

## SECRETARY TO THE PRESIDENT PRESENTS 'BALLAM' - THE PBG LANCE TO THE AMBASSADOR OF EGYPT



**NEWDELHI(KCN):** At a brief function at Rashtrapati Bhavan today (January 4, 2024), the Secretary to the President, Shri Rajesh Verma presented 'Ballam' - the President's Bodyguard Lance - to the Ambassador of the Arab Republic of Egypt, H.E.

### Odisha Drivers' Mahasangha joins 'Quit steering wheel' movement against new hit-and-run law

**Bhubaneswar(KCN):** The Odisha Drivers' Mahasangha Thursday began the 'Quit steering wheel' movement in the state against the country's new hit-and-run law and state government's 'unfulfilled' assurances regarding insurance for drivers. Though the protest has commenced, all the members of the Mahasangha will join the movement in the next one or two days after handing over their vehicles to their respective owners. The new hit-and-run law imposes stricter penalties for drivers who flee accident spots. As per the new law, for hit-and-run offences, the accused can face 10 years in jail and a fine of up to Rs 7 lakh. Odisha Driver Mahasangha president Prasanta Menduli said the drivers who earn a paltry amount cannot pay such a large sum as fine. "The state government has not taken any steps regarding the promise it made to provide insurance and compensation to drivers in case of death or injuries following an accident which is another reason for the driver to go on strike," he said.

### "Problematic": Supreme Court On "Girls Should Control Sexual Urges" Order

**New Delhi(KCN):** The Supreme Court on Thursday observed that certain paragraphs in a Calcutta High Court verdict, advising young girls to "control sexual urges", were "problematic" and writing such judgments was "absolutely wrong". The Bengal government informed the top court it has filed an appeal challenging the High Court verdict.

The top court on December 8 last year criticised the verdict and termed some observations by the high court "highly objectionable and completely unwarranted".

The Supreme Court, which initiated a suo motu writ petition in the matter, observed that judges are not expected to "preach" while writing judgments. The matter came up for



hearing on Thursday before a bench of justices AS Oka and Ujjal Bhuyan.

Senior advocate Huzefa Ahmadi, appearing for Bengal, informed the bench that the state filed an appeal in the top court against the October 18 last year verdict of the High Court.

"The appeal was listed today before another bench of this court. That bench unfortunately could not sit," he said. The bench said the suo motu writ petition and the appeal filed by the state would have to be

heard together. "It is not only about observations. See the kind of findings," it observed, adding, "Writing such judgments is absolutely wrong... What kind of principles the judges have invoked."

During the hearing, Mr Ahmadi referred to one of the paragraphs in the High Court verdict. The bench said certain paras in the judgment were "problematic". "We have marked all the paragraphs," it said, adding, "In the course of this, so many findings

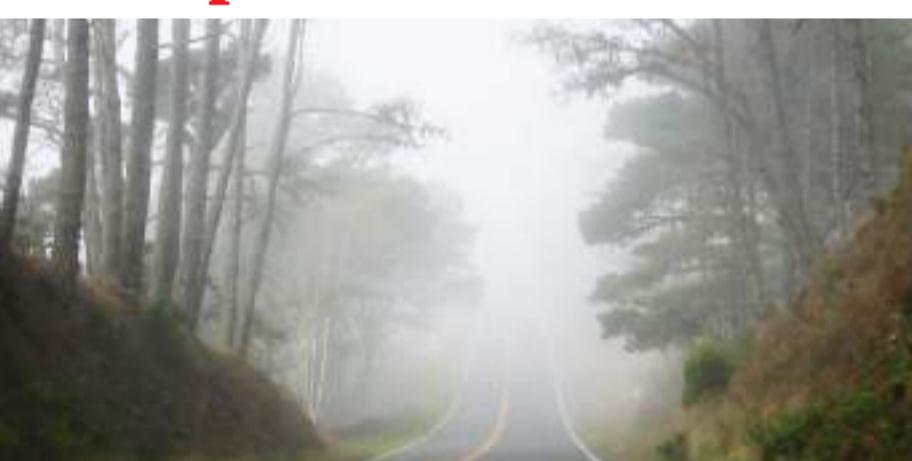
### Odisha: Two drivers charred to death as oil tanker, truck catch fire following collision

**Bhubaneswar(KCN):** A chemical-loaded tanker collided with a container truck in Odisha's Mayurbhanj district Thursday, following which the two vehicles fell into a gorge and caught fire, killing both the drivers, police said. The incident happened at Bangriposi ghat, they said.

The chemical tanker first caught fire after falling into the 15-foot-deep gorge, and soon the blaze engulfed the container truck too, they added. After four hours of fire-fighting, the charred bodies of the two drivers were recovered, said Kamalakanta Das, the officer in charge of the Bangriposi police station.



### Odisha: Dense fog forecast for three days, districts asked to take steps to avoid road accidents



**Bhubaneswar(KCN):** The Odisha government Thursday asked district authorities to take necessary steps to avoid road accidents as the India Meteorological Department forecast dense fog for the next three days across the state.

Special Relief Commissioner Satyabrata Sahu, in a letter to all the district collectors and SPs, said that police and transport officials of respective districts may take necessary steps for "controlled plying of vehicles on highways during the dense fog to avoid any road accident".

According to the

Meteorological Centre, Bhubaneswar, very dense fog engulfed Rourkela this morning, restricting visibility to 50 metres. Phulbani, Koraput, Sonepur, Cuttack, and Nayagarh also witnessed dense fog. Shallow and moderate fog was seen in

Bhawanipatna and Keonjhar also, the weather office said.

The Met Office has issued yellow alerts for dense fog for 3 more days.

According to IMD,

dense fog may occur in

Sundargarh, Jharsuguda, Sambalpur, Bargarh,

Sonepur, Kalahandi, Kandhamal, Rayagada, Nayagarh, Malkangiri, Nayagarh, Khurda, Cuttack and Dhenkanal up to 8.30 AM of Friday. Such a weather condition is likely to prevail Saturday and Sunday across districts.

Meanwhile, the mercury

level plummeted to 11 degrees Celsius and below at nine places in Odisha with Koraput being the coldest at 7.8 degrees Celsius Thursday, the Met Office said.

Daringbadi, G

Udayagiri, and Phulbani,

all in Kandhamal

district, recorded 8.5,

9.4, and 10 degrees

Celsius respectively,

followed by Keonjhar at

10.3 degrees Celsius,

Ranital in Bhadrak at

10.6 degrees Celsius.

