



## Message

The Kalinga chronicle group wishes its readers, writers, advertisers, Hawkers, reporters, staff and well-wishers a happy, prosperous Kali Puja & Diwali.

Editor in chief

## Declaration

The office will be closed on 31st October. So next issue of The Kalinga chronicle will be published on 2nd November.

Publisher



## PRESIDENT OF INDIA'S GREETINGS ON THE EVE OF DIWALI

New Delhi, (KCN): The President of India, Smt. Droupadi Murmu has sent greetings to her fellow citizens on the eve of Diwali.

In a message, the President has said, "On the auspicious occasion of Diwali, I extend my warm greetings and good wishes to all Indians living in India and abroad. Diwali is a festival of happiness and enthusiasm. This festival symbolises the victory of knowledge over ignorance and good over evil. Various communities in India and abroad celebrate this festival with a great zeal. This festival also kindles hope for a brighter future. On the auspicious occasion of Diwali, we should illuminate our conscience, adopt virtues of love and compassion, and promote social harmony. This festival is also an opportunity to help the deprived and needy and share our happiness with them. Let us be proud of the glorious heritage of India. With faith in goodness, let us celebrate a pollution-free Diwali and pledge to build a healthy, prosperous and responsible society".

## Ration Cards to be Issued to New Beneficiaries in November

Bhubaneswar (KCN): The Odisha government is prepared to begin the distribution of new ration cards to beneficiaries starting next month, informed the Food Supplies and Consumer Welfare Minister Krushna Chandra Patra on Wednesday.

The government will begin the issuance of new ration cards following the scrutiny of over ten lakh applications, the Minister announced. Previously, the authorities were engaged in verifying the e-KYC of applicants for new ration cards.

The government previously announced

that it would remove ineligible beneficiaries from the ration card holder list under the Food Security Act. The government has established 12 criteria for the inclusion of eligible families. Likewise, ten criteria have been specified for the exclusion of ineligible families. Officials have been instructed to eliminate any non-qualifying beneficiaries from the list, guaranteeing that only deserving families receive new ration cards.

## Winter session of Odisha Assembly to begin November 26



Bhubaneswar (KCN): The winter session of the Odisha Assembly will begin November 26, according to a notification issued Wednesday. Chief Minister Mohan Charan Majhi, also in charge of the Finance Department, will present the Supplementary Budget for 2024-25 on the first day, while the Appropriation Bill will be tabled December 5. Demands for grants will be discussed on three days — December 2 to 4, the notification said. The session, which would continue till December 31, will have 30 working days, it said. According to the provisional calendar, 20 days will be allocated for official business and five days for private members' business. Besides Sundays, the Assembly will remain closed December 25, Christmas.

## 12 new electric buses rolled out under 'Mo Bus' scheme

Bhubaneswar (KCN): The Odisha government is committed to enhancing urban mobility in the state, a state minister said here while flagging off 12 new electric buses under the 'Mo Bus' service Wednesday.

Odisha govt relieves child welfare officer from duty for denying leave to pregnant woman employee



Speaking to reporters, Housing & Urban Development Minister Krushna Chandra Mahapatra said, "The government of Odisha is committed to enhancing urban mobility in the state. The expansion of bus services symbolises our commitment to building a sustainable future under Viksit

Odisha vision." Of the 475 buses running between cities, 95 are now electric and operating on 97 routes. He also inaugurated Automatic Ticket Vending Machines (ATVMs) at Babasaheb Bhimrao Ambedkar Bus Terminal (BSABT), city bus stand near Bhubaneswar railway

station and Puri bus stand. The ATVMs will facilitate seamless ticketing for Mo Bus passengers, the minister said. The machines are equipped with advanced features to issue tickets with a choice of payment modes, including cash, UPI and coins, and provide detailed route

information. The installation of these ATVMs will not only streamline the ticketing process but also enable the authorities to effectively monitor count and increase digital footprint, he stated.

On the occasion, Mahapatra announced the introduction of Mo Bus service on two new routes (65 & 66) connecting Master Canteen to Wonderla water park- Khordha new bus stand and Bhubaneswar airport to Pathargadia via Master Canteen respectively to enhance accessibility and convenience for commuters.

The minister has also

unveiled the logo of "Odisha Yatri" and inaugurated a kiosk at BSABT for drivers' registration and passenger assistance during his visit.

Speaking about the mobile app, he said, "Odisha Yatri app was developed aiming at both empowering drivers and improving customer experiences. The app will operate on zero commission.

Deputy Foreign Affairs Minister David Morrison told Parliament members of the national security committee that he had confirmed Shah's name to The Washington Post, which first reported the allegations.

"The journalist called me and asked if it was that person. I confirmed it was that person," Morrison told the committee.

Morrison did not say how Canada knew of Shah's alleged involvement.

Prime Minister Justin

## CM Majhi announces Rs 6 lakh ex gratia for two workers killed in Patna accident

Bhubaneswar (KCN):

Odisha Chief Minister Mohan Charan Majhi Wednesday announced an ex gratia of Rs 6 lakh to the family members of two labourers from the state, who died in an accident at a metro rail construction site in

Bihar's Patna. The deceased were identified as Manoj Behera and Bijay Behera, hailing from Nayagarh district.

Majhi expressed grief over the deaths and announced the compensation amount, the Chief Minister's

Office (CMO) said in a statement.

The incident took place inside a tunnel dug close to the Patna University campus late Monday, when a pick-up ploughed into a group of construction workers following a brake failure, officials said.

## Canadian minister alleges Indian Home Minister Amit Shah ordered campaign targeting Sikh separatists



Trudeau said a year ago that Canada had credible evidence agents of the Indian government were involved in the murder of Canadian Sikh activist Hardeep Singh Nijjar in British Columbia in June 2023. Indian government officials have repeatedly denied Canada has provided evidence and have called the allegations absurd. India's embassy in Ottawa didn't immediately respond to

messages for a request for comment on the allegation against Shah. Canada is not the only country that has accused Indian officials of plotting an assassination on foreign soil. The United States Justice Department announced criminal charges in mid-October against an Indian government employee in connection with an alleged foiled plot to kill a Sikh separatist leader living in New York City.

## Odisha govt relieves child welfare officer from duty for denying leave to pregnant woman employee

Bhubaneswar (KCN): Chief Minister Pravati Parida said Snehalata Sahoo, the CDPO of Derabish block in Kendrapara district, has been relieved of her duties for an impartial investigation into allegations made by Barsha Priyadarshini, a 26-year-old clerk in the Women and Child Development (W&CD) Department. Speaking to

reporters Tuesday, Barsha, who was in her seventh month of pregnancy, alleged that she lost her child in the womb after being denied leave despite experiencing

labour pains at her office October 25. She alleged that both CDPO Sahoo and other officials ignored her pleas for assistance to get to a hospital. Barsha also claimed that Sahoo mistreated her. Eventually, Barsha's relatives took her to a private hospital in Kendrapara, where an ultrasound confirmed that her baby had died.

## Disengagement between India, China in eastern Ladakh's Depsang and Demchok complete

New Delhi, (KCN): The disengagement process between India and China in eastern Ladakh's Depsang and Demchok areas has been completed, according to Army sources cited by news agency ANI.

The disengagement between Indian and Chinese forces in eastern Ladakh's Depsang and Demchok plains, where tensions have persisted since the Galwan Valley clash in 2020, has been successfully completed, Indian Army sources confirmed. Both sides will exchange sweets on

Diwali on October 31 to mark this positive step, they added.

"Disengagement, which involved the withdrawal of troops, tents, and temporary structures from contested areas, has now cleared the way for a possible return to routine patrolling," defence sources told India Today TV.

Following this development, coordinated patrolling by both sides is set to begin soon, with ground-level

modalities and ensure stability in these sensitive border areas. Verification of disengagement is also actively underway, with both sides employing aerial and ground inspections to confirm the complete removal of temporary installations and troop withdrawals. While disengagement has been verified, local-level talks are expected to continue regularly to maintain and manage the agreed-upon patrolling protocols. Local military commanders from India and China met today

aerial verification was successfully completed over Depsang on Tuesday. Unmanned Aerial Vehicles (UAVs) were deployed to confirm that temporary installations had been removed and that troops had withdrawn as planned. In Demchok, adverse weather conditions prevented a similar verification effort, but officials expect the process to be completed today. By Tuesday evening, the area saw significant progress, with tents, temporary structures, and vehicles fully removed from both Depsang and Demchok. Simultaneous disengagement and verification procedures were meticulously carried out, marking a substantial step toward restoring stability along this stretch of the LAC. India, on October 21, announced that it reached an agreement with China on patrolling along the LAC, marking a breakthrough in ending the over four-year-long military standoff, which began following the deadly clashes between the troops of both countries in June 2020 in Galwan.



