

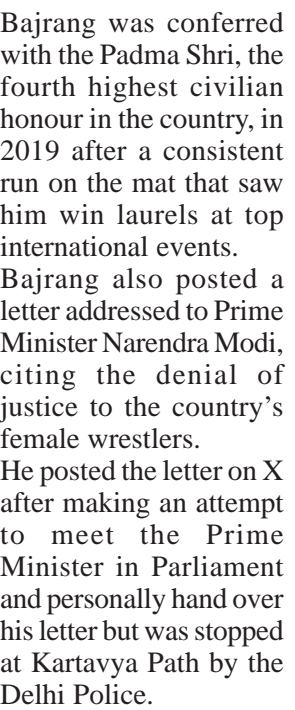
Bajrang Punia to return Padma Shri in protest over WFI chief election, writes to PM

Olympic medallist grappler Bajrang Punia Friday decided to return the Padma Shri award in protest over the election of Sanjay Singh, a Brij Bhushan Sharan Singh loyalist, as the president of Wrestling Federation of India (WFI).

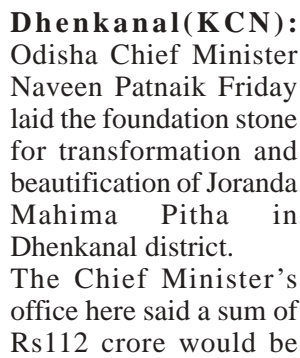
Thursday, Sanjay Singh was elected as the president of the WFI after the panel led by the close aide of Brij Bhushan won 13 of the 15 posts. The wrestlers had demanded that no close associate of Brij Bhushan should enter the WFI.

"I am returning my Padma Shri award to the Prime Minister. This is just my letter. This is my statement," read a post shared by the Tokyo Olympics bronze medallist wrestler on X, formerly Twitter.

Sakshi Malik, Bajrang and Vinesh Phogat had addressed a press conference after Sanjay's election in which Sakshi, a bronze medallist at the 2016 Rio Olympics, announced that she would quit the sport as a mark of protest.



You must be busy in many work but I am writing this to draw your attention to the wrestlers of the country. *You must be aware that the women wrestlers of the country started a protest in January this year against Brij Bhushan Singh accusing him of sexual harassment. I too joined their protest. The protest stopped after the government promised strong action.” Expressing his disappointment, the star wrestler added, “But there was no FIR against Brij Bhushan even after three months. We again took to the streets in April so that the police at least file an FIR against him.



spent for this purpose. The work will be started soon and is targeted to be completed in three years. Speaking at the groundbreaking ceremony for the development of Joranda Mahima Pitha, Patnaik said the Joranda's 'Upasana Pitha' would be

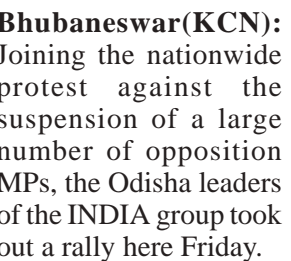
developed and the construction of 'Bati Mandap', 'Mahima Gadi Sunya Mandap', and development of all four sides of 'Mahima Gadi' would be undertaken.

The Chief Minister said Odisha, a land of deities, is a holy place.

The Mahima Dharma has purified the land of Joranda and created a special place for it on the religious map. Patnaik said Mahima Dharma considers the whole world as a family and believes in simple life, equality and the welfare of the

world. Mahima Dharma has taught us the idea to dedicate oneself for the welfare of the people, Patnaik said, and he sought the cooperation of all to make Joranda a prominent destination of Odisha and the country on the religious tourism map.

INDIA bloc leaders stage protest in Bhubaneswar over suspension of 146 opposition MPs



Senior opposition
leaders, including state
Congress chief Sarat
Pattanayak, former party
presidents Prasad
Harichandan and Jaydev
Jena, CPI's
Ramakrushna Panda, SP
state president Rabi
Behera, and others
participated in the rally.
Holding banners with
anti-Narendra Modi
government slogans
written on them, the
protestors walked from
Master Canteen Square
towards the state



BJP government. "Our Constitution is the soul of Indian democracy. If the Modi government suspends all opposition MPs, there will be no democracy in the Parliament. It is like murder of Indian democracy," he said. Altogether 146

opposition MPs were suspended from the Lok Sabha and Rajya Sabha during the just concluded Winter Session for demanding a statement from Home Minister Amit Shah in the House on the December 13 Parliament security breach issue.

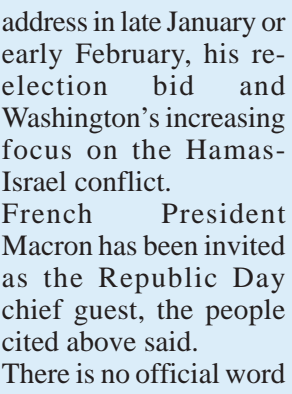
The central government has suppressed the voice of opposition MPs, who were elected by lakhs of people in the country, the Congress leader said. "We appeal to the people of our country and Odisha to remove the dictator Modi from the government in the upcoming election," he said. The suspension of 146 opposition MPs in Parliament is an attack on Indian democracy, said Panda. The CPI leader asked, "By removing 146 MPs from the Parliament, the government has not only suppressed the voice of opposition, but also made a murderous attack on democracy," said SP Odisha president Rabi Behera.

No new districts without consent: Orissa High Court

New Delhi(KCN): French President Emmanuel Macron is set to be the chief guest at the Republic Day celebrations on January 26 that would make him the sixth French leader to grace the prestigious occasion, people familiar with the matter said Friday.

India had invited US President Joe Biden to be the Republic Day chief guest but he expressed inability to travel to New Delhi in January.

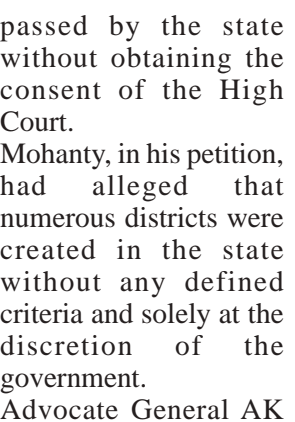
The reasons for Biden's decision are believed to be influenced by the State of the Union



Narendra Modi attended the Bastille Day parade, which is part of the French National Day celebrations, as the guest of honour. In the same month, the defence ministry approved the purchase of 26 Rafale (marine) jets from France, primarily for deployment on board the indigenously built aircraft carrier INS Vikrant. France has already responded to India's initial tender for buying the jets. The two sides are also expanding cooperation in the maritime domain including in the Indian

The two strategic partners also expressed commitment to cooperate in the co-development and co-production of advanced defence technologies, including for the benefit of third countries.

Every year, India invites world leaders to attend its Republic Day celebrations. There was no Republic Day Chief Guest in 2021 and 2022 in view of the COVID-19 pandemic. President Macron is set to be the sixth French leader to attend the Republic Day celebrations.



Parija and Additional Government Advocate DK Mohanty represented the government and requested additional time to gather instructions on the issue from the government. Next hearing in the case will take place two weeks after the winter holidays.

