

A man in a light-colored suit is walking out of the back of a white van. He is surrounded by a crowd of people, some of whom are sitting on the ground. The scene is outdoors, with trees in the background. The image is credited to AFP.

tended to wounded people at the ceremony, where hundreds of Iranians had gathered to mark the anniversary of Soleimani's death. Some Iranian news agencies said the number of wounded people was much higher. "We are now evacuating the wounded and injured in the area. The crowd is huge and the job is quite hard all the paths to there are blocked," Fallah said. The US assassination of Soleimani in a drone attack at Baghdad airport and Tehran's retaliation by

reached a new high over Israel's war on Iranian-backed Hamas militants in Gaza in retaliation for their Oct. 7 rampage through southern Israel. Yemen's Iran-backed Houthi militia have attacked ships they say have links to Israel in the entrance to the Red Sea, one of the world's busiest shipping lanes. US forces have come under attack by Iran-backed militants in Iraq and Syria over Washington's backing of Israel and have carried out their own retaliatory air strikes. On Monday an Israeli airstrike killed a senior leader of Iran's Revolutionary Guards in Syria. Iran has in the past blamed Israel for attacks on individual people or places within its borders - claims which Israel has neither confirmed nor denied - but there was no indication of any foreign involvement in the explosions at Wednesday's ceremony.



## In A 1st, India To Launch Its Big Communications Satellite On SpaceX Rocket



weak underbelly of ISRO which still lacks a rocket which has the capacity to lift big communication satellites. ISRO Chairman S Somanath says India had to go to SpaceX since 'no other rocket was available in time.' The commercial arm of ISRO, New Space India Limited has signed a contract with SpaceX for a possible liftoff in the

second quarter of this year. The SpaceX deal also signifies a significant shift since till now India relied heavily on the France led Arianespace consortium to launch the heavy satellites. India's own rockets lack the capacity for launching very heavy satellites to the geostationary orbit beyond 4 ton class. According to NSIL, GSAT-20 offers Ka-Ka band high throughput (HTS) capacity with 32 beams having Pan-India coverage including Andaman & Nicobar, Jammu & Kashmir and Lakshadweep islands. NSIL is realizing GSAT-20 satellite through ISRO. The satellite weighs 4700 kg, offers HTS capacity of nearly 48Gbps.

# Odisha CM inaugurates Lower Suktel Irrigation Project in drought-prone Bolangir district



the project was Rs217 crore, which subsequently escalated to about Rs3,000 crore. The project took around 23 years to see light of the day as it was initially opposed by villagers. As many as 29 villages were displaced to pave way for the project. After inaugurating the project, Patnaik praised the

people who sacrificed their land for it. The project work was expedited only after it was included in the 5T (transformational) Initiatives. The 31-metre-high dam has a capacity to hold about 320 lakh cubic metres of water. “The Lower Suktal Project would place Bolangir in the forefront

of next level of transformation in the farm sector,” Patnaik said, adding that the project would go a long way in mitigating the plight of farmers of the region by providing them with reliable irrigation facility. Noting that that tour to Bolangir was his first visit in 2024, Patnaik said he was optimistic that the project will resolve the water-related problems of people. “Farmers are the chariots of the state’s economy and the state government is taking them towards development. Lower Suktel Project will bring a new chapter in the development of Bolangir,” Patnaik said.

## Bore-well baby's parents identified

added that the woman was physically and mentally unstable. "She has been admitted to the SCB Medical College and Hospital at Cuttack for treatment," Bhamoo said. "The probe will continue once the woman recovers and is discharged from hospital," he added. Despite the information provided by Bhamoo, it came as a surprise to many. Many questioned why it took so long for the police to provide information when they

had learned the identity of the mother within three days of the baby's rescue. When questioned whether the woman will raise the child, the police official said that they would talk to the mother before taking any decision. Police will also try to find out what prompted the mother to throw the baby into the abandoned well. He warned that stringent action would be taken if anybody was found involved in the dumping of the baby

## Father, son killed in Odisha road mishap, locals protest

**Sonepur(KCN):** A man and his son were mowed down by a speeding truck in Odisha's Subarnapur district, said officials Wednesday, adding that the area witnessed a protest and tension prevailed. The accident happened late Tuesday evening when a 46-year-old high school teacher and his minor son were hit by the truck. The deceased were identified as Rajkumar Mahakud and his 17-year-old son Ompreet, residents of Baladi village under Tarabha police station area of the

district. “Deceased Rajkumar was returning home with his son after the latter’s tuition classes ended Tuesday evening when a speeding Hyva truck entering into the Sonepur town ran over the father and son duo at Block Square.

“The Hyva driver fled from the spot leaving the vehicle near the Police Reserve Line around one kilometre far fearing public anger,” said a local police official.

Alleging negligence by traffic cops present at the accident spot, the locals staged a road blockade

and vandalised the vehicle of Sonepur Sub-divisional Police Officer, Pratap Tripathy. “As the scooter was dragged along the road for nearly one kilometer, it caught fire which subsequently engulfed the hyva,” said SDPO Tripathy. The police also reportedly resorted to mild lathi charge to disperse the protesters. Locals removed the road blockade after they were pacified by the Balangir MP, Sangeeta Kumari Singh Deo and senior officials of Subarnapur District administration.



# Bithoor, Uttar Pradesh



A small town on the banks of River Ganga, near Kanpur, Uttar Pradesh, Bithoor is a place of great religious and historical importance. The town has been mentioned in ancient Hindu manuscripts. According to legends, Bithoor became the residence of Lord Brahma after Lord Vishnu recreated the universe. Bithoor got its name after a series of changes. Utpalaranya forest is believed to be the site of Brahma's Ashwamedha Yajna (A nail of one of the horses used in the Yajna is believed to have been preserved at the site and stands as a testament to the ancient legend). The temple (one of the few shrines devoted to Lord Brahma in India) also has a Shivaling named Brahmeshwar Mahadeva that is believed to have been established by Brahma. After completion of the yajna, the same forest was given the name of Brahmavart Ghat (the seat of Brahma), which the locals later started calling Bithoor. The first humans, Manu and Shatarupa are also believed to have been created in the Brahmavart Ghat. Later, Bithoor flourished under the reign of emperor Uttanpad. His son Prince Dhruva (who grew up to be a saint) was a great devotee of Lord Brahma. It is said that Dhruva meditated on one foot to appease Lord Brahma. Delighted with his dedication and devotion, Lord Brahma appeared before him and granted him the boon of immortality and

Dhruva became a shining star in the galaxy. The star Dhruva Taara is named after him. Moreover, Dhruva Teela (Dhruva's Hill) still stands in Bithoor as an evidence to the penance performed by Dhruva. Bithoor is considered to be a prominent religious place because of its association with the ancient text, Ramayana. The town houses the Valmiki Ashram. It is believed that sage Valmiki composed the Ramayana in this ashram. Goddess Sita took refuge in Valmiki Ashram during her exile and gave birth to Luv and Kush. A place inside the Valmiki Ashram is known as Luv-Kush Janmsthal. It is said that Luv-Kush received their education from Valmiki at this spot. The ashram also consists of Sita Rasoi, which is believed to be Goddess Sita's kitchen during her exile. Another site, Sita Patal Pravesha, is the site where she decided to unite with mother Earth. Additionally, Lord Hanuman is believed to have stayed in Valmiki Ashram while searching for the whereabouts of Luv, Kush and Goddess Sita.