## Pollution-free Diwali

By Surjit Singh Flora

Let us all take oaths.  
Observe Diwali in an eco-friendly manner.  
No fireworks on this occasion.  
Everyone has collaborated to plant trees together.  
Receive blessings from God.  
Will proceed according to his nature.  
Let us commemorate a Diwali that is free from pollution.



We must fight crackers head-on.  
Illuminate the Diwali lamps collectively.  
and achieve the triumph of illumination over obscurity.  
Virtue triumphs over vice,  
Understanding triumphs over a lack of awareness.  
All sweets are artificial.  
We will prepare fresh dishes at home.  
Let us commemorate a Diwali that is free from pollution.

It is not the financial responsibility of the parents to allocate funds.  
Romantic melodies are performed,  
We will fulfill our commitments.  
We will execute our responsibilities.  
Let us commemorate a Diwali that is free from pollution.

Maintaining environmental integrity,  
We will collaborate to overcome challenges.  
Furthermore,  
We will engage in a comprehensive campaign.  
Let us commemorate a Diwali that is free from pollution.

Author is a veteran journalist and freelance writer based in Brampton Canada

## Answer my incorporeal question

Mira Beura

Happiness was long though  
Unknowingly was running out before measuring  
The vow of sorrow but touched the vastness  
The sky is long  
Earth to Sky  
A measure of infinite length and borderless breadth  
Unbeknownst to me, the soil falls from under my feet  
The sky was bursting overhead  
Throat was getting dry  
God was helpless  
The flowers of the garden are wilting  
Tears were flowing  
Before realizing anything, the scene was moving like a  
movie screen in the blink of an eye  
Unable to control tears  
Out of the eyes and through the lips  
Wetting the chest  
Sorrow did not come alone  
He was bringing whole bunch with him  
The events were not so easily understood  
I did not understand his fake smile  
I was not careful  
Why did this happen again and again in my life?  
Even helplessly grasping hands  
It stung like a poisonous snake  
Went to clarify the truth  
I was shaking again and again  
I was unable to even express myself  
The most difficult thing was to be left alone  
Upchest of self-explanation  
It was excruciatingly painful  
Fear of the unknown filled his chest  
Ignorance is a waste of time  
I remain forever  
In the end, I am counted among the arrogant, stubborn  
and proud people  
I thought I would ask the greatest of creation  
Really, am I arrogant and stubborn  
Arrogant entity  
Say, O Creator  
Do you have an answer to my incorporeal question?



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# The Lost Civilisation

Manas Ranjan Mahapatra



business, but because the property owner wanted it to be vacated for bigger rent. The city's book lovers are obviously upset. We can't fault the landlord for seeking better returns from other businesses. Any business will give a better rent return than a book shop.

But a book shop and libraries are not for business alone, it's as important as a gym or a swimming pool in a community. The soul of the city is woven around such establishments.

7. Enhanced Creativity: Reading exposes you to new ideas and thought processes, potentially sparking your own creativity and problem-solving skills.

8. Stronger Writing Skills: Immersing yourself in well-written prose can improve your writing style, sentence structure, and overall communication clarity.

9. Improved Sleep Quality: Swap screen time for a book before bed. The calming nature of reading can help you relax and unwind, promoting better sleep quality.

We need freedom from the digital world and vested interest politicians, else we are nowhere.

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

# Dipawali : A Festival of Spiritual and Materialist Light

Lalit Garg



of joy. As if there is a silent festival - but of light. The rows of lights are a sign of glee. Being a lamp is inspiring. A wick, a jug-full of oil, and a path-a-light. Nothing can be simpler than that of a simple Diwali lamp. This victory flag keeps away the whole night of darkness of Kartik Amavasya. On the night of Diwali, every lamp makes a wave of light, contributing to the ocean of light.

Shakespeare's famous line is- 'If light is the life of holiness, then illuminate the world and receive it abundantly. It was sacred and with many meanings, this expression is closer to the clarity of real life practice. This is also the announcement of the festival of Deepawali and the vision of lights associated with it. The symbol of celebration, the symbol of expressing happiness, the symbol of success. If we immerse this thought deeply, then these hymns can become the blood vessels of our life and the rays of good behaviour can erupt from it. May the flame of the lamp meet with the sun'. The whole festival of Deepawali is one energy, one power, one type of movement. The relentless, unrelenting movement from one truth to another is the vibrancy of Diwali. Diwali is the festival of making these diminishing breaths meaningful, living fully and usefully. Trees also live, animals and



experiences of life. In the journey from one experience to another, which is the speed of the wonderful and wonderful moments of Diwali, that is the reality of life. Life is a journey, a continuous journey. Similarly, Diwali is also a journey, a departure, to find something new, to do something unique. Time is passing, life is passing. Year on year, month on month, day on day and moment on moment are passing, the ways of breathing are decreasing. Diwali is the festival of making these diminishing breaths meaningful, living fully and usefully. Trees also live, animals and

birds also live, but real life is lived only by those whose mind is the result of contemplation. The wealth of contemplation is readily available to human beings. It is expected that by making proper use and development of it, give a meaningful direction to life and welcome the lights. The sky descends on the land of India on the night of Diwali. As the stars twinkle in the sky, so that the lamps on the earth also twinkle. Every side of this night is bright like the moon. No one remembers it by calling it Amavas. There is so much light in it. It is said

that a lamp should be kept on a deserted road, at the door alone, on the lonely ridge of the well and even in the desolate. If someone goes on a path somewhere by mistake, then he should not find darkness. Lights are gathered for everyone on this night. Now in the wake of this unusual and supernatural festival of lights, the soil of lamps is less and the pollution of electricity and firecrackers is more. The feeling of happiness does not change with time, but they get separated through its influx. On the occasion of Deepawali, the bright lights raised in front of them stand in

front of them; it is a timeless declaration of victory.

To get this victory and remove the darkness of attachment, the lamp of religion has to be lit. Where the sun of religion has risen, the darkness cannot stand there. Once darkness complained to Brahmaji that the sun follows me. He wants to destroy me. When Brahmaji spoke to Sun about this, Sun said - I do not even know darkness, far from eradicating it, you must first present it in front of me. I want to see his face. When Brahmaji asked him to come in front of the sun, darkness said - how can I come to

The conversational threads for the decline and growth of life are darkness and light. Darkness is not nature, it is nature. It is a symbol of our personal weaknesses, of crippled dreams and resolutions. Depressed, inactive, aimless lifestyle. Accepted meaningless thinking. Loss of loyalty to the values of life, lack of thought, deed and conduct. Till now the light has liberated man from the darkness, on the strength of these lights he realized the knowledge

i.e. brought the theory into practical life. This is the reason why his fame has not been erased till date. In his view, virtue is not empty knowledge, virtue is not empty conduct. There is a coordination of both. Whose words and deeds do not differentiate, that is the sum of respect in the society.

Let us identify the true light, explore ourselves, remove our inner lusts, anger, greed, attachment, madness etc. and walk on the same path which is the path of humanity. We should understand that human life is very rare, it is not found again and again. Society worships only those who live not for themselves but for others.

With this Goswami Tulsidasji has said - 'Parit Saris Dharam Nahi Bhai'. Remember that this is the salutation to the light and this light is the meaning of our life. Whatever is true, what is right should not be accepted blindly. It should also be seen and tested with open eyes.

When the euphoria breaks down, the resistance power awakens in the person. He puts an end to evils.

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# Managing thrift under threat in the digital age



Thrift, the ancient virtue of careful financial management, has been a cornerstone of Indian culture for generations. Whether through savings in gold, land, or simple bank accounts, the ability to set aside resources for the future has been considered a marker of prudence and wisdom. The famous adage, "cut your coat according to your cloth," embodies this philosophy of living within one's means and saving for the future. However, in recent years, this virtue has come under attack. With the advent of digital finance and an increasingly complex financial landscape, the simple act of saving money has become fraught with risk. World Thrift Day, observed on October 31st is an occasion to remind ourselves of the importance of saving, but it also calls for awareness of the growing threats to our financial security. Let's explore the history of thrift, the evolving attitudes towards savings, the rising dangers of fraud and theft, and the steps individuals, institutions, and governments can take to safeguard their money.

