the year that starts with the two-match Test series against Pakistan. Following the Pakistan series, Bangladesh are scheduled to two-match Test series against India, South Africa and West Indies respectively. Shakib had earlier hinted that he is yet to decide whether he'd play against India as he was only planning till the two-

match Test series against Pakistan. Ashraf though, begs to differ.

"Probably at the end of July we talked to Shakib and there were discussions with me regarding his fitness. During the Zimbabwe series, we wanted to understand his short-term plans. We have a busy schedule with eight Test matches by December. He assured us that he would play all the Tests and attend all practice sessions before each series. He is expected to join the team around August 14 or 15," Ashraf told reporters at Sher-e-Bangla National Stadium on Monday.

Shakib's selection was a

matter of discussion considering he played only four of the eight Tests Bangladesh played in the last two years. Furthermore, while his teammates have had red-ball practice at home, the ace all-rounder will join the squad from Canada after playing in the Global T20 League. He has also had an issue with his eye conditions, which prompted doubts whether he was being picked as an all-rounder or just a bowler.

"I haven't received any updates from our medical team regarding his eyes. Globally, Shakib is one of the best all-rounders for the past 25 (15) years and I maintain

that opinion. I cannot dare to consider him only as a bowler," he said. "The way he has been able to take himself to new heights and his adjustability to different formats and his record against Pakistan are all considered for his inclusion," he said. "It was important to know

We were supposed to go [to Pakistan] a bit later. He will probably reach the side on 14th or 15th and practice with the team," he said. Ashraf added that there were security issues as well for Shakib due to unrest in the country considering he is actively involved in politics being member of the parliament from Awami League banner in the last general election.

The parliament got dissolved after the former Prime Minister Sheikh Hasina fled the country on August 5. As a result of that, there were speculations whether he will be available in all the practice sessions before series and that was a criterion for selection from our point of view.

home after several lawmakers from the ruling party were attacked in the recent past. "In practice sessions, there are security issues regarding every player or official. That definitely has to be ensured in light of current circumstances because Shakib is a top player in Bangladesh. In terms of selection, we had to think of many things because he is a political person. But his selection was done because of his talent. We have been open regarding his talent and we do that for every player and we will do that in the future if we remain in the selection panel," Ashraf said.