

## Air pollution peaks in Bhubaneswar after Diwali



**Bhubaneswar(KCN):** Air pollution in Odisha Capital Bhubaneswar peaked on Sunday night and persisted through Monday.

Reportedly, pollution from firecrackers was so high that an artificial cloud was created over the skies of Bhubaneswar creating an illusion of dense fog on Tuesday morning.

Environmentalist, Jayakrushna Panigrahi said, "People are doing enormous harm to the environment and subsequently to their health even after knowing everything. From Delhi to Bhubaneswar, air quality has severely deteriorated after unabated explosion of firecrackers during Diwali."

Pollution is a slow poison. People need to be aware about this. The AQI has crossed 900 in some areas of Delhi, warranting a health emergency. Not only the people, the authorities are clearly responsible for this. If a rule or court order is being flouted, they should have booked some people and penalised them so that people should have a fear of law, he said.

"Even in Bhubaneswar, the AQI was recorded between 300 and 400 in some places. It is particularly hazardous because there is no wind flow during November which makes the polluting particles to float more time in the air. It makes us inhale the polluted air for longer duration making us sick on the long run," he added.

AQI as a yardstick that runs from 0 to 500. The higher the AQI value, the greater the level of air pollution and the greater the health concern. For example, an AQI value of 50 or below represents good air quality while an AQI value over 300 represents hazardous air quality.

AQI 0 to 50 (Good) Air quality is satisfactory, and air pollution poses little or no risk.

AQI 51 to 100 (Moderate) Air quality is acceptable. However, there may be a risk for some people, particularly those who are unusually sensitive to air pollution.

AQI 101 to 150 (Unhealthy for Sensitive Groups)

Members of sensitive groups may experience health effects. The general public is less likely to be affected.

151 to 200 (Unhealthy) Some members of the general public may experience health effects; members of sensitive groups may experience more serious health effects.

201 to 300 (Very Unhealthy)

Health alert: The risk of health effects is increased for everyone. AQI 301 and higher (Hazardous)

Health warning of emergency conditions: everyone is more likely to be affected.

It is pertinent to mention here that the Bhubaneswar-Cuttack Commissionerate Police had put restrictions on the bursting of firecrackers in the twin cities during the Diwali celebration on Sunday.

Restrictions were imposed on bursting crackers with noise levels of more than 125 decibels.

Odisha CM Approves 150 Multi Purpose Cultural-Cum-Community Centres For Minority Communities, Sanctions Rs 45 Cr

**Bhubaneswar(KCN):** Chief Minister Naveen Patnaik has approved 150 Multi Purpose Cultural-Cum-Community Centres for the people belonging to Minority Communities in the State.

The Odisha CM has said this will be a long way for the preservation of the culture and heritage of minority communities of our state.

An amount of Rs 45 Crore has been sanctioned for the purpose in 22 districts. These include community centres for Christian, Muslim, Buddhist and Sikh communities.

This will go towards the creation of space for the Minority communities to undertake various community-based activities in the Multi-Purpose Cultural-cum-Community Centres.

**Tulsi Jatra On 1 Dec**



**Bhubaneswar(KCN):** Further intensifying its protest demanding reopening of four gates and Ratna Bhandar, the Congress party today announced that it will organize Tulsi Jatra on 1 December.

Under the Tulsi Jatra tulsi or basil leaves will be collected from houses across 314 blocks of the State and offered to Lord Jagannath in Puri on 1 December through a mass rally on Puri Grand Road,

said Odisha Pradesh Congress Committee (OPCC) President Sarat Pattnayak here.

While speaking to reporters about the unique agitation programme, Shri Pattanayak said Tulsi will be collected from common people, Jagannath lovers, senior citizens, devotees, young men and women, students, poor people in all the blocks and cities of the State.

Tulsi will be collected from the villages and panchayats by the block presidents of the Congress and they will send it to the district president. Then, it will be brought to the party's State headquarters, Congress Bhawan here.