The twin cities of

Cuttack

and

Bhubaneswar recorded

14.5 degrees C and 16

degrees C respectively.

The IMD also forecast

light rain at some places

Friday and Saturday.

Forest Guard Caught With Rs 1.53 Lakh 'Ill-Gotten Cash' In Nabarangpur

**Bhubaneswar(KCN):** The Odisha Vigilance on Thursday caught the Forest Guard of Nandahandi Beat in Nabarangpur district with suspected ill-gotten cash.

Based on reliable information, the



Vigilance apprehended Binayak Sori, Forest Guard & In-charge of Jagannathpur Beat, posted at the Office of the DFO, Nabarangpur while travelling in a motorcycle from Khatiguda to Jagannathpur near Kapur dam of Indrabati project, Nabarangpur and suspected ill-gotten cash of Rs. 1.53 Lakh was found in his possession, the Vigilance said.

As Sori could not account for it satisfactorily, the amount was recovered from him and seized. Following the interception, a house search is being carried out at one location of Sori from the DA angle. He is being examined to ascertain the source of funds, the Vigilance added.

### ED may issue fresh summons to Arvind Kejriwal in excise policy case



**New Delhi(KCN):** The Enforcement Directorate is examining the reply sent by Delhi Chief Minister Arvind Kejriwal regarding his refusal to appear before the agency and may issue its fourth summons to him to join the investigation in the alleged excise policy case, official sources said Thursday.

The bench asked the registry to list the suo motu writ petition and the special leave petition (SLP) filed by the state on January 12 after getting approval from the Chief Justice of India. In its judgment, the High Court had said that young girls should "control sexual urges" and "not give in to two minutes of pleasure".

In its December 8 order, the top court referred to certain observations made by the High Court and said, "Prima facie, the said observations are completely in violation of the rights of the adolescents guaranteed under Article 21 of the Constitution of India."

is currently examining Kejriwal's five-page reply sent to the investigating officer of the case on Wednesday and may reject his charges of calling the summons illegal. The agency may issue its fourth summons to Kejriwal as per provisions of the Prevention of Money Laundering Act (PMLA), they said. He was earlier asked to depose November 2 and December 21 in 2023 and

January 3 this year. AAP leader Atishi and some other party leaders had on Wednesday night posted on 'X' that the ED might raid Kejriwal's residence and arrest him. It is alleged that the Delhi government's excise policy for 2021-22 to grant licences to liquor traders allowed cartelisation and favoured certain dealers who had allegedly paid bribes for it, a charge repeatedly refuted by the AAP.

# 5T Chairman Reviews Ongoing Development Works Of Major Temples In Sundargarh New Govt Degree Colleges sanctioned in Nuagaon, Gurundia and Kuarmunda blocks.

**Bhubaneswar(KCN):** As per the direction of Chief Minister Naveen Patnaik, 5T and Nabin Odisha Chairman, VK Pandian is on a two-day visit to Sundargarh District to review the progress of various developmental works in the district and interact with the general public.

Pandian visited Samleswari Temple at Sundargarh and reviewed the progress of work. During his last visit to the district, people had requested for its development. He also reviewed the

progress of development of other major temples such as the Vedvyas temple at Rourkela, Shiv Temple at Ghoghar, Shiv temple at Belsara etc. He also reviewed the progress of the Railway Over Bridge at Rajgangpur for 48.11 Crs. This has been pending for the last 10 years. During his last visit to the district, the people of the locality had requested to expedite the project. The long pending land issues were resolved and the project has been grounded.



Later, he reviewed the progress of other development projects in the district including MEGA piped water supply Projects to Kutra, Rajgangpur, Gurundia, Lahanipada, Koida, Nuagaon and Kuarmunda block; important bridges; Synthetic Turf Hockey Training Centre at Kuarmunda, Nuagaon & Bisra Block etc.

Some of the major projects have been taken up after the previous visit of Sh Pandian to Sundargarh

District in March 2023, when he attended the grievance meetings and took feedback from the public.

In the interaction with the public, he narrated that in 2019, FIH (International Hockey Federation) announced the Hockey World Cup 2023 to be held again in Odisha. Chief Minister Patnaik insisted on a second host venue at Rourkela. He said then that Bhubaneswar is the state capital while Rourkela is the Hockey capital of Odisha. FIH

expressed concern that there is no hockey stadium, no hotels and no airport in Rourkela. Chief Minister said that we are committed and we will get it done. In spite of the Covid challenge and delays, the stadium, 225 rooms Accommodation and airport were constructed in record time. Hon'ble Chief Minister has named the stadium after the legendary Birsa Munda as a token of respect towards his contribution to the freedom struggle. The

Birsa Munda Hockey Stadium was constructed in a record 15 months and also achieved the Guinness book record for the largest seated hockey stadium in the world. Chief Minister said that it was a tribute to Sundargarh for its contribution towards hockey in India. During the day, he interacted with the public in Rajgangpur, Nuagaon and Bonai block and received the grievances on various issues and assured early resolution.

## MINISTER OF RAILWAYS SHRI ASHWINI VAISHNAW TO VISIT ODISHA ON 5TH JANUARY 2024

**BHUBANESWAR(KCN):** Hon'ble Minister of Railways, Communications and Electronics & Information Technology Shri Ashwini Vaishnav in his three day visit to Odisha will reach Bhubaneswar in the evening on 5th January 2024.

During his visit, Shri Ashwini Vaishnav will join in scheduled programmes of Railways at Dasapalla and Postal Programme at Kantilo.

Shri Vaishnav will also join in some of the local programme at Khandapada on 6th January 2024 and at



2024.  
1 8 4 2 3 / 1 8 4 2 4  
Bhubaneswar-Nayagarh  
Town-Bhubaneswar  
Express, 08429/08430  
Bhubaneswar-Nuagaon  
Road-Bhubaneswar  
Passenger Special,  
08423/08424 Puri-  
Nuagaon Road-Puri  
Passenger Special and  
08555/08556 Bhadrak-  
Nayagarh Town-  
Bhadrak MEMU will be  
extended to Dasapalla.

Later in the afternoon, Shri Vaishnav will join in postal programme at Kantilo on 6th January. On 7th January, Shri Vaishnav will attend some local programme at Athagarh, Baramba and Narasinghpur.

Athagarh, Baramba & Narasinghpur on 7th January 2024.