India's tradition of thrift dates back to ancient times. Texts such as the Arthashastra, written by the economist and philosopher Chanakya, emphasized the importance of wealth management, saving, and investment for the stability of both individuals and the state. In a largely agrarian

economy, where livelihood was uncertain and dependent on the vagaries of nature, savings were not just about financial prudence but survival. Families saved grain, gold, or other tangible assets to secure themselves against famine, natural disasters, or societal upheavals. In the pre-modern era, wealth was often stored in physical assets such as land or gold. Indian households, even today, retain a significant portion of their wealth in gold, an asset that has been considered a safe and stable store of value for centuries. With the arrival of colonial banking systems and, later, modern financial institutions, new avenues for saving opened up—post office savings, fixed deposits, and recurring deposits became popular among the general population, as they provided a reliable way to earn interest on savings. Even in the early 20th century, savings were a matter of household discipline. Indian families would keep track of their expenditures carefully, maintaining a buffer for emergencies or future investments such as children's education or marriage.

As India transformed from an agrarian society into an industrialized and service-based economy, people's attitudes towards saving evolved. The liberalization of the Indian economy in the 1990s further accelerated this change, giving rise to new ways of investing and saving. Stocks, mutual funds, life insurance, and real estate began to attract people who previously only relied on traditional banking systems and post office savings. The younger generation, especially millennials and

Gen Z, are more inclined towards investments that promise high returns, such as the stock market, crypto-currencies, and peer-to-peer lending platforms. The arrival of financial technology (fintech) has made it easier than ever for individuals to invest money from their smart phones. However, this ease of access has also led to reduced financial discipline. Credit-driven consumption has become a norm, and savings rates have started to decline as consumerism rises. A report from the Reserve Bank of India (RBI) showed that household financial savings as a percentage of GDP had dropped from 23.6% in 2011-12 to 18.2% in 2020-21. The increase in borrowing for consumption, especially through credit cards and personal loans, reflects a shift from saving to spending in the Indian mindset. However, this increased access to financial markets has also exposed savers to new kinds of risks.

The rise of digital banking, online investment platforms, and payment wallets has made managing finances more convenient. However, this convenience comes with the risk of cybercrime. Cybercriminals use sophisticated techniques such as phishing, malware, identity theft, and social engineering to steal personal data and access financial accounts. Phishing attacks are one of the most common forms of digital fraud. In these attacks, fraudsters impersonate legitimate institutions like banks or payment services, tricking users into revealing sensitive information like their passwords, PINs, or credit card numbers. According to the Indian Computer Emergency Response Team (CERT-In), there was a 600% rise in phishing attacks

The stock market has always been a place for wealth generation, but it's also rife with manipulations and fraud. Pump-and-dump schemes, insider trading, and other unethical practices have caused investors to lose vast sums of money. One of the most infamous stock market scams in India was the 1992 Harshad Mehta scam, where Mehta manipulated the stock market by exploiting the loopholes in the banking system, leading to a crash and losses worth Rs.5,000 crores. Even in recent times, cases of market manipulation

between 2019 and 2023. The National Payments Corporation of India (NPCI) reported that UPI-related frauds accounted for a significant portion of these attacks, as scammers trick people into authorizing fake payment requests. Traditional banking systems are also under attack. Fraudulent transactions, ATM card cloning, and unauthorized access to online banking accounts have become commonplace. A major example of banking fraud was the 2018 Punjab National Bank (PNB) scam, in which fraudulent Letters of Understanding (LoUs) were issued by the bank, leading to losses of Rs.13,000 crores. According to RBI data, the number of reported banking fraud cases increased significantly in 2023. With over 11,000 cases recorded, it's clear that even well-regulated banks are vulnerable to sophisticated scams. One alarming trend is the increase in ATM and debit card cloning frauds, where criminals duplicate cards to withdraw money from unsuspecting customers' accounts.

The stock market has always been a place for wealth generation, but it's also rife with manipulations and fraud. Pump-and-dump schemes, insider trading, and other unethical practices have caused investors to lose vast sums of money. One of the most infamous stock market scams in India was the 1992 Harshad Mehta scam, where Mehta manipulated the stock market by exploiting the loopholes in the banking system, leading to a crash and losses worth Rs.5,000 crores. Even in recent times, cases of market manipulation

While threats to savings have increased in recent years, there are several measures individuals, financial

institutions, and the government can take to mitigate these risks and protect people's hard-earned money. One of the best ways to protect against fraud is through financial literacy. Many scams prey on individuals who lack a basic understanding of financial products or the risks associated with online transactions. Educational campaigns led by governments, banks, and educational institutions can equip people with the knowledge they need to avoid falling victim to scams. Financial literacy programs should be integrated into school and college curricula, ensuring that young people develop a strong understanding of personal finance, investment strategies, and cyber safety. Individuals must also be educated about safe online practices, such as not sharing sensitive information over email or phone and recognizing phishing attempts.

The government and regulatory bodies like the Reserve Bank of India (RBI) and Securities and Exchange Board of India (SEBI) play a crucial role in safeguarding savings. Strengthening regulatory frameworks around financial markets, banking institutions, and digital payment platforms can curb fraudulent activities. The RBI has already implemented measures such as mandatory two-factor authentication for online transactions, which has helped reduce instances of unauthorized access to accounts. SEBI also has strict rules regarding insider trading and market manipulations, but these need to be rigorously enforced to prevent exploitation by unscrupulous traders.

For individuals, using secure financial practices is essential to avoid becoming victims of

cybercrime. Some basic but important steps include: (1) Using strong, unique passwords for each financial account, (2) Enabling two-factor authentication (2FA) wherever possible, (3) Avoiding public Wi-Fi when conducting financial transactions and (4) Regularly monitoring bank and investment accounts for suspicious activity. One of the principles of good financial management is diversification. Rather than placing all your savings in one type of investment or financial product, it's safer to spread your money across different asset classes. For example, low-risk options like fixed deposits and government-backed schemes (e.g., PPF, NSC) can be combined with moderate-risk investments like mutual funds and equities. Diversification reduces the risk of losing all your savings if one particular investment vehicle fails or is subject to fraud.

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customers about safe banking practices, including how to spot potential fraud and report suspicious activity. The introduction of artificial intelligence (AI) and machine learning (ML) tools can help banks and financial institutions detect fraudulent transactions in real-time. By analyzing patterns of behaviour, these technologies can flag transactions that deviate from the norm, alerting customers and preventing theft before it occurs.

Thrift, once a straightforward and time-honoured practice, is now more complex and challenging than ever before. While modern financial tools offer convenience and the potential for higher returns, they also expose savers to new kinds of risks. As we celebrate World Thrift Day, it's essential to acknowledge both the benefits and dangers of modern financial systems. By being aware of the threats to our savings and taking proactive steps to protect them—through financial literacy, secure practices, diversification, and institutional vigilance—we can carry forward the value of thrift into the digital age.

Financial security is not just the responsibility of individuals but a collective effort involving governments, financial institutions, law enforcement, and technological advancements. Only by working together can we safeguard our wealth and ensure a secure financial future for all.

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## On the Festival of Diwali, take Care of the Environment along with Traditions



Vijay Garg  
As Diwali is approaching, its preparations are increasing. But along with that, a concern is also deepening that how much will the level of pollution increase this time too? This concern of pollution cannot be suddenly dismissed, but sensible steps can definitely be taken towards reducing it. For this, you will have to make changes in both the way and mood of celebrating Diwali. And

you have to start it from your home: Illuminate our home with lamps. Believe so much in shortcuts. That we have found alternatives to lamps also. Lights that look like candles and lamps have now started illuminating our Diwali. But, have you ever wondered why we used to light mustard oil lamps? These small lamps not only provide light but also ward off pollution and insects. According to Naturopath Dr. Rajesh Mishra, mustard oil contains magnesium, triglyceride and allyl isothiocyanate. Allel attracts insects towards itself. Did you see white particles deposited near the lamp? Which is possible due to the magnesium in the oil. The toxic elements become heavy and fall to the ground, the air becomes light and we are able to breathe easily. Along with earthen



Sugandh on the occasion of Diwali It will affect our home as well as our personality. Psychiatrist Dr. explains that fragrance affects the part of our brain which is responsible for memory and mood. It can increase our energy. At the same time, fragrance also reduces our stress significantly. It can also prove helpful in eliminating

nervous system and depression. Get it. So definitely connect yourself and your home with the fragrance this Diwali. Take the help of a diffuser to keep the house fragrant. Add desi tadka to dishes. Festival means a period of eating and feeding. Where you have lots of options. But, here tradition or rather desi tadka will be a profitable deal. Therefore, serve your dishes only after garnishing them with local spices. According to Dr. Smita, our local spices also help in reducing our stress. Like the scent of cinnamon, cloves etc. helps in balancing our mind. It works. Curcumin present in turmeric has anti-inflammatory properties that protect against oxidative stress. Good distance from fireworks Every year the smog of

