

Odisha: Elaborate Arrangements For Smooth Darshan At Puri Jagannath Temple On New Year

Bhubaneswar(KCN): The Puri district administration and the Shree Jagannath Temple Administration (SJTA) have made elaborate arrangements for smooth darshan at the 12th century shrine on the New Year (January 1). The authorities have set up an air-conditioned (AC) shed with sitting facilities, toilets and drinking water for the convenience of devotees. Special arrangements are in place for senior citizens and differently-abled persons. Around 50 volunteers will be deployed to escort the elderly persons into the shrine, said an official of



the district administration. As many as 90 platoons of police force led by 20 DSPs and 50 Inspectors will be deployed across Puri town on the occasion, he added. The SJTA, meanwhile, held a meeting with the Puri district police,

celebration in the seaside town. The hotel owners have been asked to install adequate number of CCTV cameras on their premises. The Puri police have already launched a round-the-clock helpline no. 6370967100 to solve any issues related to the tourists, sources said. The administration has also conducted an orientation programme for lifeguards deployed on the beach. A portion of the Grand Road, from Market Square to the Lions Gate of Srimandir, has been declared as no-vehicle zone for the convenience of the devotees. Similarly, no

vehicular traffic will be allowed from Digabareni to Lighthouse on the Marine Drive from December 31 this year to January 2 next year, said the official. All tourist buses coming from various places across Odisha and outside will be parked at Malatipatpur on the outskirts of Puri town. All light vehicles coming into Puri will be parked at Jagannath Ballav, Jail Road, Sharadha Bali and Jatrika. Similarly, the administration has identified designated places on the Grand Road for parking of two-wheelers.

IPS Officer Arun Sarangi Gets Additional Charge Of Odisha DGP



Bhubaneswar(KCN): With Sunil Bansal all set to retire as the DGP in Odisha, the State government appointed IPS Officer Arun Sarangi as the additional charge of Director General of

Odisha Police. The 1990-batch Odisha cadre IPS Officer presently serves as the Special DG of Police, Training & Director of BPSPA. The appointment came

amid speculations rife over the coveted post in Odisha Police ahead of Bansal's retirement as the DGP. Bansal's tenure as the DGP is scheduled to end on December 31, 2023.

Pandian reviews Heritage Corridor project, queue management in Puri Jagannath temple

Bhubaneswar(KCN): Ahead of the inauguration of the Shree Jagannath Temple Heritage Corridor project in Puri January 17, Chief Minister Naveen Patnaik's close aide VK Pandian Saturday reviewed the progress of pilgrim's holding area, queue management and traffic control in the holy town.

Pandian the chairman of 5T (Transformational Initiatives) and 'Nabin' (new) Odisha, visited the ongoing project and facilities being created near the 12th-century shrine.

During his visit, he inspected the progress on



landscaping works, mutt (monastery) restoration, queue management system, two-wheeler parking areas, garbage chutes and façade painting and emphasized on timely completion, a release issued by the CMO said. Pandian also inspected

'Shree Danda', 'Shree Jagannath Ballav Vihar' and 'Shree Setu'. He discussed with the Puri Collector, SP, managing director of Odisha Bridge Construction Corporation (OBCC), regarding the progress of the project with focus on parking and security

measures. Congress workers opposed the visit of Pandian to Puri and showed black flags to him Saturday. The protest happened when Pandian arrived in front of the Shree Jagannath Temple Administration (SJTA) office at Puri.

2 arrested for attacking BBMCH house surgeon



Bolangir(KCN): A special team of Bolangir Police Friday arrested two persons from Gochhapada area in Kandhamal district for assaulting Biswaranjan Sahu, a house surgeon of Bhima Bhoi Medical College and Hospital (BBMCH) in Bolangir. The accused were identified as Samir Badamali and Raju Sahu of Bolangir town. This came after scores of house surgeons of BBMCH staged a cease-work protest at the hospital premises demanding the arrest of the miscreants. The medics have been protesting since Thursday evening's incident which created

tension among the medical students. Wearing bandages on their heads, the surgeons sat on a protest in front of the casualty ward. On being informed, Bolangir district Collector and SP went to the spot and held discussions with the agitating students. Treatment of patients was hampered at the hospital owing to the agitation of the house surgeons and other students, sources

from Kandhamal district and was on its way to Bolangir when reports last came in. The accused will be produced before a court in Bolangir Saturday, police sources said. According to sources, Samir Badamali, a native of Subarnapur district currently residing at College Square in Bolangir town, had brought her ailing wife to the obstetrics and gynaecology department OPD of BBMCH for a check-up. Two female doctors in the presence of one attendant performed the health check-up of the woman and it was diagnosed that the pregnant woman suffered a miscarriage.

There Was Time Lord Ram Was "Living Under Tent", But Now...: PM In Ayodhya

Ayodhya(KCN): Prime Minister Narendra Modi arrived in a festooned, festive Ayodhya on Saturday to unveil a 'new look old' city with an airport, a revamped train station and projects worth Rs 15,700 crore ahead of the consecration of the Ram temple next month. The flower-decked temple town, associated with the Ramayana for centuries and at the centrestage of modern day politics since the Ram Janmabhoomi movement, was the cynosure of attention as PM Modi said the strength of 'vikas' (development) and 'virasat' (heritage) would take India forward.

"The whole world is waiting for the historic moment of the 'pran pratishtha' ceremony in Ayodhya on January 22," PM Modi said at a rally here while appealing to people to not come on the day itself.

Stressing that the business of people from across the country and the world coming to Ayodhya had started and would go on

till eternity, the prime minister also appealed for a resolve to make town the cleanest in the country. Addressing the meeting after inaugurating the Maharshi Valmiki airport and the redeveloped station named Ayodhya Dham from where he flagged off two Amrit Bharat and six Vande Bharat trains, some virtually, he appealed to all citizens to light diyas in their houses on January 22 so the whole country basks in the glory of the temple.

Marking January 22 as a special day, he also asked people to launch cleanliness drives at pilgrimage sites and temples across the country from Makar Sankranti on January 14 till the temple consecration day.

There was a time Lord Ram was "living under a tent", but now he will get a concrete house like the four crore poor who got pucca houses, he said. The Ujjwala scheme, he said, had transformed the

lives of crores of mothers and sisters. Only 14 crore gas connections were given in five decades, but his government in a decade gave 18 crore, including 10 crore free of cost under the scheme, the prime minister pointed out. Earlier in the day, he stopped by at the home of an Ujjwala beneficiary Meera Majhi. He met the family in her humble home and was also seen drinking a cup of tea. PM Modi inaugurated, dedicated to the nation and laid the foundation

stone of multiple development projects worth more than ₹ 15,700 crore. These comprise projects worth about ₹ 11,100 crore for the development of the city and its surrounding areas, and those worth about ₹ 4,600 crore related to other works in Uttar Pradesh. The day in Ayodhya, which in 1992 catapulted to global headlines with the demolition of the Mughal-era Babri Masjid by a group of kar sevaks who believed it was built on the birthplace of Lord

Ram, was one of dances, music and the many folk colours of Uttar Pradesh and other states. After he arrived in Ayodhya, PM Modi held a roadshow from the airport to the railway station and was greeted by hundreds of people lining alongside the route. PM Modi greeted people from his car and at one point opened the door of his vehicle to wave back at them. People showered flower petals, waved BJP flags and raised slogans in his praise. The prime minister also witnessed

performances by cultural troupes along the route. Uttar Pradesh Chief Minister Yogi Adityanath's office on Friday said that more than 1,400 performers would present folk art and cultural programmes on 40 stages along the route from the airport to the railway station. While one group of women from Rajasthan danced the 'Chakri' to lilting tunes, another from Prayagraj performed the ancient folk dance 'Dedhiya'.

"It is believed that women of Prayagraj danced the 'Dedhiya' when Ramji and others had returned from Lanka after Lankan Dahan. Now, Ram Lalla is also getting a new temple, so the divine feeling has come back, so this performance. As also to welcome the PM," lead dancer Preeti Singh told PTI.

The inauguration of the airport and railway station took place after the roadshow. After inaugurating the station, the prime minister



took a tour of the facility. He was accompanied by Adityanath, Railway Minister Ashwini Vaishnaw and others. PM Modi was briefed by Vaishnaw about the station, the facade of which is inspired by traditional temple architecture. The Phase-I of the redeveloped station -- Ayodhya Dham Junction Railway Station -- has been completed at a cost of more than ₹ 240 crore, officials said.