Shri Ashwini Vaishnav will inaugurate Nuagaon-Dasapalla Railway Section of

## 441 New Civil Junior Engineers Join Odisha Water Resources Dept



**Bhubaneswar(KCN):** A total of 441 Junior Engineers (Civil) today joined the State Government in the Water Resources Department. An induction programme was organised for the recruits at the convention centre in Lok Seva Bhawan in the presence of Chief Minister Naveen Patnaik.

Addressing the new engineers, the Chief Minister called upon them to follow the 5T initiative. He said that with this initiative put in place, several major irrigation projects have been accelerated with the application of modern technology.

He expected all the new engineers to keep themselves updated on new technologies and bring innovative solutions to challenging issues.

He further said, "Now that you are in public

service, your sole responsibility is to serve the people with utmost transparency, sincerity and commitment. Our every action has a direct impact on the lives of people. We must be sensitive to the needs and aspirations of people and do our best to serve them."

The CM said that Water Resources is a critical wing of the State Government that looks into a multitude of development works making a significant impact on people from all sections of society. Engineers of this department take up various projects including the provision of irrigation facilities to farmlands, protection from floods and resource development for drinking water, industries, fisheries and many other life-changing activities, he added.

Speaking on the projects of the department, he

said that the State has more than 4 thousand dams and several others are under construction.

The State Government has taken up the construction of 30 In-stream Storage Structures in the first phase and another 41 will be constructed in the second and third phases. These projects will help us in water conservation, and rural water supply and help improve the groundwater level which is emerging as a critical environmental issue everywhere.

Joining the programme, Water Resources Department Minister Smt Tukuni Sahu said that farmers remain at the centre of CM's vision of new Odisha. It is, therefore, the engineers of this department, who work to provide water to farmlands, have a very important role in the state's transformation. She said that integrity is non-negotiable as we all are working for the state. EIC Bhakta Ranjan Mohanty proposed the vote of thanks.

2023-2024



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## Fans Of Rashmika Mandanna Can't Keep Calm Ahead Of Animal Release



The fresh pairing of Rashmika Mandanna alongside Bollywood heartthrob Ranbir Kapoor has created a stir on the social media. The excitement surrounding the upcoming film 'Animal' has reached a fever pitch. Goes without saying that fans are eagerly counting down the days until its release on December 1st. While the film has been making headlines since its announcement. However, what has truly set social media abuzz is Rashmika Mandanna's character, 'Geetanjali,' in the film. The hashtag #RashmikaAsGeetanjali has taken over digital platforms, with fans expressing their anticipation and excitement to witness

Rashmika in this avatar. The social media trend has gained significant momentum, becoming a focal point of discussions among movie enthusiasts. The trend even caught the attention of the actress herself who affectionately responded to fans saying, "I've been seeing #RashmikaAsGeetanjali.. You guys are so freaking cute. I love it. Thank youuuuu. AnimalOn1stDec." While Rashmika Mandanna has essayed various roles throughout her illustrious career, there's a certain character name that has become synonymous with her - 'Geeta.' The actress has left an indelible mark with each portrayal of

## Geeta, be it in 'Geeta Govindam,' 'Anjani Putra,' or 'Kirik Party.' Audiences have come to associate Rashmika with the charm, authenticity and stellar performances she brings to characters named Geeta, and the prospect of her stepping into the shoes of 'Geetanjali' in 'Animal' has only intensified the

excitement. Helmed by Sandeep Reddy Vanga 'Animal' stars Ranbir, Rashmika, Anil Kapoor, and Bobby Deol in the lead roles. The makers unveiled the official teaser of the film on the occasion of Ranbir's birthday. The teaser begins with Ranbir and Rashmika's on-screen characters talking about children.

She asked if he "thought about kids" and he replied, "I want to be a father". To this, she said, "You won't be like your father". He replied, "My father is the best father in the world, don't ever go there." He then tells her to ask about anything and he will be "honest". The video shows the troubled relationship of Ranbir with his father. Actor Anil Kapoor is seen having a heated argument with his son and he slaps him on the cheek. The film is all set to hit the theatres on December 1. The film will be released in 5 languages- Hindi, Telugu, Tamil, Kannada and Malayalam. Apart from this, she will be seen in the Pan-India film 'Pushpa 2'. She also has 'Chaava' in her kitty. The film is all set to hit theatres on December 6, 2024.

## Ameesha Patel Expresses Gratitude To Director Anil Sharma For 'Gadar-2'



Ameesha Patel thanked director Anil Sharma for attributing 'Gadar-2's success to Tara-Sakeena's love story. Anil took to X and thanked the audience for their love. Anil dropped a poster of Gadar 2 with new box office figures and wrote on X, "Tara sakeena ka pyar. sabse pyara. sabke dil mein rahane wala (Tara and Sakeena's love is the cutest and one that resides in everyone's hearts). an eternal love story continue to touch people's heart 4th week of Friday. 5.20 cr. thanx for your love audiences."

'Gadar 2' continues to achieve new heights as the movie has now become the third highest-grossing Hindi film. Earlier, Sunny Deol expressed his gratitude by recording a video while on a flight. He just took to his Instagram handle and thanked moviegoers for showering love. In the video, Sunny said "First and foremost thank you all. I never imagined you guys would like Gadar 2 so much. We have crossed 400 crores because of you all."

Helmed by Anil Sharma, 'Gadar 2' is a sequel to the hit film which was released in theatres in 2001. In the film. Sunny Deol played the role of Tara, a truck driver, while Ameesha Patel played Sakina in the film that was set during the partition of India in 1947.

'Gadar 2' follows Tara Singh as he ventures across the border in a daring attempt to rescue his son, portrayed by Utkarsh Sharma, who has been captured in Pakistan.

## From Salman Khan To Vicky Kaushal: Bollywood Stars Attend Sunny Deol Starrer 'Gadar 2' Success Party



The

flat in question is located in the Tulsiani Golf View project in the Sushant Golf City area of Lucknow.

The buyer alleges that Gauri Khan's promotion of the project influenced his decision to buy the flat. She's considered among one of the best interior designers in Bollywood and has decorated the houses of many celebrities like Sidharth Malhotra, Farah Khan, Ranbir Kapoor and Jacqueline Fernandez, among others.

This FIR against Gauri comes at a time when her husband Shah Rukh has been basking in the success of his recent blockbuster 'Pathaan'. Helmed by Siddharth Anand, the action-packed movie breached the Rs 500 crore net in Hindi within a month of its release and has crossed the Rs 1000 crore worldwide.