Diwali firecrackers causes breathing problems. The accumulated smog also increases our troubles. So why not celebrate Diwali without crackers this time. If you have to run, choose eco-friendly options like sparklers. Qandeel can also celebrate Diwali beautifully by choosing options like sky lanterns. Show wisdom in gifts too. Exchange of gifts is inevitable during festivals. But, the unwanted waste that comes with it i.e. the packaging wrapped to make it attractive becomes a big problem for our nature. To prevent this problem from increasing further, you can use cloth or jute bags to give gifts. Gifts can also be kept

environment friendly.  
**Retired Principal  
Educational Columnist  
Street Kaur Chand  
MHR Malout Punjab**

# Diwali in Nepal - Celebration of the Gods, Mother Nature and Oneself

Dr. Ravi Chaturvedi



In Nepal, Diwali, also known as \*Deepawali\*, is most commonly referred to as \*Tihar\*



Dazzling lights of Kathmandu Tihar celebration with earthen lamps & flowers.



among locals. Additional names for the festival include \*Yamapanchak\* and \*Swanti\*. \*Yamapanchak\* signifies the five days dedicated to Lord Yama, the God of Death. During this period, people pray to Lord Yama, seeking his fairness in judging their virtues and vices upon their passing, with the hope that he will guide their souls toward heaven.

The Nepalese people honor not only deities like Goddess Laxmi, Lord Yama, and even Govardhan Mountain of Mathura, but they also venerate animals such as crows, dogs, cows, and oxen. These animals are regarded as sacred gifts from nature, and their worship is believed to bring happiness, success, and prosperity. Preparations for Tihar begin almost a month prior, with households thoroughly cleaned, unwanted items discarded, and new purchases made for clothes, clay lamps, rangoli colors, and electric lights to decorate homes. Delicious snacks and sweets are also prepared in anticipation of the festival. Unlike in India, the Tihar celebrations in Nepal are more elaborate and extensive, observed by both Hindus and Buddhists. However, some Hindu rituals are specific to Hindus and

not practiced by Buddhists.

The Nepalese observe a mythological tale associated with Tihar. Lord Yama, preoccupied with his duties, had not visited his sister, Yamuna, for a long time. After waiting, she sent a crow, a dog, and then a cow as messengers to convey her longing to meet him, but to no avail. Finally, Yamuna visited him

and loyalty.

On the third day, cows are worshipped, signifying prosperity and well-being. The evening of this day is dedicated to \*Laxmi Puja\*, where earthen lamps are lit, and vibrant rangolis are made at entrances and pathways to welcome Goddess Laxmi, the deity of wealth and prosperity. The fourth day is marked by three distinct pujas. It begins with worship of

# Diwali- Diyas to lit at Dargahs to Christian priests abode

Vivek Shukla



As the festival of light, Diwali, is here and now, even Muslims, Christians and Jews are also gearing up to celebrate it. While Judaism is often associated with Israel, Jews residing in Mumbai, Kerala, Delhi, and other parts of India celebrate Diwali with great enthusiasm.

Although Diwali is a major festival of the Hindus, it is celebrated by other faiths as well. To commemorate the release from prison and the return to Amritsar (in 1619) of their spiritual leader Guru Hargobind, the Sikhs observe Diwali. For Jains, Diwali marks the anniversary of the liberation of Mahavira, the last of the saints. The Buddhists celebrate Diwali as the day when Emperor Ashoka converted to Buddhism.

The Judah Hyam Synagogue in the capital will have arrangements for lighting diyas a day before Diwali and also Diwali. It is the only synagogue of Jews in all of North India. Rabbi Ezekiel Isaac Malekar, lights diyas outside the synagogue before Diwali with his family and friends. They light the diyas when darkness

descends on Diwali. "How can we stay away from Diwali when we live in India? It is impossible. Diwali is a festival of love, brotherhood, and leading oneself from darkness to light. We are Jewish, but we are also a part of this India," he said.

Yes, Diwali is celebrated with great fervour even by many Christian too in India. The priests residing at the 1925 built 'Brothers House' in the capital also illuminate their abode and other institutions on Diwali.

Around half-dozen priests reside here. They say that festivals like Diwali, Eid and Christmas have now transcended religious boundaries. They are celebrated by all. Diwali symbolizes the victory of light over darkness. In fact, the Brotherhood of the Ascended Christ was established in India in 1877. This institution is affiliated with Cambridge University. They established St. Stephen's College, St. Stephen's Hospital and

also St. Stephen's Cambridge School on Delhi-Sonipat border. It is now known as Delhi Brotherhood Society (DBS). Informs Brother Solomon George, " We celebrate Christmas, Diwali, Eid and our national festivals like Republic Day and Independence Day with our students with joy and fervour. We want to give a clear message that pluralism is the cornerstone of our country."

Like in the past, Imam Umer Ilyasi, the Islamic scholar and champion of the Inter faith movement in India, would lit diyas outside the Gol Masjid near India Gate. This is an age-old tradition that was started by Maulana Jameel Ilyasi, founder president of All India Imam Conference and father of Maulana Umer Ilyasi in the 1960s.

Maulana Umer Ilyasi, the Imam of Gol Masjid, says that the festival of Diwali inspires us to move from darkness to light. Diwali should not be considered as a festival

nation. This tradition lives on in the form of syncretic celebrations of Diwali by Muslims. From the lighting up of Haji Ali Dargah in Mumbai to decorations and diyas adorning many Dargahs in Delhi.

Meanwhile, The tradition of celebrating Deepavali grandly at Jamia has been going on since the time of Dr. Zakir Husain. When he was the Vice Chancellor, the foundation for celebrating Diwali was laid here. He himself used to see how the preparations for the lighting were going on. This tradition gained further strength when eminent historian Dr. Mushirul Hasan was the VC of Jamia.

Well, Religion is to each their own, but festivals are for everyone. Diwali has evolved globally as a secular Indian festival, where everyone takes part irrespective of their religious beliefs.

"Diwali symbolises the spiritual victory of light over darkness, good over evil and knowledge over ignorance. The lights of Diwali signify a time to destroy all our dark desires and thoughts, eradicate dark shadows and evils and give us the strength and the zeal to carry on with our goodwill for the rest of the year," concludes eminent writer and Inter-faith activist, Feroz Bakht Ahmad.

The Author is a Delhi based columnist and former Editor

## Let's celebrate a Green Diwali this year.

Dr. Manmohan Prakash



the ox, recognizing its role as a farmer's steadfast helper. This day also signifies the New Year of the Newar community, initiating the Nepali calendar, \*Nepal Samvat\*. Families perform \*Maha Puja\*, a ritual for spiritual purification, with the family elder drawing auspicious geometric designs and performing the puja under a mandap adorned with marigolds. Businessmen conclude old accounts, wives receive jewelry, and children partake in the festivities by enjoying fireworks. The day is also celebrated with sweets like rasbari, anarasa, gulab jamun, kalakand, and gift exchanges.

During Diwali, Kathmandu, the capital, becomes a vibrant gathering place as people from across the country converge. The festivities feature traditional singing and dancing, including the Bhailo Tihar songs. Dressed in traditional Nepalese attire, men and women take part in parades, creating a colorful and joyous spectacle throughout the city.

The five days of Tihar in Nepal involve worshipping a different deity each day to seek peace and prosperity. The first day, \*Kag Tihar\*, is dedicated to crows, considered messengers of Yama. Offerings of sweets and other foods are placed on rooftops, and rice grains are left on the ground to feed the crows, believed to ward off evil and misfortune. On the second day, \*Kukur Tihar\*, dogs are honored as the guardians of heaven's gates. People place vermillion marks on their foreheads, garland them, and offer them a feast to acknowledge their love, protection,

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diyas, decorative items, and other goods made from natural and recycled materials.

7. Instead of chemical-based colors, use natural materials like flowers for making

growing rapidly, natural resources are continuously depleting, and pollution is only increasing. In some major cities, including the capital Delhi, the pollution problem has

we can take certain steps—such as running awareness campaigns in schools, colleges, and on social media through governmental and non-governmental organizations.