Therefore, Valmiki Ashram has immense religious significance. In the 18th century Maharaja Tikait Rai Bahadur, Diwan of Awadh built a bathing structure of red stone in Bithoor, which is known as Patthar Ghat. This ancient structure stands on the banks of the river Ganga and houses a temple devoted to Lord Shiva, in which the Shivaling is made from the Kasauti Stone. During the British Raj, Bithoor used to be a part of Cawnpore (today known as Kanpur) district in the United Provinces. It played a significant part in the First War of Independence of 1857. Rani Laxmi Bai, a freedom fighter spent her childhood in Bithoor. The Siege of Cawnpore (5th - 25th June 1857) is said to have started in Bithoor near the premises of Bithoor Fort. Nana Saheb (adopted son of Maratha Peshwa Baji Rao II) was banished to Bithoor after which Bithoor Fort became the headquarters for planning the fight against the British. Prominent freedom fighters such as Rani Laxmi Bai, Nana Saheb, Ram Chandra Pandurang and Tatya Tope started the revolt against the British in Bithoor. The actions

of the force led by Nana Saheb resulted in the killing of over 300 British men, women and children during the Siege of Cawnpore. General Havelock captured Bithoor on July 19, 1857. Bithoor Fort, ghats and temples were set on fire by the British officials in which Mainawati, Nana Saheb's 14-year-old daughter was also burnt to death. To commemorate the memory of Mainawati, the State Government named a road Mainawati Marg in Kanpur. Around 25,000 men, women and children of Bithoor were killed by the British to spread terror and their bodies were found hanging on the trees of the town. Bithoor is remembered as a place where a large number of people were mercilessly killed for revolting against the British empire. At present, what remains of the Bithoor Fort is only ruins. All Souls' Church (25 kilometers from Bithoor) was built in the year 1875 to honour British officials who were killed during the Siege of Cawnpore. The church premise also has a Memorial Well erected to mourn the lives of the British women and children who lost their lives in the Battle of Bithoor. The state government has now established a memorial park, Nana Saheb Smarak. It consists of a museum, a gallery containing historical relics from the colonial period like Royal Orders, coins, stamps and other

antiques. It also has statues of Nana Saheb, Rani Laxmi Bai, Tatya Tope and other freedom fighters who started the Siege of Cawnpore. It is believed that the park has old banyan trees on which were hung the residents of Bithoor after British officials ordered mass hangings after the siege of Cawnpore. Those historic trees have been preserved as a testimony to the struggle of the people of Bithoor against the British. According to a legend, before renouncing his titles and going to Nepal, Nana Saheb threw his jewels in a well. The well is now located in the Nana Saheb Smarak. The whereabouts of the jewels are still not known. The descendants of Maratha Peshwas (Nana Saheb and his generals) still reside in Bithoor and its adjoining areas. The Maratha names of those who reside in Bithoor include Tope, Moghe, Taknikar, Sapre, Hardekhar, Sehajwalkar, Athwalle and Pinge. The descendants hoist the tricolour on every Independence Day (since 1947) at the spot where Nana Saheb used to formulate policies with his generals. Bithoor commemorates important events from various time frames of the history of India. It is a testimony to the experiences, struggles and memories of people from ancient, medieval and modern India.



## Quotation of the Day



## My Lost Memory of Manipur

Prof manas Ranjan mahapatra



I must have been broadcast from not less than 50 radio stations all over the country during last five decades. I participated in a radio programme for children way back in 1970 as a child artist and have continued my participation till date in various radio programmes. A few days ago I discovered a mail from AIR, Imphal regarding the fee they were to pay me for recording and broadcast of my interview there in 2018. It took me to my past. I was at Imphal four years ago to attend a Literary Convention and to explore the possibility of holding a North East Festival of Children's Literature. Incidentally the event was at Jawaharlal Nehru Manipur Dance Akademi. My long time friend Dilip Moyengbam was the Festival Director. My relation with Manipur started with friendship with Dilip at Itanagar. I was the Festival Incharge of the first ever Book Fair there over 15 years back. Dilip was invited to the festival as a

poet. His name was recommended by Subhabrata Deb, my publisher friend from Tripura. Soon Dilip and I became intimate friends. I wanted to hold a Children's Literature Festival at Imphal. He was then deputed to Jawaharlal Nehru Manipur Dance Akademi as its Director. With his help and active initiative of Brajeswar Sharma, the then Secretary of Writers' Forum NBT did the first ever 2 day Festival of Reading at Imphal. Amar Goswami, famous children's writer in Hindi and B. Jayanta Kumar Sharma as well as Rajkumar Bhoobansana, both eminent Manipuri authors for children took part in the festival.

My second visit to Imphal was on an invitation from Sahitya Akademi to an All India Poets Meet. The meet took place at Jawaharlal Manipur Dance Akademi. It was a 2 day Festival. Dilip was no more Director of the Akademi, but he came and spent time with me in the evening.

In due course I took over as Director, Art and Culture of North Eastern Council. One of my first few works included sanctioning funds for construction of class rooms, renovation of auditorium and new

boys hostel for the Akademi. Can North Eastern Council sanction funds for A Writers Meet at Imphal by Writers' Forum, Dilip asked me once. Why not? I replied. Then I sanctioned from NEC funds for holding a Festival of Literature at Imphal by Writers' Forum. The Festival was inaugurated by eminent theatre personality Ratan Thiyam at Chorus Repertory. It is growing. My 3 years at North Eastern Council has helped growth of some events in various states throughout North Eastern Region. Many new faces have been introduced to the world of literature. Some of these people remember me as Writers' Forum does, some do not. But I flow like a river. And, whenever I think of these festivals with which I have worked, I become emotional and nostalgic. Long Live Writers' Unity.

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



## CLASSIFIED

### CAUTION

Readers are advised to make appropriate enquiries while responding to advertisements in these columns. The Kalinga chronicle publication does not vouch for any claims made by the Advertisers. The Printer, Publisher, Editor and Owner of The Kalinga Chronicle Publications shall not be held responsible/liable for any consequences, in case such claims are found to be false.



AUTOMOBILE



REAL ESTATE

### SALE

Kawasaki Bajaj  
on tiptop condition  
for sale  
Contact: 2555326

### PURCHASE

Required a Marshal/  
Commander / Bolo in  
good condition. Contact  
: 555763

SALE  
Flats ready for  
possession before  
Rathayatra at Puri near  
Seabeach for sale.  
Contact : 9864078308

Residential plots at  
Pahala close to NH-5  
and near Pata Railway  
Station, Bhubaneswar for  
immediate sale.  
Contact : 0674-2556733  
Residential plots at

### CLASSIFIED ADVERTISEMENT TARIFF

Classified advertisements are released daily.  
The normal classified advertisement is charged  
@ Rs. 5/- per word up to maximum number  
of 50 words. Any extra word will be Rs. 8/-  
per word. The minimum charges for any  
classified advertisement is Rs. 100/-. The  
options for bold lettering and outlining are  
also available and are charged @ 7/- and  
10/- per word respectively. Extra charges for  
photographs Rs. 100/- For Box No. Rs. 100/-

### HIRE

For hiring of Car / Jeep  
/ Bus on monthly basis.  
Contact : 2555763



BUSINESS

Saving 10,000/- for high  
status, extra earn and  
foreign trip opportunity,  
1238904001.  
Independent business  
work from home, training  
in Singapore,  
1338014287.



MATRIMONIAL  
BRIDE WANTED

Wanted bride for  
Shandayat Boy, 37plus,  
Jaste no bar, 0674-  
2555763

### GROOM WANTED

Wanted Groom any  
service/business family  
or a Brahmin Girl.  
Contact 2555226

Gohira Chhak in front of  
CV Raman Engineering  
College beside NH-5,  
near Tamando. Contact  
: 9238691168

### PURCHASE

Simplex / Duplex  
building at BBSR  
contact : 9437002509

### ACCOMMODATION

#### WANTED

Required Single / Double  
/ Triple Storied North/East  
facing building at Puri.  
Contact 9437143483



TOURS & TRAVELS

We provide luxury coach  
buses (16,25,32,41,52  
seater) for Ponic,  
Excursion, Marriage,  
Maa Santoshi Travels,  
Contact : 9961079437  
For Luxury Passenger  
vehicle, Contact :  
Sagacity Tours & Travels,  
Acharya Vihar,  
Bhubaneswar,  
Ph. 2540219

## WANTED

Required Driver/Peon/  
Attendant/ Aya

Please Contact-8984600400

## ACCOMMODATION WANTED

Required double/Single/ Multi  
storied Bungalow type North or  
East Facing independent build-  
ing At-Nayapalli, Jayadev Vihar,  
V.S.S. Nagar, Mancheswar,  
Rasulgarh, Sallashree Vihar,  
Niladri Vihar.