CII's ENCON Awards Illuminate Pressing Need for Fossil Fuel Transition

Kolkata(ABHIJIT SETH):The 16th Edition of the Energy Conservation (ENCON) Awards, organized by the Confederation of Indian Industry (CII) Eastern Region, unfolded recently at the Crystal Ball Room, Taj Bengal Hotel in Kolkata. The prestigious event was graced by Shri Babul Supriyo, Hon'ble Minister in Charge of Information Technology & Electronics, Information & Broadcasting, and Non-conventional & Renewable Energy Sources, as the Chief Guest. In his keynote address, Shri Babul Supriyo underscored the pressing need to disengage from

fossil fuels, citing the alarming pollution levels in major cities across the country. The Minister passionately called for an expedited transition in energy sources and emphasized the government's commitment to this cause. Highlighting specific initiatives, he mentioned the installation of 10 Mega Watt solar plants in the Jamuria Industrial area and recent investments in renewable energy in Purulia district. Additionally, Shri Babul Supriyo commended the installation of rooftop solar panels in 100 schools, showcasing the State's holistic



approach to embracing energy transition. Mr. Pralay Majumder, Joint Secretary, Department of Power, Government of West Bengal, built on the theme of energy

transition by introducing the concept of LED (Loyalty, Efficiency, Devotion). He drew attention to the 400 percent surge in capacity installation in

the renewable energy sector over the past decade and stressed the significance of the Energy Efficiency Excel Plan (EEEP) in achieving the ambitious goal of 500

GW of renewable energy installations. Mr. Majumder also touched upon the collaborative project with CII GBC on pump storage in Panchet and emphasized the need to make hydrogen commercially viable, citing the newly released green hydrogen policy in West Bengal. Chairman of CII Eastern Region, Mr. Shiv Siddhant Narayan Kaul, highlighted the importance of adopting less energy-intensive manufacturing processes as part of a comprehensive approach to energy transition. He referred to the recently concluded COP28

summit in Dubai, where global leaders advocated for reducing the use of fossil fuels. Mr. Kaul stressed the need for industries to align with sustainable practices. The annual assessment, held over three days in September 2023, saw the participation of 60 companies from the Eastern Region. The companies, representing both the public and private sectors, underwent evaluation under various categories to assess their commitment to systematic decarbonization of processes and value chains. Special recognition was also

given to organizations reinforcing Diversity, Equity, and Inclusion (DE&I) measures within their ranks. The ceremony culminated with the felicitation of winners and participants in the presence of the Hon'ble Minister and other dignitaries, marking a significant step forward in the collective journey toward a sustainable and environmentally responsible future. The call for urgent action and accelerated energy transition is now echoed not just in words but through the commendable efforts and commitments of the companies recognized at the 16th ENCON Awards.

IIPA On Public Policy

New Delhi(KCN): Citizen-centric governance will evolve into an increasing role of citizens in the decision-making process, Union Minister, Jitendra Singh said today. Ever since Prime Minister, Narendra Modi took over in 2014, transparency, accountability and citizen-centricity became the hallmark of the Governance Model, he said. "The era of working in silos is long over. Government is making maximum use of technology to ensure hassle-free delivery of services to the citizens. Capacity Building



Programmes enable us to be ready for that," he said. Union Minister of State Personnel, Public Grievances, Pensions, Dr.Singh was addressing the Dr Rajendra Prasad National Convention III (Series of Memorial Lectures) on 'G20 people centric governance and public policy', organised

by the Indian Institute of Public Administration (IIPA) in New Delhi. Beginning with India's vaccine success story in January, Minister said, the year gone by, with just a week left, witnessed PM Modi's citizen-centric governance model. "India's prestige as a Space power was well-

established by the flawless landing of Chandrayaan-3 on the virgin South Polar region of Moon," he said. Stating that this year has been quite rewarding as India emerged among the frontline nations in the comity of nations, Dr. Singh said, a series of opinion polls reaffirmed Prime Minister Shri Modi emerge as the tallest leader in the world. "With the most majestically planned G20 Summit and the International Year of Millets during the year, it was gratifying that India set the flagship agenda at the international fora," he said.

Skill development programme for doubling the income of the farmers from East Champaran District, Bihar



KOLKATA,(KCN):The capacity building cum skill development programme for fish farmers proved to be a valuable initiative in empowering participants with the necessary skills and knowledge to enhance their fish farming practices. Continuous efforts in organizing such programmes and addressing the challenges faced by farmers will contribute to the overall growth and sustainability of the aquaculture industry. In view of this, ICAR-Central Inland Fisheries Research Institute, Barrackpore organized a 7- day residential training programme on "Inland Fisheries Management" for the farmers of East Champaran district, Bihar from December 14 – 20, 2023 with the aim of improving the skills

and knowledge of fish farmers in various aspects of fish farming as well as sustainable management strategies to increase fish yields in inland open waters. A total of 30 farmers from East Champaran district, Bihar participated in the training programme. Dr. B. K. Das, Director, ICAR-CIFRI interacted with the farmers and encouraged them to enhance their technical knowledge through the in-house training programme. Dr. Das urged farmers to utilize the untapped local resources, including backyard ponds through fisheries in a scientific manner that offers sufficient scope for ensuring sustainable livelihood. The training programme focused on key areas such as pond construction and management, nursery

and rearing pond management, composite fish culture including fish disease management, induced breeding and hatchery management, integrated fish farming, fish feed management, production of natural fish food organisms and ornamental fish farming through a combination of lectures, practical demonstrations, group discussions, and field visits. The participants were introduced to the analysis of water quality parameters, fish feed preparation and management and the functions of the Recirculatory aquaculture system (RAS) through hands on training in the institute laboratory. As part of the training, field visits were organized to Halisahar fish farm, East Kolkata Wetland and ornamental fish market, Kolkata, on-

farm visit to ICAR-CIFA field station, Kalyani, Kolkata. Internal visits to the trainees in the Ornamental fish culture unit and the biofloc functional unit of the institute. The valedictory session was held on December 20, 2023, the Director of ICAR-CIFRI graced the meeting. Farmers expressed their great satisfaction with the curriculum adopted for the short training programme to sensitize fish farmers about pisciculture practices. Under the guidance of Director, ICAR-CIFRI the training programme was coordinated by Dr. Aparna Roy, I/C E & T Cell, Mr. Ganesh Chandra and Mr. Pranab Gogoi, Barrackpore with the help of technical assistance by a Sri Sujit Choudhury, Sri Lokenath Chakraborty, Sri Anjon Talukder, Sri Manabendra Roy and Dr. Avishek Saha.



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The human form of God is called an avatar

Prof. Dr. Umesh Chandra Patra



An avatar is a natural phenomenon, whose significance is seldom realised timely. It is a strange phenomenon, whose roots lie in divinity but its branches, flowers and fruits manifest on the human plane. The human form of God is called an avatar. The object of incarnation is to serve humanity and help it to leapfrog on the path of evolution, overcoming limitations of past and present. The object is to bring happiness and joy for the people,

reversing the tide of miseries that usually engulf large masses of people and to unveil the vista of newness out of the monotony of tradition.

The passage of human civilisation has witnessed this avatar phenomena from ancient times. Life in motion took its maiden form in water in the shape of aquatics. This was followed by amphibian and then from animal to man in phases. Mythology tells us that at each transition, there were avatars in the form of matsya, fish, kurma, giant tortoise, kolha or baraha, boar, narasimha hybrid of man and lion. There is also mention of a vamana, dwarf avatar. These go well with the belief that at every stage of evolution of life and consciousness, there was a milestone

in the form of an avatar. The full-fledged human play of an avatar in a societal setting was seen from Sri Ramchandra onwards. After that, there has been a succession of avatars in the order of Krishna, Buddha, Jesus, M o h a m m e d , C h a i t a n y a , Ramakrishna and Thakur Anukul Chandra. The latest human incarnate, the eighth human one, is Sri Sri Thakur Anukul Chandra (1888-1969), according to believers. This order and succession of avatars, notwithstanding some difference of views, is above any dispute. The object, mission and tradition left by these avatars are of much significance for humanity for peaceful and progressive living. The avatars are God in human form



and, therefore, they come for all of humanity. None of the avatars discriminate anyone from the rest. For them, each person is important and is valued for his existence and is led

towards progression. They do not view any differences on the lines of national boundaries and races, though they treat each nation and community in distinct ways. They maintain the natural differences

in species and build on the distinctiveness for further enrichment and embellishment. They celebrate unity in diversity. When it comes to following an ideology, then the one given by the latest

avatar is to be practised. Following the ideology of the latest avatar entails no contradiction with ideologies of past avatars. A person can maintain his affiliation with the past avatar, whomsoever he is affiliated to by being born in a particular community, yet follow the ideological tenets of the latest avatar. The person may realise the presence of the past avatar in the present one.