Additionally, the production and use of crackers, except for green crackers, should be banned. Governments and local organizations should promote clay lamps, hand-made decorations, and other traditional products. Eco-friendly products should be branded, and there should be consideration of restrictions on selling pollution-causing products. If we take a pledge to plant a tree for nature's welfare and environmental protection, it would be the cherry on top.

If social leaders like film stars, politicians, social workers, industrialists, religious leaders, and other influential people promote the idea of a Green Diwali, it will become easier for Indians to adopt these practices quickly.

Independent Journalist



become so severe that the courts have had to intervene. These issues indicate that Indians should change the way they celebrate festivals like Diwali in accordance with the times. It is essential to prioritize practices that consider the health of both ourselves and the environment. To realize the vision of Green Diwali in India,

## Central University of Odisha Celebrates Diwali Utsav



**Koraput, (KCN):** The Department of Education at Central University of Odisha celebrated Diwali Utsav on campus, embracing the festive spirit with a traditional ceremony on 29 October 2024. The Hon'ble Vice-Chancellor of the University, Prof. Chakradhar Tripathi, extended his warm wishes to all present, highlighting the significance of Diwali as a time for joy and

reflection. Key faculty members, including Prof. Bharat Kumar Panda, Head of the Department of Education; Dr. Kapila Khemundi, Dr. Padma Charan Mishra, Dr. Chakradhar Padhan, Dr. Prasenjit Sinha, Dr. Elisa Mohanty also shared their insights on the relevance of Diwali in modern India. The celebration saw an enthusiastic turnout from students and faculty alike, making the event a memorable and meaningful experience for the university community.

**DLSA secretary Sai Kumar commends missionaries of charity, assures support for govt Ayurvedic hospital in Warangal**



**Warangal, Oct 30 (KCN):** Warangal District Legal Services Secretary M. Sai Kumar emphasized the importance of compassion in supporting those with disabilities, stating, "One should feel lucky to serve the challenged people and should be patient with them." During a visit to the "Missionaries of Charity" (Mother Teresa Home) in Kashibugga, he distributed fruits and

biscuits to orphans, elderly residents, and individuals with mental challenges. Kumar inquired about the services provided to the mentally ill and disabled at the facility, acknowledging and appreciating the dedicated efforts of the staff. Expressing gratitude to the Sisters who care for around 43 residents, Kumar commended the work of Sister Rose Alma, Sister Savina Maria, and other

## Sardar Vallabhbhai Patel played a pivotal role in unifying India: CM Haryana

**Chandigarh (JAG MOHAN THAKEN), October 30:** The Haryana Chief Minister, Nayab Singh Saini, said that India's first Home Minister Sardar Vallabhbhai Patel played a pivotal role in unifying India.

He said that Sardar Vallabhbhai Patel's diplomatic acumen and vision were instrumental in uniting the Indian states and binding them in the fabric of national unity.

CM Saini was addressing the 'Rashtriya Ekta Diwas Pledge' taking ceremony, held on Wednesday, at Haryana Civil Secretariat as a Chief Guest. During the event, Saini also paid floral tribute to Sardar Vallabhbhai Patel on his 150th birth anniversary, honouring his legacy as India's first Home Minister and the Iron Man of the nation. He

also administered the oath of 'Rashtriya Ekta' to the officers and the employees.

The Chief Minister highlighted the pivotal role Sardar Patel played in creating a unified India. He shared that upon independence, India was divided into 562 princely states, and it was Sardar Patel's leadership that brought them together under one nation, forming what is now known as 'Akhand Bharat'.

Earlier, addressing the officers and employees during the ceremony, he urged civil servants to commit themselves to the values of unity, service. He encouraged all to work tirelessly to meet the needs and aspirations of the people of Haryana.

The Chief Minister said that Sardar Vallabhbhai Patel was a leader with extra ordinary

administrative skills and a dedication to the nation. He highlighted how Sardar Vallabhbhai Patel's life was a model of selfless service, aimed at overcoming national challenges and securing a future where citizens could live freely. Sardar Patel's pivotal role in India's independence struggle and his unparalleled work to unify the nation post-independence will always be remembered,

## US and India Trade Partnership will reach US\$ 500 billion by 2030: US Consul General in Kolkata

**Kolkata (PARTHA ROY):**

United States Government plans to raise US\$500 billion of trade between US and India from the current US\$200 billion by the end of this decade. This ambition is to design to generate millions of jobs benefitting both the nations, said by Ms Kathy Giles-Diaz, Consul General of USA in Kolkata, during an interactive session in Kolkata, on 30th October 2024. She highlighted that India is third biggest FDI nation to United States. This growing investment partnership reflects increasing confidence of Indian companies in US economy, as well as expanding opportunities for collaboration in various sectors. This trend will accelerate further deepening of bilateral relationships and gaining new avenues in growth and innovations.

Ms Giles-Diaz stated that over 230 investors from India attended in United States Investment Summit 'Select USA' in 2024, making it the largest delegation in US Summit's history. Both United States and India work together to advance prosperity for both the country's people. She further asserted that United States and India are united in promoting global security, stability and prosperity through trade and investment to strengthen connectivity. Trade has multiplied many times over the past decades and expected to enhance significantly in the years ahead. Technology and innovation are central to strengthen the bilateral relationship between the two nations. US-India climate and clean energy partnership is in the robust and expanding collaboration. She also said that it is noticeable



that West Bengal Government has been committed to de-carbonizing public transport system with new electric vehicle policy, which is a significant effort to develop necessary EV infrastructure in the State.

During the interaction

Mr Sanjay Budhia, Chairman, CII National

such as the semiconductor industry and defence manufacturing highlight the strategic nature of these ties, enhancing both nations' capabilities and addressing regional challenges.

Mr Sumit Goyal, Chairman, CII ER International Trade Subcommittee and President Operations, Patton International Ltd emphasized on fostering the trade relationship between US and India. He said that India is fastest growing economy in the world while US remains global leader in the technology and innovation and the two nations' relationship evolved as the most promising and dynamic trade partner in the world. Both the countries are now natural allies and over the years the two nations' strategic partnerships have shown unprecedented momentum.

## GGS College of Management and Technology organizes Intra-College Debate Competition

**Kolkata, (KCN):**

The department of Computer Applications organized Intra-College debate competition on the very learning topic - "Social Media, Good or Bad". 12 students participated in this debate competition. Some students highly support in social media. They said it is a wonderful platform to gain many things online. It is a very time and money Savvy. During pandemic period, it is the social media which protected are students and education system. But on the other hand some students strongly opposed the arguments given by participants friends. They said reels and some harmful videos spoil our life. Many people have become victim of depression due to continually use of mobile



phones / social media apps. The debate was conducted by professor Ranjit Singh HOD Computer Applications. He said it's our mindset or how we use the social media, good or bad impact depends on them. Now we are living in E-age, without use of social media apps, mobile phones and various electronic devices people can't live. All the students should use social media carefully. The panel of judges, Ms. Tamanna Sharma, Ms. Amisha Sharma and S. Amarjeet Singh declared the team of Ritu Rani and Randeep Kaur first, Gursharandeep Singh and Prabhjeet core second, and Jasmeet and Kamaldeep Singh third. Mehek a student of BCA 1st semester was declared the best debater. The whole debate was conducted by Madam Manvir Kaur and Madam Amandeep Kaur Sidhu, department of Computer Applications. Principal Dr. Rajinder Kumar Uppal and Prof. Ranjit Singh motivated the students for such kind of activities.



said C M Saini.

Meanwhile, acknowledging the sacrifices of freedom fighters, Saini also shared about the struggles endured by many brave hearts who made the supreme sacrifices.

The Chief Minister further shared that laws made during British rule were primarily exploitative, designed to suit British interests, often at the expense of Indian citizens. He also praised

Prime Minister, Narendra Modi and Home Minister, Amit Shah for repealing outdated colonial laws and modernising the Indian legal framework to better serve the people.

The Chief Minister lauded Prime Minister, Narendra Modi's decision to abrogate Article 370 and 35-A, thereby fully integrating Jammu & Kashmir into India. He said that this

contradicted the notion of true independence. With the abrogation, the Prime Minister Narendra Modi fulfilled Sardar Vallabhbhai Patel's vision for a united India in true sense.

The Chief Minister lauded Prime Minister, Narendra Modi's efforts in commemorating Sardar Vallabhbhai Patel's contribution to India's unity.