## SRK's wife Gauri Khan in legal trouble as FIR registered against her over property issue



registered at the Sushant Golf City police station in Lucknow.

The managing director of Tulsiani Construction and Development Limited, Anil Kumar Tulsiani, the director, Mahesh Tulsiani, and the brand ambassador, Gauri Khan, have all been named in the FIR.

They have been accused of not delivering a flat to a buyer even after receiving payment of approximately Rs 86 lakhs. Kirat Jaswant Shah, a resident of Mumbai, has filed the complaint, claiming that he had paid the entire amount for the flat, but had not been handed over possession.

The FIR, which has been registered under the Indian Penal Code (IPC) section 409 (criminal breach of trust), was

## Children with Disabilities in underserved Communities face a multitude of Societal and Economic Challenges



In India, children with disabilities face considerable challenges, often amplified by socio-economic factors. Recent data suggests that a significant number of these children do not receive the necessary medical and educational support. These children are also less likely to attend school compared to their non-disabled peers.

Moreover, access to specialized healthcare and rehabilitation services can be limited, particularly in rural and underprivileged areas. Parents often struggle to identify developmental issues in their children due to a lack of awareness and information. Recognizing signs of disabilities like autism, hearing impairments, or cognitive delays can be challenging without proper knowledge or access to healthcare professionals. Additionally, cultural stigma and

misconceptions about disabilities can lead to denial or reluctance to seek help. This delay in identification hinders early intervention, which is crucial for better outcomes. The limited availability of specialized healthcare services in many regions further exacerbates these challenges.

Children with disabilities in underserved communities face a multitude of societal and economic challenges. These include limited access to healthcare, educational opportunities, and rehabilitation services. Financial

constraints often prevent families from seeking or continuing treatment, leading to inadequate care. Stigma and lack of awareness in these communities further contribute to social isolation and discrimination, impeding the children's development and integration into society. These challenges not only affect the immediate health and well-being of these children but also limit their prospects in terms of education, employment, and social inclusion, perpetuating a cycle

of poverty and marginalization. To meet these challenges head-on early identification and providing comprehensive support throughout life is essential. Initiatives like the Cochlear Implant Program have helped over 1200 hearing-impaired children since 2013, while the Little Hearts Program of the Hans Foundation (THF) tackles children suffering from congenital heart defects. Collaborations of NGOs with government healthcare systems ensure broader access to essential medical

treatments. The Centre for Early Childhood Development and Neuro-Rehabilitation, established in collaboration with AIIMS, aims to centralise services for children with disabilities, ensuring more accessible and effective care. Indeed, philanthropy can play a pivotal role in elevating pediatric care for children with disabilities and fostering enduring positive impacts. By investing in specialized pediatric care centres, supporting research and innovation, and promoting early intervention

programs, philanthropic efforts can significantly enhance the quality of care provided to children facing disabilities. Financial assistance to families, training healthcare professionals, and constructing accessible facilities are additional avenues through which philanthropy can actively contribute. Advocacy and awareness campaigns serve to educate various stakeholders, while collaboration with government agencies and NGOs ensures a more comprehensive and sustainable approach to pediatric care.

**Vijay GarG**  
Retired Principal  
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## Paramahansa Yogananda : Beloved World Teacher

Sarat Kumar Sahoo



In the hundred years since the birth of Paramahansa Yogananda, this beloved world teacher has come to be recognized as one of the greatest emissaries to the West of India's ancient wisdom. His life and teachings continue to be a source of light and inspiration to people of all races, cultures and creeds....Paramahansa Yogananda was born Mukunda Lal Ghosh on January 5, 1893, in Gorakhpur, India, into a devout and well-to-do Bengali family. From his earliest years, it was evident to those around him that the depth of his awareness and experience of the spiritual was far beyond the ordinary. Both his parents were disciples of Lahiri Mahasaya, the renowned master who was instrumental in reintroducing Kriya Yoga in modern India. When Yogananda was an infant in his mother's arms, Lahiri Mahasaya blessed him and foretold: "Little mother, thy son will be a yogi. As a spiritual engine, he will carry many souls to God's

kingdom." In his youth Mukunda sought out many of India's sages and saints, hoping to find an illumined teacher to guide him in his spiritual quest. It was in 1910, at the age of seventeen, that he met and became a disciple of the revered Swami Sri Yukteswar Giri (right). In the hermitage of this great master of yoga he spent the better part of the next ten years, receiving Sri Yukteswar's strict but loving spiritual discipline. At their very first meeting, and on many occasions thereafter, Sri Yukteswar told the young disciple that he had been chosen as the one to disseminate the ancient science of Kriya Yoga in America and worldwide. On March 7, 1952, the great guru entered mahasamadhi, a God-illuminated master's conscious exit from the body at the time of physical death. He had just finished giving a short speech at a banquet honoring India's ambassador to the United States, Dr. Binay R. Sen, at the Biltmore Hotel in Los Angeles.

Yogananda's life story, Autobiography of a Yogi, was published in 1946 (and significantly expanded by him in subsequent editions). A perennial best seller, the book has been in continuous

publication since it first appeared and has been translated into many languages. It is widely regarded as a modern spiritual classic.

In 1950, Paramahansaji held the first Self-Realization Fellowship World Convocation at the international headquarters in Los Angeles — a weeklong event that today attracts thousands each year from all around the globe. He also dedicated the beautiful SRF Lake Shrine in Pacific Palisades, enshrining a portion of Mahatma Gandhi's ashes in the ten-acre lakeside meditation gardens that has since become one of California's most prominent spiritual landmarks. His passing was marked by an extraordinary phenomenon. A notarized statement signed by the Director of Forest Lawn Memorial Park testified: "No physical disintegration was visible in his body even twenty days after death....This state of perfect preservation of a body is, so far as we know from mortuary annals, an unparalleled one....Yogananda's body was apparently in a phenomenal state of immutability."

In years past, Paramahansa Yogananda's

Swami Sri Yukteswar, had referred to him as an incarnation of divine love. Later, his disciple and first spiritual successor, Rajarsi Janakananda, fittingly bestowed on him the title of Premavatar or "Incarnation of Divine Love." Commemorative postage stamp honoring Paramahansa Yogananda, issued by the Government of India. On the occasion of the twenty-fifth anniversary of Paramahansa Yogananda's passing, his far-reaching contributions to the spiritual upliftment of humanity were given formal recognition by the Government of India. A special commemorative stamp was issued in his honor, together with a tribute that read, in part: "The ideal of love for God and service to humanity found full expression in the life of Paramahansa Yogananda....Though the major part of his life was spent outside India, still he takes his place among our great saints. His work continues to grow and shine ever more brightly, drawing people everywhere on the path of the pilgrimage of the Spirit."