Please Contact- 8338870595

# Sylvester Stallone And Jason Statham Redefine Brotherhood In 'Expend4bles,'

New year, same old Statham and Stallone! With Expend4bles all set to exclusively premiere on Lionsgate Play this 5th January, the OG duo are looking to bring the explosions and action beyond compare as Sylvester Stallone reunites with Jason Statham for another mission; as they hope to ride into the sunset victorious again. Carrying on their brotherly bond from the very first film, Expend4bles sees the duo teach a new crop of mercenaries the

'Expendable' way. A new generation of stars join the world's top action stars for an adrenaline-fueled adventure in Expend4bles. Reuniting as the team of elite mercenaries, Jason Statham, Dolph Lundgren, Randy Couture, and Sylvester Stallone are joined for the first time by Curtis "50 Cent" Jackson, Megan Fox, Tony Jaa, Iko Uwais, Jacob Scipio, Levy Tran, and Andy Garcia. Armed with every weapon they can get their hands on and the



skills to use them, The Expendables are the world's last line of defense and the team that gets called when all other options are off the table. But new team members with new styles and tactics are going to give

"new blood" a whole new meaning. Speaking on his on-screen partnership with Jason Statham, Sylvester Stallone says, "Barney and Christmas are closer than brothers, we wanted to remind audiences how

close they are, in the film's opening scenes. It also sets the stage for later, when Barney seems to pass the torch of leadership to Christmas. It all seems like business as usual for Barney and the team, but as the mission unfolds, and Barney remains in the pilot's seat of their plane while his men battle the enemy on the ground, everything is about to change."

Speaking about Sylvester Stallone, Jason Statham says, "Sly wrote, directed, and starred in

the first film, and hired me and the rest of the cast, he pretty much created this world. Sly is The Expendables; without him, I wouldn't be here. Without his presence, creativity, and backbone, the team is nothing. He's an incredible source of inspiration. My greatest days in the movie business have been around that man." Catch the Stallone Magic and Statham Swag in Expend4bles, exclusively on Lionsgate Play from January 5th.

## Animal: Sara Ali Khan Never Auditioned For Triptii Dimri's Role In Ranbir Kapoor-Bobby Deol's Starrer

Actress Triptii Dimri might have a brief appearance in Sandeep Reddy Vanga's latest blockbuster 'Animal', but the actress has managed to become the talk of the town for her performance. Her intimate scenes with Ranbir Kapoor in the film have been a topic of debate on the internet with a section of people criticizing the makers for promoting toxic masculinity. While Triptii Dimri has been garnering acclaim for her portrayal in the film, several reports

claimed that Sara Ali Khan had auditioned for the role of 'Zoya' but could not crack it. Putting all the rumors to rest, an industry insider revealed that "Sara Ali Khan never auditioned for Sandeep Reddy Vanga's latest released 'Animal'." For the unversed, rumours of Sara Ali Khan auditioning for the role played by Triptii Dimri in the film made headlines recently. The report claimed that Sandeep wasn't convinced that Sara would be able to pull off



the bold scene in the film. He, however, was impressed by Triptii when she auditioned for the role and cast her in the film, claimed the report. Sara Ali Khan is among the prominent Bollywood actresses of

this generation. She made headlines with her debut in 'Kedarnath' and has been a part of films like 'Atrangi Re', 'Love Aaj Kal', 'Simmba', 'Coolie No 1', 'Luka', 'Gaslight' among others. She was recently seen in 'Zara Hatke Zara Bachke'

opposite Vicky Kaushal. She will be next seen in 'Ae Watan Mere Watan', which will premiere on Amazon Prime Video. Triptii Dimri played the role of 'Zoya' in Animal. Though she had a small screen time, her role is one of the most talked-about elements of the film. Triptii Dimri spoke about her intimate scenes with Ranbir Kapoor in 'Animal'. She said that Ranbir and Sandeep made sure that she was comfortable doing the scenes. She also mentioned Ranbir coming and checking up

on her every 5 minutes to ensure that she is not feeling awkward. Triptii made her acting debut in the comedy film 'Poster Boys' (2017) and had her first lead role in the romantic drama 'Laila Majnu' (2018). She gained acclaim for her performances in Anvita Dutt's films 'Bulbbul' (2020) and 'Qala' (2022), before bagging 'Animal'. She has a film with Vicky Kaushal among her upcoming projects. Released on December 1, 'Animal' is getting an overwhelming response from the audience.

# Mirzapur actor Isha Talwar says artistes should be given medals as survival is 'really hard': 'There's self-doubt, pressure to make it big'

What doesn't kill your spirit, makes you a movie star. Actor Isha Talwar, best known for starring in the Amazon Prime Video series Mirzapur, says being in the film industry can be a daunting task as artistes battle insecurity, competition bitterness and the pressure to succeed at all cost. Isha started her film career with the 2012 Malayalam movie Thattathin Marayathu and continued to work in the industry, along with Tamil and Telugu films, before she appeared in Salman Khan's Tubelight in 2017. Post that, her Bollywood appearances included Kaalakaandi, Article 15, Sharmaji Namkeen. She finally got her breakthrough success with Mirzapur in 2020 and followed it up with this year's Saas, Bahu Aur Flamingo. Isha is now gearing up for her next, Chamak. The Sony LIV musical thriller is set in Punjab and is gearing to release on December 7. In an interview with Indianexpress.com, Isha Talwar talks about how she has stopped chasing the constant need to



"make it big" as per the worldly standards, the move to reinvent herself and join an acting course and why actors need to be applauded more often for surviving in the industry. You entered the industry in 2012 with a Malayalam film. What has the decade taught you? The learning is interesting. I got a lot of exposure because of South cinema. It is a different market, my foundation was set there. Everybody who is in films should be given a medal, because it is hard. The amount of self-doubt an artiste lives with, add to it the

pressure... It is self-inflicting pressure though, of wanting to make it big, where there is a set definition of 'making it'. I have stopped chasing that now. Where you at some point? When I came here, of course I was chasing it. When I didn't get it, it made me think what I was chasing. Now I do it more for the love of it, not so much for 'I have to be successful'. That unnecessary pressure is off my head, but it is not like I am less ambitious today. Our chips are made for competition, which I don't like anymore. I don't want to compete with other people. It is not a

race. Acting is a natural form of expression, so everyone will be different. I don't feel competitive anymore. Yes, I want things for myself. I want to do more. I am greedier with time. I have spent seven months learning acting from Kerala. It has been a re-set for me. After you broke out with Mirzapur, you still had to wait over a year for work. Have the years in the industry prepared you for its ups and downs? Yes. Life is unpredictable, you can't do anything about it. But yes, over a period of time, you make peace with it, the nature of the

industry. This understanding comes after many years. You know the industry is unpredictable, but to live through it takes time. It took me some time. Did it help that your father was from the industry, so you at least knew that this is a gamble? Yes, but when you are dreamy eyed, you are not thinking about these things. You think how you are going to be the next superstar. I never focused on such things. Eventually when you get five-six slaps from life, you go like, 'Oh damn, this s\*\*t also happens.' No one prepares you for it, you just find

out. What are you craving for right now? Chamak feels like a new beginning of sorts, because usually people play bhabis and bahu later. But for me that came in first and now I am going in this space of younger women. Somewhere that image of being a rooted actor, someone who is doing more UP, Rajasthan roles was clinging to me. If not for anything else, Chamak's character is definitely closer to my age group. Bigg Boss 17: Ankita Lokhande throws 'chappal' at husband Vicky Jain; lat... Yes that and Saas Bahu and Flamingo just reinforced that. Madhuri and Bijli, as much as I love them, I also want to do a Jasvinder Kaur in Chamak. Which is why it feels like a new beginning. I do feel new. My new year has come in a bit early. There is a tendency to get bitter if you spend too much time, too many idea of what needs to happen. But the acting course has ensured that I am back to square one and I want to chase some really cool things from here on now.