The three-storey railway station building is equipped with features such as lifts, escalators, food plazas, shops for puja needs, cloak rooms, child care rooms and waiting halls. The station building is "accessible for all" and an "IGBC certified green station building", according to officials. The prime minister visited the Lata Mangeshkar Chowk, where a giant-size veena has been installed. In keeping with the place and the mood, a bhajan by the late music

Educational Milestone: Odisha Teacher Earns New Year Gift For IAS Prestigious Ph.D. in Linguistics



Bhubaneswar(KCN): In a remarkable feat of academic brilliance, Chittaranjan Biswal, a science teacher hailing from Puri, Odisha, has achieved the prestigious honour of being awarded a Ph.D. in linguistic research. His groundbreaking thesis on the "Anthropology of

Hominini: An Ascension of Morphological and Linguistic Modification" caught the attention of the academic community. The California Public University in the United States recognized Mr. Biswal's exceptional contribution to linguistic research. The conferral

of the Ph.D. degree took place during the convocation ceremony organized by Tamil Nadu University, affiliated with California Public University, in collaboration with the National Samata Sahitya Academy in India.

Under the guidance of Prof. Dr. D.S. Tanderkar from Nagpur University, Maharashtra, Mr. Biswal dedicated himself to the rigorous study of his chosen subject. His thesis underwent scrutiny and received high praise from eminent scholars, including Prof. Dr. Sandesh Srinath from Rajasthan University, Prof. Dr. D.S. Narkar

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Bhubaneswar(KCN): Ahead of New Year 2024, State Government today promoted 17 Odisha cadre IAS Officers of 2011 batch to various ranks.

As per a notification issued by the General Administration and Public Grievances Department, Arindam Dakua, Director, Drinking Water & Sanitation is promoted to the Selection Grade in Level- 13 of Pay Matrix in IAS. Puri Collector Samarth Verma, Director, Technical Education & Training, Reghu G. Keonjhar Collector, Ashish Thakare and Khurda Collector K Sudarshan Chakravarthy have been promoted to the Selection Grade in Level- 13 of Pay Matrix in IAS. Similarly, promoted IAS



Officer, Susamarani Devi, Additional Secretary, Revenue & Disaster Management Department, Dilip Routrai, Director, Odia Language, Literature & Culture, Surya Madhaba Panigrahi, Commissioner, Consolidation & Settlement, Sudhakar Burgi, General Manager, OMBADC, Uddhaba Chandra Majhi, Registrar, Co-operative Societies, and Jyoti Kumar Lakra, Additional Secretary, Food Supplies & Consumer Welfare Department have also promoted to the same rank. Moreover, the Government promoted the State cadre IAS officer Indramani Tripathy, Director, ST, Subrata Satapathy, Financial Advisor, Board of Revenue, Trilochan Pradhan, Director of Inquiry, Lokayukta, Alok Kumar Kar, Director (R&R), Water Resources Department, Susanta Kumar Dash, Director, Secondary Education, and Nabarangpur Collector Kamal Lochan Mishra to the Level-13 of Pay Matrix in IAS.

"Superfood Spotlight: Odisha embracing the nutritional bounty of Millets!!"

Bhubaneswar(KCN): As a member of the grass family, millets serve as the traditional staple in arid regions globally, with widespread consumption in African and South Asian nations. In India, particularly in Odisha, there has been a concerted effort to harness the nutritional potential of millets, advocating for healthier dietary choices. Dating back to ancient times, millets have consistently proven to be a rich source of nutrition for both humans and animals.

Varying in size, millet grains are sometimes mistaken for other staples like wheat and rice, despite sharing a similar genetic makeup. Their nutritional value is often overlooked, yet they are nutri-cereals renowned for abundant protein, essential fatty acids, dietary fibre, B-vitamins, and minerals such as calcium, iron, zinc, potassium, and magnesium.



"Millets are like superheroes for your body!" said a renowned nutritionist. "They've got niacin for healthy skin and organs, especially the dark-coloured ones. These grains also have beta-carotene that helps your immune system fight bad stuff." Additionally, they have anti-aging powers with tannins, phytates, and

strong. Notably, finger millet, abundant in B vitamins, especially vitamin B9 or folate, supports various physiological functions, from brain activity to healthy cell division. This underscores the multifaceted significance of millets in maintaining digestive well-being, promoting heart health, addressing ageing factors, and supporting cellular vitality.

Highlighting these key benefits, the Odisha Millets Mission has continued to strive in order to raise awareness of the state's once unnoticed millet potential. There continued efforts have led to a noticeable improved in the health index, while the local farmers continue to enjoy various schemes that help them secure a better return for their yields.

phenols that act like bodyguards, protecting your cells from harm. Millets are champs in keeping check of your digestive system, with lots of fibre that helps digestion and lowers the chance of colon cancer. And for your heart, millets bring soluble fibre that lowers cholesterol and keeps heart diseases away. Magnesium in millets adds an extra boost to keep your heart

Jindal Stainless to generate 1.9 billion units of clean energy per annum through renewable energy initiatives

Bhubaneswar (KCN): Jindal Stainless, India's largest stainless steel manufacturer will generate over 1.9 billion units of clean electricity per annum through its wind-solar hybrid, floating and roof-top solar plants, according to its newly released Sustainability Report. The initiatives have the potential to reduce carbon emissions by over 13.52 lakh tonnes per annum.

The company has already partnered with ReNew Power to deliver 100 megawatt (MW) round-the-clock (RTC) renewable energy. It is also in discussions to establish separate 100 MW RTC renewable

energy projects at both its manufacturing units, in Jajpur and Hisar. This effort aims to achieve a combined capacity of 300 MW RE-RTC for both units.

Launching the Sustainability Report, Managing Director, Jindal Stainless, Mr Abhyuday Jindal said, "The Sustainability Report is a thorough representation of our relentless pursuit of excellence in environmental stewardship and social responsibility. The remarkable achievements in renewable energy initiatives are pivotal to our vision of a greener future. Our strides in R&D foster innovation that elevates industry

standards and ensures our operations contribute positively to the planet and its people."

Commenting on the occasion, Chief Sustainability Officer, Jindal Stainless, Mr Kalyan Bhattacharjee, said, "We are already on our digital transformation journey to strengthen our data management and monitoring by automation of Environmental, Social, and Governance data. At Jindal Stainless, our commitment towards the environment and responsible business practices is a cornerstone of our values and business strategy. We are building a legacy of sustainability that

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Please Contact- 8338870595

'Salaar: Part 1 - Ceasefire' Box Office Collection: Prabhas-Starrer Rakes In 500 Cr Worldwide

The mass action entertainer Salaar: Part 1—Ceasefire has made its arrival on the big screen and is dominating the box office with an extraordinary hold. The film is setting new records at the worldwide box office and is proudly hoisting the flag of victory. It is well known that the film surprised everyone on Day 1 by earning 178.7 crore at the worldwide box office. Right from Day 1, the film has never turned back and continued the glorious march by entering the 500 crores at the worldwide box office, too, just in six days of release. Sharing the official box office collections, the film's official page wrote on social media:

The film directed by



Prashanth Neel presents Pan India Superstar Prabhas in his best form ever, and the audiences are all raving about his action sequences and performances in the film. The rebel star has given his career-best performance after Baahubali. The film from Hombale Films is undeniably the biggest and the original pan-India blockbuster

and has surpassed biggies like KGF Chapter 1, Pushpa 1, and Baahubali 1. It has performed extraordinary in every language, including Tamil, Telugu, Kannada, Malayalam, and Hindi, but its performance in the overseas market is beyond outstanding. With Salaar Part 1: Ceasefire now becoming the blockbuster, Hombale Films has delivered the

fourth consecutive blockbuster, including KGF Chapters 1 and 2 and Kantara.

The film is running riot everywhere, and the audiences are loving the content of the film. The stage is set for the sequel, Salaar Part 2: Shouryaang Parvam, which has gained a solid fan base among the masses and guarantees a blockbuster in the making.

Hombale Films, Salaar: Part 1: Ceasefire features Prabhas, Prithviraj Sukumaran, Shruti Haasan, and Jagapathi Babu. Made under the direction of Prashanth Neel, the film was produced by Vijay Kiragandur and is now released in cinemas.