None of the avatars have contradicted the ideological framework of past avatars in essence and spirit. Therefore, to divide humanity on the ideologies of past avatars and creating conflict among communities and races go against the spirit of all avatars. None of them wanted

conversion; instead, they preached and practised convergence. Each culture permits updating the past and embracing the future. Sri Sri Thakur Anukul Chandra broke all barriers built on the lines of dharma by saying: "God is one, dharma is one; prophets are same, servers of the One; conflict and animosity with any of them proclaims the presence of an opposite — the Satan". He further said, "All prophets of the past converge and awaken in that of the present. Love to Him is love to all — in the worship of God."

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Health Benefits of Sunlight

Dr. Dillip Kumar Moharana



Sunlight is loaded with healing powers. It provides protection from all types of diseases. The cells of our body get the required oxygen and glucose from the sun. Recent studies also say that exposing patients to sunlight in limited amounts is

this vitamin D has a great impact on your bones to your brain. Sun exposure also improves the vision of your eyes. You cannot look at the sun directly but can see in the direction of the sun for a short time without sunglasses as the sunglasses block the energy from the sun, therefore, it is advised to see without contact lenses or sunglasses so that the vision gets improved. Elevates moods to a great extent. It uplifts our spirits in the long winter months or even on a gloomy day. This is the light

the curtains open so that there is maximum sun exposure. Keep the windows open as much as you can, depending on the season. Install spectrum lights as much as possible.

Avoid the sun during summer between 10.00 a.m. and 3.00 p.m., whereas this time slot is absolute in winter, spring, and fall. Your body and mind will stay healthy with proper power of sunlight. The sun rays offer huge benefits for plants, animals, and other creatures. It has immense therapeutic



helpful. Healing powers of sunlight: Sunlight improves immunity, It helps to heal various skin diseases, Sunlight is a disinfectant. The ultraviolet rays which get emitted by the sun kill bacteria and viruses. Light from the sun oxygenates and purifies the blood, The activity of sunbathing stimulates thyroid gland that regulates metabolism, Regular exposure to sunlight reduces the formation of cancerous cells, Sunlight decreases free radicals formation that is related to aging.

Health benefits of sunlight: Sunshine gives out vitamin D and

therapy that is useful. For centuries, sunlight is known to cure many ailments and is effective in healing in case of acne as it has the ultraviolet rays present. It has an anti-bacterial effect which is favorable in curing the blemishes.

Tips to increase sun exposure: You can grasp many benefits from the exposure to the sun, but do not remain outdoor for a longer time. It is advised to have 15 minutes of sun exposure every day. Here are some tips to increase sun exposure: Having glass windows at home so that it allows UV light to enter. Keep

powers and hence is worshiped in many cultures. Nowadays, many avoid sun exposure because of the fear of premature aging and skin cancer, but these things only happen when there is excess sun exposure. Taking sun exposure in average measures in the morning assures plenty of health advantages, from regulating bodily processes to elevating moods.

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Emotional eating habits

Dr. Prafulla Kumar Das



Though present day's health is being marketed, popularized wildly and there are positive responses from the health conscious individuals. Most important is, all walks of life are getting involved with the health conscious activities. It is a good sign for a healthy nation. People have started realizing the benefit of good health. Awareness of health is as old as an ancient civilization. In fact, during ancient days, everyone was practicing yoga and meditation. These were a part of life and art of living, a daily routine, to start the day.

With the time, health consciousness started changing. From the ancient literatures, we know that all the

wars and maintaining the law and order of the locality and the kingdom, people were trained to the Marshal Art, an art of gaining and maintaining

consume better food to gain and replace the lost energy due yoga and exercises. It is proved and was proved in history that a stronger army always the winner.

practice YOGA or go for a daily brisk walk for a minimum of 30 minutes to be healthy physically and mentally. Things have changed in may

to maintain and controlled diet consumption. Easier way to maintain health, is to exercise / Yoga and consume a balanced diet, not



physical health and muscle strength. No war was possible to fight and win without the physical and mental strength. Yoga, exercise or the Marshal Art whichever one practiced, one need to have good high protein diet. There has to be a balance between expenditure and gain of energy. More one indulges in harder exercise, one need to

There is no doubt, good health and strong mind could solve many problems of life.

There is a misconception too. The old school of thoughts was, do hard word and exercises, one need to have better food, and on those days thus people were stronger and disease free. However, Present days concept is, do exercise,

fold. People are mostly involved with sedentary duties. The main aim of life is to avoid obesity, and reduce fat to the strong muscles to avoid certain life style diseases. Burning the calories is important, but not gaining the calorie by just emotional eating habits, exercise and eats as like anything. To be healthy, one need

emotional eating for better achievement. It is better to unite for a cause, a better health - yoga is the unity for a national health. There is a saying that people understand what is good for self and health.

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SRINIVASA RAMANUJAN: An Enigmatic Genius



This December 22 marks the 134th birth anniversary of our own great mathematician Srinivasa Ramanujan-FRS and is observed as National Mathematics Day (GANIT). The man who brought India on the World Mathematics Map, regarded as one of the greatest thinkers of the modern world without any formal education in Mathematics. Dreamt and it's there is not always possible for a normal person without ample effort. But the story is different for Ramanujan, a self-taught mathematician, who in his 32 years of life span on this earth has gifted his dreams to the whole world who never shied of making the effort of any extent. Ramanujan was one of the greatest mathematical geniuses ever to emerge from India. Srinivasa Iyengar

Ramanujan, commonly known as Ramanujan was born at Erode in the Madras Presidency on 22nd December 1887 to a Sri Vaishnava Brahmin Family. Ramanujan early showed a strong inclination toward mathematics. His extraordinary powers appear to have been recognized almost immediately. He was quiet and meditative and had an extraordinary memory. He astonished his friends and teachers by mentally calculating, too many decimal places, the values of π , e , and other mathematical constants. Ramanujan used to ask puzzling questions about "zeros and imaginary quantities," the "distances of stars" and the value of zero divided by zero and the like. By the age of 13, he completely mastered the book on advanced trigonometry written by S. L. Loney. He found his own method of solving cubic equations at the age of 15. In elementary school, he won numerous awards for his calculating skills. Upon graduation in 1904, he won a

scholarship for higher studies in Govt. College, Kumbakonam. In 1903 when he was 16, Ramanujan borrowed a copy of a book by G. S. Carr, titled 'A Synopsis of Elementary Results in Pure and Applied Mathematics, it was this book that awakened his genius. He set himself to establish the formulae given therein. Consumed by his passion for mathematics, Ramanujan neglected all other subjects. As a result, he failed the entrance exam for the University of Madras. However, he continued his mathematical research with intensity and, by his early twenties, had become known to the leading mathematicians in the region. On 14 July 1909, Ramanujan was married to a nine-year-old bride, Janaki Ammal, after marriage he searched for a job, for the next three years he held no serious job; he went door to door around the city of Madras looking for a clerical position. Despite his poverty, Ramanujan continued to immerse himself in mathematics. He scribbled his

formulas, expressed in irregular and non-standard notation, in a series of scruffy notebooks. Ramanujan was an ardent follower of the Hindu goddess Namagiri Devi. After receiving visions from the goddess in the form of blood droplets, Ramanujan saw scrolls that contained very complicated mathematics like Elliptic integrals, Hyper-geometric series, etc. It was a remarkable fact that frequently, on rising from bed, he would note down results and rapidly verify them, though he was not always able to supply rigorous proof. Ramanujan managed to secure a clerical job at the Madras Port Trust office in the accounts department. Ramanujan published his first research paper titled 'Some properties of Bernoulli Numbers' in the Journal of the Indian Mathematical Society in the December issue of Volume 3 in 1911. Along with the paper, Ramanujan proposed some intricate questions. Since there were at that time no