"Upakarana House",  
Chandikhol,  
Jajpur, Mob. :  
9437051543



Birthdays aren't celebrated by cutting an apple, a long drive with your children does not end with eating salad, and nuts are best left for squirrels. The happiest, most celebratory moments in our lives are defined by the taste of sugar. You may not be the kind of parent who loads their kids with cake-ice-cream-cola but what about all the other things you thought of as "healthy" but are loaded with the sweet stuff? Just this week, a controversy erupted after an influencer posted about the high sugar content in a popular malt drink for kids. But the list of products that are sold as healthy but include a high sugar content is unsavoury and long: packaged juices, instant soups, packaged milkshakes, granola bars, flavoured yogurt, malted drinks, breakfast cereal, bread, instant oatmeal, condiments like mayonnaise, dips and ketchup.

Sugar is everywhere sneaking up on your kids where you least expect it. The American Heart Association's sugar recommendations state that children should consume less than 6 teaspoons — or 24 grams — of added

sugars per day. For an adult, WHO guidelines recommend around 12 teaspoons or roughly double.

Now compare this with the per serve (100gm) list of ingredients in a popular chocolate milkshake. Though it claims to have high amounts of iron and calcium, the label in fact shows that it has 30.2 gm of total sugar per serve. A zero-fat ketchup too, includes 16.21 gm of total sugar per 100 gm of serving. Similarly, malted 'health' drinks are sold to consumers on the pretext that they improve a child's concentration and immunity, and aid growth by providing vital nutrients. Instead, for every serve, total sugar ranges from 21.8 gm to a shocking 49.8 gm. Not to be left behind, fruit juices are pitched as high in dietary fibre, substituting the vitamins and minerals that a consumer can get from eating an actual fruit when in reality most are just drinks with sugar content as high as 10-15 gm per 100 ml of serving.

The easy availability of ultra processed foods (UPF) and use of attractive packaging and alluring, false promises like added minerals and vitamins draw consumers to buy products as an alternative to normal, home-cooked food. What's more, the labels are incredibly hard to read. The labelling at

the back of the pack that includes the list of ingredients is in a much smaller type. Also, these are based on 'per serve' of 100 ml/gm instead of the total quantity of the product. So, for example, a popular biscuit brand uses large pictures of almonds, milk or oranges in the front of the pack. But if you look at the ingredient list you find that the biscuits contain sugar listed under many different names (see box) and chemicals that give the taste, texture and smell of the fruit, not the fibre or the nutrient content, he explains. This result, of consuming products with 'hidden sugars' especially targeted at children, is telling. Ironically most people are looking for healthy food at the grocery aisle. People want to eat healthy so nearly all products have repackaged themselves to falsely claim health benefits.

NAPI has been advocating for a front-of-the-label packaging regulation that would clearly call out products high in sugar, sodium and fats as done by Israel, Mexico and Ecuador. But the issue has been on the back burner since last year. The group has also suggested that the union health ministry define "healthy foods" through the lens of nutrition and create labelling for it. Until such time as preventive steps are taken to de-jargonise food labelling or make it mandatory for it to be placed on the front of the pack. If the product has more than five ingredients, avoid it.

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# Mamata Banerjee "Serving PM Modi": Congress Swipe At Trinamool In Bengal

**New Delhi(KCN):** Bengal Congress President Adhir Ranjan Chowdhury, who is against an alliance with the Trinamool Congress in the state, has targeted Mamata Banerjee again. A section of Congress leaders who have sympathies with the Left and want a Left-Congress understanding, have been urging the central leadership of the party to not have alliance with the Trinamool which is a part of the INDIA alliance.

While senior Congress leaders are convinced about the advantages of an alliance with the Trinamool, especially to prevent the division of anti-BJP votes in the state, a section of state Congress leaders including Adhir Ranjan Chowdhury, are in favour of a tie-up with Left, despite being reduced to zero in the state assembly after fighting the state assembly elections together in 2021.



Mr Chowdhury, though, denied having any knowledge of anyone "begging" for an alliance with the Trinamool. "Who was begging we don't know. We are not beggars," he told reporters.

"Mamata Banerjee is saying we will fight the elections as an alliance. We have two seats, and we have no need for her mercy. We can fight on our own strength," he said.

The Trinamool chief, he alleged, does not want

the alliance to happen. "If there is no alliance, who will be most happy today in Hindustan? If there is no alliance, PM Modi will be most happy. What Mamata Banerjee is doing is serving Modiji," he declared.

Last week too, Mr Chowdhury had accused Ms Banerjee of scuttling the alliance in Bengal. "The West Bengal Chief Minister does not want an alliance because she will face problems. The responsibility she has

been given will face a problem if there is an alliance. We have no objection... The Congress has the capacity to fight elections on its own in Bengal."

The Trinamool, meanwhile, is also getting increasingly impatient as the Congress has ignored its deadline for seat-sharing talks. Mamata Banerjee has already made it clear that her party is not interested in giving the Congress six seats in

Bengal. Sources say the Congress is looking at fighting in at least six seats, including seats Malda, Murshidabad and the Raiganj seat.

"INDIA alliance will be present in entire India and in Bengal the Trinamool Congress will fight. In Bengal it is only the Trinamool Congress that can teach the BJP a lesson. It can show the entire country the path to victory, not any other party," she has said.

"There is a clear difference between Bengal Congress's stand and Delhi Congress stand. In Delhi Congress, Soniaji, Rahulji, they are eager to take cooperation from Trinamool Congress to make a solid INDIA alliance. But in Bengal the state Congress, they are playing a role of BJP agents because in 2021, it was Trinamool which fought the battle and defeated BJP," Trinamool spokesperson Kunal Ghosh has said.

