



HIS HOLINESS MAHARISHI MAHESH YOGI'S Birth anniversary celebration attended by Former Bhubaneswar MLA & State Housing board chairman Priyadarshi Mishra , Maharishi public school Group & Vedic international foundation chairman Dr Pabitra Mohan Samantaray, MAHARISHI state coordinator Bijay Nanda Mishra,Sr TM & Yoga teacher Manoranjan Mishra , Raghunath Mishra ,Ashoka sahoo and other dignitaries at Bhudha mandir Conference hall , Bhubaneswar

Naveen inaugurates Krushi Odisha 2024, requests women to play active part in agriculture

Bhubaneswar(KCN): Odisha Chief Minister Naveen Patnaik Friday inaugurated Krushi Odisha-2024, during which he laid foundation stones of the new building of IMAGE to be constructed at a cost of Rs 113 crore and the Rs 28-crore Krushi Udyog Bhawan.

The event's theme this year is 'celebrating women in agriculture'. Calling upon women to participate in agriculture in large numbers, Patnaik said empowering women not only empowers a family, but benefits the entire society.

He said that through Mission Shakti, women have become partners in all aspects of development including agriculture.

Asserting that there are many opportunities for women in the field of agro business, Patnaik said schemes like 'Amara Mukhyamantri Krushi Udyog Yojana',



'Millet Mission', 'Coffee Mission' and others will help women to excel in agriculture business. He appealed to women to take advantage of these schemes.

Noting that his government's KALIA scheme is one of the best plan for farmers in the country, Patnaik said his government has extended the scope of KALIA scholarship through which farmers' children can get a boost for higher education. Patnaik said agricultural scientists and field-level

experts have an important role in the growth of the agricultural sector in the state. The CM welcomed their views and suggestions for the improvement of agriculture and the welfare of farmers.

The CM also laid the foundation stone for the new campus of IMAGE (Institute on Management of Agricultural Extension) at Siripur here. The campus will be built at an investment of Rs 113 crore and operate as a Center of Excellence in

the field of agricultural extension.

Similarly, Krushi Udyog Bhawan is being established at Nayapalli at an investment of Rs 28 crore to encourage farmers in the field of agro business.

Patnaik felicitated eminent agricultural scientist Dr Swati Nayak and nearly 17 farmers were awarded under the Mukhyamantri Abhinaba Krushi Yantrapati Saman Yojana. As many as 10 successful women farmers were felicitated for their contribution in the farming sector.

PRESIDENT'S GREETINGS ON THE EVE OF LOHRI, MAKAR SANKRANTI, MAGH BIHU AND PONGAL

New Delhi,(KCN):The President of India, Smt. Droupadi Murmu has greeted her fellow citizens on the eve of Lohri, Makar Sankranti, Magh Bihu and Pongal (which fall on January 13th, 14th and 15th respectively).

In a message the President has said, "On the auspicious occasion of Lohri, Makar Sankranti, Magh Bihu and Pongal, I extend my warm greetings to all my fellow citizens living in India and abroad.

Informing about the three-day event, an official said there will be 17 technical sessions in coordination with different state government departments, central government, ICAR institutes, CGIAR institutions, and NGOs along with farmer scientist interactions, seminars, farmer facilitation centre, experience learning centre, display of farm machinery, exhibition stalls on the farm produces, felicitation of awardees for women farmers and women SHGs.



heritage as well as the symbols of unity in diversity. On these occasions, we bathe in holy rivers and undertake charity related

and other cultural activities. These festivals, celebrated in different manifestations across the country, forge social amity, unity and brotherhood.

These agricultural festivals also promote environment conservation. We also recognise the hard work of our farmers by celebrating these festivals.

May these festivals foster the spirit of love and harmony and contribute in making our country more peaceful and prosperous".

Oppn INDIA bloc parties to hold talks Saturday on seat-sharing, convenor selection

**JUDEGA BHARAT
JEETEGA INDIA**



New Delhi(KCN): Top leaders of parties of the opposition INDIA bloc will hold discussions January 13 on strengthening the alliance, chalking out a strategy on seat-sharing, and deciding whether to have a convenor of the grouping, sources said Friday.

Trinamool Congress leader Mamata Banerjee will not be part of the virtual meeting Saturday morning as she is preoccupied with prior engagements, they said.

The sources said that discussions would be held on appointing a convenor of the opposition alliance. They added that the JDU wants Nitish Kumar as the convenor which is being

opposed by the TMC. This is the second such attempt to hold a virtual meeting as the previous attempt a few days ago did not materialise, the sources added.

A TMC source said the party was informed about the meeting Friday evening, and the West Bengal chief minister has some pre-scheduled appointments due to which she may not attend.

The TMC had also offered that the meeting could be held next week. The source added that the party remains committed to the INDIA bloc and defeating the BJP.

As many as 28 opposition parties have come together under the

Odisha govt asks doctors to write prescriptions in good handwriting



Bhubaneswar,(KCN): The Odisha government has asked all doctors to write prescriptions in legible handwriting, an official notification said. In accordance with an instruction from the Orissa High Court in this regard, Chief Secretary Pradeep Kumar Jena has issued the order.

"All registered medical practitioners/medical officers of government peripheral health care facilities, medical colleges, private clinics and private medical colleges are to write prescriptions in proper

legible handwriting or in typed form as per guidelines of National Medical Commission," the order issued Thursday said.

Similarly, the medico-legal reports and post-mortem reports are to be written either in capital letters or in a typed form or in good legible handwriting to ensure appreciation of evidence in the judicial system, it said.

While disposing of a petition, the high court, in its order January 4, said, "In many cases, the casual approach of most

5T Chairman Reviews Various Projects In Kalahandi & Sambalpur Dists

Bhubaneswar(KCN): As per the direction of Chief Minister Naveen Patnaik, 5T and Nabin Odisha Chairman, VK Pandian visited Kalahandi and Sambalpur Districts to review the progress of various developmental works and interact with students and the general public.

He participated in the Nua-O Program being organised at Manikswari University Ground and interacted with students of all colleges of Kalahandi. He discussed with the students on Nua-O program providing a platform for youngsters to showcase their talent and to help achieve overall personality development in addition to their academic achievements. Citing examples of prominent persons from the district Sh Pandian emphasized the students to work hard with self-confidence to achieve success in life. In Kalahandi, Pandian reviewed the progress of the Construction of 650 Bedded Teaching Hospital, 100 Bedded New Hospital Building at DHH and Cancer Care Centre at Saheed Rendo Majhi Medical College & Hospital, Bhawanipatna at a total cost of Rs. 275 Crs. He instructed concerned officials to complete all remaining works at the earliest by adhering to the principles of 5T.

Later, he reviewed the progress of the Development of Major Temple Projects in the District – the Development of Maa Lankeshwari Temple; Belkhandi Temple; Manikswari Temple and Jagannath Temple in Th Rampur; Maa Bhandaghari Temple in Dharamgarh; Budharaja Temple in Ampani at a total cost of Rs. 8.75 Crs. All these projects have been taken up based on grievances received by Sh Pandian during the visit to Kalahandi in May 2023.

banner of the Indian National Developmental Inclusive Alliance (INDIA) to take on the BJP and defeat it in the 2024 Lok Sabha elections.

However, there are many issues which are yet to be resolved within the alliance, including that of appointing a convenor. Seat-sharing talks with members of the opposition bloc have also not been fruitful so far due to claims and counter-claims on the seats.

The sources said the leaders of the various parties would be meeting to iron out these differences and strengthen the bloc further.

Artistic Presentation of Modi's resolution: Prabhat Jha



New Delhi, (KCN): The inauguration of the exhibition showcasing 75 handcrafted paintings on the theme 'Architect of Divine India Modi' by the Sukhi Parivar Foundation took place at the Constitutional Club in the capital. The event was inaugurated by senior BJP leader Shri Prabhat Jha. The program, held in the presence of tribal saint Gani Rajendra Vijayji, featured speeches by dignitaries such as Mahamandaleshwar Shailashanandji, Kargil war hero Colonel Dr. Rajesh Adhau, Sukhi Parivar Foundation Chairman Shri Lalit Garg, and CEO of Jain University Bangalore, Shri Satish Narayan. They expressed their thoughts on the

paintings created by Dr. Avinash Kate, using acrylic colors on canvas, depicting Prime Minister Shri Narendra Modi in 75 emotionally charged portraits. These paintings portray the depth of art, devotion, maturity, and emotional expression. The diverse artworks showcase the extraordinary talent of Dr. Avinash Kate in capturing facets of Prime Minister Modi's work, emotions, and dedication to Mother India. Key guest Shri Prabhat Jha mentioned in his address that this artistic achievement is a unique global accomplishment and praised Dr. Avinash Kate's three-month tireless effort, describing it as a spiritual dimension in the creation of these significant paintings.

RAILWAY MINISTER TO FLAG OFF GOPINATHPUR NILGIRI-BALASORE NEW MEMU TRAIN SERVICE, DEDICATE TO THE NATION BALASORE-GOPINATHPUR NILGIRI PASSENGER LINE, LAY FOUNDATION STONE FOR SUBWAY AT BETNOTI AND INAUGURATE PRS BOOKING COUNTER AT BETNOTI ON 13.01.2024

Kolkata, (KCN): Shri Ashwini Vaishnav, Hon'ble Minister of Railways will flag off Gopinathpur Nilgiri-Balasore new MEMU train service, dedicate to the nation Balasore-Gopinathpur Nilgiri passenger line, lay foundation stone for subway at Betnoti and inaugurate PRS booking counter at Betnoti on 13.01.2024.