He said that the installation of the Statue of Unity in Gujarat, now the world's tallest statue and a symbol of unity for future generations is the true tribute paid to Sardar Vallabhbhai Patel. He said that celebrations of 'Rashtriya Ekta Diwas' started by the Prime Minister to coincide with Sardar Vallabhbhai Patel's birth anniversary, are marked annually with

events like the 'Run for Unity' to foster national solidarity. This year, in honour of the 150th anniversary of Sardar Vallabhbhai Patel's birth, a year-long series of events will be organized across the country to promote awareness of his ideology and inspire the youth toward national unity.

The Chief Minister encouraged all civil servants to renew their pledge on 'Ekta Diwas' to work diligently in service to the people of Haryana, fulfilling their expectations and moving the state forward. He further acknowledged Prime Minister Modi's vision for India to become a developed nation by 2047, stating that Haryana, with its 2.80 crore citizens, would play a vital role in achieving this goal.

# State Allows Engagement Of Women In Bars

**Bhubaneswar(KCN):** The State Government has allowed the engagement of women to perform musical programmes and orchestra in the bars with certain restrictions. The Excise Department has brought a notification to this effect today.

The Department has included the provision under the Odisha Excise Rules, 2017.

"Provided that women, not below 21 years of age may be engaged in musical Programme or Orchestra in the licensed ON shop premises having a bar License to sell foreign liquor and IMFL for consumption on the premises with prior written permission of the

Commissioner," read the notification.

The Excise Commissioner will impose the following conditions before granting the permission. The premises will be fixed with Closed Circuit Television (CCTV) cameras at appropriate places including the performance stage and with appropriate mechanism to ensure that the said facilities cannot be tampered with and switched on round the clock. The recorded footage of CCTV cameras will be made available to the jurisdictional inspector-in-charge (IIC) of Police Station as well as officer-in-charge (OIC) of

Excise Station. If the CCTV cameras do not function, the bar owner will immediately report to the concerned OIC of the Excise Station as well as the Police Station in which jurisdiction the licensed premise is located.

The musical programme or orchestra will be stopped forthwith as and when the CCTV cameras become dysfunctional. The associated hard disc in such CCTV systems must have the capacity to store data for a minimum period of three months, as per the order.

The bar licensee will have to make an application along with either voter ID card or

Aadhar card and clear photograph of the performers, taken within 6 month of such application whom they seek to engage in the musical programme or orchestra, containing the names and details of the performers.

The government has also made it clear that performers should wear clothes keeping public decency in mind.

The performance stage should be bounded with a railing of three feet height and there should be minimum five feet distance between the railing and the seats for customers:

A register will be maintained by the licensee to keep records

of names and local residential address of women performing in the musical programme or orchestra every day, which should be produced before an inspecting Police Officer or Excise Officer on demand:

It is the responsibility of the licensee to gather and verify the information regarding name, local address, photograph and citizenship of the performers before applying for such permission.

No women having been charge-sheeted by Police for involvement in Immoral Trafficking (Prevention) Act, 1956 can be engaged for performing in the musical

Programme or Orchestra, it said. The performers will not be awarded by the customers directly, either by paying money or by showering anything which can be converted into money.

If any customer wants to award a performer, the same shall be handed over to the manager of the licensed premises concerned.

The licensee will have to display the license prominently on the walls of the Place of performance.

Subject to the provisions of the prohibition of smoking in public places rules, no person will be allowed to smoke and no licensee or his

nominated manager or managers can permit smoking in the establishment.

Separate washroom and locker facilities should be provided for performers so engaged.

The applicant or licensee will be holding the certificate regarding fire safety from the competent authority.

The establishment will have to issue a photo ID card to each performer so engaged which shall be carried by that employee at all times during the period of duty.

Adequate private security measures must be taken by the licensee to prevent sexual or other harassment in any

form of any woman engaged in his/her licensed premises.

The bar owners must ensure the safety of women engaged in his/her ON shop by providing free and suitable travel arrangements to her place of residence, either temporary or permanent.

The licensee is to submit a letter of consent by the performer along with medical fitness certificate and permission of competent authority as regards regulation and control in use of loudspeakers in terms of the Noise Pollution (Regulation and Control) Rules, 2000 must be obtained.

## Pregnant govt employee loses child after being 'denied' leave in Odisha's Kendrapara

**Kendrapara(KCN):** A 26-year-old Odisha government employee claimed that she lost her child in the womb after allegedly being denied leave by a Child Development Project Officer (CDPO) while experiencing severe labour pain at her office in Kendrapara district. The incident occurred October 25 but came to light Tuesday when the woman, Barsha Priyadarshini, shared her story with the media.

Barsha, an employee of the Women and Child Development

Department in the district's Derabish block, said she was in her seventh month of pregnancy and felt intense pain at work. She alleged that she requested CDPO Snehalata Sahoo and other officials to take her to hospital, but they ignored her pleas. Barsha also claimed that Snehalata mistreated her. Later, Barsha's relatives took her to a private hospital in Kendrapara, where an ultrasound revealed that her baby had died.

She claimed that "mental

harassment and gross negligence" of the CDPO led to her loss and also filed a written complaint to the district collector, demanding strict action against the Sahoo.

Nilu Mohapatra, additional district magistrate (ADM), Kendrapara said, "After getting the complaint, the district administration has directed the District Social Welfare Officer (DSWO) to submit a report after investigating the matter. After getting the report, we will take action."

Expressing concern over the incident, Deputy Chief Minister Pravati Parida in a post on X said she discussed about the incident with Kendrapara collector and directed him to immediately conduct a detailed investigation and submit a report.

Reacting to the allegation, the CDPO said she was unaware of Barsha's suffering.

"A committee will be formed to investigate the matter. After that, we will submit our report," said Manorama Swain, DSWO, Kendrapara.

## Stroke Top Cause For Death



**Bhubaneswar(KCN):** Stroke is the second biggest cause of human death in the world after cardiac failure. Prof. (Dr.) Ashok Kumar Mahapatra, eminent neurosurgeon and Principal Advisor (Health Sciences) at Siksha 'O' Anusandhan Deemed to be University here said on Tuesday.

Stroke occurs when blood flow to the brain is stopped due to any reason including narrowed blood vessel, bleeding or a blood clot.

If head injuries occur affecting the brain, the victim suffers paralysis, loses sight or the ability to speak and often goes into coma, Prof. (Dr.) Mahapatra said while addressing a program organised at the Institute of Medical Sciences and SUM Hospital on the occasion of World Stroke Day. He said that high blood pressure, diabetes and obesity were the main causes for brain stroke for which people need to change their lifestyle

urgently. Prof. (Dr.) Pusparaj Samantashinhar, Medical Superintendent of IMS and SUM Hospital, said that prompt treatment could help stroke victims to recover. Prof. (Dr.) Srikanta Sahu, Head of Department of Neurology, said he had proposed the establishment of a Stroke Clinic in the hospital for treatment of serious patients. Prof. (Dr.) Lulup Kumar Sahu, who organised the

## 4P For Child Traffic Control

**Bhubaneswar(KCN):** Deputy Chief Minister Pravati Parida today emphasized the need for 4P proactive approach to address child trafficking in the State.

Speaking at a state-level Stakeholder Consultation on Eliminating Child Trafficking organized by the Department of Women and Child Development in collaboration with UNICEF, Parida stressed the importance of the 4P-Prevention, Protection, Prosecution, and Partnership approach to curb trafficking of children.

Highlighting child trafficking as a critical and sensitive issue, she said that the State government is prioritizing all aspects of child and women trafficking. Shrimati Parida, who is in-charge of Women and Child Development Department, further said there is an urgent need to strengthen child protection laws and regulate children's digital behavior. In light of the current situation, she reiterated the need for a proactive approach in handling child protection issues, including conducting

awareness programs and implementing a helpline for immediate response. The Deputy Chief Minister called for the support of all stakeholders to join in a mission-mode effort to eradicate child trafficking. Principal Secretary of Women and Child Development, Shubha Sarma, expressed that combating serious crimes like child and women trafficking requires collective partnership. She added that the department is committed to making



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# Skin Detox Tips to Follow Post Diwali



The festive season is getting over and it is time to hit the life back, isn't it?

Due to the festive preparations, we tend to ignore our bodies which takes a toll on our skin and hair and they start to lose their glow and shine. The night of Diwali is usually reserved for night-long parties and for loading yourself with sugary stuff. But, in the midst of this all, one thing that goes on for a toss is your body.

Festival treats till the wee hours of the morning, eating oily foods and sweets, cleaning, post-Diwali pollution, skipping out on skincare routines, and the ensuing pollution can affect skin health.