# Psychical and spiritual effect of diet on human life



Prof. Dr. Umesh Chandra Patra



Body, mind and soul are interrelated. Naturally, physical, psychical and spiritual are the three aspects which are to be thought of in any development programme for human life such as proper marriage reforms for good progeny, the educational policy and the like. The radical cure of a patient also consists

of three aspects, viz., physical, psychical and spiritual. Likewise, triple is the effect of diet on human life. We are generally apt in thinking in terms of the physical effect only. In this article, due considerations will be made on psychical and spiritual effects as well. There is a distinct difference in meaning between the words 'food' and 'diet'. Food is something used in the body to sustain growth, repair, and vital processes and to furnish energy. Diet on the other hand, signifies prescribed selection of food. Now, what is this food? Food

consists essentially of protein, carbohydrate and fat and is also supplemented by minerals and vitamins. Of all these, the most important is protein. Sufficient protein is found in milk, eggs, fish, meat, groundnut, almond, lentil, cheese, green plantain etc.

The meaning of the word vegetarian in Bengali is niramish, while the word non-vegetarian means amish. The word amish originates from 'am' which means disease. Non-vegetarian diet is as such, that diet which ushers in disease while vegetarian diet is that which

supplies energy to resist disease. After non-vegetarian diet is digested, a poisonous substance named uric acid is accumulated in the body to a great extent. This uric acid does not leave the body easily. The result is that the body is attacked while vegetarian diet is unfounded.

Pulses, for instance, contain 17.24 percent protein and have high nutritive value. However, a wise selection of the vegetables is a must in vegetarian diet. This vegetarian diet has been eulogized much in the Gita. In the Gita, mention has been made of three kinds of food conforming to

Sattwic, Rajasic and Tamasic nature. Sattwic food corresponds to vegetarian diet, Sattwa, Rajas and Tamas are three different attributes of human nature. These are in fact three different forms of energy. Knowledge is born of Sattwa. Rajas is characterised by

greed. From Tamas arise inadvertence, delusion and ignorance. "Sattwat samjayat jnanam, rajoso lobha eva ca, pramadamohau tamaso, bhavato' Jnanam eva ca."

Tha t vegetarian diet is conducive to existence may be explained from a scientific viewpoint. There is no histological difference between animal cells and vegetable cells. As cells they are exactly similar but the energy content in these two types of cells are different.

Vegetarian diet, on the contrary, increases the span of life keeping the body fit, youthful and aile.

It may be an interesting statistical study to establish that the number of cancer cases is comparatively low in vegetarian families. The effect of vegetarian diet on the human system may be summed up thus "Vegetarian diet is economic and good for longevity - It is helpful in accelerating one's spiritual uplift; A i d i n g simultaneously in controlling sexual urge and anger And without ever depriving the nerves of enrichment."

**Ex. HOD-cum-Prof., Hepatology Deptt., SCBM, Cuttack, Mob. : 9437051957**

## IMMORTAL BLISS

Dr. Dillip Kumar Moharana



his desires. He has emotion and so he feels. He has reason and so he thinks and ratiocinates. In some the emotional element may preponderate, while in some others the

Religion and Yoga must educate and develop the whole man - his heart, intellect and hand - then only he will attain integral development.

The spiritual



rational element may be dominating. Just as will, feelings and thought are not distinct and separate; so also, work, devotion and knowledge are not exclusive of one another. He must, therefore, develop his heart, intellect and hand. Then alone can he attain perfection. Many aspirants have l o p s i d e d development. They will not possess an integral, all-round development; so long they will continue to neglect the other aspects of their personality. One-sided development is not commendable.

path may, in the beginning, appear to be very hard, thorny, precipitous and s l i p p e r y . Renunciation of objects gives pain at the outset. If we struggle hard to tread the path, if we once make a strong determination and firm resolve, then it becomes very easy. We get interest and new joy. Our heart expands. We have a broad outlook of life. We have a new, wide vision. We feel the help from the invisible hands of the Indweller of our heart. Our doubts are cleared by themselves by getting answers from

within. We can hear the shrill, sweet voice of God. There is an indescribable thrill of divine ecstasy from within. There is deep, abiding, everlasting joy and unruffled peace. There is ineffable, unabating, undiminishing, undecaying spiritual bliss. This gives new strength. The footing in the path becomes firmer and firmer. The J i v a n m u k t a s , Yogins, Nitya-siddhas, Amara - purushas, and Chiranjivis lend their helping hands to the struggling aspirants. The aspirants feel this actually. The feeling of loneliness and of being neglected and forsaken vanishes entirely. There is no short-cut in the spiritual path. There is no royal road to the kingdom of immortal bliss. There is no half-measure in the divine path. Strict, hard discipline is wanted. Then alone we can conquer Maya. Only then can we control the mind.

**Shikharpur Uppar Sahi, Cuttack, Mob. : 8280963283 / 9438583289 E-mail : dip77kumar@gmail.com**

## Success Knocks Your Door Once

Dr. Samrat Kar



A pessimist is one who finds difficulty in any opportunity. An optimist is one who converts every difficulty into opportunity. A pessimist who says 'O' is the last letter in ZERO instead of first letter in Opportunity. All of us do not have equal talent but all of us have equal opportunity to develop talent. Alphabet 'O' stands for opportunity which is absent in yesterday, available once in tOday & thrice in tOmOrrOw. Don't sit down and wait for the opportunities to come; you have to get up and make them. Drop of Water falls on Lake, loses Identity. Falls on the Lotus, Its Shines, If on Shell, It becomes Pearl, Drop is same but Company matters. Every problem is just an opportunity waiting to be made use of.

If you ever feel

in life that all doors are closed, remember these words, "Closed door is not always locked." If you miss an opportunity, do not cloud your eyes with tears. Keep your vision clear so that you will not miss the next one. It is better to be prepared for an opportunity and not have one than to have an opportunity and not be prepared. Life does not provide warranties and guarantees. It only p r o v i d e s possibilities. Do not miss them. Life is like a flowing river of opportunities, it is up to you to stand up with a bucket or spoon... Lucky means who get the o p p o r t u n i t y , Brilliant means who create the opportunity, Winner means who use the opportunity. Open the windows of your mind and let the wind of opportunities come in. Opportunities are always bigger on their way out then on their way in. Opportunities are in abundance, takers are few because it requires vision and wisdom for right

selection of o p p o r t u n i t y . Opportunities are like ice, grab it before it melts. Achievers Say "Knock The Door Of Failure Till You Meet Success..." Small opportunities are often the beginnings of great enterprises. Success

the doorbell. People Say : - " Success Knocks Your Door Once".. But Achievers Say "Knock The Door Of Failure Till You Meet Success..." Small opportunities are often the beginnings of great enterprises. Success



often things you haven't noticed the first time around. Opportunities to find deeper powers within ourselves comes when life seems most c h a l l e n g i n g . Opportunity. Dances with those who are already on the dance floor. Opportunity is missed by most people because it is dressed in overalls & looks like work. It often comes in the form of misfortune, or temporary defeat. Opportunity may knock only once, but temptation leans on

has only one formula. "Stop thinking in terms of limitations and start searching for possibilities."

T h e opportunities are there all the time. It is our burning desire that enables us to see them. When one door of happiness closes; another opens; but often we look so long at the closed door that we do not see the one which has been opened for us.