B A L A S O R E - G O P I N A T H P U R N I L G I R I M E M U

SERVICE
With the inauguration of new passenger line between Gopinathpur Nilgiri and Balasore, the people of this area will be able to avail passenger train services for the very first time. Three pairs of MEMU trains will run over this route daily. The students, professionals, small vendors, daily commuters as well as the local people will be immensely benefitted with this new rail connectivity. The passengers can avail

the MEMU train services in morning, afternoon and evening hours as per their convenience. These train services will also promote tourism and local trade. **Inauguration of PRS Booking Counter at Betnoti Station**

The newly opened PRS Counter will be beneficial for the passengers of this area for booking of reserved tickets. They can save time and book tickets for any destination in the country. Passengers will also be able to check

availability and current status of tickets at the counter. **Foundation Stone Laying for Subway at Betnoti Station** As a part of providing more passenger amenities, a Subway will be constructed at Betnoti Station. It will ensure smooth entry and exit of passengers to the station and will help them to change the platforms safely. The local residents will also be able to commute through the subway without crossing the railway track.

28th Inter CPSU Badminton Tournament



Kolkata, (KCN): The closing ceremony of the 28th Inter CPSU Badminton Tournament 2023-24 organised by DVC, under the aegis of Power Sports Control Board, Ministry of Power, GoI took place on January 11, 2024 at Kolkata. This year the tournament witnessed participation from 12 teams from various entities of the Power sector including Ministry of Power, BBMB, CEA, GRID India, NHPC,

NEEPCO, PGCIL, PFC, REC, SJVNL, THDC and DVC. All throughout the tournament, the players gave stirring performance, demonstrating an unmatched level of dedication, determination, discipline and team spirit. The tournament witnessed great camaraderie and sportsmanship between the individual players and participating teams. The Tournament was held in six categories namely, Women's Singles, Men's

India finished up as the first and second Runner ups respectively in the Men's Team category. Miss Aditi Bisht from NHPC and Shri Amit Verma from REC emerged as the Champions in the Women's and Men's Singles events respectively.

In the Doubles event, Dr. Pinky Kumari Roy and Miss Aditi Bisht, from NHPC bagged the champions' trophy in the Women's category whereas, Shri Prashant Thakur and Shri Devinder Pal Singh, from BBMB emerged the Champions in Men's category. The prizes were distributed by the Member-Secretary, DVC: Dr. John Mathai accompanied by the Executive Director (HR), DVC and other respected Executive Directors of DVC

3.42 lakh migratory birds spotted in Odisha's Hirakud reservoir

Sambalpur (KCN): Over 3.42 lakh migratory birds visited Hirakud reservoir in Odisha's Sambalpur district this winter compared to 3.16 lakh avian guests last year, officials said.

After conducting a bird census covering an area of 500 sqkm, a senior forest official said 342,345 birds from 113 species, including 20 new ones, were spotted in the reservoir this winter.

The three most abundant bird species were the tufted duck (52,516), lesser whistling duck (49,259), and red-crested pochard (33,436), said Anshu Pragyan Das, DFO of



the Hirakud wildlife

was conducted by the Hirakud Wildlife

Mongolia, central and southeast Asia, and the Himalayas make Hirakud reservoir their home from November to March.

Last winter, over 3.16 lakh birds from 108 species were observed in the reservoir, while in 2022, more than 2.08 lakh birds from 104 species were sighted.



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Postural Orthostatic Tachycardia Syndrome



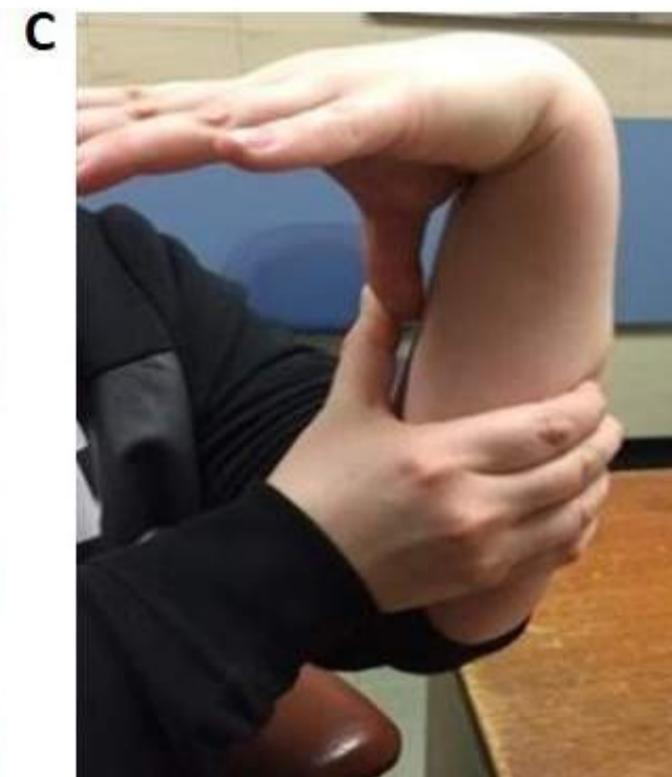
heart rate can go up by 30 beats or more a minute after you stand. As that happens, your blood pressure is likely to drop.

It affects about 1-3 million people in the U.S. Most people get better, but some people have symptoms that come and go over a number of years. About 25% of people with POTS have symptoms that make it difficult to work.

POTS can throw your whole body off-balance. You might have: Dizziness or fainting, Blurry vision, Nausea, Vomiting, Belly pain, Bloating, Diarrhea or constipation, Severe sweating, Brain fog, Extreme fatigue, Higher or lower blood pressure, Faster or slower heartbeat, Palpitations, a feeling that your heart is pounding or fluttering, Chest pain, Feeling hot or cold, Feeling anxious, nervous, or jittery, Shaking or tremors, Headaches, body aches,

POTS can happen for different reasons. You could have more than one kind. Some of the most common are: Neuropathic POTS. You have damage to small fiber nerves that manage blood flow in your limbs and abdomen. Hyperadrenergic POTS. You have higher levels of the stress hormone norepinephrine. Hypovolemic POTS.

Dr. Subhashree Mishra



You have unusually low blood levels. If your POTS symptoms are the result of another condition you have, such as an autoimmune disorder, that's sometimes called secondary POTS. There's no cure for POTS, but treatment can

help with your symptoms. Medication. Your doctor may prescribe drugs such as fludrocortisone (along with more salt and water), midodrine, phenylephrine, or a type of medicine called a beta-blocker to help with blood flow. Selective

serotonin reuptake inhibitors are also sometimes prescribed, but certain ones are not recommended when you have POTS. You might also take antianxiety medication.

Exercise. POTS can make it hard to be active, but even light exercise such as walking

or simple yoga can help with blood flow and keep your heart healthy. You also can try isometric exercises, which means working your muscles without actually moving your body. You can do them while you're lying down or seated.

You might raise the head of your bed to make it easier to stand up after lying down. Make sure the temperature in your bedroom is ideal for sleeping. Try to go to bed at the same time each night and avoid napping during the day. Watching television or using your phone, tablet, or computer while in bed can interfere with your sleep. Communication. POTS can make simple activities a bit harder and that can be frustrating and stressful. A support group or therapist may help you manage the emotional issues the condition can cause.

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Fear of Missing Out

Dr. Samrat Kar



'other,' or the 'better' (in your mind), you lose your authentic sense of self. This constant fear of missing out means you are not participating as a real person in your own world," says behavioural health specialist Darlene McLaughlin, assistant professor at the Texas A&M Health Science Center College of Medicine.

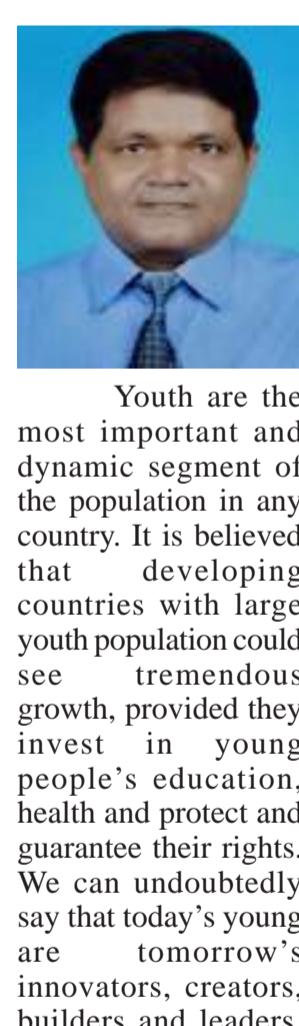
With at least 24 per cent of teenagers online 'almost constantly,' it's no surprise that FOMO is an epidemic among millennials. It's easy to define our lives based on the virtual crowd watching, critiquing, and applauding our every move. It's even easier to conform to the crowd's mould — constantly measuring our lives against a celebrity's Instagram post or a friend's life event. This 'give me more' and 'I want that' attitude can be detrimental to us both physically and mentally.