## 10 Battalion SSB Batmaloo, Srinagar Kashmir organized Medical camps at Rakh-I-Arath Colony, Bay-1, Bemina, Srinagar under Civic Action Programme



**Srinagar(KCN):** In the said programme, Medical as well as Veterinary Civic Action Programmes conducted by 10 Bn Sashastra Seema Bal (SSB). Dr Arun Choudhary, Assistant Commandant (Medical Officer) of 10 Bn SSB alongwith Dr Farooq of PHC Bemina, Dr Sumaya of PHC Laloo, & Dr Saima of MLHP under Zonal medical office, Batmaloo checked health condition and gave treatment to approx 230 (Male-60, Female-100 & Children- 70) local populace. In the Veterinary Civic Action (VCA) Programme, Dr Vishesh, Veterinary

Doctor checked & treated numerous domestic animals (approx. 55 livestock) of residents of Bemina area of Srinagar and also shared his valuable knowledge to aware about common diseases of various domestic animals and to follow proper guidelines for healthy living of domestic animals.

Further, during the programme, free medicines were distributed to local populace and also for their domestic animals. Further, awareness on "Beti Bachao, Beti Padao", "Mission lifestyle" and how to free people from addiction of

Drugs etc. were also created. People in huge numbers from Bemina area enthusiastically participated in the programme and also took advantages of these camps.

Speaking on the occasion, Sh. R. S Rawat, Second-In-Command of 10 Battalion SSB said that such programme would continue to be organized in the future also. He also stated that such events create a good image of the force and develop a sense of security among the local people and SSB. The SSB has always been doing its best for the welfare of the

## "Ram Is Our Family God, I Am His Devotee": Congress MLA Iqbal Hussain



**Bengaluru(KCN):** Karnataka Congress MLA HA Iqbal Hussain on Thursday said Ram is his 'family God' and he is his devotee.

The legislator from Ramanagara also said he will celebrate 'Ramotsava' in a "grand but secular way", Mr Hussain said.

"I've already said I'm a Ram devotee. I worship all Gods and welcome them. There is no second thought about that," Mr Hussain told reporters.

He added that he has been worshipping

Goddesses Saraswati and Lakshmi and Gods Ganesh and Ram since his childhood.

"I have decided to celebrate 'Ramotsava' with devotion with all the political parties in a grand but secular way," Mr Hussain said.

On the construction of the Ram Temple in Ayodhya, he said, "Some people do something for their political gain but Congress never uses God and religion to divide people."

"Congress has an

## Chinese State Media Praises India's Economic Growth, Foreign Policy Under PM Modi

**New Delhi(KCN):** India has become more strategically confident and proactive in creating and developing a "Bharat narrative", an article in China's Global Times has said, praising India's significant strides in the spheres of economic, social governance and foreign policy under Prime Minister Narendra Modi.

Global Times, a prominent state-run Chinese media outlet, has published the article penned by Zhang Jiadong, the director of the Center for South Asian Studies at Fudan University, Shanghai, that highlights India's remarkable achievements over the past four years.

It acknowledges India's robust economic growth, improvements in urban governance, and a shift in attitude towards international relations, notably with China.

"For example, when discussing the trade imbalance between



China and India, Indian representatives earlier used to primarily focus on China's measures to reduce the trade imbalance. But now they are placing more emphasis on India's export potential," Zhang said in the article. The article said that with its rapid economic and social development, India has become more strategically confident and more proactive in creating and developing a "Bharat narrative".

"In the political and cultural spheres, India has moved from emphasising its democratic consensus with the West to highlighting the 'Indian feature' of democratic politics. Currently, there is even more emphasis on the Indian origins of democratic politics," the article published on January 2 said.

This shift, the author asserted, reflects India's ambition to escape its historical colonial

shadow and act as a "world mentor", both politically and culturally. Furthermore, the article lauded India's foreign policy strategy under PM Modi, highlighting the nation's multi-alignment approach and bolstering ties with major global powers such as the US, Japan, and Russia while displaying a nuanced stance in the Russia-Ukraine conflict.

The article noted that India's strategic thinking in foreign policy has



The Vice President and Chairman, Rajya Sabha, Shri Jagdeep Dhankhar at the Biotech Startup Expo on "Emerging Startup Trends in North India" at Kathua, in Jammu & Kashmir

# Tourists take rickety boats to Hukitola as admin sits pretty

**Mahakalapara(KCN):** With winter setting in, tourists have been thronging the historically important Hukitola island for picnics and to enjoy the picturesque location in the lap of nature. This island falls under the jurisdiction of Gahirmatha Marine Sanctuary which is famous for the nesting of the rare Olive Ridley turtles. However, visitors are forced to take perilous rides in rickety country boats operating sans registration to reach the island in the absence of government boats. These private boats lack essential equipment like life jackets in case there is any mishap.



With owners eyeing big bucks, these boats are always overloaded being even more prone to accidents. The administration does not seem to have learnt a lesson from the tragedy in which 10 tourists, including eight children, drowned after the boat they were travelling in overturned in Nipania Khola River while returning from Hukitola island, January 2, 2019. The boat was overloaded with 50 picnickers from Kujang area in the nearby Jagatsinghpur district. The ban on using fishing boats and unsafe vessels for ferrying tourists to Hukitola Island is flouted with impunity.

It is alleged that the district administration and the Forest department are aware of the unsafe boat rides and the lurking danger but have done little to safeguard the lives of the tourists. A week back, some picnickers of the Rammagar area were returning home in a private fishing boat which got stuck

mid-sea after the boat's engine developed a technical snag. They finally got a new lease of life after a joint team of Gahirmatha Marine Sanctuary personnel and Jambu police personnel rescued and brought them to the shore along with the defunct boat. Reports said that the famed Hukitola island

is situated under Mahakalapara block in Kendrapara District located close to Jambu island in the Bay of Bengal. The historic building here has a plinth area of over 7,000 sq ft and was constructed on the island during the British rule in 1866-67 during the infamous 'Naanka' famine. This

large building was used to store rice imported from Burma and other places through sea route and it bears testimony to the advancement made in architecture in the 19th century. The monument, a majestic building, has an underground rainwater harvesting system and is a symbol of the state's glorious past in maritime trade. The place attracts students, scholars, and history and nature lovers throughout the year and particularly during the winter season owing to its scenic location and historical significance. The port and the palace started losing importance in 1924 when the

Britishers established a port at false point. This island witnesses maximum footfall mostly during Christmas to New Year day. The vast expanse of mangrove forests here, dolphin sightings in the blue waters of the sea and the sight of red and horseshoe crabs on the sandy beach fascinate the nature lovers and picnickers. However, one has to take a boat from Jambu jetty and travel for 10 km to reach Hukitola. Similarly, one can also travel by a boat via Ramnagar, Kharinasi and Paradip river mouth to reach Hukitola. The tourists and picnickers while travelling by boats get

## Is BJP planning something big for 2024?

**Rourkela(KCN):** Is there a big political plan afoot for Odisha by the BJP and its parent organisation RSS? The answer to this question seems to be positive keeping in mind the unfolding of the situation here. Suddenly, Rourkela, which is generally not on the map of any political party for any activity, has found itself in the middle of it. The Steel City has hosted RSS supremo Mohan Bhagwat for the last two days and will continue to do so for the next two days. Speculation is rife in the media circle that most of the top functionaries of the organisation are here to participate in a five-day 'Chintan Shivir'. When such camps are generally held at Nagpur, why Rourkela this time, is the question every one has in mind. And adding to



that, this is his second visit within a year. As usual there is no media briefing in this regard. The RSS meet ends January 5.