mathematicians in India capable of understanding his extraordinary talent, Ramanujan, In January 1913 he wrote a 10-page letter containing 120 theorems to another renowned British mathematician Prof. G. H. Hardy of Trinity College, Cambridge also the Fellow of the Royal Society. He was amazed and intrigued by the theorems that Ramanujan had included in the letter. Hardy, himself a man of extraordinary ability, reviewed Ramanujan's strange-looking theorems and concluded, "A single look at them is enough to show that they could only be written down by a mathematician of the highest class. They must be true because, if they were not true, no one would have had the imagination to invent them." Hardy took a keen interest in Ramanujan's work and decided to bring Ramanujan to Cambridge to pursue some serious research. Furthermore, a special research scholarship of Rs.75/- per mensem was awarded him for two years by the University of Madras. Ramanujan thus became a professional

mathematician and remained so for the rest of his life. Ramanujan was very pleased to receive an invitation from Hardy to work with him at Cambridge but his journey to England was delayed by a religious prohibition against foreign travel. During that time Ramanujan's mother had a vivid dream in which the family Goddess Namagiri commanded her "to stand no longer between her son and the fulfillment of his life's purpose" also Ramanujan had a vision from the Goddess granting him permission to go to Cambridge. Thus, on 17th March 1914, Ramanujan sailed to England. At Cambridge Ramanujan started working with Hardy and Littlewood, He was now for the first time in his life in a really comfortable position and could devote himself entirely to his mathematical research. Ramanujan and Hardy shared their unique mathematical perspectives, and they arrived at some startling discoveries especially in Analytic number theory and Modular forms. They found an astonishing formula to count the

number of partitions of an integer (Partition function) now that has important applications in modern physics. Ramanujan independently developed several unusual formulas that enable modern computers to calculate virtually limitless values of π with incredible speed and accuracy. In 1917 he was elected to the London Mathematical Society and was inducted into the Royal Society as a Fellow (FRS) in 1918 at the age of 30, an extremely young age. Ramanujan returned to India in fragile health, He was believed to be tubercular, but is now thought to have suffered a severe vitamin deficiency (Amebiasis). His sickness was not curable and he died at the age of 32 on 26th April 1920. However, Ramanujan spent his last year producing some of his most profound theorems including Mock Theta functions, q -series, Diophantine equations, Reciprocal functions, Mordell integrals, Continued fractions, and Modular forms. Ramanujan's life was

tragically short. However, his mathematical discoveries are still alive and flourishing. The work of Ramanujan was so unparalleled, unprecedented & rich that just the side comments on his work are enough to keep seasoned mathematicians busy even now. A century later, the legacy of this genius continues to influence mathematics, physics, and computation fields. He was an intellectual who was ahead of his time and a groundbreaking pioneer in the field of mathematics which is why today is rightly celebrated as National Mathematics Day as well! Surprisingly in 2012 scientists found a profound and precise relationship between Ramanujan's cryptic mock theta functions and the hottest item in theoretical physics - string theory and black holes. Great people live short lives, sometimes. May the young be inspired by such beautiful minds!

Retired Principal Educational columnist Malout Punjab



For most people, a certain level of everyday stress is inevitable in these modern times. The structure of our lives seems to make tension, and even anxiety, almost a foregone conclusion. For one thing, most of us are heavily overscheduled, our days filled with fights through traffic, trips to crowded grocery stores, demanding jobs, challenging classes, spouses and children with never-ending lists of needs that must be met — not to mention the pressure of paying adequate attention to our own physical and emotional wellbeing. In fact, on our daily to-do lists, activities like an hour of exercise, massage or

simple downtime are usually the last things to be slotted in. We see these not as necessities, but as luxuries; these are the things we feel we can and should put off in order to tend to other, supposedly more important items. We might even feel guilty about taking a bit of time to attend to our own needs, when there are so many other pressing obligations to manage. Yet research shows that juggling many small sources of stress can have the same negative impact on our health, both emotional and physical, as enduring a more significant traumatic event. When viewed in that context, it becomes much clearer that better techniques for daily stress management are sorely needed — and they must be simple, quick and accessible enough to work into our already full schedules. After all,

everyone knows that healthy eating and regular exercise can be effective in reducing tension and stress, but it isn't always easy to make time for home-cooked meals or physical activity. There are, however, several things we can do quickly and easily on a regular basis to help alleviate tension and create an inner sense of calm. Read on to learn simple strategies for reducing your daily stress — even slashing it in half — so you can feel more tranquil and centered. Along with exercise, sex is another well-known stress-reliever, yet it is also yet another activity that can get pushed low on the priority list when fatigue sets in or other obligations take precedence. The good news is, you don't have to fit in a full

intimate session with your partner — in fact, you don't even need to be partnered at all — to gain the stress-relieving benefits of physical connection with another person. All it takes is a few moments of hugging or holding hands to create the hormonal changes needed (lowered cortisol, increased serotonin) to get that loving feeling. Next time you're feeling stressed, grab your sweetheart, your best friend or your little one, and just wrap your arms around each other for a few moments. In less than a minute, you'll be enjoying a marked sense of comfort along with the feeling of your worries slipping away. Healthy eating and home cooking can feel like a real challenge in

the face of a jam-packed schedule — who has time to grocery shop for fresh, healthy items, much less cook them at home? But that doesn't mean you have to skimp on including important vitamins and minerals in your diet. Vitamins C and E, for example, help regulate stress hormones and lower your blood pressure. Taking a multivitamin daily — one that contains C and E along with other important nutrients — could offer important tension-reducing benefits. It turns out, not all stress-eating — turning to food to calm your nerves when you're feeling tense and tired — is bad. But going for empty calories like candy, chips or ice cream isn't the right way to go about it; in fact, relying on these foods for comfort can

actually increase your stress in the long run, as they contribute to high blood pressure, obesity and other health issues over time. Even in the short run, they can add to emotional stress simply due to the feelings of guilt and failure that eating unhealthy snacks can inspire. Instead, go for proven tension-busting foods like avocados, pistachios and other nuts, salmon, oatmeal, milk and spinach. These foods contain nutrients like calcium, vitamin E, omega-3 fatty acids, potassium, and fiber that are known to cut down on fatigue and the stress hormone cortisol, while helping you feel comfortably full — so you won't end up reaching for that bag of potato chips in a weak moment, and then regretting it later. Try grabbing a bowl of

oatmeal with milk for breakfast, adding avocado or salmon to your spinach salad at lunch, or downing your meal with a glass of milk. You can even keep packets of instant oatmeal or bags of pistachios and almonds in your purse or your desk at work, for a quick pick-me-up when you need it most. Writing in a journal doesn't need to become a regular daily practice — yet another task to squeeze into your already endless to-do list — and it doesn't have to take long. Just a few minutes of writing down your thoughts and feelings about the argument you had with your spouse or that upsetting email from your boss can significantly reduce the tension you might otherwise bottle up inside. Journaling about your feelings not only gives you a safe and much-needed space to vent; it can also help you gain a new perspective on

the situation, or even brainstorm strategies for resolving the issue. Keep a journal in your bedside table drawer so you can jot down a few sentences at night before bed, or keep a file on your computer that you can pull up and add to whenever you need to vent. Though it might seem nobler to keep it to yourself when someone's comment or behavior shocks or annoys you, it can actually be a much more effective stress-buster to go ahead and open up to a trusted friend, coworker or other confidant about your reaction to the situation. This isn't about malicious gossip; it's simply about getting irritation and other tense feelings off your chest in order to release steam. Also, just like writing in a journal, talking things over with someone else can help you gain a different, better perspective.