**Psychiatrist, The Brain Foundation, Purighat Road, Cuttack, Mob. : 9132433333**





The Union Minister for External Affairs, Dr. S Jaishankar felicitates 'One District One Product' winners during Aatmanirbhar Bharat Utsav celebration in presence of the Union Minister for Commerce & Industry, Consumer Affairs, Food & Public Distribution and Textiles, Shri Piyush Goyal at Bharat Mandapam, in New Delhi

## BJP Meet On January 7 Over Strategy For 5 Lok Sabha Seats In Uttarakhand



**Dehradun(KCN):** The Bharatiya Janata Party (BJP) will hold a meeting here on January 7 to prepare its strategy for the five Lok Sabha seats in Uttarakhand in view of the 2024 general elections. BJP's national vice-president and Rajya Sabha MP Laxmikant Bajpai, state in-charge and national general secretary Dushyant Gautam and Chief

Minister Pushkar Singh Dhami are among the prominent party leaders to attend the meeting, said Pradesh BJP president Mahendra Bhatt. He added that present and former ministers, all MPs and key party functionaries of the state will also attend the meeting. Mr Bhatt said the meeting will focus on preparing a strategic

action plan for winning the five Lok Sabha seats in the state. He added that brainstorming local and national issues, scheduling the stay of central and state leaders, rallies and programmes of the star campaigners and organisational officials are on top of the agenda for the meeting. Mr Bhatt said the target is to win all the five seats once again garnering 75 per cent of the votes. The BJP has been winning all the five Lok Sabha seats in the state for the last two consecutive elections held in 2014 and 2019. Retaining the seats for a record third term is the party's main challenge this time.

## PM Talks Of "Modi's Guarantee", Slams Congress, Left For Women's Bill Delay



**Thrissur, Kerala (KCN):** Prime Minister Narendra Modi today slammed the Congress and Left parties, alleging that they had delayed the Women's Reservation Bill, whereas the BJP had ensured the passage of the quota legislation that would empower women. The Nari Shakti Vandan Adhiniyam has now become law, the Prime Minister said addressing a large gathering of women, emphasising that he has fulfilled his

commitment to the cause of women empowerment. "Regrettably, after independence, the Leftist Congress government undermined the strength of our women," the Prime Minister said. "The Congress and other parties delayed the reservation bill in the Lok Sabha. However, the Nari Shakti Vandan Adhiniyam has now become law. PM Modi has fulfilled his commitment," he said.

"Mesmerising": PM Modi Praises Swati Mishra's 'Ram Aayenge' Bhajan Asserting that the progress of the poor, women, youth and farmers will ensure national growth, he also said there was a buzz around "Modi's guarantee", apparently referring to the Centre's developmental initiatives. PM Modi also said he guaranteed freedom from triple talaq for Muslim women and fulfilled it honestly.

## On Bail In Notorious Gangster's Murder, Ex Model Killed In Gurugram Hotel

**New Delhi(KCN):** In a shocking crime with many layers, a former model and ex-girlfriend of a gangster has been murdered by a hotel owner and his associates in Gurugram, police said. Her body, which was dragged to a BMW and dumped somewhere, is yet to be found. The reason for the killing is unknown, but what is adding to the mystery is the fact that the victim was an accused in the alleged fake encounter of her then boyfriend -- who was Gurugram's most-wanted gangster -- in 2016. She was in prison for seven years and got bail only last year.

Officials from Gurugram's Sector 14 police station said they received a complaint from the family of 27-year-old Divya Pahuja that she had gone out with her friend Abhijeet Singh on



January 1 and had gone missing. They informed the police that Singh owned Hotel City Point in Gurugram and that Pahuja's phone had been switched off for many hours. When police reached the hotel and checked the CCTV footage, they saw a body wrapped in a sheet being dragged down a corridor. Singh has now

been arrested for the former model's murder and police are now trying to find her body as well as trace his two associates. An official said Singh had allegedly paid the two men ? 10 lakh to put the body in his BMW and dump it somewhere it would not be found. A police official said Pahuja had gone out with

Singh on New Year's Day and they had reached his hotel, along with one of Singh's associates, around 4.15 am the next day. They were joined by at least one other man. "After they killed Pahuja, two of Singh's associates dragged the body down the hotel corridor and put it in his BMW. They drove in the direction of Punjab and dumped the

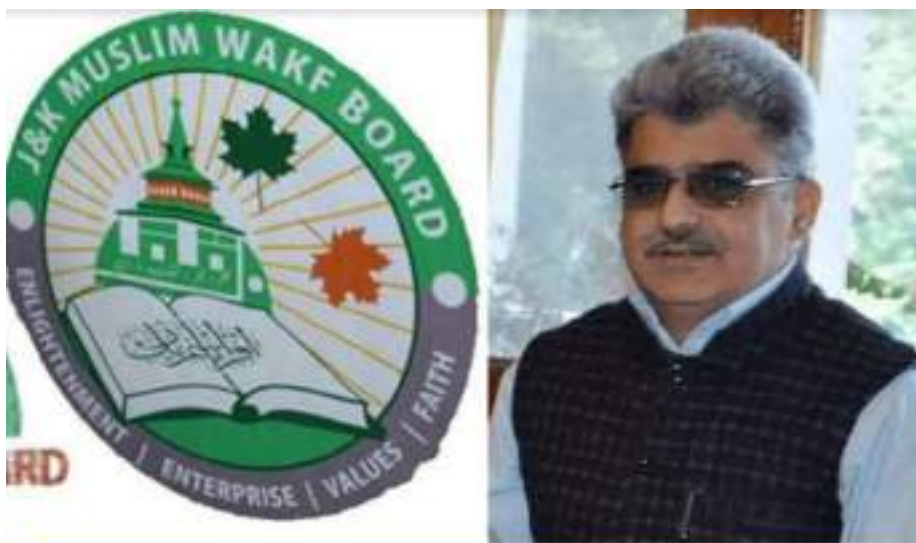
body somewhere," said the official. Pahuja was the girlfriend of Gurugram's most-wanted gangster Sandeep Gadoli, who was killed by the Haryana police in an encounter in a Mumbai hotel in 2016. Pahuja was in the hotel room with Gadoli when he was killed.

Several police officials were later arrested when it was alleged that the encounter was fake. Pahuja and her mother were also arrested for allegedly revealing the gangster's whereabouts and facilitating the alleged fake encounter. Pahuja was in prison for seven years and had been granted bail by the Bombay High Court in July last year. Assistant Commissioner of Police Mukesh Kumar said the accused had tried to destroy evidence after committing the murder.

## Retired WAKF Employees in Lurch: Request CS Atal Dulloo to Intervene.

**Srinagar Jk :** The employees of Jammu and Kashmir WAKF Board, who retired between the years 2022 and 2023, have implored the chief secretary of Jammu and Kashmir, Shri Atal Dulloo to intervene and fulfill their long pending demand of the denied pension by J&K WAKF Board.