The average college student spends eight to 10 hours killing time on their cell phone each day, and when we consistently believe we are 'missing out,' anxiety and depression may set in. It's no surprise then that antidepressant use is very high and grows each year.

"FOMO certainly instils anxiety and depression, but, we need to push back against framing this 'fear of missing out' as a mental health condition," McLaughlin says. "FOMO is an emotion — driven by thoughts — that can create the fear and anxiety which leads to a mental health diagnosis. It's a symptom of a larger problem at hand."

According to Vedic wisdom, the root of the problem lies in not

knowing what exactly our real Self is. Our educational system generally teaches us to identify with our gross and subtle bodies — the physical form, the mind and intellect that accompany it. When asked who they are, most people respond with a name, a profession, a description of their religion — their inherited faith — or their political affiliations. Sometimes they identify with their familial connections, their heritage, or their 'roots'.



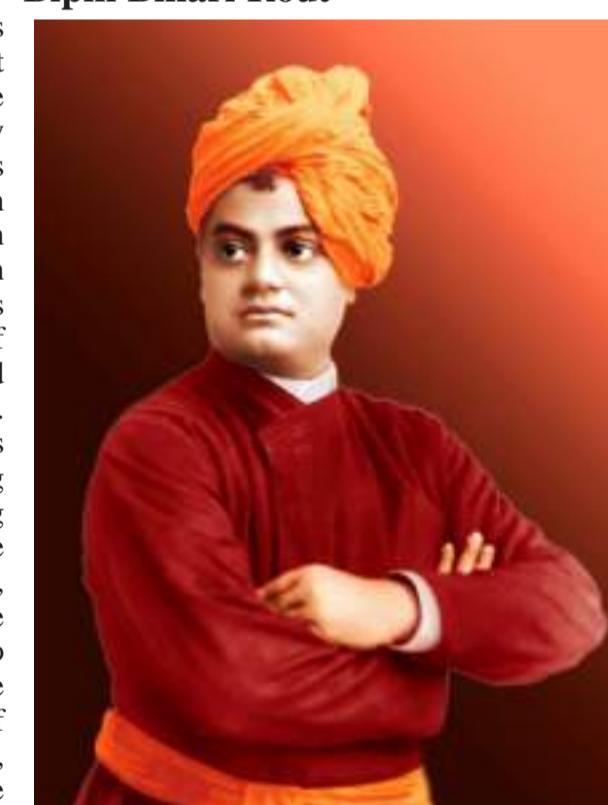
Perhaps you may come across someone who has a more psychological angle: 'I am sensitive; I would never hurt even a fly; I am rational and honest, and I have close ties with others who have similar qualities.' But do we simply come to an end if we change our name? If we lose our job? Or we convert to another religion? If our moral values get compromised, do we then lose our identity? True, our identity may change to some extent, but aren't we still really the same person?

The question remains: Who are we beyond these changeable, material designations? This is the resounding question asked by experts like McLaughlin and is also at the core of all Vedic texts. If we are merely the material body — flesh, bone, mucus, and so on — what is life really all about? In fact what is the value of anyone's body once the spiritual spark within it has left? Nothing. Life is about understanding our original identity; about nurturing our real selves, the being beyond body and mind.

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Role of Youth in Shaping India's Future

Bipin Bihari Rout



25 years of age. It is further estimated that the average age of the population in India by 2020 will be 29 years as against 40 years in USA, 46 years in Europe and 47 years in Japan. This gives us the edge of demographic dividend over other countries. The youth of today is increasingly becoming restless and struggling to remove the disparities. However, more efforts need to be put in, if we are to become free from the vicious circles of poverty, malnutrition, corruption, violence and unemployment. All these vices are still prevalent in the society, which are not allowing our great nation to function in its real spirit.

India has the edge of demographic dividend. They have the power to change the nation. Young mind will be more fresh and innovative which helps in the progress of the country. They have power to change. Education programs should aim to teach and young minds right from the school level the importance of choosing right people who would take charge of governance. Conventionally, youth have been asked to keep away from politics. Youth should be motivated to consider politics as a

means to serve the nation. They should be oriented on anti-corruption drives with focus on prevention, education, and strategies for fighting corruption. Good governance is realistic with youth empowerment.

The pivotal role of youth who are afresh with ideas and not ideals, will help in this movement towards a transparent civil society structure which can influence the political administration for the benefit of the society. It is therefore important to acknowledge the role of civil societies in empowering youth towards strengthening of the democratic system of the country and sustainable development. The solution lies to effectively utilize modern

us away from each other. There also a lot of crime taking place. Women are being killed by their abusive husbands. Person's homes, businesses, are being broken into. All of this crime and violence needs to stop. The youth once more has the ability to bring about a change in the country.

Youths seems to have the ability to face any issues and challenges. They have a positive influence on their fellow young people. They are able to teach them the positive things in life. The ones who are destroying their future, they tend to listen to their fellow youths. They will make them understand the importance of being a good human being. The role of the youth in the nation building is crucial. They are problem solvers, have a positive influence on other young people and the nation, and are extremely ambitious. They have the ability to create an identity for themselves and move the nation forward. However, they will not be able to do this without the support of family, community, Government and fellow youths. Then the youth can make their beautiful land flourish and shine in success.

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Career in politics is opportunity to create an impact and build a network

Vijay GarG



a comprehensive understanding of the political decisions made at the local, state, and national levels as it impacts the lives of millions. Professionals in politics: In the era of new age media, data and technology professionals — from campaign strategists and policy advisors to communication experts and data analysts — act as the support system.

Party workers: The training of political workers plays a pivotal role in shaping the course of a nation's democratic journey. Proper training ensures that political workers can maximise their outreach and influence.

Common citizens: To make informed decisions at the polling booth, citizens must possess

information and communication, the political skills and knowledge required for a career in politics remain within a closed group of people. This leads to an uneven playing field for those who hail from a non-political background. One of the major reasons for this is the lack of a structured mechanism for political education and training at various levels.

Politicians: People coming from non-political backgrounds face steep challenges in

their journey. Political training and education gives them the framework and direction to take key decisions and helps them build their skills to excel as politicians.

Political education is an upcoming domain in India. The following courses and programmes focus on political training and strategy. Postgraduate courses Leadership, Politics and Governance: A nine-month residential course, it focuses on Leadership and Management, Politics and Democracy, Governance and Public Policy.

Political Leadership and Government: A two-year programme that covers election internship, constituency internship, issue-based internship and



political internship Certification courses

Political Campaigns and Electoral Strategy: A 100-hour course, it contains ten subjects on political campaigns and electoral strategy.

The Art of Political Success: A two-month course with 12 modules that focuses on the skills needed to be successful

politicians. The Good Politician: A nine-month experiential programme that invites 30 emerging grassroots leaders to embark on a political journey.

Election Campaign Management: A six-month UGC-approved programme under the National Education Policy (NEP) 2020, it is divided into eight modules delivered

through a series of physical lectures, workshops and projects.

She Represents: A seven-day leadership programme for elected women representatives selected from across India. ?

Qualities A career in politics involves passion and hunger to succeed. A few skills needed to be successful are: Patience and

perseverance: Politics has no shortcuts. Waiting for the right time and timing one's leap is the biggest factor. Personal connections: Nothing supersedes personal connections when it comes to politics. A strong and well-maintained bond leads to greater growth. Understanding society: Politics requires an in-depth understanding of

society and the electorate.

Self-branding: Making oneself visible to the society and community by using media, social media and new age media makes one stand out in the crowd. Career opportunities Apart from a position as a politician, one can aspire to become executive assistants to leaders, political consultants and analysts, subject matter experts like psephologist, media managers, digital political communication experts and starting a political service agency. All these gives one the opportunity to create an impact and network at the highest level.

Vijay GarG
Retired Principal
Educational
columnist
malout, Punjab

“Conquer yourself and the whole universe is yours.”



Swami Vivekananda was one of the tall figures in the arena of Indian Spirituality who was nurtured by the light and wisdom of Sri Ramakrishna Paramhansa. Swami Vivekananda was the key person behind the founding of the Ramakrishna Mission that has to its credit a large number of social and religious reformations, social service projects and educational and spiritual establishments.

Swami Vivekananda, known in his pre-monastic life as Narendra Nath Datta, was born in an affluent family in Kolkata on 12 January 1863. His father, Vishwanath Datta, was a successful attorney with interests in a wide range of subjects, and his mother, Bhuvaneshwari Devi, was endowed with deep

character and other qualities. A precocious boy, Narendra excelled in music, gymnastics and studies. By the time he graduated from Calcutta University, he had acquired a vast knowledge of different subjects, especially Western philosophy and history. Born with a yogic temperament, he used to practise meditation even from his boyhood, and was associated with Brahmo Movement for some time.

Vivekananda saw the world as a gymnasium where one learns to become strong and fearless. He dared to attempt to revamp all that was rotting in Indian society, and to enrich and learn from all that was noble. He was a man with a mission, and he was the first to present Vedantic thought in the most simple terms possible.

Swami Vivekanand introduced the concept of Vedanta and Yoga to the western world. Because of his exemplary work in bringing Hinduism to the status of a major world religion, he is

Jasaswini Pattanaik



viewed as a patriotic saint in India, and his birthday January 12 is celebrated as 'National Youth Day.'