Psychiatrist, The Brain Foundation, Purigat Road, Cuttack, Mob. : 9132433333

STRESS-EATING

Dr. Samrat Kar

GSI and NIRM Hosts Stakeholder Workshop on Pumped Storage Hydro Projects to Augment Green and Clean Energy at Hyderabad

Kolkata, (KCN):The Geological Survey of India (GSI) and National Institute of Rock Mechanics (NIRM) jointly hosted a landmark Stakeholder Workshop at Hyderabad today, focusing on the critical aspects of geology and geotechnical issues for ensuring the safe and sustainable DPR of Pumped Storage Hydro Power Projects (PSPs). The workshop was also supported by M/s GREENKO as a valued partner.

Shri V. L. Kantha Rao, Secretary, Union Ministry of Mines, inaugurated the event, symbolically by lighting the lamp to mark the beginning of a transformative day. At the outset, he congratulated the organisers of the event i.e. GSI and INRM for bringing together the diaspora of lined departments of Govt. of India, Departments and undertakings of Central

Government and state Government, leading industry in power sector, developers and consultants. Addressing the gathering Shri. Rao, informed the house about the vast geological/geotechnical data generated by GSI over its journey of more than 172 years. He urged one and all to consult the GSI data through GSI portal and also through the recently launched NGDR portal which can prove to be of immense help for the developers of PSP and other hydro projects. Shri Rao urged GSI to gear up to the demand from the industry and augment its in-house capacity in Mission IV to cater to desired quality output in a time bound manner. Shri Rao also made a special mention of the contribution of NIRM on providing their inputs on the quality assessment of stones being used in the construction of Holy



Ram Mandir in Ayodhya. He further emphasised on the role the leading organisations of the Ministry of Mines viz. GSI and NIRM can play a pivotal role in the development of PSP and also in the sector of Highway development etc. He welcomed the suggestions made by the industry and developers and assured that GSI will make all best possible efforts in addressing the issues and suggest the

optimisation on the need and quality of the investigations/explorations required to fast track the clearance process of PSP. Shri. Rao highlighted the seminal commitments of our Nation during the Global Environment Summit – COP 26 at Glasgow to reduce non-fossil fuel electricity generation of 500 GW by 2023 made by the Hon'ble Prime Minister. He mentioned that Ministry of Power,

Government of India has rightly envisaged construction of large number of PSPs for augmenting another 47 GW of renewable clean and green energy by 2032 by adopting a new guideline of DPR formulation, appraisal, and construction by the Central Electricity Authority (CEA). He urged CWC, GSI and CEA to discuss the guidelines issued by CEA and review them if so desired in the interest of the PSP development.

Shri. Rao also stressed that the developers should involve GSI right from the DPR stage of the projects and assured that Ministry of Mines, GOI through Geological survey of India will extend all its support not only during the fast racking the appraisal process of DPR of PSP but also during providing the required consultancies in the DPR as well as construction stage investigations of these PSP so as to minimise possibilities of geological challenges and uncertainties during construction stage. The inaugural Session commenced with a warm welcome by Shri Janardan Prasad, DG, GSI, who emphasised upon the significance of this workshop as the country as a whole embarks on a journey towards harnessing clean, green, and sustainable energy sources in the

hydropower sector, contributing to the larger vision of the Government of India and to fulfill India's firm commitment in COP-26 and COP-28 global summits to augment non-fossil fuel sourced power. He informed that Geological Survey of India (GSI) has already added six additional teams pulling in expert resources from regional headquarters, and state units to ensure a comprehensive and fast-tracked evaluation process for PSP DPRs. On behalf of GSI, he assured all sorts of cooperation and technical assistance as and when required by the developers to fulfill this aspirational dream of the nation. Distinguished speakers from the Central Water Commission (CWC), National Institute of Rock Mechanics (NIRM), and industry leaders like Greenko shared their insights on

the importance of PSPs in harnessing water resources and maintaining power balance in the country. The technical sessions delved into geology and geotechnical details for safe and sustainable design, DPR evaluation guidelines, and requirements for approval. The discussions also explored advanced probing techniques, the role of geophysical methods, and lessons learned from completed PSPs. The Concluding Session featured a panel discussion on optimising geological investigations, framing recommendations, and the way forward. The active participation and collaboration of stakeholders showcased a collective commitment to ensuring a robust future for Pumped Storage Hydro Power Projects in India.

Governor Dr. Tamilisai Soundararajan participates in Viksit Bharat Sankalp Yatra



Hyderabad, Dec 22 (KCN): Governor of Telangana and Lt. Governor of Puducherry, Dr. Tamilisai Soundararajan participated in the Viksit Bharat Sankalp Yatra at Meerkhanpet Village in Kandukur mandal of Rangareddy district. This nationwide initiative was flagged off by Prime Minister Narendra Modi. Expressing gratitude for the Prime Minister's visionary leadership and commitment to public welfare, Governor Dr. Tamilisai highlighted various welfare schemes initiated by the Union government under Modi's leadership. She emphasized the

importance of ensuring that these schemes, referred to as "Modi's guarantee vehicle," reach every corner of the country. The event featured a range of informative and engaging activities which included raising awareness about 17 Union government schemes, including 7 bank schemes and other welfare initiatives. Additionally, demonstrations showcased practical applications like using drone cameras in agriculture, setting up bank camps, and organizing health camps. The event also featured the solemn

administration of the Hamara Sankalp Viksit Bharat pledge at Meerkhanpet Village, followed by inspiring testimonies from successful beneficiaries who shared their personal experiences of transformation under various government programs through the "Meri Kahani Meri Jubani" (My Story, My Voice) initiative. In Telangana, the Yatra focuses on ensuring that all targeted beneficiaries receive the benefits of these schemes within a specified timeframe, thereby contributing to the realization of a developed India.

ICSSR-sponsored International Conference commences at SR varsity



Hanumakonda (KCN): "Concept of Artificial Intelligence (AI) and robotics has been in the discussion in academic and research cycles for many years," said Chair of Aerospace in Mechanical Engineering of Saint Louis University of the USA Prof Sridhar Condor. Participating as the Chief Guest in the inaugural of Indian Council of Social Sciences Research (ICSSR)-sponsored two-day international conference on "Future Growth of Global

Business Nurturing Change through AI" organized by the School of Business of SR University here on Thursday, Prof Sridhar said that the avenues to create the AI-based business ecosystem was tough. "AI tools will help a startup innovator to scale down the ideas, identifying the customer needs," added Prof Sridhar and highlighted the importance of AI in business besides explaining the opportunities for researchers. Speaking on

the occasion, Chief Human Resource Officer of AspenTech Informatics Pvt Ltd, Hyderabad Ramachandra Maddela remarked that India would really make a \$300 billion dollars business by the end of 2025. Explaining the theme of the Conference, Convener of Conference Dr. T. Suhasini Reddy said that a total of 22 research articles would be presented. Practice Head of Human Resources with SBC consulting Limited, Hyderabad Deepak Gupta, Professor, Birla Institute of Technology & Sciences, Hyderabad Dr. Aneesh Sri Vallabha and varsity Registrar Prof Archana Reddy spoke on the occasion. Associate Dean, School of Business Dr. Suman, Head, School of Business Dr. Rajyalaxmi, Dr. Guru, Dr. Ramesh, Dr. Sushruth, Dr. Puma, and faculty and students were present.