Considered, second richest institution in union territory of Jammu and Kashmir following the government, the employees of the WAKF Board who retired between the years 2022 and 2023 have expressed dismay over the denial of retirement pension. The employees said that the denial of pension to them is an infringement of their rights, and a violation of the law of the land. "When Re-organization act was brought into effect in the jurisdiction of Union Territory of Jammu and Kashmir, by virtue of abrogation of Article-370, the Central Wakf Act, 1995 was also extended to Jammu and Kashmir. However, according to the Central Wakf Act, it remains in the discretion of the



### Retired WAKF Employees in Lurch: Request CS Atal Dulloo to Intervene

members and chairperson of Jammu and Kashmir WAKF Board to provide whatever privileges that the board deems fit to its employees. Unfortunately, the J&K WAKF Board has shown an appetetic approach towards the employees who retired between the years 2022 and 2023," an employee of the WAKF Board who had retired in 2023 said. "According to the J&K Reorganization act, 2019, the WAKF Board of Jammu and Kashmir

must not disenfranchise it's employees who have served the board throughout their lifetimes. The board can choose to deal with new employees who are recruited after 2019 on its own terms, but those of us, who were recruited 30, 35, or 40 years ago must be accorded all those privileges which the terms of our employment dictate. It's a guarantee given to us by J&K Reorganization Act, 2019 and all the prevailing acts of our country," another retired

employee who is undergoing a treatment for serious disease said. The retired employees further said that throughout their service, they worked for meagre salaries for the WAKF Board, and upon their retirement, when this small retirement pension could have ensured a support system for them and their families, in their old age, was also denied. "Many of us are on medicines, and many of us have large families to

support and daughters to marry off, the WAKF Board must have thought about it. Right now there are nearly 230 pensioners at WAKF Board. All the retired employees from Wafq Board are getting pension, some them are those who have even retired after the enactment of J&K Reorganization-Act. Out of the 39 employees who retired after the abrogation of 370, nearly 11 (eleven) are getting pension. The rest have been left out and subjected to stepmotherly treatment," another employee said. The employees said that due to the non-disbursement of pension, they have reached a state of destitution and are being forced to reach out to others for help and medicines in their old age. "Therefore, we the retired employees request the chief secretary Shri Atal Dulloo to intervene and help us in our rights, or else, our lives and the lives of our families will continue to suffer," the employees requested collectively.



## Delay in memu train arrival fuels anger

**Keonjhar(KCN):** Delay in the arrival of Bhubaneswar – Keonjhar Memu train regularly has fuelled resentment among the residents of Keonjhar district. The Memu train had been introduced in place of the intercity express without citing any reason. The train reached Keonjhar railway station Friday midnight at around 12.30 am instead of the normal arrival time of 9.40 pm. Sources said that the train had arrived Thursday night at 10.49 pm, at 10.41 pm Wednesday and at 11.21 pm Tuesday. As the train is arriving at Keonjhar railway station late every day, it is causing hassles to the passengers. Sources said that the Memu train leaves Keonjhar in the morning to Bhubaneswar. Therefore, many feel comfortable in traveling

by train to Cuttack and Bhubaneswar for official work, health checkups, the high court works or catching a flight or train to some other cities. The train also helps them come back to Keonjhar after finishing work, in time. The scheduled arrival time in Keonjhar is 9.40 pm. However, the delay in the arrival time is putting people in various difficulties. Many fail to go to their villages at late night due to lack of proper conveyance facilities and have to spend the cold night on the platform. Many passengers fail to get any accommodation as there is no hotel or lodging in the vicinity of the railway station. A local resident, Himanshu Sahu, who usually depends on the train said due to the late arrival of people, mostly coming from interior, areas are facing problems in getting food,

conveyance, and boarding facilities for night stay. Besides, the toilet in the train seems to be of no use for the passengers due to poor maintenance. Sahu alleged that the railway authorities are neglecting the interest of passengers to safeguard the interest of mineral-carrying trains. The arrival time of the Memu train is getting delayed as the railway authorities allow mineral-carrying trains to move first by detaining the passenger train on the way, they alleged. Several complaints in this regard have fallen in deaf ears. “We will stage agitations if the problem is not resolved at earliest” warned Santosh Mohapatra, a member, Keonjhar Yuva Parishad in the town. The intercity express train has been running from Keonjhar to Bhubaneswar smoothly since 2014.

## Andhra's incursion in Kotia continues

**Pottangi(KCN):** There is no let-up in incursion by Andhra Pradesh in Kotia panchayat of Koraput district as officials and workers of the bordering state were allegedly found constructing telephone towers in Fagunsineri village, following Uparsembi village, in the panchayat, a report said. The development came at a time when the Odisha government is trying to offer a check to Andhra Pradesh for repeated incursions and identifying land for the construction of mobile towers in the panchayat bordering the southern neighbour. For the



residents, it has come as a shocker. But what has sparked surprise is that the district officials were found unaware of the development. As a result, Andhra officials are doing all they can by taking advantage of the situation. The state government and the

district officials have warned them time and again to desist from these illegal activities, but that is hardly having any impact on the Andhra officials. They have refused to withdraw and, instead, entering into the panchayat in frequent intervals and carrying out illegal activities

despite warnings by the district officials. Zilla Parishad member Tikai Gemel expressed surprise over the development. She wondered how Andhra Pradesh government obtained permission to construct a mobile tower in Fagunsineri village which is on Odisha's

land. She alleged that Andhra had a sinister design behind the construction as it would facilitate in providing various benefits of welfare schemes in online mode and wean away the residents from Odisha. The villagers had apprised a senior official of their problem and Andhra's repeated incursion in the panchayat during his visit to the area. However, their pleas are yet to be addressed. When contacted, tehsildar Debendra Bahadur Singh Dharua dismissed the allegations. He said the Andhra government was not constructing the tower, but it is being done by a company

## Carcass of salt water crocodile found in Bhitarkanika

**Kendrapara(KCN):** The decomposed carcass of an eight-foot-long salt water crocodile was found Tuesday in Brahmani river close to Bhitarkanika National Park in Kendrapara district, forest department officials said. Panchupali village, where the reptile's carcass was found, is close to the national park which is home to the endangered saltwater crocodiles, forest officials said. The forest workers retrieved the carcass of the reptile from the river and sent it to the



veterinary hospital at Rajnagar for autopsy, said Manas Das, the forest range officer of the national park. The vast tract of forest and saltwater swamp in the Bhitarkanika park is home to 1,793 saltwater crocodiles according to the reptile census report of

January 2023. The villages on the fringes of the national park are often witness to man-crocodile conflict. Tuesday's incident was the 33rd case of crocodile death in the park in the past 12 years, forest officials said. Saltwater crocodiles are covered

under Schedule I of the Indian Wildlife (Protection) Act, 1972. The forest and environment ministry in collaboration with UNDP launched a crocodile breeding and rearing project at Dangamal in Bhitarkanika park, a Ramsar site, in 1975.

## Carcass of saltwater crocodile found in Bhitarkanika

**Kendrapara(KCN):** The decomposed carcass of an eight-foot-long saltwater crocodile was found on Tuesday in Brahmani river close to Bhitarkanika National Park in Kendrapara district, forest department officials said. Panchupali village, where the reptile's carcass was found, is close to the national park which is home to the endangered saltwater crocodiles, forest officials said. The forest workers



retrieved the carcass of the reptile from the river and sent it to the veterinary hospital at Rajnagar for autopsy, said Manas Das, the forest range officer of the national park. The vast tract of forest

and saltwater swamp in the Bhitarkanika park is home to 1,793 saltwater crocodiles according to the reptile census report of January 2023. The villages on the fringes of the national park are

often witness to man-crocodile conflict. Tuesday's incident was the 33rd case of crocodile death in the park in the past 12 years, forest officials said. Saltwater crocodiles are covered under Schedule I of the Indian Wildlife (Protection) Act, 1972. The forest and environment ministry in collaboration with UNDP launched a crocodile breeding and rearing project at Dangamal in Bhitarkanika park, a Ramsar site, in 1975.

## Docs name bore-well girl 'Bijayini'

**Sambalpur(KCN):** Authorities at the Veer Surendra Sai Institute of Medical Sciences and Research (VIMSAR) at Burla here Monday observed the 21st Day ritual of the infant girl who was rescued from an abandoned borewell at Laripali village under Rengali block in

Sambalpur district December 12, last year. Following her rescue, the baby girl was admitted to the special newborn care unit (SNCU) at the hospital where she recovered after treatment. Doctors, nurses, and other staff at the hospital attended the celebrations at the

SNCU which was decked up with flowers and balloons. Later, they named the girl as 'Bijayini' on the 21st day of her birth. The event was marked by the cutting of cake and the distribution of sweets. The baby girl is currently undergoing treatment in SNCU of VIMSAR as she is

underweight. She will be discharged after gaining two kilogram. The newborn had allegedly been thrown into an abandoned borewell at Laripalli village. After a six-hour-long operation by the fire service personnel, ODRAF and NDRF, she was rescued alive.