2 Bengali films released during Christmas bring back movie buffs to theatres in large numbers

The two films are Suman Ghosh-directed 'Kabuliwala' and Atanu Roy Choudhury-produced 'Pradhan'.

National award-winning filmmaker Ghosh's 'Kabuliwala' is an adaptation of Rabindranath Tagore's short story of the same name. Since December 22, the film has already earned over ?1 crore in revenue and is currently running in 66 theatres in Bengal, including both single screens and multiplexes, according to a source from the production house.

The film, which stars Mithun Chakraborty and explores the bond between a father who leaves his young daughter in faraway Kabul and discovers a resemblance to his daughter in a little girl in the city, has been consistently sold out since December 22. The film will be released nationwide on December 29.

Atanu Roy Choudhury's 'Pradhan' has been released in 111 theatres. The film's first-week collection has surpassed all previous records for recent Bengali film releases during Christmas. The film, which stars Bengali superstar Dev and is also co-produced by him, focuses on corruption. Choudhury expressed his satisfaction with the film's performance, saying it has exceeded his expectations. Many theatres have had sold-out shows, while others have had an occupancy rate of over 60 per cent in most screenings.

Some multiplexes, like PVR Inox South City, are showing the film five times a day, while others are showing it at least three times.

Manoj Bajpayee's Joram And Aparshakti Khurana's Berlin Sweep Top Honors At South Asian International Film Festival

In a spectacular display of cinematic prowess, Zee Studios emerges as the powerhouse behind the award-winning films, Joram and Berlin, at the prestigious SAIFF Festival.

Joram, produced by Zee Studios, clinched the esteemed Jury Award, showcasing the studio's commitment to fostering compelling narratives and innovative storytelling.

Adding to the accolades, Smita Tambe's captivating performance in Joram earned her the title of Best Actress, highlighting Zee Studios' dedication to bringing forth impactful and authentic stories.

Smita Tambe shared, "Namaste! Thank you so much South Asian International Film Festival for this honour. This is a very memorable evening. Thank you Shariq, Ashima, Anupama, my lovely director Devashish, our producers Zee Studios and Makhijafilm. Joram is a very intriguing film that shall move hearts. Looking forward to the film's release on 8th December." Meanwhile, Berlin, another cinematic gem from Zee Studios, secured the Best Actor award for Ishwak Singh's exceptional portrayal, solidifying the studio's reputation for nurturing outstanding talent. Ishwak Singh shared, "Thank you to my visionary director Mr. Atul Sabharwal, his love and passion for cinema helped me navigate through my journey in 'Berlin.' Would like to dedicate this award to my friends in the deaf community. It was my interaction with them that taught me a new way of communication and it will stay with me forever." Both the films have a festival favourite and their recent premieres at the MAMI Film Festival garnered immense adulation. Zee Studios continues to be a trailblazer in the world of cinema, consistently delivering films that captivate audiences and garner critical acclaim.

Animal: Ranbir Kapoor, Rashmika Mandanna's Love Song 'Hua Main' Leaves Fans Gushing



The teaser as well as the songs from Ranbir Kapoor and Rashmika Mandanna's Animal have been quite loved. In fact, fans have been eagerly waiting for more glimpses from the movie. And while that would happen in the course of the film's release, Animal has already emerged as a winner. While its first song is trending on YouTube as well as Instagram reels, fans are shipping the film in full enthusiasm.

Sung by Raghav Chaitanya, 'Hua Main' is quite catchy. While the film sends out just the right gangster vibe, Ranbir Kapoor's swag in the film is unmatched. Having said that, Ranbir and Pritam have yet again proven that their team is a successful combination. To top that Rashmika's chemistry with Ranbir has left fans gushing. Fans have called the song fresh, captivating, and quite a smashing one. Bhushan Kumar and Krishan Kumar's T-Series, Murad Khetani's Cine1 Studios and Pranay Reddy Vanga's Bhadrakali Pictures have backed Animal. The film is in the crime drama genre and promises to take viewers on a thrilling ride.

South Sensation Dr Shivarajkumar Meets Salman Khan Ahead Of 'Ghost' Release



humble. I was so elated when he met me so warmly, he wished all the best for Ghost, and I said the same for Tiger 3. He is a man with a big heart and I feel very blessed to meet him in person."

The action-packed heist thriller Ghost tells the story of a man's quest for justice. Laced with strong dialogues and great action, Ghost is here to shake up the system. The film is directed by Srinivasa and presented by Dr. Jayantilal Gada (Pen Studios) and Sandesh Nagaraj (Ex MLC). Ghost Produced by Popular Entertainment Network (PEN) & Sandesh N is all set to release in cinemas on 19th October in Hindi, Tamil, Telugu, Kannada, and Malayalam.

While there is a great frenzy in fans for a happening weekend ahead, it surely seems to have begun with a million-dollar moment, especially for Shivanna fans. It so happened that Dr. Shivarajkumar who has been promoting his Pan India film Ghost, met Salman Khan who

was promoting his Tiger 3 at the Star Sports office recently. Though a beautiful coincidence, two megastars in the same room was a moment to witness. While the two exchanged pleasantries they even wished each other luck for their upcoming films. While fans loved

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New Year's Eve - 2024



Now the calendar will change. Another new year-2024 will begin. Best wishes for New Year's last Night, it will be celebrated. Many new decisions have been made and will be made. He decided that in the new year he would correct his past mistakes. Especially since many have decided to give up their addiction. Many have already taken a vow themselves, many have been inspired to resolve. You must have made up your mind that you will stick to the vows you made until the end of this year and for the rest of your life. Some must have regretted that they were not able to fulfill the resolutions they had made last year.

They must have

taken another vow that they will fulfill this year's resolution. Students must be sure that they will study very hard this year. A new schedule should have been prepared for this. You may have planned to organize your time in a new way. Businessmen need to make new plans for their business. For those who are slightly overweight, it is important to correct the equation of exercise and healthy food after waking up in the morning. It is not surprising that at the beginning of every new year, the number of people exercising in the gym increases slightly. As if some new faces of terrorists are seen roaming in Pakistan.

At New Year's many would make a resolution to quit smoking or other addictions. But after a few days such people seem to return to their old way of life. Life works only through intention. That is why it is

necessary to take a vow. There is a lot of pride in the Indian settlement tradition. For any cause work, Mahendra is taken before starting the auspicious day, stargazing, pooja, pangash aradhana etc. Some words are repeated. In those resolutions lies the formula of the welfare of the world. The welfare of the world is proclaimed in worship, yajna, japa, tapa, mantra etc. Similarly, concepts are very valuable in human life.

Not only in the new year, but always the resolution has to be vowed. Every action has to be taken for granted. Taking a resolution is not just a religious ritual. A person's life and running this world is very important. The beauty of vows is that they are always positive. Resolutions are not accepted for negativity. If a person of criminal inclination takes an oath to kill someone,

it is not a sworn resolution, it is a resolution of his insanity. Whether a vow or a resolution is fulfilled or not, the underlying feeling is always pure.

This is the difference between an oath and a

for the show. But since vowing is an internal matter, the responsibility rests with the individual. If the resolutions are fulfilled, then his happiness is personal and if they are not fulfilled, then he is tormented by his

high chance that it will be broken or stuck in between. It is not a final decision or resolution, it is a proposal. It has some smell. Proposals may be rejected. Some reject some of them

behind the Psychologists say that as soon as a decision is made, the first negative reaction is only awakened in the mind. What will be fulfilled in truth. But if one remains steadfast in his resolve, then his every action and goal is bound to be intense. Success is achieved only through determination. A sage Baba also said that wherever I go I love the truth, if I don't find it I don't have any doubts. If one's determination, firm belief is true, then there is definitely success. That's why the vow you have taken, how true it is, how real it is, how strong you are on it, make sure to test or check it and have strong faith in yourself.

He has not taken any vows to compete with anyone in anyone's eyes. It would not be wrong to say that it is actually a firm belief, determination or belief vs. a resolution that originates from within or is taken under some external pressure.

Principal & Senior columnist, Mahadibihar Women's Degree College, Cuttack-4 Contact - 904015 1475



resolution. Oaths also compel conspiracies. Sankalp always thinks about his own welfare and that of others. This can be done as a treatment. But it's born from within like a resolution. It does not require any external power. That is why oaths were often broken. Even after swearing, they are not fulfilled. False oaths are also taken. Oath is taken

personal anger. That's why often New Year's resolutions should be examined to see if they aren't met, why not, follow through. Is there really a resolution or is there an element of oath? Most people make a New Year's resolution. A resolution cannot be a resolution without the English word 'resolution'. So if someone has made a 'resolution', there is a

long ago. We consider them insignificant. They are declared useless. And some reject them. If you have actually taken a vow or resolution, you are responsible for it. You are also responsible for its non-fulfilment. That is why vows or resolutions are not true for a long distance, they are fulfilled to some extent.