Vivekananda's words helped shape modern India. ~"Arise! Awake! Stop not until the goal is reached." "Conquer yourself and the whole universe is yours." Truth can be stated in a thousand different ways, yet each one can be true. ~Do not hate anybody, because that hatred which comes out from you must, in the long run, come back to you, if you love, that love will

which has taught the world tolerance & universal acceptance. we believe not only in universal toleration but we accept all religions as true. Everything is easy when you are busy. But nothing is easy when you are lazy. Be the servant while leading. Be unselfish. Have infinite patience, and success is yours. We are what our thoughts have made us. So take care about what you think. Words are secondary, thoughts live and travel far. Believe in yourself and the world will be at your feet. ~Do one thing at a time, and while doing it put your whole soul into it to the exclusion of all else.

Swami Vivekananda's life was a symphony of

Take Risks in Your Life



"Take Risks in Your Life If u Win, U Can Lead! If u Lose, U Can Guide!" - Swami Vivekananda, Raja-Yoga. LET US TELL OUR CHILDREN AND YOUTH TO TAKE RISKS IN LIFE AS SWAMI VIVEKANANDA SAID.

"A rise Awake and Stop not til the goal is reached" - SWAMI Vivekananda's books (compiled from lectures given around the world) on the four Yogas (Raja Yoga, Karma Yoga, Bhakti Yoga and Jnana Yoga) are very influential and still seen as fundamental texts for anyone interested in the Hindu practice of Yoga. His letters are of great literary and

spiritual value. He was also considered a very good singer and a poet. He used humor for his teachings and was also an excellent cook. His language is very free flowing.

Take risks in your life--if you win --you will lead--if you lose, you will guide--This is absolutely true. No risks no gain. ---I am used of reading books - particularly biography--auto-biography and so on. One thing i found -all great people of any fields either political leader or business tycoon or award winning personalities. All have failed many times--gone through difficult phases, -neglected by their own people and society. And even lost everything. But they always took risks in their life and never forgot their vision. If you see P.M. modi, manmohan singh, president of america, abraham lincon and many came from very very poor families. Failure is not a negative thing--in fact these are the steps of progress. A life without challenge is like a statue

without life. Even enlightenment do not come in one night of meditation. Mahavir got enlightenment after 12 years of sadhana. Buddha got enlightenment after 6 years of deep sadhana.. Challenge give strength to life. And success is a not a pillar where you have to reach. Success is fulfilments of desires---and desires are endless---. So do not run after success. Just move ahead spontaneously.. I have seen children of rich people. They are mediocre.. They are afraid of taking risks in life. So there potential do not manifest. Struggle, stress, pain etc all these are the potential steps of success. I remember one exporter from sanik farm new delhi ---on my advice took great risks in 1998. And now he is money magnet. First he was afraid of taking risk. Mistakes or failure makes the man strong but mistake should not be repeated.---rest in next blog.

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Letter to Editor

Sir

The derogatory remarks made by some Maldivian leaders on PM Modi and his visit to Lakshadweep and the islands has led to many of the Indians and celebrities from various fields condemn the remarks and come forward promoting and encouraging Indians to explore India and boost our tourism. Many have cancelled their trips to Maldives and are now planning trips to the unexplored exquisite islands and other places of India. "Explore Indian islands" hashtag began trending on social media and many celebrities have come forward to support and promote domestic tourism.

It is unfortunate that the comments were made by prominent public figures from Maldives, a nation that hitherto been depending on India in various sectors including tourism. Tourists from India accounted for 11% of all foreigners that flew to the Maldives in 2023, making Indians the largest contributor to the island nation's economy. This itself shows that Indian tourists boycotting the Maldives will have a huge impact on its tourism economy.

The trend can definitely bring alive our domestic tourism in a big way. India has a plethora of unexplored, unexploited nature beckoning spots. If the Indian tourism departments both at the centre and the states chalk out plans to attract domestic and foreign tourists our tourism sector is sure to grow in leaps and bounds. Coming to our own tourism sites they really provide us the best and in this matter Mega star Amitabh Bachchan's words come cent per cent apt - our own are the very best!

M PRADYU
KANNUR

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Dark Age May be a Myth Says joint study by IIT Kharagpur-ASI-PRL-JNU and Deccan College

Kolkata, (KCN): From deep archaeological excavation at Vadnagar, Gujarat a consortium of scientists from IIT Kharagpur, Archaeological Survey of India (ASI), Physical Research Laboratory (PRL), Jawaharlal Nehru University (JNU), and Deccan college now finds evidence of human settlement that is as old as 800 BCE contemporary to Late-Vedic/pre-Buddhist Mahajanapadas or oligarchic republics. The study also indicates that the rise and fall of different kingdoms during this long 3000 years and recurrent invasions of India by central Asian warriors were driven by severe change in climate like rainfall or droughts. The findings are just published in a paper titled 'Climate, human settlement, and migration in South Asia from Early historic to medieval period: evidence from new archaeological excavation at Vadnagar, Western India' in prestigious Elsevier journal 'Quaternary Science Reviews'. While the excavation was led by ASI, the study was funded by the Directorate of Archaeology & Museums Government of Gujarat that is entrusted with building India's first experiential digital museum at Vadnagar. The research

at Vadnagar and Indus valley civilization has also been supported by generous funding from Mrs. Sudha Murthy, former Chairperson, Infosys Foundation for the last five years. Incidentally Vadnagar is also the native village of Shri Narendra Modi, Prime Minister of India. "Vadnagar has been a multicultural and multi-religious (Buddhist, Hindu, Jain and Islamic) settlement. Excavation in its several deep trenches revealed presence of seven cultural stages (periods) namely, Mauryan, Indo-Greek, Indo-Scythian or Shakas-Kshatrapas (AKA 'Satraps', descendants of provincial governors of ancient Achaemenid Empires), Hindu-Solankis, Sultanate-Mughal (Islamic) to Gackwad-British colonial rule and the city is continuing even today. One of the oldest Buddhist monasteries has been discovered during our excavation. We found characteristic archaeological artefacts, potteries, copper, gold, silver and iron objects and intricately designed bangles. We also found coin moulds of Greek king Appollodatus during the Indo-Greek rule at Vadnagar," said ASI archaeologist Dr. Abhijit Ambe, and co-author of the paper who led the excavation from 2016. "The earliest settlement period in Vadnagar

collapse of Indus valley civilization at 4000 year before present (early 2nd millennium BCE) and emergence of Iron age and cities of Mahajanapadas like Gandhar, Koshal, Avanti (6th-5th century BCE) somewhere between 3000 to 2500 year is often depicted as 'Dark Age' by archaeologists. Archaeological records are rare, the earliest one being the rock-inscription of emperor Ashoka during Mauryan period (320-185 BCE) at Sudarsana Lake, Girnar hill, Gujarat. Our evidence makes Vadnagar the oldest living city within a single fortification unearthed so far in India. Vadnagar is unique in a sense that such a continuous record of Early historic to medieval archaeology with precise chronology has not been discovered elsewhere in India. Some of our recent unpublished radiocarbon dates are suggesting that the settlement could be as old as 1400 BCE contemporary to very late phase of post-urban Harappan period. If true then it suggests a cultural continuity in India for the last 5500 year and the so-called Dark age may be a myth," said Prof. Anindya Sarkar from IIT Kharagpur and lead author of the paper. "The earliest settlement period in Vadnagar

started at least at 800 year BCE i.e. early Iron age or questionably Late Vedic period and pre-dates both Buddhism and Jainism. This period continues into the Mauryan rule and ends with its fall around 150 year BCE. After the downfall of the Gupta Empire, large scale de-urbanization, drying up of water bodies, famines and population contraction across India occurred. Travelogues of Hiuen Tsang (7th century CE) who visited Vadnagar, and Al Biruni refer to the collapse of almost all major towns with only few continuing into the Early Chalukya rule. Likewise, 13-17th century of Sultanate-Mughal to Early Gaekwad-British rule witnessed a number of mega-droughts and famine. Peter Mundy, an early 17th century English traveler mentions about complete desertion of important port town Cambay due to famine that hit the entire Gujarat province during this time. One of the major famines witnessed in the 14th century was the nearly twelve year long Durgadevi Famine (1396-1408 CE). Each of these arid phases is clearly identifiable in isotope-based climate records with stunted seasonality in pervasive aridity with very little rainfall." explained Prof. Sarkar.

The curiosity is to know who were these earliest settlers? The research in various parts of Gujarat suggest they could be migrants after the massive Meghalayan droughts that collapsed almost all Harappan cities. To find out the cause we analysed isotopes of oxygen in freshwater mollusc shells from Vadnagar archaeological site. These molluscs grow even today in the large Sharmistha lake adjacent to which the settlement grew. Isotopes in these shells can talk about past rainfall and seasonality. Surprisingly we found that they settled at Vadnagar when post-Meghalayan time the monsoon again became strong. Even the rise and fall of subsequent early historic and medieval kingdoms were intimately connected to the monsoon. For example, the Mauryan period is described as 'Golden age', and India as a land of fertility, prosperity with high rainfall by Greek traveler Megasthenes, in his travelogue Indica. Conversely whenever droughts struck there were decline in material culture, craftsmanship, architecture with wars between kingdoms.