2023-2024

# ADMISSION OPEN

## Maharishi Public School, Baripada

### STD-NURSERY TO VIII

ENROLL YOUR CHILD TODAY

(Special discount for new admission before 15.03.2023)

**Find the Difference**

- Small Classes
- Experienced, trained & loving teachers.
- Individual attention to each child.
- Regular meditation and yoga.
- Unique exam system, evaluation & Principles etc.

**25% reservation as per RTE Act (2009)**

**MAHARISHI PUBLIC SCHOOL**  
Baghra Road, Baripada

For details  
Contact :

Call-9438102188, 06792-255227

Time : 8.00 A.M. to 12.00 noon

E-mail- mps.bpd@gmail.com



Find us on  
Facebook.com/Mps, Baripada



# Elevate Your Festive Vibes and Embrace Sennheiser's Exclusive Deals

**Bhubaneswar:** Sennheiser, a German audio giant, has unveiled enticing discounts across its premium audio product range during the Amazon Great Indian Festival Sale 2023. Prime users gained early access starting from midnight on October 7th, 2023, while the sale officially kicked off on October 8th. Customers now have a golden opportunity to seize incredible deals and discounts on Sennheiser's extensive lineup of professional audio products,

including the Sennheiser MKE 200, Sennheiser XS Lav USB-C, Sennheiser HD 280 PRO, Profile USB microphone, Sennheiser E835 Vocal Microphone, Sennheiser XS-1, Sennheiser HD25 headphones, and Sennheiser XS Lav Mobile. Sennheiser Profile USB microphone tailored for podcasters, streamers, and gamers, is now offered at an enticing price of INR 7,790 for the Base set and INR 12,499 for the Streaming



set. The Profile USB Microphone seamlessly combines performance with accessibility. Powered by USB-C, this microphone features a

cardioid condenser capsule, prioritizing audio quality and a sleek design. Specifically crafted for podcasting and streaming, the Profile incorporates three essential controls: Gain Control for microphone level adjustment, Mix Control to balance microphone and device audio, and Volume Control for headphone monitoring level settings. Sennheiser Professional Audio XS-1 Dynamic XLR Unidirectional Cardioid Microphone, crafted to deliver

superior sound quality and will be available at an attractive price of INR 2,390. This versatile microphone is designed for those embarking on their professional live sound journey, featuring excellent feedback rejection and a silent mute switch for enhanced flexibility and control. Housed in a durable all-metal casing, the XS-1 stands as a reliable companion on any stage. The Sennheiser MKE 200, crafted to deliver exceptional sound quality will be up for grabs at an enticing price of INR

5,190. This remarkable microphone surpasses the constraints of built-in mics, enhancing videos with high-quality audio. The microphone features built-in wind protection and integrated shock absorption, ensuring compactness and versatility for various recording scenarios. XS Lav mobile omnidirectional condenser microphone is the perfect companion for enhanced dialogue applications will be available at an attractive price of INR 1,999 and XS Lav C Type at INR 2,995.

## Doctors at HCG Panda Cancer Hospital successfully treated 33-year-old suffering from a rare case of Salivary Gland Cancer

**Bhubaneswar/Cuttack:** Doctors at HCG Panda Cancer Hospital, Cuttack, treated 33-year-old Reema (name changed), hailing from Western Odisha, from Parotid Gland Carcinoma, a rare form of cancer that occurs in the salivary glands situated right below the earlobes. The cancerous gland was resected by conducting an advanced form of Total Parotidectomy Surgery on the patient while preserving her facial nerves, which are responsible for facial expressions. This incredible feat was achieved by Dr Manjunath NML, Senior consultant Surgical Oncologist and his team at HCG Panda Cancer Hospital Cuttack.

Reema suffered from unexplained excruciating pain continuously on the face and earlobes for a period of 8 months. In order to get relief from the pain, she visited neurological specialists and physicians from multiple hospital where she was misdiagnosed for other neurological diseases and was treated with analgesics, as they failed to diagnose her actual condition. She consulted the doctors at HCG Panda Cancer Hospital, who discovered a vague swelling near the earlobes and with suspicion of a tumour. Imaging of the parotid gland was conducted to check for any malignancy and it was discovered that she had

a parotid lobe tumour in the junction between the superficial lobe and the deep lobe, right behind the mandible or the lower jaw bone. Nerve sparing total parotidectomy was conducted using advanced form of equipments such as surgical loupes, nerves monitoring devices and Vessel Sealer, which helped surgeons achieve an absolute haemostasis or minimal blood loss during the surgery. This four- and half-hour surgical procedure was conducted by preserving the facial nerves that passes through the superficial lobe and deep lobe and any implication on the facial nerves would lead to disfigurement of the face, paralysis on one

side of the face, lack of expressing emotions, inability to close the eyes and move the eyebrows. Elaborating the complexities of the surgery, Dr Manjunath NML said, "This is a unique and a rare case among young women, where we usually witness just one or two cases per year. This was one challenging case, as the cancer tumours were adjacent to the facial nerve and we had to carefully dissect them without causing any hinderance or impact to the nerve. With the advanced facilities at HCG Panda Cancer Hospital Cuttack, we were able to resect the tumour successfully and witness a big smile on the patients face." Post her successful

surgery, while thanking her doctors, Reema said, "For the past eight months, the events that occurred to me because of this condition are unexplainable. I would like to express my heartfelt gratitude to Dr Manjunath and the entire team for the timely help in relieving the pain I was enduring and helping me recover back from this deadly tumour. Alsoi was worried about my facial expressions when doctors explained me about the tumor in relation to facial nerve and need for its removal if required. Thanks again to the entire team for helping me to get rid of this bad tumor with my smile intact" (with a big smile on her face).

## Ashok Leyland reaches yet another milestone, showcases 'CNG engine H series' at EXCON

**Chennai,:** Ashok Leyland, the flagship Company of the Hinduja Group and India's leading commercial vehicle manufacturer today showcased 'CNG engine H series' at the ongoing EXCON 2022, organized by Confederation of Indian Industry (CII). Based on strong leverage of Auto BSVI engine development, the CNG engine H series (4 and 6 Cyl) is designed for off highway / CEV clients, and this product will be

the first of its kind in the CEV / mining and off highway segment. The H series CNG engine has a number of features, including ECU-controlled gas leak detection; improved cold start capability; enhanced lower end torque and flat torque from 1200rpm to 2000rpm; gear-based torque control for better fuel economy; durable engine valves and valve seats for CNG operation; proven, durable engine for CEV application;

turbocharged engine provides higher torque, fuel efficiency, better drivability, and transient response; maintenance-free engine. The CNG engine H series also fulfils CEV V standards without SCR or DPF, and features proven multipoint sequential gas injection for dependable performance; a 500 hours oil drain interval; and the maximum power in the sector. Sharing his views, Mr. Dheeraj Hinduja, Executive Chairman,

Ashok Leyland said, "Ashok Leyland's expertise in engineering has paved the way for the company to establish itself as a key player in the CNG engine sector, and we aspire to continue to do so by expanding our portfolio of CNG Engines and technology solutions. Ashok Leyland aims to make India's CNG engine sector self-reliant, and to be one of the leaders in the "Make in India" narrative." Present at the event Dr

N Saravanan, CTO, Ashok Leyland said, "Ashok Leyland has a track record of catering to customer needs with world class products that generate higher profitability. With the increasing need for better fuel efficiency and use of alternate fuels, we have a solid pipeline of such technologies. We aspire to lead the market in this segment, as the need for engines with alternative fuels grows".