In fact,

Therefore, before taking any oath, the first resolution should be to control the mind.

Of course controlling the mind is definitely a bit difficult. But this is only for those whose determination is very weak.

Letter to Editor

Sir

The verdict of an appellate court in Qatar commuting the death sentence of eight former Indian Navy personnel, arrested in an alleged espionage case in Qatar, comes as a huge relief to the anxious families and the nation. The commutation of the death sentence is indeed a victory of India's foreign policy and diplomatic efforts taken by the concerned ministry. It goes to show that the meticulous moves made by the ministry and also the strength of India's foreign policy under the leadership of PM Modi who has been in good terms with all Gulf nations and the West Asian nations and the various power blocs around the world.

The Prime Minister had met the Emir of Qatar, Sheikh Tamim bin Hamad Al-Thani, on the sidelines of the COP28 Summit in Dubai some weeks ago. The PM said then that they discussed the well-being of the Indian community in Qatar. The government will now have to push for further diplomatic tactics so that the eight who are in Qatar's custody could be brought to their motherland.

M PRADYU KANNUR

Geeth Thalikavu Kannur 670001.

Millet Food & Health

Prof. Dr. Jyotiranjan Champatiray



they may offer multiple health benefits. Role of millet in human health : Millet contains magnesium, which helps to regulate heart rhythm. Consuming millet may also elevate levels of the protein adiponectin, which can protect cardiovascular tissues. Millet also contains vitamin B3 or niacin.

Millets are a whole grain that's packed with protein, antioxidants, and nutrients. They may have numerous health benefits, such as helping lower your blood sugar and cholesterol levels. Plus, they're gluten-free, making them an excellent choice for people who have celiac disease or follow a gluten-free diet. They significantly contribute to human and animal diets owing to their high levels of energy, calcium, iron, zinc, lipids, and high-quality proteins. In addition, they are also rich sources of dietary fibre and micronutrients. Control Blood Sugar. Millet is low in simple carbohydrates and higher in complex carbohydrates, making it a low-glycemic index (GI) food. Improve Digestive Health. Millet is rich in dietary fiber, both soluble and insoluble. Protect Your Heart.

They are small-seeded grasses belonging to the botanical family Poaceae. They constitute an important source of food and

fodder for millions of resource-poor farmers and play a vital role in ecological and economic security of India.

These millets are also known as "coarse cereals" or "cereals of the poor". Positive Millets are also called Sridhanya Millet. Positive millets contain dietary fiber, proteins, minerals, essential amino acids, medicinal values, healing qualities, and therapeutic benefit in abundance.

Millets have earned the reputation of being 'nutri-cereals' as they provide most of the nutrients required for normal functioning of the human body. The energy, proteins, good fats, minerals and vitamins that millets provide make them a superfood. Most millets have similar health benefits. However, Sorghum (Jowar), pearl

HOD & Professor, Deptt. of Paediatric, Fakirmohan Medical College & Hospital, Balasore, Mob. : 9437124074, E-mail : djotiranjanchampatiray12@gmail.com

Capacity building programme for Jharkhand "JOHAR" officials

Kolkata (KCN): With the objective of enhancing knowledge and skill of the rural farming folk for ensuring their livelihood security and thereby achieve the aim of doubling of farmers' income, Government of Jharkhand has established the Jharkhand State Livelihood Promotion Society under the aegis of Rural Development Department and under this society, they are running one project namely Jharkhand Opportunities for Harnessing Rural Growth Project (JOHAR) to enhance and diversify household income in select farm and non-farm sectors for targeted beneficiaries in project areas. Fisheries development is one of the important sub-components under this project. In this regard, ICAR-CIFRI organized a five-days training



programme on 'Inland Fisheries Management' for 23 officials working at the field level under the JOHAR project during 26 – 30 December, 2023. The participants were mainly from three districts of Jharkhand namely Khunti, Seraikella and Gumla. During the programme in which trainees were taught various aspects of modern and scientific

fish farming like composite fish culture, biofloc technology, application of AI in fisheries, impact of water pollution on fisheries, cage culture, role of GIS in inland fisheries management, CIFRI Cage Grow Feed and other feed related research initiatives, ornamental fish farming, fish disease management etc. In addition, two field trips were organized as

part of the training program like one day visit to East Kolkata Wetland and ICAR-CIFE, Kolkata Research Centre and one day visit to a fish seed farm at Halisahar, West Bengal. During the inaugural session of the training program, Dr. B. K. Das, Director, CIFRI interacted with the trainees and encouraged them to participate actively in the training

Department official of Jharkhand sensitized on 'Report fish disease' application for effective health management



Kolkata (KCN): The ICAR-CIFRI has organized one-day awareness program on fish disease surveillance and Report fish disease application program for effective health management under the NSPAAD phase II project funded by Pradhan Mantri Matsya Sampada Yojana (PMMSY) at ICAR-CIFRI, Barrackpore, Kolkata. Under the supervision of the Director, ICAR-CIFRI, Dr. B.K. Das, 26 officials from Jharkhand state

livelihood promotion society, under Rural development department, Jharkhand were enlightened about the newly developed application 'Report fish disease' on 27th December 2023. These officials were working for the development of the fisheries sector in Seraikela, Khunti and Gumla districts of Jharkhand. The application was installed on the mobile phones of officials and the working principle and benefits were informed. The team

also enlightens the gathering on several areas of disease surveillance and health management of fish including the aquatic environment vis-à-vis antimicrobial resistance issues, the status of fish disease management, sustainable approaches for aquaculture development, etc. The program was coordinated by Dr. Vikash Kumar, Mr. Asim Kumar Jana and research scholar of the NSPAAD Phase II project Souvik Dhar, Anupam Adhikari with great efficiency.

"Don't Need Invitation To Visit Ayodhya": Uddhav Thackeray On Attending Ram Temple Event



Mumbai (KCN): Shiv Sena (UBT) chief Uddhav Thackeray on Saturday said he has not yet received the invitation for the consecration of Lord Ram temple in Ayodhya on January 22.

Thackeray also stressed he doesn't need a formal invite as Ram Lalla belongs to everyone and that he would visit the temple town in Uttar Pradesh whenever he felt like.

Shri Ram Janmabhoomi Teerth Kshetra Trust has been inviting several prominent personalities and political leaders of the country for the grand event.

Talking to reporters, Thackeray said Shiv Sena had undertaken a

long struggle for the Ram Janmabhoomi movement. He further said his father and Sena founder Bal Thackeray's voting right was "snatched" for campaigning for the Ram Temple and Hindutva during a bypoll.

"I have not received any invitation yet and I don't need one to visit Ayodhya as Ram Lalla belongs to everyone. Whenever I feel like it, I will go. Shiv Sena had contributed a lot to the Ram temple movement," said Thackeray, a member of the opposition INDIA bloc.

Thackeray recalled that he had visited Ayodhya even when he was chief minister of Maharashtra.

Taking a veiled swipe at BJP, he said, "I only expect that political event shouldn't be made out of it (the consecration ceremony). Lord Ram is not the property of any single party. This is the matter of faith for crores of people".

He also said it was the Supreme Court's decision that paved the way for the construction of Ram temple and the Centre had no role.

Shiv Sena (UBT) spokesperson Sanjay Raut said the "top ten" among those accused of

demolishing the Babri mosque in 1992 are Shiv Sainiks including Bal Thackeray. "A total of 109 Shiv Sainiks from Maharashtra figure in the list of the accused persons in the demolition case," he claimed.

Prime Minister Narendra Modi, Uttar Pradesh Chief Minister Yogi Adityanath and more than 6,000 people are expected to attend the consecration ceremony.