Adding to that, now the BJP state unit is going to hold its 'Chintan Baithak' for the 2024 general elections. The meeting will start January 4 evening and will continue till next day evening. Top saffron leaders like Sunil Bansal, Ashwini Vai shnaw, Dharmendra Pradhan, Bishweswar Tudu, Aparajita Sarangi and

not to forget, state president Manmohan Samal will be present in the meet. The meeting will also host most of the MPs and some MLAs. With everybody being tightlipped about the meet, a source confirmed the duration of the 'Chintan Baithak' and the names of the leaders coming here. The meeting was originally scheduled to be held in the picturesque location of Khandadhar. However, in the last

minute, it has been shifted to Rourkela and will be held at Hotel Mayfair. The source added that the party is taking the state elections very seriously. A party functionary requesting a n o n y m i t y commented, "Two very important developments taking place at one venue just cannot be coincidence." Mean while, mobile phones of most of the leaders were found switched off.

## Chance for Bargarh weavers to show talent



**Bhubaneswar(KCN):** Weavers are all set to unfurl the vibrant tapestry at the National Handloom Summit which will be held January 4 and 5 in Bargarh town. It will be right platform for them to exhibit the rich cultural heritage and craftsmanship prevalent in the district. The summit is a joint initiative by the Bargarh district administration, the Handlooms, Textiles & Handicrafts department and Western Odisha Development

Council. The handloom summit is conducted on the 4E model for impact: 'Engage, Educate, Enable, Empower'. Known for its commercial viability, mature trade practices and growing popularity, the handloom industry in Western Odisha, particularly in Bargarh, plays a vital role in the local economy. It has earned recognition for its unique craftsmanship and designs. These handwoven textiles and fabrics are not only

popular in Odisha but are also in demand across India and abroad, making them an essential part of the region's cultural and economic heritage. Bargarh alone is home to more than 40,000 weavers and allied handloom workers and the artists create 'Ikkat' hand-woven sarees that are globally recognised. The District Magistrate and Collector of Bargarh, Monisha Banerjee, called the summit an ideal opportunity for talented weavers to showcase

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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.

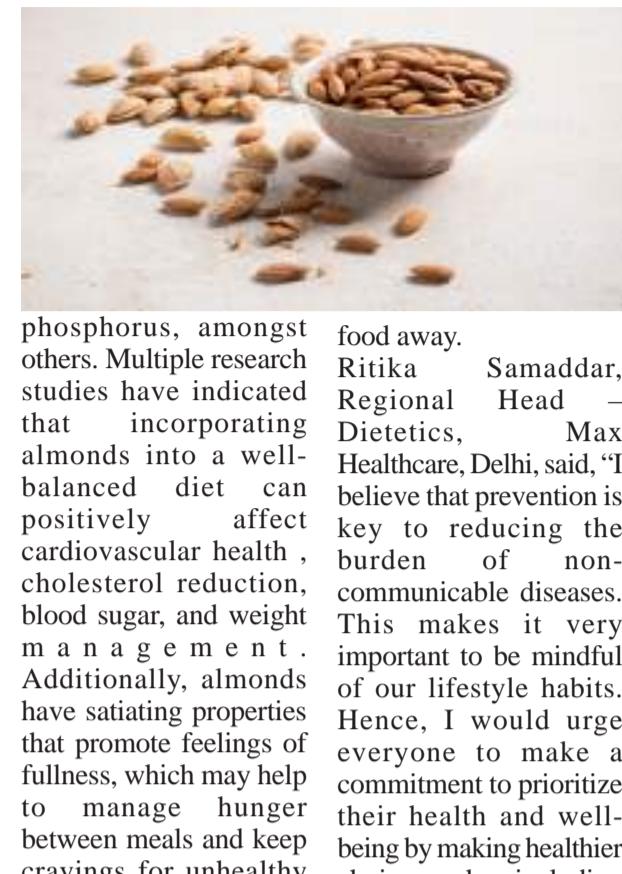
## Rise of non-communicable diseases in India

**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



## 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.

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

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

**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

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'.

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".

**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 LV 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.

# Siraj's mantra of destruction - keeping things simple

**New Delhi:** January 3, 2023 is a date that Mohammed Siraj is unlikely to forget in his international career. Yes, he's had spells of such menace and destruction earlier as well but the most lethal of those had come in white-ball games. And while those were equally jaw-dropping performances, the difference in doing that against Sri Lanka to blowing South Africa away in their den is a massive gulf in achievement.

After an embarrassing defeat in Centurion, India needed a solid start in Cape Town and Siraj not only ensured that but went a few notches above by blowing the South African batters away with a sensational nine-over burst with figures of 6-15. At the post-match press

conference, Siraj underlined the importance of sticking to a plan and keeping things simple.

"On such pitches when there is so much swing and the pitch is misbehaving, bowlers tend to be greedy and try too many things," said Siraj. "I think it's important to stick to a plan and hit a certain area. If you try too much, you will put yourself and the team under pressure. On this pitch, it's crucial to have bowling partnerships as sometimes, runs can be leaked while trying to get wickets."

"My mindset was to give a strong performance for the team and correct the shortcomings from the last Test. I realised what mistakes I had made and got it right today, and got the success. My strength

is to land the ball in the right areas for a long period of time but I wasn't able to do that in the last game. Today, I focused on my strengths and got the rewards. So I'm really happy."

Siraj's spell was in stark contrast to his off-colour outing at Centurion where he struggled for consistency and rhythm. The 29-year-old was honest in his self-assessment and explained how he turned things around between the two Tests. The pacer was also lavish in his praise of the entire bowling unit on a day when they picked up 13 wickets in just 40.2 overs. Like Siraj, the pace attack in general appeared to be in a ruthless mood in comparison to the first Test where pressure was seldom created from



both ends.