BOBBY CHAKRABORTY'S MOTIVATIONAL 20 YEAR TRANSFORMATION

KOLKATA, (KCN): I signed off from my last ship, as a Marine Engineer at ExxonMobil, from Atlanta (U.S.A.), in February 2002. I took the tough and challenging decision of leaving that lucrative and hard earned job, as I gave my first shot for 'Sannyasi Raja' (an adaptation of the cult classic film of Mr. Uttam Kumar for television), in which Mr. Tapas Paul enacted the role of the protagonist. It was when Late Tapas Da, came up to me after the shot and appreciated me, that I decided there is no point of return from here to the sea, to the utter dismay of my mother! Easier said than done, work wasn't happening enough, as I didn't have any filmy background or reference and I was thoroughly insulted by many producers, directors and casting directors for the way I looked... overweight and unpresentable! I have always taken all the positivity I can, from every negative shockwave that has hit me till date! I took those insults as my boost and thanked them at heart for pushing me to transform myself for the good. I was 92kgs, with a 36



inches waistline then, as one can figure out from the 1st photo. What I realized was, I have never smoked or consumed alcohol... hence the main reasons of my weight gain was unhealthy Bengali food habit and utter complacency that had set in with a secured job I got as a Marine Engineer. I took up a challenge to make myself presentable to the camera. For that, I took the help of the dietician in my gym (Naani's gym) where I got admitted. I understood the fact that dieting doesn't mean 'not eating', rather it means 'eating the correct food, in the right proportion'. I sacrificed fried, spicy, sweet food items. I replaced them with a lot of protein, calcium,

minerals and the right amount of carbohydrates. I took to rigorous exercising, 2 hours on an average every day, with a strict 1 hour cardio each day. I made a makeshift gym set up at home too, if by any chance I missed going to gym. I started swimming each day, atleast half an hour. In 6 months I could see the change in myself. In 2006 when Mr. Ravi Ojha's 'Khela' on Zee Bangla happened for me, I had to go through a sea change to fit into my character of this dynamic psychiatrist Dr. Shurjo Sen. The transformation that Zee Bangla and Ravi Ojha Productions made me go through, in terms of my hair, my wardrobe, shoes, scarfs and the art of learning to do my own make-up,

made a deep impact on my personality. After 'Khela' became an iconic hit serial, I felt the sensibility of Shurjo Sen had seeped into me subconsciously. The adulation I received from the Indian and NRI Indian audience was unprecedented, not only on my performance but because of the way I looked! I am 72kgs now... my waist size being 32 inches... and I have maintained it that way for the last 10 years. I follow a disciplined and planned lifestyle, with the correct amount of sleep, daily exercises and strict prohibition towards smoking and alcoholism. I know, my profession doesn't have a fixed salary, it doesn't have a pension scheme or a Provident fund to

support me. I don't regret any of it though, as I have taken this difficult path of an unsecured profession of an actor, on my own will. I know for sure that the only thing that will keep me running a long race is a good health and I stick to it. In my awareness program against addiction and harmful trends for the youth, I propagate the same ideas to the students... that one's Health is everything. You look after it, your career and your family will be intact... and once you destroy your health, none of your money, talent, power, designation, popularity will save you! I have seen too many lives lost in my family, among my friends, within or outside the entertainment industry because of addiction or unhealthy lifestyle and hence I have sacrificed my life to save as many lives I can, through my awareness program 'I AM THE KING OF MY MIND'. This 20 year transformation of mine is not a point of pride for me to brag about, but I would rather ask everyone to consider it as a point to ponder... 'BEING FIT ISN'T AN OPTION, IT'S A NECESSITY'.

"Said He Would Come Home On Holi": Family Of Soldier Killed In J&K

Kanpur, Uttar Pradesh (KCN): Family members and villagers are mourning the loss of 29-year-old Karan Yadav who lost his life in the Poonch terror attack on Thursday. He is survived by his wife and two children. Daughter Arya is 6 years old and son Ayush is just 1 year old. Karan Kumar Yadav, a resident of Bhaupur in the Chaubepur suburb of Kanpur had joined the Army as a driver in 2013. He was posted in Rajouri. The family was

informed about this heart-wrenching news late on Thursday night. His younger brother and three sisters are also mourning the loss of their brother. His father is a farmer and his younger brother is working in a private job. Karan was the only earning person in the house. Arun Kumar younger brother of Karan Kumar said, "I spoke to me brother on December 20. I told him to meet our parents. He said that he would come during holi.

Yesterday, my sister-in-law called in Rajouri at 12.30 midnight and she was told that Karan was hit by a bullet. Later from a senior official, we came to know that he had lost his life. He had joined army in 2013." His father Balak Ram Yadav said that he was informed about his demise at midnight. "He used to drive a vehicle in the army. He has two children. I spoke to him on Wednesday. He had said that he would come in February."

Security forces are conducting a search operation in the forest area of Dera ki Gali in the Rajouri sector after the terrorist attack on Army vehicles yesterday. Some local suspects have been detained by the army from Dera Ki Gali for investigation. "Around 30 Pakistani terrorists suspected to be active in Rajouri-Poonch sector," Defence sources said. The NIA team reached the attack area in the Rajouri district of

Jammu on Friday, where Security personnel are conducting a search operation in the forest area of Dera ki Gali. Four Army personnel lost their lives while three others were injured in a terrorist attack on two military vehicles in the Thanamandi area in the Rajouri sector in Jammu and Kashmir on Thursday, an official said. The terrorists ambushed two army vehicles carrying troops in Thanamandi, Rajouri.

Window Clears Green Projects



Bhubaneswar(KCN): Energy Single Window Committee (SWC) chaired by Principal Secretary Energy Vishal Kumar Dev has cleared Green energy investment proposals worth more than Rs.1000 Crore. In an encouraging move towards a sustainable energy future, the SWC of the Energy Department, under the chairmanship of the Principal Secretary,

Energy Shri Dev, has granted approval for investment proposals totalling to Rs 1079.62 crores. This significant funding is dedicated to the establishment of transformative green energy projects, demonstrating the state's unwavering commitment to achieving its NetZero target. The SWC's resounding approval includes a 30MW

ground-mounted solar project by GMR Kamalanga and 19.53MW rooftop solar initiative by JSL which will eventually revolutionize the region's solar energy capacity. Similarly, a significant leap towards harnessing hydroelectric power is marked by the approval of the 63MW large hydro project by the state run PSU Odisha Hydro Power Corporation Ltd. OHPC.

10 Black Tigers In Similipal

New Delhi(KCN): Union Minister of State for Environment Forest and Climate Change Ashwini Kumar Choubey on Thursday said that Melanistic tigers (black tigers) have been recorded only in the Similipal Tiger Reserve (STR) in Odisha. As per the 2022 cycle of the All India Tiger Estimation, 16 individuals were recorded at Similipal Tiger Reserve, out of which 10 were melanistic, he said in a written statement to Rajya Sabha today. On protection of the rare breed of tiger, the Union Minister said a Standard Operating Procedure (SOP) has been issued by the National Tiger Conservation Authority (NTCA) for active management towards rehabilitation of tigers from source areas at the landscape level. Based on genetic composition, the

Similipal Tiger Reserve has been identified as a distinct genetic cluster for conservation, he pointed out. Funding assistance is provided under the ongoing Centrally Sponsored Scheme of Integrated Development of Wildlife Habitats (CSS-IDWH) to the Similipal Tiger Reserve for conservation of tigers, raising awareness on tiger & other wildlife conservation, habitat management, protection, eco-development, human resource and infrastructure development, voluntary village relocation, as per sanctioned annual plan of operation of the Tiger Reserve which emanates from a statutory Tiger Conservation Plan, Choubey further said. During the last five financial years, the Government of India has released Rs 32.76 crore assistance to the STR. While Rs 650.88 lakh



was released during 2018-19, Rs 660.53 lakh released in 2019-20, Rs 539.39 lakh in 2020-21, Rs 766.06 lakh in 2021-22 and Rs 659.82 lakh during 2022-23.