In Solo Train Ride To Varanasi, Junior Foreign Minister's Message Of Unity



New Delhi: Union Minister Rajkumar Ranjan Singh took an overnight solo train ride from Howrah to Varanasi and shared his experience on social media, ahead of the Kashi Tamil Sangamam event in the Uttar Pradesh city which is also the Lok Sabha constituency of Prime Minister Narendra Modi. Mr Singh, the Minister of State for External Affairs and Education, told NDTV he had been thinking about travelling on a train for some time as the last train ride he took was 40 years ago. The Union Minister was one of the key speakers this morning at the Kashi Tamil Sangamam, where he explained in detail opportunities and success stories of the Mudra scheme, Make In India policy, and the Pradhan Mantri Jan Dhan Yojana.

"I wanted to take a train journey after a long time, 40 years. I have seen a lot of development in the railway sector. Prime Minister Narendra Modi ji and Railway Minister Ashwini Vaishnav ji

have done a lot of work for this sector," Mr Singh told NDTV. Before the train pulled out of Howrah in West Bengal, the Union Minister posted photos with passengers and officials on X, formerly Twitter.

"A journey by train... for the Kashi Tamil Sangamam. Our

resolutions as initiated by Narendra Modi ji in Amrit Kaal will be fulfilled by the unity and collective efforts of the whole country," Mr Singh said in the post. Delegates from Tamil Nadu and other visitors attended the academic session of the Kashi Tamil Sangamam.

"Today's closing ceremony of the Kashi Tamil Sangamam isn't the end, but the start of Prime Minister Narendra Modi's vision of 'Ek Bharat, Shreshtha Bharat', the spirit of which has the potential to strengthen the nation's integrity and integration," Mr Singh said at the event in Varanasi.

"The three pivotal

initiatives in India - Mudra, Make In India, and the Pradhan Mantri Jan Dhan Yojana, conceived with the vision of fostering inclusive growth and economic empowerment, have not only provided opportunities but have also given rise to inspiring success narratives that underscore the strength of collaborative endeavours," Mr Singh said.

"As we celebrate these achievements, let us continue to nurture and expand these collaborative efforts to build a future where every individual has the opportunity to thrive and contribute to the collective prosperity of our nation," the Union Minister said.

The first big event of showing the living bonds between Varanasi and Tamil Nadu - two important centres of learning and culture in ancient India - was organised as Kashi Tamil Sangamam in November-December 2022. It received an overwhelming response - over 2,500 people from Tamil Nadu travelled to Varanasi and its neighbouring areas for eight days. They had an immersive experience of different aspects of life in and around Varanasi, including Prayagraj and Ayodhya, and shared their experiences too.

2-MPs-Turned-MLAs Among 22 Sworn In As Ministers In Rajasthan

Jaipur (KCN): Former Union minister Rajyavardhan Singh Rathore and senior BJP leader Kirodi Lal Meena were among 12 MLAs sworn in as cabinet ministers in the Bhajan Lal Sharma-led BJP government in Rajasthan on Saturday. In addition, 10 ministers of state were also inducted into the government during a ceremony at the Raj Bhawan here. Governor Kalraj Mishra administered the oath of office to the new ministers.

The MLAs inducted into the Rajasthan cabinet are Mr Meena, Mr Rathore, Madan Dilawar, Gajendra Singh Khimsar, Babul Kharadi, Jogaram Patel, Suresh Singh Rawat, Avinash Gehlot, Joraram Kumawat, Hemant Meena, Kanhaiya Lal Choudhary and Sumit Godara. Sanjay Sharma, Gautam Kumar Dak, Jhabar Singh Kharra, Surendra Pal Singh and Heeralal Nagar took oath as ministers of state (independent charge). Otaram Dewasi, Manju

Baghmar, Vijay Singh Choudhary, KK Vishnoi and Jawahar Singh Bedham were made ministers of state. Kirodi Lal Meena, a six-time MLA, is representing the Sawai Madhopur assembly seat. He is also a two-time Lok Sabha MP and one-time Raja Sabha MP. Gajendra Singh Khimsar, a four-time MLA, represents the Lohawat constituency of Jodhpur district. He is also a former minister. Rajyavardhan Singh Rathore, who won from the Jhotwara assembly seat, is a former Union minister and two-time Lok Sabha MP from the

Jaipur Rural seat. A first-time MLA, Mr Rathore is an Olympic medallist and former Army officer. Babul Kharadi, a four-time MLA, is representing the Jhadol assembly seat of Pali. Hemant Meena is a first-time MLA from

Udaipur. Ramganj Mandi MLA Madan Dilawar is a six-time legislator and former minister. He is the BJP's state general secretary. Suresh Singh Rawat is a legislator from Pushkar. A three-time MLA, Rawat has been a parliamentary secretary. Two-time MLA Avinash Gehlot represents the Jaitaran seat of Pali district while two-time MLA Joraram Kumawat represents the Sumerpur seat of Pali. Hemant Meena is a first-time MLA from



Pratapgarh. He is the son of former minister Nandlal Meena. Kanhaiya Lal Chaudhary is also a three-time MLA from Malpura (Tonk). Another cabinet minister Sumit Godara, a second-time MLA, is representing the Lunkaransar seat of Bikaner district. Ministers of State Sanjay Sharma, Gautam Kumar Dak (Badi Sadri), Jhabar Singh Kharra (Srimadhopur) and Heeralal Nagar (Sangod) are two-time MLAs.

Khurda Road-Vizianagaram third rail line project gets Centre's nod

BHUBANESWAR(KCN):

The much-needed third line of the Nergundi-Barang and Khurda Road-Vizianagaram sections got a big push with the Cabinet Committee on Economic Affairs chaired by Prime Minister Narendra Modi on Wednesday approving their construction along with other multi-tracking projects of the Ministry of Railways.

The third line between Nergundi-Barang and Khurda Road-Vizianagaram with a length of 385 km on the Howrah-Chennai mail line is estimated to cost Rs 5,618 crore. Around

184 km of the new line will pass through Bhadrak, Jajpur, Khurda, Cuttack and Ganjam districts while the remaining 201 km will cover three districts in Andhra Pradesh, sources in the East Coast Railway said.

Meanwhile, construction of Bhadrak-Nergundi third line project under Khurda Road Division of East Coast Railway is going on in full swing and more than 54 per cent of the work has already been completed. The Bhadrak-Nergundi section of 92.19 km length of the project was included in 2012-13 and the final sanction

given in October, 2015. Work between Jakhapatra and Haridaspur, a stretch of 23.53 km was completed in April 2016 while another 4.3 km stretch from Kapilas Road to Nergundi was commissioned in October 2022, sources added.

Construction of six major bridges on Birupa river (488 mt), Mahanadi (2,096 mt), Kothjori (822 mt), Kuakhai (822 mt), Rusikulya (457M) and Banasdhara (410M) are part of the multi-tracking project. In February this year, the

Network Planning Group (NPG) constituted under the institutional framework of PM Gati Shakti national master

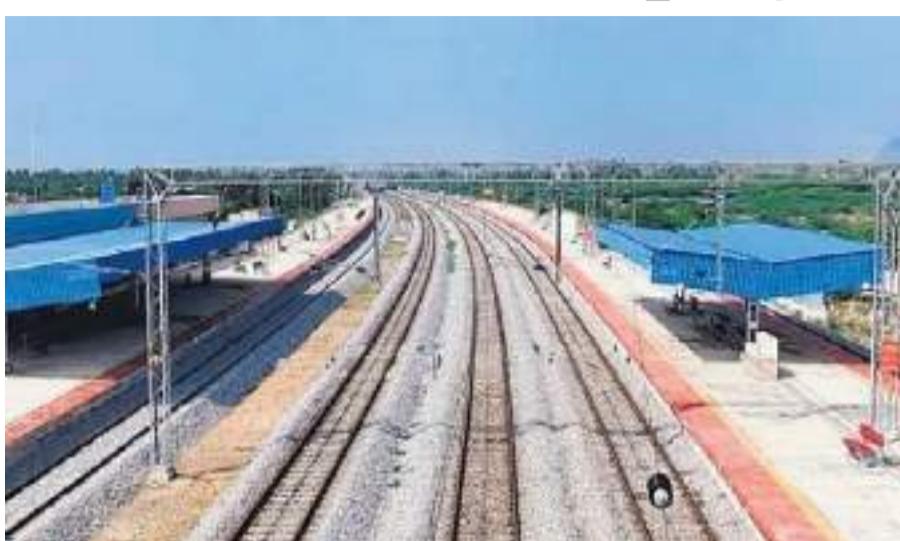
plan had recommended early completion of the balance sections between Bhadrak and Vizianagaram. Upon

completion, the third line will boost transportation of domestic coal from Odisha to south India through rail route from

Talcher, coal from Paradeep and Gopalpur ports to steel plants, raw materials like clinker and pet coke for cement plants from Paradeep port.