"The discussion was to correct our mistakes as a bowling unit from last game. We focused on having more bowling partnerships and also planned on bowling more maidens. We didn't bowl many maidens in the last Test and today we were able to build

pressure as we bowled more maidens. We built pressure and hence got success," he said.

"After playing so many years of domestic cricket, you get an idea of what areas to hit consistently on such pitches. When you go overseas and with so much swing available,

one that Siraj often likes to mimic while taking wickets and in general, aggression is what brings the best out of the pacer. When quizzed about his antics, Siraj opined how critical aggression is to a fast bowler, especially in a format like Test cricket. "Emotions are a different thing. It's important for fast bowlers to have aggression. Without aggression, it's difficult for fast bowlers to get wickets in Test cricket. When you get hit for a boundary, you should be like 'How did he hit me for a four, I'll put him in his place!', that should be the mindset."

With 23 wickets falling in a single day, there is an understandably polarised opinion on the nature of the surface and its quality. While one section has shown a thumbs-up due to the

## Indian Railways Clinch Gold as Men and Women Dominate Sr. Artistic Gymnastics Championship in Bhubaneswar



**Bhubaneswar, (KCN):** In a spectacular display of athleticism and precision, Indian Railways emerged victorious in the Senior Artistic Gymnastics Championship held at the HPC Center, Kalinga Stadium, Bhubaneswar, Odisha. The team showcased exceptional skill and determination,

securing team champion titles in both Men's and Women's categories, earning them well-deserved gold medals. After 12-year, the Men's Artistic Gymnastics team reclaimed their championship glory, finishing with a remarkable score of 293.00. The Women's

Artistic Gymnastics team showcased their prowess with a score of 182.60, reinforcing Indian Railways' dominance in the gymnastics arena. Individual excellence shone through in the Vault Table event, with standout performances from notable athletes. Miss Pranati Nayak, a

Tokyo Olympian proudly representing Indian Railways, secured a gold medal while Miss Deepa Karmakar, a Rio Olympian from Tripura, clinched the silver, while Protistha Samanta of Indian Railways proudly earned the bronze. Shri Suvendra Kumar Patra was nominated as coach of Indian Railways team.

The medal ceremony was graced by esteemed Chief Guests Ajay Kumar Samal (General Secretary/East Coast Railway Sports Association), Shri Prakhar Gupta (Joint General Secretary/ECoRSA), and Ashoka Kumar Mishra (CPRO and Ex-General Secretary/ECoRSA).

New Delhi: After spending a long time in Dubai, MS Dhoni and his wife Sakshi Dhoni have travelled back to India. They celebrated and welcome the new year 2024 in Dubai with Indian wicketkeeper and batter Rishabh Pant for company among other friends. MSD, Pant and Sakshi partied together till the morning on December 31st night but the long holiday now comes to an end. Before leaving for Dubai, Sakshi had posted an Instagram Story last year in which she wrote that she will meet Ranchi again only in new year. The couple is now returning to Ranchi. They travelled in the business class of the plane. Last year at this time, Pant was lying on a hospital bed, recovering from serious



injuries he sustained in a car accident on the last day of 2022. But he welcomed 2024 on a bright note, partying in Dubai as he aims to recover from injury completely by next edition of Indian Premier League (IPL 2024). Pant has been named as the captain of Delhi Capitals (DC) for IPL 2024, replacing David Warner

gym as he prepares mentally and physically for the challenge that IPL is. The tournament runs for 2 months and takes a toll on the body, especially for a 42-year-old. It will be interesting to see how Dhoni deals with the physical demand of the game this season as he also struggles with a knee injury.

## Caught-behind no longer to be checked for stumping referrals

New Delhi: The new year has ushered in some changes to playing conditions across formats, some of which may not have been formally announced. Notably, the International Cricket Council (ICC) has addressed an issue that has long been exploited by players.

The rule modification pertains to the umpire's review for a stumping, which will now exclusively focus on side-on replays and will no longer assess the caught-behind scenario. Since a successful stumping appeal spares the fielding team from using a review, players have frequently appealed for stumping, subsequently ensuring a review for a caught-

behind appeal. In the previous home series against Australia last year, there were numerous instances where the Australian team with wicketkeeper Alex Carey behind the stumps appealed for stumping, leading to a review of the caught-behind appeal without having to use the Decision Review System (DRS). Going forward, a fielding side will be required to utilise a review for a caught-behind appeal, as stumping appeals will only showcase replays from the side-on cameras.

Says the new rule: "The change confines a stumping review to only check for stumped, therefore preventing the fielding team a free

review for other modes of dismissal (i.e., caught behind) without choosing a player review." The rule change had come into effect from December 12, 2023.

Another rule change is about clarity on concussion replacement. "(It) provides clarity in the regulations to ensure that a replacement player will not be permitted to bowl if the replaced player was suspended from bowling at the time of their concussion."

Auto no-ball: "The third umpire will have broader scope to automatically check all forms of foot fault no ball in addition to the front foot."

On Field Injury Assessment and Treatment: "Clarifies the time limit (maximum four minutes) allowed for an on-field assessment or treatment of an injury."

As the Ranji Trophy is set to commence on Friday, the Board of Control for Cricket in India (BCCI) has

implemented several alterations to the playing conditions, with a particular emphasis on the Dead ball situation. The BCCI has affected some minor changes to the playing condition apart from one about the

umpire shall call and signal Dead ball and inform the other umpire of the reason for doing so. The bowler's end umpire shall then: 'award the one-run penalty for Wide or No ball, if applicable'; 'award 5 Penalty runs to the batting side; inform the captain of the fielding side of the reason for this action'; 'inform the batters and, as soon as practicable, the captain of the batting side of what has occurred.'

The rule says: "The striker has a right to play the ball, or to make a legitimate second strike, after it has been delivered, without interference from the wicket-keeper or any other fielder."

"However, the striker may only attempt to play the ball if some of his/her bat or person, whether grounded or raised, remains within the pitch, as defined in Law 6.1 (Area of pitch). Should no part of the striker's bat or person remain within the pitch, whilst the striker is playing the ball, either umpire shall immediately call and signal Dead ball."

These changes had come into effect from Syed Mushtaq Ali Trophy and Vijay Hazare Trophy earlier this year and are going to be implemented for the first time in the multi-day red ball championship. The much talked about 'two bouncers an over' rule, which will be implemented in the IPL, was also experimented in the SMAT last October-November.



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