Recently, Principal Chief Conservator of Forests (PCCF) wildlife Susanta Nanda has also shared two beautiful pictures of the two Royal Bengal Tigers, of which one is melanistic tiger, who lost the fight to T35. The T35 (another RBT)

has a black mark at his forehead, which is also unique. The two tigers fight for one territory. The forest officials noticed that T31 left the place after having a fight for a week from November 9. Now, T35 was seen roaming alone in the area. Three female tigresses, which were also visiting the territory, left the place, officials said. A study led by ecologist Uma Ramakrishnan and

her student Vinay Sagar from the National Centre for Biological Sciences (NCBS), Bangalore, in 2021, revealed that the coat colouration and patterning causing the wild cats to appear dark stem from a single mutation in the Transmembrane Aminopeptidase Q (Taqppe) gene. Published in the journal Proceedings of the National Academy of Sciences in September 2021, their study noted that tigers in the Similipal Tiger Reserve form an isolated population in eastern India, with very limited gene flow between them and other tiger populations. The researchers said that such isolated and inbred populations are highly susceptible to extinction, even over short periods, which poses crucial implications for tiger conservation efforts.

Diarrhea Outbreak In Bolangir's Sindhekela! Health Dept Sends Spl Team

Bolangir(KCN): The Odisha health department has decided to send a special medical team from Bhima Bhoi Medical College & Hospital to Sindhekela in Bolangir district where a suspected diarrhoea outbreak has claimed two lives so far. According to sources, diarrhoea has spread in Sindhekela and Telsarai villages of the Bangomunda block of Bolangir district for the last 7 days. Officially, 2 people have been reported dead due to the outbreak. Taking note of the outbreak, administrative officials have reached out to the local medical team and have been raising awareness among the people for the last two days.



Today, the Director of DMET (Directorate of Medical Education & Training) Odisha has ordered to send an expert medical team from Bhima Bhoi Medical College & Hospital in Bolangir. For the last two days, Bolangir ADMOPH Dr Kuber Mahanta, Titilagarh Sub-Collector

Dayamaya Padhi, Bangomunda Tehsildar Yogeshwar Dharua, RWSS JE Satyasarda Mohanty Sarpanch Naresh Agarwal, Dr. Biswaranjan Khuntia, are constantly monitoring the situation and raising awareness among the people to keep the disease at bay.

This evening, the Additional District Magistrate of Bolangir Lambodar Dharua also reached the locality and reviewed the situation. According to reports, the special medical team from Bhima Bhoi Medical College & Hospital will reach Sindhekela on Tuesday morning.

Odisha's Ritesh Patnaik Wins Best Law Student Status At NLU Delhi



Bhubaneswar(KCN): Ritesh Patnaik, a student at the National University of Law, New Delhi, has achieved rare success by pursuing legal passion. In the 10th

convocation ceremony of the Delhi National Law University held on August 26, Odisha's son Ritesh won the status of the best law student and brought glory to Odisha with 4 gold

medals in various categories. He has been adjudged as the best student of the year-2023 for his allround excellent performance and awarded Honorable Justice Y K

Sabarwal Award as the best student for the 2018-23 batch and has received Gold Medals for various disciplines such as Taxation Law, International Trade Law, Evidence Law and Banking Law. Ritesh, as a law student, was felicitated by Hon'ble Justice of Supreme Court Shri S. Ravindra Bhatt along with Chief Justice of Delhi High Court Satish Chandra Sharma, Education Minister of Delhi Government Ms. Atishi Singh and Law Minister Kailash Gehlot presented certificates and gold medals.



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Amazon India signs an MoU with the Indian Coast Guard to create work opportunities for ex-service personnel

Bhubaneswar: Amazon India today signed an MoU with the Indian Coast Guard (ICG), under Ministry of Defence, to provide ex-service personnel with work opportunities across the company, in line with its commitment towards an inclusive workplace.

At Amazon India, there has been a consistent focus on diversity, equity and inclusion in its workforce where unique perspectives are valued and welcomed. The company fosters a culture that is conducive to growth and offers people equal opportunities to unlock their full potential while empowering them to do more. The company's commitment on

providing equal access to opportunities and resources cuts across all communities of talent including focused efforts around women, LGBTQIA+, military veterans and the differently abled, amongst others from different backgrounds, demographics, and social strata, to enable them to expand their horizons. Over the last few years, Amazon India has launched multiple initiatives to bring diversity, equity, and inclusion into the workforce.

In August 2019, Amazon India launched a Military Veterans Employment program to create hundreds of opportunities for military veterans and



their spouses across the company's fulfilment network, across India. This was done in partnership with the Army Welfare Placement

Organization (AWPO) to create continued work opportunities for military veterans and their families across India. More recently, Amazon

India further strengthened its commitment to provide ex-service personnel with work opportunities across its growing operations

network in India by renewing its Memorandum of Understanding (MoU) with the Directorate General Resettlement

(DGR). This MoU with the DGR enables Amazon India to mobilize the untapped potential of veterans, giving it access to a greater talent pipeline. "At Amazon, we are very humbled to build further on our efforts to strengthen diversity, equity, and inclusion at our workplace. Due to the deep appreciation of the wealth of experience and unique perspective of ex-service personnel, Amazon runs the Military Veterans Employment Programme globally. With the signing of this MoU, we are excited to work with the Indian Coast Guard towards a common goal of creating meaningful work opportunities for our veterans and their families. We will continue

to leverage the wealth of experience of military veterans, who are an incomparable addition to Amazon." said Deepti Varma, VP, People Experience Technology, Amazon India, Japan & Emerging Markets. The Indian Coast Guard, said, "The vast experience our veterans possess can be leveraged for tremendous success across diverse industries and businesses. Amazon India has taken proactive steps in offering employment opportunities to military veterans. This MoU marks a significant milestone as we unite in the pursuit of a shared objective: fostering meaningful career paths for ex-service personnel from the Indian Coast Guard."

SpiceJet and Axis Bank launch co-branded credit card

GURUGRAM: SpiceJet, the country's favourite airline and Axis Bank, India's third largest private sector bank, have partnered to launch the most rewarding co-branded credit card, powered by Visa that will offer a host of privileges and benefits to customers. The card comes in two variants – SpiceJet Axis Bank Voyage and Voyage Black, and is aimed at facilitating a superlative travel experience for flyers through SpiceClub, the first frequent flyer program by a low cost carrier in India.

Through this

collaboration, the two brands hope to capitalize on the resurgent demand for travel following two years of stagnation caused by the pandemic. Further, with the shared goal of expanding their reach to Tier 2 & 3 cities and other synergies, the brands are committed to serving a much larger populace.

SpiceJet Axis Bank Voyage & Voyage Black credit cards were officially launched at Indira Gandhi International airport in the presence of Ajay Singh, Chairman and MD, SpiceJet and Amitabh Chaudhry, MD & CEO, Axis Bank,

where they unveiled a special SpiceJet-Axis Bank credit card livery on a SpiceJet Boeing 737 MAX aircraft.

The products are designed to enable customers use the rewards earned on their daily spends for booking flights and add-ons, thus encouraging both travel and digital payments embedded with benefits of SpiceJet's frequent flyer program, SpiceClub.

Customers can earn benefits up to 7% on the Voyage Black credit card which is a Top-tier offering in the travel credit card segment. In addition, the redemption

of earned points does not have any limitations on blackout dates, festival demand, and are on first-come basis. Cardholders would get exclusive SpiceClub membership with direct entry in either Silver or Gold tiers, and special benefits like complimentary or discounted travel add-ons, priority check-in, SpiceMax upgrade, preferred seat selection, complimentary meal etc.

Ajay Singh, Chairman and Managing Director, SpiceJet, said, "I am delighted to announce the launch of the SpiceJet-Axis Bank co-branded Credit Card. This card will make

every customer journey an even more rewarding one. We are the pioneers of the frequent flyer program for budget airlines in the country and this partnership with Axis Bank significantly strengthens the value offering of SpiceClub. Our association with Axis Bank – founded on the shared vision to offer unparalleled customer experience – is yet another innovative step towards creating a world class travel experience. I hope to see our customers enjoying the benefits of this rewarding collaboration as much as they love to fly with us."