Apart from benefiting export of steel from various steel plants, the third line will help faster movement of iron ore from mines in Keonjhar district to various ports of Andhra Pradesh and seamless transportation of coal from Vishakhapatnam and Gangavaram ports to steel plants in Odisha, sources said. The new line will also

assist the railways in running more trains on Odisha and Andhra Pradesh routes. The project will also directly facilitate movement to goods sheds at Khurda, Jagannathpur, and Srikakulam which are points of multi-modal logistics, and shift the major road cargo movement to rail. It will decongest the stretch on the section of Howrah-Chennai railway route and enhance the modal share of railways as the stretch is dedicated to freight movement.



Odisha DBT Scripts Success

Bhubaneswar(KCN): As part of 5T initiative for maintaining transparency, the Department of Finance facilitated smooth disbursement of Rs 18,708 crore through Direct Benefit Transfer (DBT) mode under different schemes and programs.

Vishal Dev, Principal Secretary Finance held a review of DBT Operations and it came to fore that the amount was distributed to the beneficiaries through 6.84 crore transactions till November of the current financial year 2023-24.

The fund transferred to the beneficiaries through 25 programs and 61 schemes including Central schemes.

During the financial year 2022-23, a total of Rs 25,903 crore was transferred through DBT while Rs 20,096 crore was disbursed in 2021-22. During the current year, the highest fund of Rs 5,075 crore disbursed to 3,46,1,301 beneficiaries through DBT under MGNREGA scheme followed by Rural



Housing scheme, under which Rs 5,181 crore DBT was made to 2,74,6,754 beneficiaries. Similarly, Rs 2,809 crore directly transferred to the account of 1,66,0,079 farmers under paddy procurement, Rs 1,989 crore transferred under Biju Swasthya Kalyan Yojana (BSKY), Rs 1,786 crore under KALIA scheme, Rs 218 crore under Kendu Leaf programme, and Rs 197 crore under farm mechanization subsidy. The Government has transferred Rs 285 crore to students under

SC, ST scholarship schemes, Rs 428 crore under National Social Assistance Program (NSAP), Rs 199 crore under National Health Mission (NHM), Rs 179 crore under Pradhan Mantri Awas Yojana (PMAY) Urban. The others schemes under which DBT was made during this fiscal includes Biju Yuva Sashaktikaran Yojana (Rs 51 crore), Mukhyamantri Kalakar Sahayata Yojana (Rs 39 crore), Higher Education Department scholarship (Rs 20 crore), Input Subsidy

(Rs 25 crore), Women and Child Development (Rs 139 crore), Fisheries Development State Plan (Rs 23 crore), Animal Resources Development State Plan (Rs 44 crore), Swachh Bharat Mission (Rs 9 crore), and DAY-NULM (Rs 3 crore). DBT was started on January 1, 2013 in the country with the aim of reforming the government delivery system by re-engineering the existing process in welfare schemes for simpler and faster flow of information/funds and to ensure accurate targeting of the beneficiaries, de-duplication and reduction of fraud. First phase of DBT was initiated in 43 districts and later 78 more districts were added in 27 schemes pertaining to scholarships, women, child and labour welfare. DBT was further expanded across the country on December 12, 2014. The benefits of DBT have focused on its impact on curbing corruption or reducing leakages, or increasing coverage.

Pact For PwD Welfare

Bhubaneswar(KCN): Odisha Government looks forward to productive outcomes through different collaborations and convergence with other Departments, Civil Society Organisations, said Ashok Chandra Panda, Minister of Social Security and Empowerment of Persons with Disabilities (SSEPD).

Shri Panda graced the MoU signing event in Loka Seva Bhawan in presence of Bishnupada Sethi, Principal Secretary SSEPD.

MoU was signed between the SSEPD Department and Sightsavers India, a national-level development organisation working for



the empowerment of PwDs. Principal Secretary, SSEPD, Bishnupada Sethi assured the government's cooperation in all activities envisaged in the MoU. He emphasized that community participation should be adhered to in the welfare programs in all convergence efforts. The bilateral MoU will be in force for 3 years. Within the collaborative partnership, technical

support will be provided at both State and district levels in the fields of preparing the PwD database, skill development programs and strengthening PwD's livelihood aspects. Sightsavers India will actively support SSEPD in sensitizing stakeholders, facilitating self-defence training, establishing a computer training centre and collaborating on inclusive eye health services. The partnership

aligns with SDG for 2030, focusing on the inclusion of disabilities in various targets and indicators.

Dillip Kumar Ray,

Special Secretary and other senior officers of the Department were present on the occasion while Sanyaashee Behera, Deputy Secretary, SSEPD and Prasanna Kumar, Director (Program Operations), Sightsavers India were the signatories in the MoU.

25% reservation as per RTE Act (2009)

MAHARISHI PUBLIC SCHOOL

Baghra Road, Baripada

For details

Contact :

Call-9438102188, 06792-255227

Time : 8.00 A.M. to 12.00 noon

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CarDekho's launches 2nd Mega Refurbishment Centre for Used Cars

New Delhi : CarDekho, India's leading auto-tech company, has opened its mega refurbishment centre in Mumbai for Used Cars. This is the company's second mega refurbishment centre in the country after NCR. The Mumbai centre will take full control of the refurb process and set quality benchmark through advanced state-of-the-art infrastructure while optimising cost through scale of operations. The company plans to open 20 such refurbishment centres across India in near future.

With 1000 cars monthly refurbishment capacity, the centre will employ 100+ employees once fully operational. As a result of having best-in-class inhouse refurbishment centers, CarDekho ensures that all vehicles sold on its platform are of the

highest quality.

CarDekho offers a 7 days 'No Questions Asked' money-back guarantee on all cars where customers can test-own the car and return it if not satisfied. Also included are 6 months of warranty, and complementary Pan-India roadside assistance (RSA) for all car buyers. A free insurance package and RC transfer are also included with the car.

Sharad Saxena, CEO - Used Car Business, CarDekho Group, said, "The opening of our mega refurbishment centre in Mumbai marks another milestone for the company in its quest to provide the best pre-owned vehicles to its customers. The cars refurbished at this centre will carry CarDekho's trust that offers reliability, affordability and unmatched satisfaction. This centre

integrates the Group's best know-how and reinforces our vision to disrupt the personal mobility space in India. We want our customers to live our promise of 'Bharosa Kar Ke Dekho'."

The refurbishment centre is equipped with State-of-the-art Brake, Suspension & Side Slip Tester, Hitech Pneumatic Tools & Equipment, 3D Wheel Alignment, Wheel Balancing, mechanised Tyre changing, Air Conditioning Service, Injector & Spark Plug Cleaning and a fully mechanised Bodyshop with Electric Dent Pullers, Double action sanders with vacuum extractors, Infrared heating Machine & full functional heated Downdraft Paint Booth along with inhouse paint mixing facility for high-quality painting.

Flipkart clocks over 200 Million Fashion products in the Spring-Summer

Bhubaneswar: As the Spring Summer season 2022 draws to a close, Flipkart, India's homegrown e-commerce marketplace, has recorded a sale of over 200 million fashion products across close to 19,200 pin codes. The Spring Summer Season also played a key role for customers and sellers and saw close to 175,000 fashion sellers participating. These sellers came from not just metros but from tier 2 and tier 3 towns as well. Customers shopped for fashion and lifestyle products including sarees, men's t-shirts, watches, sunglasses, women's kurtis and footwear, from national, international and homegrown fashion brands.

The season saw customers shopping for fashion products from across the country including metros and a majority of these customers also from tier 3, 4 and 5 cities shop for fashion products from cities like Ranchi, Ernakulam, Kanpur,

Medinipur, Cuttack to name a few; and a substantial number of the overall customer base were first-time fashion shoppers.

Sandeep Karwa, Vice President, Flipkart Fashion, said, "We are extremely delighted with this overwhelming response from the customers, who consistently choose Flipkart for all their fashion and lifestyle needs. This year's spring-summer season saw a resurgence in consumption on the back of renewed economic recovery post-pandemic and we are pleased that lakhs of sellers saw a phenomenal response during this season. It is also a testament to our efforts to bring unparalleled value in fashion shopping to our customers. With a range of technology-led innovations that are making shopping experiences personalised and seamless for our customers, we are bringing India and Bharat closer ushering in considerable growth

Ayush Baid, a Flipkart Fashion seller who sells Women's ethnic wear from Surat, Gujarat, said, "We have grown on Flipkart by 500% during the spring-summer season and this was possible due to the technology and power of ecommerce. Growth on Flipkart has led to the overall growth of the company."