"Our radiocarbon dates show that successively Vadnagar was ruled by the Indo-Greeks (till 100 CE), Indo-Scythian or

Shakas known as Kshatrapa kings (till 400 CE), Maitrakas (Gupta kingdom), Rashtrakuta-Pratihara-Chavada kings (till 930 CE), Solanki kings (Chalukya rule till 1300 year CE), Sultanate-Mughals (1680 CE), and Gaekwad/British. The modern city of Vadnagar lies on a mound below which the pages of history are buried," said Dr. Ravi Bhushan and Navin Juyal of PRL and collaborators who painstakingly dated these archaeological periods and events.

"During the last 2200 years of tumultuous time of Indian history there were seven invasions from central Asia to India (including Gujarat), imprints of

which can also be found in the successive cultural periods of Vadnagar. The earliest one was Greco-Bactrian who came from south of the Oxus river and north-west of the Hindu Kush mountains, Afghanistan. Following the Seleucid-Mauryan War of 255 BCE the Greco-Bactrian king Demetrius-I established the Indo-Greek kingdom invading the north-western India through the unguarded Khyber Pass at around 180 BCE. This followed invasion by the Scythian or Shakas, the Central Asian tribe from south east region of Caspian Sea and Syr Darya river.

The next invasions were by Hepthalites or White Hun tribes around late 5th century CE who occupied Gandhara (Kandahar) and part of India weakening Gupta kings. Then came Gazni, Ghoris and Mongols. Our isotope data and dates of the cultural periods at Vadnagar suggest that all these invasions happened precisely when the agrarian Indian subcontinent was prosperous with stronger monsoon but the central Asia was extremely dry and uninhabitable with recurrent droughts from where almost all the invasions and migrations happened," added Prof. Sarkar.

"To test this, we employed the coupled General Circulation Climate model. In general, the rainfall patterns of India and central Asia are in anti-phase. While the monsoon is controlled by the movement of the Inter-Tropical Convergence Zone, the rainfall in central Asia is driven by an interplay between Siberian high and winter westerlies (western disturbances) that carry moisture from the Mediterranean, and Caspian Sea. Rainfall during the monsoon months are maximum across India while

Open Universities play crucial role in spread of higher education: Dr. Basheerhamad Shadrach

Hyderabad, Jan 12 (KCN):

"Open universities are far from online and digital universities, which are highly developed in technological, blended, and innovative teaching and learning practices. The role of open universities is crucial in the spread of higher education, and after COVID-19, regular universities are also moving on the path of open universities," said Director, Commonwealth Educational Media Centre for Asia (CEMCA), New Delhi Dr. Basheerhamad Shadrach. Delivering Prof. G. Ram Reddy Memorial Lecture as part of 94th Birthday Celebrations of founder Vice-Chancellor of BRAOU, Prof. G. Ram Reddy on Friday on "Open Universities and



Education 4.0" jointly organized by Dr. B. R. Ambedkar Open University (BRAOU) and Prof. G. Ram Reddy Memorial Trust, Hyderabad on Open University campus, Dr. Basheerhamad said that the first step was to embrace technology in education in the pre-COVID days. It is claimed that the COVID-19 pandemic has turned the world towards modernity. In developing these skills, it is suggested that educational institutions should make

more efforts to enhance skill development. He explained that open universities should prepare students to have the skills and abilities to face all the challenges. The New Education Policy 2020 states, "Effective learning requires a comprehensive approach with appropriate curriculum, engaging teaching, continuous formative assessment and appropriate student support. While open universities adhere to the demands of quality curriculum, there is a

need to expand quality education through ODL," he added. Presiding over the programme, Vice-Chancellor, BRAOU Prof. K. Seetharama Rao said that the father of distance education Prof. G. Ram Reddy's vision was far-sighted and his sincerity was compatible with the spread of higher education. He also said he had left no stone unturned to make higher education accessible to rural students. Attending the programme as guest of honour, Director (Academic) Prof. Ghanta Chakrapani introduced the Chief Guest. Dr. A. V. R. N. Reddy, Registrar also spoke on the occasion. Speaking on the occasion, Secretary, Prof. G. Ram Reddy Memorial Trust

Prof. G. Haragopal said the Trust had been organizing commemorative lectures to pass on the services of Prof. G. Ram Reddy for the spread of distance education to the future generations. The lecture was attended by Prof. G. Ram Reddy wife Prameela Ram Reddy and family members, Prof. Sudha Rani, Dr. Banoth Lal, Prof. Vaddanam Srinivas, Prof. Pushpa Chakrapani, Prof. Pallavi Kabde, Dr. Banoth Dharma, Dr. N. Rajani, former faculty of the University Prof. V. Venkaiah, Prof. C. Venkataiah, Prof. Madhusudan Reddy, members of the Trust, Directors, Heads of Branches, Teaching and non-teaching staff members also participated.

During the meeting, Commissioner SMC reiterated the paramount importance of the delimitation process in establishing equitable representation at the municipal level. He urged the committee to prioritize transparency, fairness, and

public participation throughout the process, while strictly adhering to legal guidelines and timelines to ensure the accuracy of the final demarcation. Emphasizing the need for regular updates to the Commissioner's office, Commissioner highlighted the significance of effective progress monitoring. The meeting concluded with a collective commitment to achieve the objectives of the delimitation process within the stipulated timeframe.

NYK Units in Different Districts of West Bengal Observe National Youth Day with Host of Activities

Kolkata, (KCN): As a part of celebrating the birth anniversary of Swami Vivekananda as the National Youth Day, today with due solemnity, throughout the country, Prime Minister Shri Narendra Modi inaugurated the 27th National Youth Festival at Nasik, Maharashtra today and conveyed his best wishes to all the youths of the country. As the Prime Minister urged the young generation to give new wings to their dreams, he also encouraged youths to

set new challenges for themselves, while listing the new goals of a 5 trillion dollar economy, becoming the third largest economy, becoming a hub of manufacturing and responsibilities like working to prevent climate change and promoting natural farming. Meanwhile, different units of Nehru Yuva Kendra Sangathan (NYKS) placed at different districts of West Bengal also engaged themselves in several activities to mark the occasion for the second day today with drills on Road Safety practices, rally, marathon runs, blood donation camps along with live streaming of the main celebration at Nasik, encompassing Prime Minister's address to the youths nationwide. The units of NYKS at Malda, Murshidabad, Dakshin Dinajpur, Kolkata South, Uttar Dinajpur, Coochbehar and other districts celebrated the event with enthusiasm along with various other

social organisations, NCC and NSS cadet boys and girls. In fact, the organisation of National Youth Festival at Nasik, Maharashtra, with the observation of the National Youth Day in

every State by Department of Youth Affairs, through their field units seek to create a forum where youth from different regions of India can share their experiences and strengthen foundations

for a united nation, in the spirit of Ek Bharat Shreshtha Bharat. Today About 7500 youth delegates from across the country participated in the NYF at Nashik. Various events including cultural performances, indigenous sports, Declamation &

Thematic Based Presentation, Young Artist Camp, Poster Making, Story Writing, Youth Convention, Food Festival etc. were also organised. MY Bharat volunteers throughout the country, with the support from NSS units, NYKS and many educational institutions extended their energies to carry out activities to VOLUNTEER FOR BHARAT. Across 763 districts of the country, a district level mega programme commenced with a reverent floral tribute to Swami Vivekananda. In the words of the Prime Minister, "The lamp that we have lit to realise the dream of a strong, capable and competent India will become an immortal light and illuminate the world in this immortal age." The observation of National Youth Day as well as the celebration of National Youth festival signifies the energy of youths and the abilities in them to make our country a vibrant India.

Bhubaneswar Bags Two Prestigious Awards In Swachh Survekshan 2023

Bhubaneswar(KCN): The Bhubaneswar Municipal Corporation (BMC) soared to new heights in sanitation, clinching two coveted awards under the Swachh Bharat Mission Scheme during the Swachh Survekshan 2023. The awards were conferred in a special ceremony by the central government, with MOHUA Secretary Shri Manoj Joshi presenting the honours to BMC. BMC Mayor Sulochana Das, Deputy Mayor Manjulata Kanthara, Standing Committee Chairman Biranchi Narayana

Magasupakara, and Commissioner Vijay Amruta Kulange graciously accepted the awards, attributing the success to the unwavering commitment of the city's citizens. In the Swachh Survekshan 2023, Bhubaneswar proudly earned the title of Clean City of Odisha, cementing its position as a cleanliness champion in the state. This recognition was based on meticulous evaluations conducted by the Survekshan team, considering factors such as daily analysis of supervision, direct

observation, and citizen sanitation practices. Adding to the accolades, Bhubaneswar stood out as the exclusive Water Plus Excellence winner in Odisha, reaffirming its commitment to water conservation and sustainability. A shining achievement for the city is the impressive 3-star rating as a Garbage-Free City, showcasing the collective efforts in ensuring cleanliness and hygiene. Bhubaneswar has not only climbed to the 34th position from its previous 80th rank but also demonstrated a

remarkable improvement in overall cleanliness. BMC's dedicated focus on door-to-door collection, source

segregation, market and residential area cleanliness, waste management, and a possible 9500, reflecting the meticulous efforts and commitment to

toilet cleanliness, and a possible 9500, reflecting the meticulous efforts and commitment to

city beautification reflecting the meticulous efforts and commitment to

This outstanding performance serves as a testament to Bhubaneswar's commitment to becoming a top-tier city in cleanliness. The BMC, under the guidance of CM Naveen Patnaik, urges citizens to adopt the best sanitation practices. Hon'ble Mayor and Commissioner presided over the Swachh Karmachari and departmental coordination, emphasizing the importance of collaborative efforts in maintaining the city's pristine status.