Crackers burst during Diwali contains highly toxic heavy metals such as lead, copper, zinc, manganese, sodium, potassium, etc. which causes various skin issues.

After the Diwali festivities that involve heavy makeup and exposure to pollutants, it's high time we give our skin the love and care it deserves.

However, with the festive season over, now is a great time to detox your skin and take a break from everything. Give your skin the love it needs post-Diwali by following these simple skincare tips for healthy skin!

1--Try intermittent fasting  
Intermittent fasting involves periods of entirely or partially abstaining from eating. There are several different ways to do intermittent fasting, but they are all based on choosing regular time

## New Passenger Halt Opens at Atri on Khurda-Balangir Rail Line



**Bhubaneswar, (KCN):** A new passenger halt has officially opened at Atri on the Khurda-Balangir rail line, marking a significant enhancement to the region's transportation infrastructure. The inauguration ceremony was graced by Hon'ble Member of Parliament of Bhubaneswar, Smt. Aparajita Sarangi, in presence of Hon'ble MLA of Begunia, Shri Pradeep Kumar Sahu, Hon'ble MLA of Khordha, Shri Prashant Kumar Jagadev and the Divisional Railway Manager of Khurda Road Shri H. S. Bajwa.

Atri is renowned for its hot spring water and serves as a popular tourist destination, making the new halt a vital addition for both local residents and visitors. The first train provided stoppage at Atri PH is Daspalla-Bhubaneswar Special. During her speech, Smt.

Sarangi expressed her gratitude to the Hon'ble Prime Minister and the Hon'ble Railway Minister for fulfilling the demands and aspirations of the public in the area, which she had presented to the Railway Minister. The construction of the passenger halt, which cost approximately Rs. 58 lakhs, features a 467-meter platform, equipped

with six small passenger shelters and six benches with a seating capacity of 30 people. Additionally, the facility includes 14 light posts, a tube well and a booking counter, enhancing the overall travel experience for passengers. This development is expected to boost local tourism and provide better connectivity for residents,

contributing positively to the socio-economic growth of the area.

Three trains will provide stoppage at Atri PH with immediate effect. These trains are Bhadrak-Daspalla-Bhadrak MEMU Passenger, Bhubaneswar-Daspalla-Bhubaneswar MEMU Passenger and Puri-Daspalla-Puri MEMU Passenger Special.

### Shahnaz Husain

periods to eat and fast. Fasting completely for 1 or 2 days a week, known as the Eat-Stop-Eat diet, involves eating no food for 24 hours at a time while they can take water, tea, and other calorie-free drinks during the fasting period. Fasting generally begins from morning up to the second day's morning breakfast time.

One way is to drink only water with lemon until 2 pm the next day, and have only one light meal with lots of fluid for a cleanse.

You can opt for day time ---restriction fasting where one can eat normally but only within an eight-hour window each day. For example, skip breakfast but eat lunch around noon and dinner by 9 p.m.

Some studies have concluded that intermittent fasting may be more beneficial than other diets for reducing inflammation and improving conditions associated with inflammation.

It is important to drink lots of water and calorie-free drinks, such as herbal teas, throughout the day. This can help ensure you get enough electrolytes, sodium, and potassium chloride.

After breakfast take food that is high in fibre, vitamins, and minerals, to keep blood sugar levels steady and prevent nutrient deficiencies. A balanced diet will also contribute to overall health.

2---Add antioxidants to your diet-----

Antioxidants are molecules that fight free radicals in your body.

Plant-based foods are the best source of antioxidants. These include fruits, vegetables, whole grains, nuts, seeds, herbs and spices, and even cocoa.

Several vitamins, such as vitamins E and C, are effective antioxidants.

Plants have naturally occurring antioxidants such as carotenoids, flavonoids,

and

instead of butter, lard or ghee

A good way to ensure you eat your salad as a starter. By doing so, you'll finish all of your greens while you're at your hungriest. It may lead you to eat fewer calories overall, which could result in improved health. Plus, eating vegetables before a carb-rich meal has been shown to benefit blood sugar levels.

Most people consume too much sodium through salt while consuming an average of 9-12 g of salt per day is recommended. Avoid intake of excessive salt. About three-quarters of the salt you eat is already in the food when you buy it, such as breakfast cereals, soups, breads and sauces. More than 1.5g of salt per 100g means the food is high in salt

Try to start with a healthy breakfast which is high in fibre and low in fat, sugar and salt.

It can help you get the nutrients you need for good health.

The pace at which you eat influences how much you eat, as well as how likely you are to gain weight.

Your appetite, how much you eat, and how full you get are all controlled by hormones. Hormones signal to your brain whether you're hungry or full. However, it takes about 20 minutes for your brain to receive these messages. That's why eating more slowly may give your brain the time it needs to perceive that you're full.

But if you eat too little or eat too much, your health and quality of life could be affected. This can result in negative feelings toward food. Focusing on how and why you eat is just as important as what you eat. By being mindful of your habits and relationship with food, you can empower yourself and reveal the way to eat that is truly

nourishing to your body and mind.

4--Keep yourself hydrated

Consuming junk foods and having aerated drinks and sodas for liquid can leave your body dehydrated.

The skin gets dry and flaky because of the hot temperature and the pollution caused due to the crackers. Therefore, in the post-Diwali days, you should concentrate on replenishing the water content of your body. Hydration is the secret sauce for healthy skin, and post-Diwali skin hydration is our golden ticket to restoring that dewy glow.

Make sure to drink 10 glasses of water throughout the day to keep your skin hydrated. You can also enjoy herbal teas or flavoured water to add a festive touch. This will help control your appetite and reduce the chances of overindulging in unhealthy snacks and sweets.

Water consumption at regular intervals throughout the day is essential for keeping our metabolism active and flushing out toxins. Inculcate the habit of drinking a glass of warm lemon water early in the morning to flush out toxins in your body. A teaspoon of honey can also be added to the drink. Both lemon and honey have medicinal properties.

Additionally, including hydrating foods such as fruits and vegetables in your meals can also contribute to your overall hydration. This straightforward practice can have a remarkable impact on how you feel throughout the festive season.

The author is an international fame beauty expert and is called the herbal queen of India



Preparation of Kali Puja, Kolkata. Photo - Arindam Bhattacharya

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## Hetmyer returns to ODI squad for England series



**New Delhi:** Shimron Hetmyer has returned to the West Indies ODI squad for the upcoming home series against England. Hetmyer last featured in this format against the same opposition in December 2023. He hasn't registered even a single half-century in the format since his hundred against India in December 2019. Hetmyer's addition in place of Alick Athanaze is the only change to the 15-member squad that just toured Sri Lanka. Athanaze made scores of 10 and 1 in the series and was left out of the final ODI which West Indies won. Even though the tour started off on a promising note for West Indies by winning the first T20I, they conceded the series and then went

on to lose the opening two ODIs as well. In the final game however, Evin Lewis came into the XI for his first ODI in three years by replacing Athanaze and smashed a rapid ton to ensure West Indies ended the tour on a high. Jewel Andrew, the 17-year-old player who made his debut in the final ODI but didn't get an opportunity to bat, has retained his spot in the squad.

**Squad:** Shai Hope (C), Alzarri Joseph, Jewel Andrew, Shimron Hetmyer, Keacy Cartey, Roston Chase, Matthew Forde, Shamar Joseph, Brandon King, Evin Lewis, Gudakesh Motie, Jayden Seales, Romario Shepherd, Hayden Walsh Jr. The series kicks off on October 31 at the Sir Vivian Richards Stadium

### Rashid set to return to Tests with Zimbabwe tour

**New Delhi:** Rashid Khan, the Afghanistan all-rounder, is all set to return to Test cricket with the upcoming tour of Zimbabwe. Afghanistan Cricket Board's Chief Executive Naseeb Khan confirmed the development to Cricbuzz on Tuesday. The confirmation came only a few hours after ACB announced their forthcoming tour of Zimbabwe, comprising two Tests, three ODIs, and as many T20Is.

Rashid was out of longer-version cricket as per the advice of his physician following his back injury and subsequently missed the Test series against New

Zealand. Later, ACB announced that he would be away from Test cricket till November while there were doubts on whether he could make it to the Test squad for the Zimbabwe tour. Although Rashid missed the Test series against New Zealand, he was available for the white-ball series, and it was expected that would be the case for the series against Zimbabwe as well. "We are confident that Rashid will play for us in the Test series against Zimbabwe," said Naseeb. "He (Rashid) had a long recovery due to his back surgery and we wanted him to recover fully before taking the load of

playing Test cricket. Now he looks fine and ready to feature for us in Test cricket." The series will kick off with a three-match T20I series, with matches being scheduled for December 9, 11, and 12 at the Harare Sports Club. Following the T20I series, the two sides will lock horns in a three-match ODI series, scheduled on December 15, 17, and 19 respectively at the same venue. The tour will conclude with a two-match Test series in Bulawayo, with the first Test scheduled from December 26 to 30 and the second from January 2 to 6.