## AIC-GIM Foundation, Climate Collective and the Taj Hospitality Brand collaborate on a Global Single Use Plastics Challenge

**Panaji:** The consumption of Single Use Plastics (SUPs) in the food and beverage industry grew dramatically during the Covid-19 outbreak and is now expanding at a 2.5-fold rate. With the aim of reducing single use plastic from the F&B industry in Goa, Atal Incubation Center Foundation at Goa Institute of Management (AIC-GIM) in partnership with Climate Collective Foundation and IHCL's Taj hospitality brand is bringing the Single-Use Plastics (SUP) Challenge.

The SUP challenge is inviting innovations to reduce single use plastic from the F&B sector. The selected solutions will get the opportunity to test their ideas in Goa with the Taj hotel network of Indian Hotels Company Limited (IHCL). "As a company, we want to put a strong emphasis on sustainability as a way of life for everyone, which thus culminates in the adoption of a variety of sustainable business methods. We are happy to collaborate with AIC-GIM Foundation and Climate Collective Foundation for the Global SUP challenge which will reduce the usage of Single Use Plastics across our properties in Goa" said Mr. Vincent Ramos,

Area Director, Indian Hotels Company Limited. The SUP Challenge will assess the volume of single-use plastics waste reduced through piloting and scaling ventures' innovations along with environmental impact avoided, such as waste diverted from landfills, incineration or avoided entirely. Additionally, the challenge will guide startups to fine-tune their business cases for F&B industry and insights derived from their pilots will contribute to a study around understanding the environmental impacts of alternatives to single-use plastic packaging.

## Symphony, in partnership with AEEE, invests in the 'SAHARA Programme'

**Bhubaneswar:** Symphony Ltd., in partnership with Alliance for an Energy Efficient Economy (AEEE), initiated the first-of-its-kind pilot programme "SAHARA", an initiative for Supporting Affordable Heat Action for Resilient Academic Institutions in India by deploying Evaporative Air Coolers. It is envisioned to enable a pathway to achieve Thermal Comfort for a Billion Lives (TCBL). This initiative aims to mainstream energy efficient, affordable and sustainable cooling solutions in India's academic Institutions to bring a paradigm shift at the ecosystem level and enable TCBL. With

around four trillion-person cooling degree days, India is characterised by tropical and sub-tropical climatic conditions coupled with a lack of access to cooling, rising temperatures and ever-evolving socio-economic trends such as rapid population growth and urbanisation, which will not only amplify the climate change-induced heat stress but would also fuel the demand for space cooling. SAHARA programme would act as a catalyst for disseminating knowledge about the thermal comfort situation in India's academic institutions. It could bring about systemic changes on multiple fronts in the long term.



# MAHARISHI PLAY SCHOOL

Nurturing awareness Moulding Future

## ADMISSION OPEN FOR

### PLAY GROUP (2+) to Onwards

A great Place to grow @ MPS

Call now for Application:

25% reservation as per RTE Act (2009)

## MAHARISHI PUBLIC SCHOOL

N-3 B/14-15, IRC Village,  
Nayapalli, Bhubaneswar

PH. 2558884 / 2550786 / 8984600700 (M)

E-mail: maharishipublic13@yahoo.com



Find us on  
facebook.com/maharishiprivate



FOLLOW US  
ON TWITTER  
twitter.com/maharishiprivate



make an impactful 119, sharing a record stand with Alyssa Healy, that set up Australia's big win. Addressing the post-match press conference, Jemimah Rodrigues also accepted that fielding was a major letdown for India in the series but she promised that the players will work hard on it. "I don't think there's any reason we can give, we need to accept what we've done. We've not played to our highest potential, especially in the fielding department there's a lot of work we need to still continue (doing). We have been working on it but definitely not the standard expected for the Indian women's cricket team. But I can assure you that we will work on it and come back stronger," she said. "I don't think it's anything to do with fatigue. I think it's just



you that we are going to work hard on this aspect. "We've already spoken and each individual understands how important fielding is. And taking those catches and saving those runs might just end up winning matches. From all of our side we promise you that we'll work extremely hard on our fielding and

over as head coach of the team. They won the Test matches against England and Australia by good margins but lost the T20I series against England 2-1 and Australia proved too good for them in the 50-over matches.

"It's a new coaching staff. We've not spent a lot of time with Amol sir, whatever time we've spent is just before the series could start. But before that, for Amol sir to understand the girls, I think he's done his homework before coming in. But then coming in and gelling up, and even for the girls to gel up with Amol sir...because it's not easy whenever a new coach comes in but I think the best part of our team was everyone gelled up well. And everyone understood each other and the roles really well and really quick," Rodrigues said.

regarding our workload. It is very intense, we've played two Tests and a lot of matches throughout this one month. But I think the way our trainers, our physios, our masseurs and also the coaching staff have come together and sorted out a plan, everyone has been looked after.

"We have our GPS unit, each one is on and everyone's is calculated. And accordingly rest is given and accordingly if someone has not done as much, they might push a little harder in the nets. So credit goes to them. They've been managing it really well. At the same time we have no complaints because all we wanted to do was play matches and we're getting to play matches. That's how we'll learn, that's how we'll grow, the more we play as a team," she said.

before. The BPL is still two weeks away and if everything goes according to plan, I am hoping to make a comeback with it (BPL)," added Taskin, who has been picked by Durdanto Dhaka. Taskin also said that he was happy to see the pacers doing well in New Zealand. Shoriful Islam was adjudged Player of the Series in the T20Is

with the NOC. Cricbuzz had earlier reported that BCB is unlikely to provide NOC to him. IPL is scheduled to be played from March 22 up until the end of May. Bangladesh are scheduled to host Sri Lanka in March for two Tests, three ODIs and as many T20s. In April and May, Bangladesh are scheduled to host Zimbabwe for two Tests along with five T20s. It was learnt that Taskin went to meet some BCB high-ups at the board's office recently so as to get permission to skip the Zimbabwe series, but that didn't eventualize. Taskin can surely claim to be unlucky when it comes to IPL. He missed the chance in 2022 when Lucknow Super Giants wanted to sign him as Mark Wood's replacement but BCB didn't release him.

but obviously going overseas, that's not the case," he said on the eve of the New Year's Test in Sydney. "In some regards, I am a little bit worried at times, but at the same time T20 cricket has never had more supporters and I don't think there have been more supporters in the world watching cricket. As a Test cricket lover, I wish everybody was watching Test cricket, but I've never seen cricket stronger than what it is at the moment.

what turned out to be a telling difference. Shardul Thakur and debutant Prasidh Krishna in particular endured a horrendous game with the latter struggling to find his mojo at any point. In a two-game series, it's a tricky call regarding making changes and Rohit didn't sound like he felt the need for it.

"Honestly, I haven't thought too much about that (pace bowling changes) although we have had a brief chat with the management and the coaching staff. We've not completely finalised our playing XI. Obviously, everyone is available for selection. There are no injury concerns. We'll sit down in the evening and decide what is the right one. I still feel that



game. I will still back that thought of mine that he has got good ability to succeed at this level, especially in this format. It's just about showing faith and trust in everyone, and getting the job done from them." With India intending to

acknowledge that to be a factor. The skipper threw his weight behind the trio and exuded confidence in their ability to turn things around.

"We have to accept what is in front of us, whether it is two Test matches or five Test matches. Have to play it and play well. About these three guys (Gill, Shreyas and Jaiswal), you rightly said that they haven't played a lot of cricket. They have been around the team for a number of years. If you perform well in these conditions against such a team, you can take your game to another level. And that's the positivity you need to find from games like these. It doesn't matter how many games you have played, whether you have played one game or hundred games. When you

the series now. But Rohit doesn't feel that his team is lacking in motivation or confidence. Instead, the 36-year-old maintained that the visitors are raring to have a crack at the South Africans with the sole aim of squaring the series. "The hunger level is high in the team because the boys are all young in the squad. If at this age, you aren't hungry, then there is no point playing. Winning the series or drawing the series, this remains the main goal overseas. If you can't win the series, then it's important to prevent the opponent from winning it. We take a lot of pride in winning games outside India. The chat in the dressing room is about this all the time, what we can do to achieve the same.