Sagarpali VSS shines in national webinar

Sundargarh(KCN): The remarkable success story of Sagarpali Van Surakhya Samiti (VSS) under Tangarpali block in Sundargarh district took centre stage in the second edition of the national-level webinar 'Community Conference on Commons' organised by the Foundation for Ecological Security (FES).

The selected success story, titled 'Transformation of Bald Hill into a Lush Green Forest', authored by SEWAK team leader Digambar Upadhyay, was presented in the prestigious forum during the first session on the initial day of the three-day webinar.

Out of numerous success stories submitted by various government and private organisations as well as individuals from India, Bangladesh, and Nepal, Sagarpali VSS's story was among the top 80 selected for presentation.

The national-level webinar aimed to

showcase and celebrate impactful initiatives from across the region. In the inaugural session of the first day, Digambar Upadhyay delivered a compelling presentation on the success story of Sagarpali Van Surakhya Samiti under the Sundargarh forest division.

The narrative covered the innovative initiatives for forest protection and management initiated by the villagers of Sagarpali since 1985, highlighting the collaboration with the Odisha Forest Development Project-II. Representatives from Sagarpali VSS including Debanand Mahaling and Bharti Patel shared their experiences during the programme, highlighting the importance of community motivation, participation, and action in achieving sustainable conservation goals.

The virtual event

witnessed active participation from members of Sagarpali VSS, Ujalpur Range Officer Debadatta Nanda, Forester Vinod Kumar Pattaik, SEWAK Secretary Pradeep Kumar Brahma, SEWAK Chairman

conservation, alternative fuels, and wildlife conservation. The success story was highly appreciated by the audience, serving as a shining example of joint forest management, demonstrating effective collaboration with the Sundargarh forest division and the collective efforts of community forest management, supported by the Odisha Forest Development Project-II.

Representatives from Sagarpali VSS including Debanand Mahaling and Bharti Patel shared their experiences during the programme, highlighting the importance of community motivation, participation, and action in achieving sustainable conservation goals.

The success story of Sagarpali VSS stands as a testament to the power of community-led conservation efforts, showcasing the positive impact of collaborative initiatives in preserving and enhancing natural resources.

The

recognition received at the national level further underscores the significance of such grassroots initiatives in fostering sustainable environmental practices.

The

author of the case

study,

Digambar

Upadhyay,

expresses

gratitude

to RCCF

Arun

Kumar

Mishra,

Sundargarh

DFO

Pradeep

Mirase,

ACF

Mohan

Hemram,

Sundargarh

DMU,

Ujalpur

FMU,

SEWAK

management,

and all the

villagers

of Sagarpali

for their unwavering support and guidance.



and coerced the students to return to the hostel. However, the students refused to leave the Collector's office until their issues were resolved, the source added.

Afterwards, Scheduled Tribes and Scheduled Caste Development Minister Jagannath Saraka met the students at the Circuit House in Rayagada and offered them food.

The Minister assured the students of taking appropriate action following a thorough investigation. Later, the students were pacified and were taken back to Badaraisingi Ashram

School. One of the students alleged that food was not being provided properly in the hostel. They were not getting the promised egg and chicken meals, each twice every month. Besides, the quality of education is also not satisfactory, the students alleged.

When students complained before the school authorities, Headmaster Vishwamitra Sona used to get angry at them and allegedly threatened the students.

The source informed that, earlier, several complaints were raised against Headmaster

Vishwamitra Sona. A similar complaint was raised by hostellers of Anwesha Hostel located in Katlaguda on the outskirts of Rayagada town against Sona. The students had approached the Collector about his mismanagement. Subsequently, Vishwamitra Sona was removed by the Collector. However, following his transfer from Anwesha Hostel, a similar incident has come to light within two months.

When contacted, Headmaster Vishwamitra Sona claimed that the children were being provided food properly. He refuted the allegations brought by the children who had jumped off the hostel gate to reach the Collector's office.

Notably, around 240 students – from Class-I to Class-VIII – reside in Badaraisingi Ashram School's hostel.

Odisha hostel students walk 25km to submit grievances before Rayagada Collector

Rayagada(KCN): As many as 14 students of Badaraisingi Ashram School in Rayagada district left the school hostel and walked around 25kilometres Saturday to file their grievances on school and hostel mismanagement at the Collector's office, a source said.

According to the source, 14 students ran away from the hostel at Saturday 3:30am and walked through the forest amidst risk of wild animal attack to inform the Collector about various issues prevalent in the hostel such as poor quality of food, education and harsh punishment measures.

On being informed, the Additional District Welfare Officer reached the Collector's office and tried to force the children to go back to school. After some time, Rayagada Block Welfare Officer Prakash Nayak called an auto rickshaw

and the students

walked to the

Collector's office.

The

25% reservation as per RTE Act (2009)

MAHARISHI PUBLIC SCHOOL

Baghara Road, Baripada

For details

Contact :

Call-9438102188, 06792-255227

Time : 8.00 A.M. to 12.00 noon

E-mail- mps.bpd@gmail.com

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'UnserHaus' by BSH Home Appliances - Kolkata's new luxury address

Bhubaneswar: BSH Home Appliances Group, one of the world's leading home appliances companies today launched its first 'UnserHaus' in Kolkata. This is BSH's only experience center in India to house all its three brands – Bosch, Siemens and Gaggenau under one roof. Located at Salt Lake city's Adventz Infinity @ 5, this new experience center is all set to welcome customers as well as Kolkata's strong architecture & design community. The company already has two other stores in Kolkata – a multi-channel Bosch & Siemens Brand Store in Dhakuria and a Bosch Studio in Shakespeare Sarani. UnserHaus is the German name for "Our House". It is a place where comfort, convenience, inspiration,

and memories reside in every corner. The philosophy and core ethos of BSH's UnserHaus are focused on building long-lasting trust with all customers & business partners. Keeping this in mind, the space is designed to ensure that all visitors feel at home when they visit, helping them experience the products as if they were in their own house.

Commenting on the launch of UnserHaus, Kolkata, Neeraj Bahl, MD & CEO, BSH Home Appliances (India & SAARC) said, "Kolkata is one of our high performing markets and we're thrilled to further expand our presence here by opening doors to our 101st retail space*. The new-age Indian consumer continues to look for offline experiences especially in

*The company now has six experience centers across Mumbai, Delhi, Bangalore, Chennai and Kolkata, and an India-wide retail network of 95 brand shops (80 brand stores for Bosch and 15 brand stores for Siemens).

Mahagram offers door to door banking services through Kirana stores

Bhubaneswar: Mahagram is a social enterprise focusing on Financial Inclusion that has enabled banking from the mom-and-pop store around the corner through fintech solutions. The company's mission is to enable rural women to save money at the local Kirana (or grocery) stores, instead of traveling miles to the nearest bank branch.

Recently, Mahagram has tied up with a public sector bank – the Bank of Maharashtra to roll out the 'Bank Sakhi' project in Odisha. The fintech

would provide financial technology and infrastructure support to augment rural financial inclusion. As part of the tie-up, the company has onboarded more than 11,000 bank sakhis (women) on the BharatATM platform to help the rural citizens avail themselves of basic banking services at their doorstep or the next door Kirana stores.

Mahagram aims to increase the ratio and habit of household savings in rural India. "At Mahagram, we are indulged in offering basic banking services

Amazon.in launches 'Back to School' store

Bhubaneswar: With the opening of schools and resuming of offline classes, Amazon.in announced the launch of 'Back to school' store – a one stop destination to simplify the shopping needs of children. The specially curated store offers deals on a wide range of products across study essentials like stationery, laptops, tablets, mobile phones, PCs, headsets & speakers, printers, Amazon devices, home furnishing among others

to help parents, teachers and students with school supplies and to create an effective learning and productive environment. The offers and deals will be available till 12th June 2022. Here are some popular products customers can choose from the 'Back to school' store on Amazon.in. All offers & deals are from participating sellers. HONOR MagicBook X 15, Intel Core i3 Anti-Glare Thin and Light Laptop – It has stylish appearance with premium aluminum metal body with 16.9MM thickness, 5.3 MM narrow bezels and the weight of the laptop is only 1.56kg, which allows you to carry it easily, making it very convenient for school, travel, and work. It is available for starting INR 37,990 on Amazon.in. Lenovo Tab M10 FHD Plus Tablet, Platinum Grey - Make way for the stylish 8.1 mm Tab M10 FHD Plus.

OSL Group founder bags 'Lifetime Achievement Award' for reshaping Shipping & Logistics scenario in Eastern India



Bhubaneswar(KCN) : On the august occasion of the 4th Edition of prestigious Times Business Awards Odisha 2023, Orissa Stevedores Limited (OSL) founder Sri Mahimananda

(Mahima) Mishra was conferred with the coveted 'Lifetime Achievement Award' for reshaping the shipping and logistics scenario in eastern India.