JSW Infrastructure begins commercial operations at Paradip East Quay Terminal in Odisha

Paradip/ Bhubaneswar : JSW Infrastructure, India's leading ports company and part of US\$ 13 billion JSW Group, has begun commercial operations at Paradip East Quay Coal Terminal in Odisha. This is a fully-mechanized terminal at Paradip Port Trust with an annual coal handling capacity of 30 million tons. The coal terminal has been built as a cape compliant terminal and will handle cape size vessels once the dredging at Paradip Port is completed. The terminal has capacity to unload 25 racks per day and can load two vessels simultaneously. The infrastructure of the terminal is built to ensure higher productivity while reducing overall logistics

cost to power producers. The company has invested approximately Rs 1,300 crore to establish this terminal at Paradip Port. Paradip Port Trust awarded JSW Infrastructure to develop a fully-mechanized coal terminal on Build, Operate & Transfer basis for 30 years. Following the commissioning of this coal terminal, JSW Infrastructure's current cargo capacity crosses 150 MTPA. It aims to have a total cargo handling capacity of 200 MTPA by FY24.

Commenting on its coal terminal at Paradip, Mr Arun Maheshwari, Joint MD & CEO of JSW Infrastructure said, "Paradip Port continues to be an attractive sea route for coal movement. With the

commissioning of this terminal, India can now offer cape size shipments with efficient operations. During the last few months, steam coal prices globally have witnessed sharp increase forcing thermal power plants and other coal based industry to switch to domestic coal. Start of this coal terminal has come at the right time to fill up the demand gap of domestic coal. Through high productivity and larger shipment size, we hope to reduce overall logistics costs for our coal cargo customers. As the country pursues PM's vision of Atma Nirbhar Bharat, the total thermal coal demand in India is expected to remain strong and our endeavor would be to maximize fulfilment by domestic producers.

Sony announces the Next-Gen Smart BRAVIA 32W830K Google TV

Bhubaneswar : Sony India today announced the launch of BRAVIA 32W830K television with attractive picture quality and life like sound. The all-new 80 cm (32) HD ready Google TV lets you enjoy movies, games and shows from apps or broadcast in an instant with advanced voice controls and built-in Chromecast.

Now seamlessly integrate Google TV and bring together more than 700,000 movies, shows, live TV and more from apps and subscriptions and organize seamlessly. With BRAVIA 32W830K, browse content from across your apps, intelligently organized just for you. Customers can easily find something to watch with personalized recommendations and bookmark shows and movies by adding a watchlist from phone and watch it on TV to keep track of what to watch. Users can even add to their Watchlist from their phone or laptop with Google Search and find everything in one place. BRAVIA 32W830K supports Apple Home Kit and AirPlay that seamlessly integrates Apple devices like iPads and iPhones with the TV for effortless content streaming. Easily control your TV with Hands-free voice capabilities. The hands-free voice control is built into the TV, no need to reach for the remote every time to search for entertainment, get answers, or control the TV and smart home devices. Simply say, "OK Google" to issue a voice command.

life goals and form the bedrock of our business model.

The company paid death claims, maturity and survival benefit payouts of over Rs. 1,877 Cr in FY22 and achieved an impressive claims settlement ratio of 98.7% for FY22, up from 98.5% in FY21. The company expeditiously settled 3,517 Covid related claims worth Rs. 117 Cr. within an average period

of 9 working days. Mr. Vohra further commented, "A death claim is the ultimate test of a Life Insurance product, and it is the 'dharma' of a Life Insurer to honour all such claims with speed and accuracy. We continue to be fully committed and financially stable at 235% solvency (against the regulatory requirement of 150%), to meet all customer claims that may arise in the times ahead."

NTPC Coal Mining Projects Shine Bright with Star Rating Awards for Sustainable Mining Excellence

New Delhi, (KCN): NTPC's Dulanga Coal Mining Project in Odisha and Talaipalli Coal Mining Project in Chhattisgarh have received Star Rating Awards under the category of Opencast mines at the Annual Star Rating of Coal Mines Awards of Ministry of Coal. This achievement reflects their commitment towards best mining practices and environmental standards to promote sustainable mining. While Dulanga Coal Mining has been awarded Star Rating (3rd rank) under the category of Opencast mines for the year

2019-20, 2020-21 and 2021-22, Talaipalli Coal Mining Project has also been awarded Star Rating (Achievers Rank) under Opencast category for the year 2019-20.

Shri Shivam Srivastava, Director (Fuel) and Shri Animesh Jain, CEO, NML received the awards from Shri Pralhad Joshi, Hon'ble Minister of Coal, Mines and Parliamentary Affairs at the Annual Star Rating of Coal Mines award ceremony held on 20th December in Delhi. NTPC has conceptualized the development of all its

mines as a "Model Mine" by adopting the best technological practices, integration of digital tools for operational efficiency, striving towards 'Zero Incident potential', promoting green footprints and setting benchmarks in the mining industry. It has also fostered sustainable development of the area in and around its mining projects through skill development of youth, womenfolk, health, education, infrastructure building and other need-based initiatives.

Sunstone expands its presence in Bhubaneswar

Bhubaneswar : Sunstone, one of India's leading higher education service providers with presence across 25 cities in 30+ institutions, expanded its network of campuses with the onboarding of Centurion University of Technology and Management, Odisha.

Centurion University of Technology and Management (CUTM) is duly recognized as a pioneer in 'Skill Integrated Higher Education'. Its unique model lays specific emphasis on creating sustainable livelihoods on a national scale in

challenging geographies through education that results in employability and sparks entrepreneurship. This model has been recognized by multiple Governments (Central and State), International Organizations such as UNESCO and the World Bank as well as Policy Think-tanks such as the Niti Ayog.

Centurion University has continually strived to be a best-in-class human resource development hub that builds employable, enterprising and society centric youth through industry relevant education, skill

development, new ventures, production, and technology development.

The founders, faculty and staff are fully committed to its credo: Shaping Lives. Empowering Communities.

With this addition, Sunstone advantage would now be available with B.Com, BCA, B.Tech, MBA-Maritime Management, BBA-Health Care Management, MBA-Health Care Management and MBA courses offered by Centurion University.

RELIANCE NIPPON LIFE INSURANCE RECORDS STRONG GROWTH INFY22

Mumbai : Reliance Nippon Life Insurance Company Limited, a JV between Reliance Capital and Nippon Life of Japan, announced its financial results for the year ended March 31, 2022. The key performance highlights as on March 31, 2022 include: Commenting on the company's strong performance in FY22, Mr. Ashish Vohra, ED &

CEO, Reliance Nippon Life Insurance said, "FY22 continued to pose its own set of challenges with the outbreak of the second, and then the third wave of the pandemic. We are grateful for the support we have received from our customers, employees, distributors, service providers and their families, that powered our journey of providing maximum

value to each one of our stakeholders." Mr. Vohra further highlighted that in a volatile economic environment of today, there is a heightened appreciation of Life Insurance for ensuring certainty of life coverage as well as financial investments. These guarantees are designed to drive durable long-term returns and to help customers fulfill their

Experian launches new cloud-based decisioning solution –PowerCurve® Strategy Management

MUMBAI: Experian, the world's leading global information services company, has launched a new PowerCurve® Strategy Management solution, a powerful decisioning solution delivered as software-as-a-service via cloud. The solution is designed to help organisations leverage data and make faster, secure, and informed business decisions.

PowerCurve® is a unified platform that helps businesses understand and leverage their data across the entire customer life cycle – be it acquisition, retention or growth – to make fast, efficient decisions that support their strategic goals. With the new solution, businesses will be able to swiftly adapt their decision-based strategies at lower operational cost

while harnessing the power of cloud. Neeraj Dhawan, Managing Director, Experian India, says: "Financial institutions in India are looking for more agile and scalable decisioning solutions. To fulfil their needs, we have come up with a comprehensive suite of solutions to help businesses make better decisions and stay one step ahead."