**New Delhi:** Ruben Amorim addressed speculation linking him to Manchester United, confirming that no deal was finalized despite Sporting's announcement that the Premier League club was prepared to meet his \$10 million (\$10.79 million) release clause. Sporting CP manager Ruben Amorim addressed speculation over his potential move to Manchester United, confirming the Premier League club's interest while clarifying that no final agreement has been made. Sporting CP announced on Tuesday that United is prepared to pay Amorim's \$10 million release clause, fuelling rumours of a swift transition following Erik ten Hag's dismissal. United, currently struggling

in 14th place in the Premier League, recently parted ways with Ten Hag, hoping to stabilize the club with Amorim potentially taking over in time for Sunday's fixture against Chelsea. However, the 39-year-old manager refrained from committing to the switch. "I have nothing to say now," Amorim told reporters after Sporting's 3-1 win over Nacional in the Portuguese League Cup quarterfinals. "Anything I say will only create more noise. We're analyzing here. For now, there's nothing to talk about." Despite repeated questions from journalists, Amorim maintained his focus on Sporting's upcoming league fixture against Estrela da Amadora, asserting his loyalty to the club. He underscored that the

decision remains his, stating, "There is an intention on the part of United, which is in

talks with Sporting, but it will always be my decision." Manchester United has not issued any public statements on the matter, keeping their dealings confidential as they attempt to bring in Amorim, known for his high-energy, counter-attacking style. Sporting made a formal disclosure to the Portuguese Securities Market Commission

been one of the teams to play the best football," Fernandes said in a recent press conference. "Sporting went 20 years without winning championships, and Amorim arrived and has already won two.

United's swift pursuit comes as the club seeks a transformative leader amid mounting scrutiny and competitive pressures. Amorim's coaching internship with José Mourinho at United in 2018 could offer a familiar reference point, though taking on the permanent role would place him among the ranks of coaches attempting to restore United's former glory since Sir Alex Ferguson's retirement in 2013.

## Smriti Mandhana tons up as India seal ODI series

**New Delhi:** Smriti Mandhana scored her third ODI century of 2024 as India broke the bat-first-win-game template in the series decider against New Zealand at the Narendra Modi Stadium in Ahmedabad. Mandhana made 100 off 122, putting on big stands along the way with Yastika Bhatia (35) and Harmanpreet Kaur (59\*) as the hosts cruised to victory in a chase of 232 with six wickets and 34 balls to spare and thereby clinched the series with a 2-1 margin.

India were seldom bothered in the chase despite the early loss of Shafali Verma, who was strangled down the legside by Hannah Rowe. With the target not quite daunting, Mandhana was allowed

the luxury of a slow start - she was 9 off 26 at one point - before she got a measure of the pitch and found her range and timing. A swivel-pull off Sophie Devine and a lofted straight drive off Eden Carson got her innings going. Mandhana and Bhatia never really got out of second gear in their stand of 76 to which the latter contributed 35 runs and four boundaries before drilling one straight back to Devine for a caught and bowled.

Any hope of a New Zealand comeback was quickly snuffed out as Harmanpreet tucked into a healthy diet of singles and doubles while Mandhana upped her tempo ever so efficiently. After getting to her fifty in 73 balls, the southpaw found a boundary in each

of the next two overs - she would hit 10 in all - to bring the target down to double figures. The Indian captain required treatment to her left leg but the concern was not serious enough to disrupt her innings or the rising momentum of the chase. She struck two fours in successive overs to push India past 150. In cruise control now, the two senior batters flicked a switch and the 37th over bowled by the visiting skipper Devine signalled the pair's intention of not wanting to take this chase too deep. Harmanpreet whipped a four past mid-wicket before Mandhana did the double of a lofted off-drive and a pull for fours. Harmanpreet got to her 50, off 54 balls, before her deputy notched up her eighth ODI ton, going past Mithali Raj's Indian

record of seven, after pushing Carson to long off for a single. Mandhana fell at the end of this 117-run stand by when victory was only 24 runs away, but Jemimah Rodrigues slammed four fours in her 18-ball 22 to hasten the victory march. India got home in the 45th over.

While the chase was orchestrated with clockwork precision, there were also gains made in the field. Asked to bowl first once more on a sultry afternoon, India produced an improved fielding effort after putting down as many as six

chances in the second ODI. Today they affected three run-outs, including one right at the top to separate the in-form opening pair of Suzie Bates and Georgia Plummer with Rodrigues dismissing the senior opener.

Despite Plummer trying to

reprise her fast-starting act from a couple of evenings ago, New Zealand managed only 35 for 2 in the PowerPlay. Devine, in fine form, struck two powerful boundaries in her first seven balls but was cleaned up by an excellent wrong 'un from Priya Mishra. Playing only her second ODI, Mishra also removed Plummer for 39 after drawing an edge that was snapped by Deepi Sharma, who incidentally put down three in the last game.

New Zealand were five down for 88 after another miscommunication led to Maddy Green's runout with Rodrigues once again the alert fielder. The onus was on Brooke Halliday to anchor the turnaround and she found an able partner in Isabella Gaze, who made 25 off



## India will get warm welcome in Pakistan if they come for Champions Trophy: Rizwan

**New Delhi:** Pakistan's new white-ball captain, Mohammad Rizwan, expressed his eagerness to host the Indian men's cricket team in Pakistan for the upcoming ICC Champions Trophy 2025. The ICC is considering various hosting models due to uncertainties about India's participation.

Pakistan's new white-ball captain Mohammad Rizwan says that the Indian cricket team will get a warm welcome if they visit his country for the ICC Champions Trophy 2025. Speaking at a press conference, Rizwan highlighted the warm reception awaiting the Indian team if they decide to participate in the tournament in Pakistan.

"Fans here love Indian cricketers, and they would be thrilled to see the Indian team play in Pakistan. If they come, we will give them a



warm welcome," Rizwan affirmed. Notably, India last visited Pakistan for the 2008 Asia Cup, where they reached the final but lost to Sri Lanka by 100 runs.

Since then, bilateral cricketing ties have been largely limited to neutral venues due to political tensions and security concerns. Meanwhile, Pakistan's most recent visit to India was for the 2023 ODI World Cup. Before that, the Men in Green visited India in 2012 for a bilateral ODI series.

As India Today previously reported, the International Cricket Council (ICC) is exploring three possible models for hosting the Champions Trophy due to lingering uncertainties regarding India's participation in Pakistan: Full Tournament in Pakistan: Under this model, all games, including the semi-finals and final, would be held in Pakistan as initially planned.

**Hybrid Model (Pakistan and Secondary Venue):** This plan would see India's matches, along with the semi-finals and finals, hosted at a neutral venue, likely Dubai. This approach is reminiscent of the recent 2023 Asia Cup, which employed a hybrid format to address

security concerns for India in Pakistan.

**Complete Relocation Outside of Pakistan:** If a full relocation becomes necessary, Dubai, South Africa, and Sri Lanka are considered top contenders to host the tournament, with the PCB retaining official hosting rights regardless of location.

The PCB has already drafted a tentative schedule for the Champions Trophy, set to start on February 19 and culminate with the final on March 9. The proposed host cities include Lahore, Karachi, and Rawalpindi, each historically significant and well-equipped to host international cricket events. The ICC is expected to announce a decision by November, with additional insights likely when Jay Shah assumes the ICC Chairmanship on December 1.

## Ruben Amorim confirms Manchester United interest but no decision made yet



been one of the teams to play the best football," Fernandes said in a recent press conference. "Sporting went 20 years without winning championships, and Amorim arrived and has already won two.

United's swift pursuit comes as the club seeks a transformative leader amid mounting scrutiny and competitive pressures. Amorim's managerial résumé has placed him on the radar of multiple top-tier clubs. He led Sporting to its first Primeira Liga title in 19 years in 2021 and secured another title last season, earning praise from players like Bruno Fernandes, who recently lauded Amorim's coaching prowess. "Since Mr. Amorim arrived at Sporting, it has

regarding United's interest, further intensifying the spotlight on the manager's future.

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