Rise of non-communicable diseases in India

Bhubaneswar : India has a high burden of non-communicable diseases (NCDs) such as diabetes, hypertension, obesity, and dyslipidaemia, a cross-sectional and population-based survey of 33,537 people aged over 20 in urban and 79,506 in rural areas across 31 states and Union Territories has found. This study also demonstrates that although all metabolic NCDs are more common in urban regions, rural areas have significantly greater prevalence rates than previously reported. However, experts agree that NCDs are largely preventable and controllable by adopting healthier lifestyles, engaging in regular

physical activity and improving dietary habits. In the battle against NCDs, the significance of a well-balanced diet cannot be overstated. Even taking small yet mindful steps to improve your diet can prove to be beneficial in the long-term. Incorporating nutritious and natural foods instead of HFSS (High Fat, Salt, and Sugar) foods can be an excellent way to boost your health. Almonds are one such food that holds immense potential for promoting overall health. Almonds are a natural source of 15 essential nutrients such as healthy fats, dietary fibre, protein, vitamin E, zinc, copper, magnesium, calcium, and

phosphorus, amongst others. Multiple research studies have indicated that incorporating almonds into a well-balanced diet can positively affect cardiovascular health, cholesterol reduction, blood sugar, and weight management. Additionally, almonds have satiating properties that promote feelings of fullness, which may help to manage hunger between meals and keep cravings for unhealthy food away.

Ritika Samaddar, Regional Head – Dietetics, Max Healthcare, Delhi, said, "I believe that prevention is key to reducing the burden of non-communicable diseases. This makes it very important to be mindful of our lifestyle habits. Hence, I would urge everyone to make a commitment to prioritize their health and well-being by making healthier choices such as including natural and nutritious foods like almonds in their diets. Almonds are a nutrient-dense food that can help to reduce the risk of heart disease, diabetes, and other health issues. They are rich in several nutrients like vitamin E, protein, calcium, magnesium, and phosphorus required for the growth and development of the body. In fact, a review by a panel of Indian nutrition and cardiovascular experts, published in the journal Nutrients, suggests that daily inclusion of almonds as part of a healthy diet may help reduce dyslipidemia, one of the most important risk factors for cardiovascular disease among Indians."

Godrej Appliances offers wide range of home appliances and enhanced shopping experience to consumers

Bhubaneswar: Godrej & Boyce, the flagship company of the Godrej Group announced that its business Godrej Appliances plans to strengthen its presence and expand its network of exclusive brand outlets further, inaugurating its first store in Chhota Bazaar, Kendrapara district in the state of Odisha, India. This will be the brand's 26th exclusive outlet in Odisha under Godrej Appliances.

Towards strengthening the supply chain and creating a next-level experience for customers in Kendrapara, Godrej Appliances has launched its exclusive brand outlet – called Godrej

Inspire Hub spread over 1200 sqft, strategically located on the Chhota Bazaar main road, in collaboration with its channel partner Jagannath Electronics.

Convenience and comfort are primacies for consumers today. This is evident from the gradual increase in demand for premium products, even in tier II and tier III cities. Moreover, with the pandemic in the backdrop, appliances have emerged as a necessity in every Indian home.

EBOs solidify Godrej Appliances' already extensive network across the country, fulfilling the premium product requirement of its

customers and most importantly give them a much wider display to choose from thus enhancing their purchase experience. The brand currently has 120+ exclusive outlets across the country and aims to have 140+ EBOs by this financial year.

Speaking on the occasion of the launch, Sanjeev Jain, National Sales Head – Godrej Appliances said, "We have always endeavored to be as close to our customers as possible. We believe our Exclusive Brand Outlets will give even greater value to our loyal customers. With our exclusive showroom, we have the opportunity to

showcase our entire range of best-in-class appliances at a single location. Odisha is an important market for us and we look forward to delighting our customers with the best shopping experience."

Adding further, Sanjay Kumar Behera, Owner of Jagannath Electronics said, "We are extremely delighted to have partnered with Godrej Appliances, which is a highly respected and trusted brand. We are sure that our outlet will prove to be a great destination for the discerning customers of Chhota Bazaar through its unique offerings from Godrej Appliances."

The exclusive brand outlet will display the

Raj Petro Specialities strengthens its leadership team with Prasad Vaze's appointment

Regensburg: Vitesco Technologies, a leading international developer and manufacturer of cutting-edge drive systems for sustainable mobility, held its first Annual General Meeting (AGM) today. The AGM was held virtually due to the continuing COVID-19 pandemic.

In separate votes, the shareholders formally approved the actions of all the Executive Board members during their term of office in the 2021 financial year. The actions of all members of the Supervisory Board in office in 2021 were also approved for their respective terms. "We are delighted to have received this vote of confidence from the Annual General Meeting".

Meeting. We regard this outcome as a clear mandate to continue the successful collaboration and positioning of Vitesco Technologies as a supplier of sustainable drive solutions with a clear goal," said CEO Andreas Wolf.

All current members of the Supervisory Board representing the shareholders who were up for election were re-elected to office. The members of the Supervisory Board who represent the employees will be elected separately.

A complete list of all Supervisory Board members and the results of the voting at the AGM are available on the Vitesco Technologies website under 'Annual General Meeting'.

Bhubaneswar : Mr. Prasad Vaze has been appointed as the Senior Director – Lubricants Business at Raj Petro Specialities Pvt Ltd., a Brenntag Group company. He will lead the comprehensive lubricants Business Units, including Speciality, Industrial and Automotive lubricant businesses.

Mr. Prasad Vaze is a result-oriented business leader with more than 25 years of extensive experience in customer-centric roles. Mr. Vaze has served in numerous senior leadership roles, including leading retail operations, profit centre management, developing business strategy and channel

taking on the important hat of managing Raj Petro's Lubricants Business, and we wish him all the best for his journey! With his knowledge and extensive experience, we are confident that Prasad will assist Raj Petro in reaching new heights."

On his appointment Mr. Prasad Vaze said, "I am very thrilled to take on this new role. My vision is to create a world class experience for our consumers and channel partners. Our aim is to leverage Kyros, Onwo and Zoomol brands, explore humongous potential that India and international markets offer and grow the Lubricant business profitability."

Ms. Archana Ghate - Head HR said, "We would like to extend a warm welcome to Mr. Prasad Vaze, our newest member to the LT team. He will be

LV Prasad Eye Institute Organizes a Retinoblastoma Awareness Walk

Bhubaneswar: L V Prasad Eye Institute's Mithu Tulsi Chanrai Campus in Bhubaneswar organized a Retinoblastoma Awareness Walk on 8th May 2022. This walk is part of the 'Whitathon' event organized by LV Prasad Eye Institute across its campuses in Bhubaneswar, Hyderabad, Visakhapatnam and

Vijayawada. Celebrity actor, Mr Sabyasachi Mishra, will be flagging off the walk.

Whitathon is L V Prasad Eye Institute's annual cause-related event focusing on raising awareness and funds for early diagnosis and treatment of Retinoblastoma – a life and vision-threatening Eye Cancer in Children. One of the most common

symptoms of Retinoblastoma is White Reflex (white glow) in a child's eye. Through this walk, LVPEI aims to raise awareness among the public that if they spot a 'White Reflex' in a child's eye, it could be a sign of eye cancer that needs immediate medical intervention.

Hence, the event is named 'Whitathon'. Dr Devjyoti Tripathy, Ocular Oncologist, Mithu Tulsi Chanrai Campus, Bhubaneswar, L V Prasad Eye Institute said, "Our aim is to raise awareness about early detection and treatment of retinoblastoma eye cancer in children. No child should die of eye cancer because of lack of awareness and treatment. We extend our sincere thanks to Mr Sabyasachi Mishra for joining us for

the Retinoblastoma Awareness Walk and spreading awareness about Retinoblastoma. We also acknowledge the support received from Aroh – Giving Hope, an NGO working for children with Cancer and their families."

Dr Tripathy further added that it is time to make detailed eye check-ups a part of mandatory paediatric examinations.



Dube powers India to series lead

New Delhi: A calculated innings from Shivam Dube (60* off 40) led India's chase as the hosts gunned down Afghanistan's modest total of 158 in the opening T20I in Mohali with 15 balls to spare and six wickets left in the tank.

The hosts did lose their openers inside the powerplay but Dube along with Tilak Verma (26 off 22) led the counterattack while Jitesh Sharma (31 off 20) joined in to bring India closer to the target. Afghanistan were about 20-25 runs short of a par score and the fact that they even got to 158 was largely thanks to Mohammad Nabi (42 off 27) whose counterpunch gave impetus after a slow start.

On a good batting surface with minimal

movement upfront and no real signs of spin, Afghanistan were strangely hesitant when it came to their intent in the powerplay. Only 33 runs came in the first six overs without a single wicket lost - a stat that proved to be significant to the eventual result.

Rahmanullah Gurbaz and Ibrahim Zadran were both unable to get their tempo going, perhaps trying too hard to force things on a pitch that naturally allowed strokeplay. However, they did stitch a 50-run stand which meant that there was some platform for the rest to launch. After such a slow start, it was imperative for the openers to kick on but unfortunately for Afghanistan, both fell in quick succession. Gurbaz charged down to Axar Patel to get

stumped while Dube picked up the Afghanistan skipper with a slower ball. Debutant Rahmat Shah then chopped one on to the stumps as Afghanistan lost 3/7 across 13 deliveries to find themselves in a hole.