Harish Dadwani, a Flipkart Fashion seller partner from Agra, Uttar Pradesh, said, "It has been 4 years since I joined ecommerce and through the Flipkart platform have seen a growth of over 10X since then.

I had launched several new products in the spring-summer collection which has seen a 50X growth spike. I am very positive to set new milestones and garner new opportunities in the coming years and feel that I can achieve much more through ecommerce, technology and Flipkart."

for coding among the youth. We were thrilled to see how the four finalists solved all the 10 problems, which has never happened before. I am happy to see CodeVita is encouraging youngsters to write good code and apply it to solve challenging problems," said K. Ananth Krishnan, Chief Technology Officer, TCS. Winner Kalash Gupta said, "Thank you so much. It's unbelievable! When I started with the contest, I never thought I would even be in the top 3 but this is a very humbling experience. I'm very excited about the

IIT Delhi Student Wins Coveted TCS CodeVita Season 10

MUMBAI: Tata Consultancy Services (TCS) (BSE: 532540, NSE: TCS), announced the winners of Season 10 of its flagship global coding contest, TCS CodeVita, at a virtual grand finale. CodeVita, holder of the Guinness World Records™ title as the world's largest computer programming competition, has been inspiring students across the world to build and test their coding expertise for the past 10 years. The contest promotes programming as a sport and encourages participants to pit their skills against each other and solve intriguing real-

Odisha records 20x growth in job applications in the last 90 days

Bhubaneswar: As one of the fastest-growing states in terms of economy in India, Odisha has been witnessing a steady growth in job opportunities across sectors and industries and has emerged as a popular destination for job seekers. apna.co - India's largest jobs and professional networking platform - recorded 20x quarter on quarter growth in job postings in the state's capital, Bhubaneswar in the previous quarter. The platform has also noted increased job openings for multiple roles in the last three 90 days.

After recording an economic rating higher than India's GDP, Odisha has become a promising destination for employers to invest in, strengthening the state's economy and creating more job opportunities. apna has become a trusted partner for various popular companies such as Zomato, Bharti AXA, Burger King, TeamLease, Byjus, and Delhivery amongst others in the state to fulfill their hiring requirement. In the last quarter, there has been an increased hiring momentum for roles such as telecallers/BPO, sales, computer/data entry operator, delivery persons, and business development executives amongst others. The capital city continues to be one of the top commercial hubs in Eastern India.

With more than 25 percent female users from Bhubaneswar, apna has become a default partner for women to build their professional networks and participate in helping India unlock its economic potential. According to the platform, there has been a quarter-on-quarter increase in women joining the workforce from the state and participating in uplifting Odisha's economy. Telecalling and business development have consistently been the most popular role amongst women in Bhubaneswar followed by data entry operators. Interestingly, women also opted to get on the field by joining the sales workforce for various organizations after COVID cases dropped drastically.

Commenting on the growth, Manas Singh, Chief Business Officer, apna.co said, "Odisha is witnessing tremendous growth in the past quarter, emerging as one of the key markets with a rise in both workers and employers on apna. We will continue creating more hyperlocal opportunities to help accelerate the economic growth of Bhubaneswar."

FURO Sports Shoes welcomes Shahid Kapoor as its Brand Ambassador

Bhubaneswar: FURO Sports Shoes, (from the house of Red Chief Shoes), is thrilled to announce its much-coveted collaboration with the Bollywood Superstar, Shahid Kapoor. Shahid's youthful and sporty personality of an affable boy gel with the aspiring core values and ethos of FURO Sports Shoes. Shahid appeals to a wider audience across all age groups. While his exceptional fitness lifestyle, dancing prowess, and romantic-action-oriented movies attract the youth, his responsible family guy persona connects with relatively mature age groups as well. Mr. Manoj Gyanchandani (Managing Director) expressing his views on the collaboration, shares, "We are extremely honored to welcome Shahid Kapoor as the newest FURO family member. We couldn't have asked for a better partner in 2022 who comes with such high credible energy which is much needed in such dynamic times to inspire the youth towards athleisure lifestyle. We look forward to a successful partnership with him and hope to have a mutually beneficial long-term relationship."

Mr. Rahul Sharma, (Marketing Head) further shared "To continue leveraging our association both in mass media & digital platforms - Shahid would be part of our forthcoming Brand campaigns, which are back to back lined up starting few weeks from now."

BOB Financial crosses the 1 Million Credit Cards mark

Mumbai: BOB Financial Solutions Limited (BFSL), a wholly-owned subsidiary of Bank of Baroda (Bank) that issues and manages Bank of Baroda Credit Cards, has crossed the 1 Million Credit Cards mark.

As per Reserve Bank of India (RBI) data, Bank of Baroda Credit Cards have grown 9X over the last four years - from 0.12 million cards in March 2018 to over 1.1 million cards in March 2022. Further, the monthly spends on credit cards have grown 10X over the same period - from Rs. 80 crore in March 2018 to Rs. 830 crore in March 2022.

In CY2022, cobranding with IRCTC, HPCL, Defence Services, and partnerships with fintechs have been some of the key initiatives in the ongoing transformation journey.

Speaking on the occasion, Mr. Shaileendra Singh, MD & CEO, BFSL said, "In 2017, we started on a journey of transforming BOB Financial into a leading credit card issuer in India. Crossing the 1 million credit cards mark is an important milestone. However, while we celebrate this achievement, our ultimate aspiration is to become one of the largest Credit Card issuers in the country, serving customers of every demographic and socio-economic classification."

BFSL has been focusing on investing in people, processes and technology to enhance customer experience.

OKAYA EV Unveils Exclusive Dealership Center in Sambalpur



Sambalpur, : Okaya EV, a leading electric vehicle manufacturer announced the grand opening of its state-of-the-art Exclusive Center in Sambalpur. This innovative space promises to revolutionize the way consumers interact with electric vehicles, showcasing Okaya EV's commitment to sustainable and cutting-edge technology.

Visitors to the Ambuja Cements introduces Cool Walls, a special product that keep homes cool in summers and hot in winters

exclusive center will be immersed in a world of electric mobility, where they can explore Okaya EV's diverse product portfolio firsthand. Okaya EV's scooter portfolio includes high-speed and low-speed models such as the Faast F4, Faast F3, F2B, and F2T in the Faast series product line. While Classiq+ and Freedoom models are part of the low-speed

Notably, Okaya EV's product lineup

features the ground breaking LFP (Lithium Iron Phosphate) battery technology, setting new standards for energy density, longevity, and environmental friendliness. LFP batteries also ensure safety, which is the core of Okaya EV's ethos. From advanced driver assistance systems to rigorous crash-test evaluations, Okaya EV ensures that customers can confidently embrace electric mobility without compromising on safety.

Technology, consistent quality and enhanced strength (>5 MPa) are the main differentiators of this product.

Ambuja Cool Walls is a sustainable product as it consumes large volume of fly ash in its manufacturing. The walls does not require curing during construction and thus saves 5000 liters of water for a 1000-square feet house. Mr. Neeraj Akhoury, CEO India Holcim and MD & CEO of Ambuja Cements Ltd., said, "Ambuja Cements has always pursued innovation to provide customers with eco-friendly solutions for a better and a greener future. It's our endeavor to provide world class solutions to customers in India. Ambuja Cool Walls is a testimony to our commitment to provide sustainable, high strength and durable solutions to our customers".

Ambuja Cool Walls is a sustainable product made with an innovative heat-barrier technology that is far superior to any other products available in the market. The 'heat barrier technology' of this product helps to maintain inside temperature of any house lesser by 5°C as compared to external temperature. These innovative heat barrier

BOB Financial crosses the 1 Million Credit Cards mark

Bhubaneswar : Consider

presenting them with assortments of nutrient-rich almonds that not only reflect your affection but also promote their well-being during this festive season. Almonds make for a perfect, healthy gift option, especially during festive seasons like Diwali. Moreover, their versatility allows for various creative gifting options, from beautifully packaged almond assortments to homemade almond-based treats. While traditional sweets hold a special place in our hearts during this festive season, gifting a pack of nutrient-dense almonds can be a thoughtful gesture that not only aligns with the spirit of giving but also promotes a healthier

lifestyle. Almonds, known for their rich reserves of essential nutrients such as vitamin E, magnesium, and healthy fats, offer a convenient and delectable way to boost one's overall well-being. Whether coated in festive flavors or presented in their natural form, these versatile nuts not only symbolize good fortune but also serve as a reminder to prioritize health and mindfulness during the jubilant Diwali celebrations.