On an easing pitch with his team in trouble, Nabi knew that he had to take the challenge to India and so he did in the company of the impressive Azmatullah Omarzai (29 off 22) as the pair added 68 off just

43 balls with crisp ballstriking. Nabi started the onslaught as peppered the short boundary for sixes while Omarzai also joined in shortly thereafter. When the stand was going great guns, Afghanistan looked set for a total in excess of 160 or even 165.

Mukesh Kumar, though, returned in his final spell to get rid of the two set batters in successive overs. A slower ball took out Omarzai who chopped one on while Nabi holed out to the deep in pursuit of another six. Their dismissals in quick succession robbed some

momentum from the innings but Najibullah Zadran and Karim Janat played cameos to ensure that the score ended up close to the 160-run mark. A lot is riding on this series for Rohit Sharma the player but the Indian captain fell to a huge mix up with Shubman Gill, resulting in the former's

run out. The single was on but Gill was ball-watching and it sent a furious Rohit on his way back in the first over of the chase. Just the start Afghanistan were seeking. The young opener looked in ominous touch at his home ground, stroking some elegant

boundaries but a rush of blood saw him getting stumped against Mujeeb-ur-Rahman. At 28/2 in the fourth over with an inexperienced middle order to follow, Afghanistan were sensing an opening to create more pressure. Particularly with the lack of batting depth as well. The two left-handers love to be aggressive as it's their natural game and that's how they reacted to the pressure situation. Dube took on Nabi for a monstrous six while also collecting boundaries against the pacers. Tilak was equally confident, if not more, as he executed his signature wristy strokes on both sides of the wicket. The 44-run stand came off just 29 balls as the chase got back on track after the initial wobble.

A blinder by Gulbadin

Naib at deep square leg ended Tilak's stay at the crease but the visitors weren't able to build on that breakthrough as Jitesh Sharma continued to up the tempo. Dube also motored along at the other end, breezing past his fifty. He added 45 off just 31 balls with Jitesh and then stitched an unbroken 42-run stand with Rinku Singh to see India through. Apart from Dube, there weren't any big scores but consistent partnerships meant that the result was never in doubt.

Brief scores: Afghanistan 158/5 in 20 overs (Mohammad Nabi 42; Axar Patel 2-23, Mukesh Kumar 2-33) lost to India 159/4 in 18.3 overs (Shivam Dube 60*, Jitesh Sharma 40; Mujeeb-ur-Rahman 2-21) by six wickets



Set to return as Yorkshire chairman, Colin Graves apologizes for racism at club

New Delhi: Former Yorkshire chairman Colin Graves has apologized "personally and unreservedly" for the racism prevalent at the county. The 75-year-old, who was the chairman of Yorkshire between 2012 and 2015, is set to make a controversial return to the club after the board accepted a loan proposal from a consortium led by him.

Yorkshire was fined GBP 400,000 and docked 48 points in the 2023 County Championship by the ECB's Cricket Discipline Commission for allowing racism and discrimination at the club over a 17-year period. After Azeem Rafiq played the whistleblower, Graves had denied any knowledge of racism at the club but has now issued an apology statement through BBC as the decks get cleared for his comeback at the next general meeting of



the board. "The mistakes must be acknowledged and acted upon," said Graves. "I apologise personally and unreservedly to anyone who experienced any form of racism at Yorkshire County Cricket Club. Discrimination or abuse based on race, ethnicity or any other protected characteristic is not and never will be acceptable."

"I profoundly regret some of the language I used when asked about the events that took place when I was chairman, at a time when I was no longer at the club. "I understand and sympathise with those who regarded my comments as dismissive or uncaring. "I am determined to do whatever is required to ensure Yorkshire County Cricket Club continues to reflect the communities it represents. The club cannot and will not succeed unless it is united in its commitment to meet the highest professional standards, on and off the field."

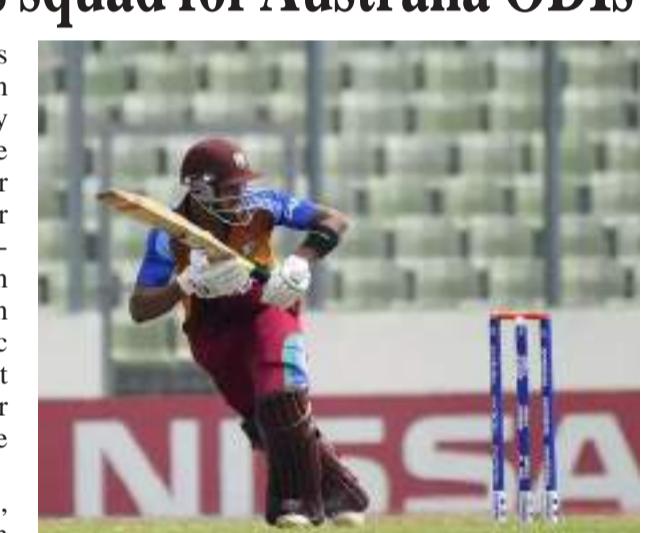
In a statement, the England & Wales Cricket Board said: "The ECB notes today's announcement by

Yorkshire County Cricket Club. We have been in regular contact with the club's leadership as it has sought to address significant financial challenges, and understand they concluded that this proposal was their only viable option to address the situation the club is in and put it on a sustainable footing.

"Considerable work has been carried out at Yorkshire - and across cricket more widely - in recent years to tackle discrimination and make the game more inclusive, and it is vital this continues. We welcome Colin Graves' commitment to continue this work, his unreserved apology and acceptance of the findings of the Independent Commission for Equity in Cricket (ICEC). These words must be put into action if Yorkshire members approve this deal.

Fit-again Justin Greaves, who scored 403 runs in 7 innings for the Leeward Islands Hurricanes in the Super 50 Cup, also finds himself in the Shai Hope-led ODI squad. He last played an ODI against Ireland in January 2022. Hayden Walsh Jr., who last played an ODI in July 2022, and Kavem Hodge, who made his debut in June last year, also find themselves in the squad for the 50-over series.

Brandon King and Sherfane Rutherford, Justin Greaves, Kavem Hodge, Tevin Imlach, Gudakesh Motie, Kjorn Ottley, Romario Shepherd, Oshane Thomas, Hayden Walsh Jr. T20I squad: Rovman



Powell (c), Shai Hope (vc), Johnson Charles, Roston Chase, Jason Holder, Akeal Hosein, Alzarri Joseph, Brandon King, Kyle Mayers, Gudakesh Motie, Nicholas Pooran, Andre Russell, Sherfane Rutherford, Romario Shepherd, Oshane Thomas, Alzarri Joseph, who was rested for the final two T20Is against England, also comes back into the Rovman Powell-led 20-over squad.

Uncapped Bishop, Imlach named in West Indies squad for Australia ODIs

New Delhi: The pitch for the Boxing Day Test between South Africa and India received a 'Satisfactory' rating from the International Cricket Council (ICC). This assessment follows criticism of the subsequent New Year Test pitch at Newlands in Cape Town, which was deemed 'Unsatisfactory' with one demerit point slapped on it. The satisfactory rating for the Centurion pitch means that it has avoided any sanctions. While the Centurion pitch generated considerable discussion, albeit not as controversially as

the Newlands surface, experts such as Sunil Gavaskar have argued that the wicket for the first Test was as problematic as for the second Test. However, ICC's Chris Broad seemingly has a different interpretation. The Test concluded within three days, with South Africa securing victory by an innings and 32 runs in the last session of the third day. Despite the short duration of the Test, it witnessed two centuries - by KL Rahul and Dean Elgar. The South African batsman, in fact, came close to achieving a double hundred with a score of 185. In the

second innings, the pitch exhibited a different character, leading to India's collapse for 131 runs in

34.1 overs, with only Virat Kohli (76) and Shubman Gill (26) managing to reach double-digit scores.

Test match ever. It would be even more interesting to see what rating the pitch at the Centurion where the first Test was played would get. Yes there were two hundreds scored on that surface but the way the ball regularly shot up from a good length was alarming indeed," Sunil Gavaskar wrote in a recent column, stating that the Centurion wicket was as treacherous as the one at the Newlands. The ICC recently changed the pitch and outfield rating system for an international fixture. As reported by Cricbuzz on Wednesday, there are

only four ratings that a match referee can consider -- very good, satisfactory, unsatisfactory, and unfit -- for a pitch. Previously there were six grades -- very good, good, average, below average, poor, and unfit. These ratings go through different stages of assessment. Once the match referee has given his view, the operations department of the ICC office in Dubai processes it before the rating is finalised. The rating is then provided as feedback to the host Member Board to assist in future pitch and

outfield preparations for international matches at the relevant venue. "In addition, if a pitch or outfield is marked as substandard the relevant Home Board and the venue are required to explain why the pitch and/or outfield performed below the required standard. A pitch or outfield is deemed to be substandard if it receives a rating of unsatisfactory or unfit. Sanctions may be applied by ICC to a venue that presents a substandard pitch or outfield for international cricket," the ICC says.



"It will be most interesting to see what the Newlands pitch is rated after what turned out to be the shortest