Attributable to Ritika Samaddar, Regional Head - Dietetics, Max Healthcare, Delhi. Amidst the hustle and bustle of the festive fervor, it's crucial to carve out time for physical activity. Whether it's a brisk walk in the morning, a quick yoga session, or engaging in traditional dance forms, incorporating exercise into your daily routine can help counterbalance the effects of indulgent eating and promote overall well-being. By making the conscious switch to include almonds in your fitness routine you can get a quick energy boost before a workout or as a replenishing source of nutrients afterward, almonds offer sustained energy and aid in muscle recovery, helping you achieve your fitness goals more effectively. Almonds serve as an excellent pre- or post-workout snack, you can have them in between meals as well without compromising on your taste and nutrition.

This Diwali, brighten up your health by adopting these 5 habits



Indian team to fly down to Cape Town on Sunday

New Delhi: Following the conclusion of the first Test within three days, the Indian players scheduled an optional practice session on Saturday and will subsequently fly to Cape Town on Sunday. The players, some of whom are accompanied by their families, are expected to confine themselves indoors and celebrate the arrival of the New Year among themselves.

Simultaneously, all the India A players are booked for departure on Saturday, with Rinku Singh, an unofficial member for the first Test, also released. Rinku, who participated in the Centurion Test as a fielder, was co-opted into the squad due to inadequacy in the Indian Test squad's strength

which slumped from 16 to 14 after Ruturaj Gaikwad's exit, who was ruled out along with Mohammed Shami, who did not travel to South Africa.

Among the reserves, Ravindra Jadeja was not fully fit. Only KS Bharat, who replaced Ishan Kishan, and Mukesh Kumar were the covers for the playing XI. Considering that, Rinku was included by the team for fielding.

With Abhimanyu Easwaran, involved in the India A-South Africa A game till Friday, and Avesh Khan, who replaced Shami, joining the squad, there is sufficient cover for any exigency on the field for the second and final Test in Cape Town. Both Easwaran and Khan



have joined the squad in Johannesburg. Jadeja also, one learns, will be

available for selection for the Newlands Test, starting on January 3.

Low-key New Year celebrations
It'll be a low-key

New Year for Indian team in SA
The New Year

celebrations will be quite a low-key affair for the Indian players in South Africa. Having lost the first Test at Centurion, the mood in the camp, understandably, is not upbeat but more than that the Indian team has been advised to exercise caution while venturing out.

This advisory is in light of security concerns in South African cities, where various forms of street crimes, such as mugging, robbery, theft, snatching, pickpocketing, are commonly observed. "Not serious but the general safety precautions we have to take, as usual," a player confided with Cricbuzz.

Consequently, none

of the players will be attending the Year-End celebrations in Cape Town, known for its carnival-like festivities at the iconic Waterfront, as a precautionary measure although Cape Town is relatively a safer city as compared to others places in South Africa.

The crime statistics for the third quarter of the current year reportedly reveal challenges for authorities with violent crimes. According to one report, the country's per capita murder rate for 2022/23 reached its highest in 20 years at 45 per 100,000, marking a 50% increase compared to 2012/13.

The Indian team is scheduled to return home on January 8.

Bangladesh look to cap off phenomenal year in T20s with a series win



Afghanistan, and finishing with the bronze medal in the Asian Games by defeating Pakistan with a second-string side, Bangladesh will be hoping

to round off their T20I success with the scalp of New Zealand. The hosts, meanwhile, will be hoping for a strong comeback and prevent Bangladesh from

creating a historic moment for themselves in the 20-over format.

The batting let New Zealand down in both their first-ever ODI loss

and their maiden T20I loss to Bangladesh at home. Getting bowled out for 98 and then being restricted to 134/9, New Zealand got to 72/2 in the second T20I before rain played spoilsport. But there were some moments of struggle for New Zealand in the second game too, with Finn Allen falling early and Daryl Mitchell and Glenn Phillips not able to get on with the scoring. The Black Caps will be hoping for an improved showing with the bat while Bangladesh will reflect on their strong bowling performances in the recent games in their bid to sign off 2023 with their fourth bilateral T20I series win.



New Delhi: South Africa fast bowler Gerald Coetzee has been ruled out of the second and

final Test against India. The 23-year-old fast bowler developed pelvic inflammation during the first Test in Centurion.

The injury aggravated while bowling on the third day of the first Test. He picked up only one wicket in the first innings and bowled just five overs in the second as South Africa hammered the visitors by an innings and 32 runs.

Cricket South Africa have opted against naming a replacement for the Test match that gets underway on January 3 in Cape Town. The hosts have Lungi Ngidi and Wiaan Mulder as alternate fast bowling options in the squad to pick from and they have the option of bringing in Keshav Maharaj as well, who wasn't selected for the first Test.

Injured Coetzee ruled out of second Test

KL Rahul, the man of many gears, also finds overdrive

New Delhi: KL Rahul walked out to a familiar and friendly setting. Friendly because the M. Chinnaswamy Stadium is where he played a bulk of his cricket in his formative years. Friendly also because he had a 200-run base set up for him to invoke mayhem from against a very limited Netherlands attack. Familiar also because the match situation was strangely similar to the game three years ago when Rahul made the first rumblings of being India's lock-in ODI No.5.

At Rajkot, India had only two fewer runs than they did here but India's top-three then had left four fewer overs for Rahul to work with. Rahul, the once opener, laid claim to his new batting position, by slamming 80 off 52 balls to power India to 340. In the process became the first India batter at No.5 or lower to score a half-century at a strike-rate of over 150 when batting

first since 2013 when MS Dhoni lit up another November Diwali evening in Bengaluru. On Sunday, Rahul became the first Indian batter to score a 100 batting at No.5 or below with a strike-rate in excess of 150. Even with the mitigating factors to this achievement, like bowling incisiveness or the lack of it thereof or boundary sizes, this is a remarkable achievement considering there have been only 22 such instances since the advent of ball-by-ball tracking of players batting this low and yet batting big and batting very fast. Glance down the list and familiar names pop up multiple times: Heinrich Klaasen - twice this year. Jos Buttler - thrice. Glenn Maxwell. And AB de Villiers.

Curiously enough, de Villiers was the name dropped by Rahul at the end of that Rajkot game being a blueprint for his new role. "I just spoke a



lot more to middle-order batsmen and watched a lot of videos," Rahul said about how he tried to learn the ropes of the new role on short notice. "I spoke a lot to Virat [Kohli] and watched a lot of videos of AB [de Villiers] and how they build their innings. Kane Williamson is somebody I've tried to go back and watch some of his videos and see how they build their innings and how they play in certain situations. The only thing I'm trying to learn is how I can use my game and be better at a certain situation."

Williamson, Kohli and de Villiers are very different ODI batters and in theory the latter two might just fuse to form the best ODI middle-order batter: A cold and calculative chaser and the ultimate front-runner. It's been a World Cup where Rahul has had to use only his lower gears. Against Australia, he walked in at 2/3 and anchored a chase with a steady 97*.

Against England he made a slide-arresting 39 off 58 in a 91-run stand with Rohit Sharma. Versus New Zealand he made a useful 27 off 35 to keep India abreast with the required rate. And then came today's overdrive. Rahul scored his first run in the 30th over, his first boundary in the 35th, his half-century in the 43rd and still motored,

bat near the 30th over of a target-setting innings is gold dust. It's not a luxury India have always enjoyed since the post-peak Dhoni phase but one that India under the new Rohit blueprint of batting needs.

There are two distinct types of games that India have faltered at in the last two World Cup semifinals they've played. In Manchester, their top-order was caught out in a chase by an incisive bowling attack on helpful conditions. In Adelaide, they were let down by their conservatism while batting first. Rohit has taken it upon himself to address the latter with his tempo-setting starts. A direct consequence of this is that India have had eight 350+ scores in this calendar year, one more than what England managed four years ago when they lifted the World Cup. To sustain such a style, this gear in Rahul's game is a necessary