On 1 December from the Congress Bhawan, the holy leaves will be taken to Puri and offered to Lord Jagannath, informed Shri Harichandan.

The Congress leader also informed the media about the proposed 'Tulsi Jatra of the OPCC, in which basil leaves will be collected from houses across 314 blocks of the state and offered to Lord Jagannath in Puri, as a mark of protest over alleged mismanagement at the 12th-century shrine.

"We have organised a mass rally in Puri on October 16 and then 'Sankirtan Satyagraha' (mass chanting in praise of God accompanied by music) in all the 314 blocks, urban local bodies across the state on November 9. However, the state government remained deaf and blind to the mass protest. So, now the party has decided to hold 'Tulsi Jatra', he said.

If this protest will also fail to put any impact on the Government, it will create mass awareness among the Jagannath lovers and devotees and the government will be forced to open all four gates of the Jagannath temple and reopening of Ratna Bhandar, Harichandan said.

## Mahakalpada Gets Health Infra

**Bhubaneswar(KCN):** The construction of new OPD and OPD building of Mahakalpada CHC will start soon.

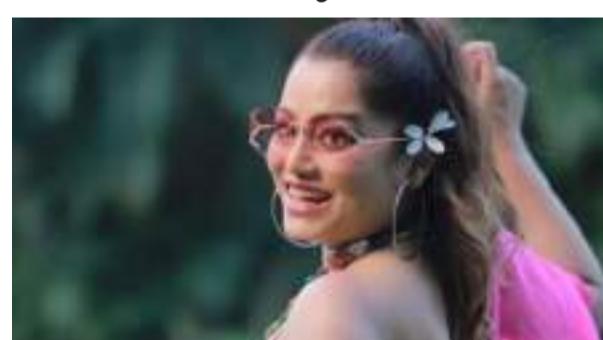
This will come up at an estimated cost of Rs 12.84 Crore.

The Government in

Health & Family welfare

department has accorded Administrative Approval for construction of News IPD and OPD building of CHC Mahakalapada under Kendrapada district. This would be constructed at an estimated cost of rupees 12 crore 84 lakh 66 & CW.

## Actress Mousumi Nayak arrested in spat with writer



**Bhubaneswar(KCN):** Infocity Police arrested actress Mousumi Nayak and produced her in court on Monday, following a complaint filed by writer Banamsita Pati in connection with a dispute pertaining to a financial transaction.

A controversy erupted between Mousumi and Banamsita a few weeks ago over a financial transaction of Rs 5.80 lakh.

As per reports, Mousumi Nayak had earlier alleged that she had paid

Rs 5.8 lakh to writer Banamsita Pati, who invested it in stock markets and did not return the same. A compromise petition was also filed by the two at the Infocity Police Station, with undertakings from both sides. As per the agreement, it was decided that Banamsita would return the money to Mousumi while the latter would not do anything to tarnish the image of the former.

However, it is learned that Mousumi had violated the terms and continued to harass Banamsita even though the latter had paid off the money. Mousumi was also accused of objectionable postings against the writer on social media, apart from trying to extort money from the writer.

Banamsita had filed a

complaint in this regard at Infocity Police Station.

Police booked a

case under sections 385,

295, and 505 of the IPC

against the actress. After

investigating the matter, police arrested the actress from her apartment in the Chandaka area soon after she returned from shooting in Hyderabad. On the other hand, Mousumi had earlier filed a complaint at Chandaka Police station, alleging that Banamsita was forcing her into escort service. As per the complaint, the writer had forced the actress to invest money in stock markets and was allegedly not returning the money back.

## All Eyes On 3 DEC



Though there is a slowdown in political activities, as it passes through a transitional phase over a development in the last week of October, the state might witness a hectic activity in days to come. The next move is totally dependent on the outcome of the five State Assembly results which is scheduled to be made public on 3 December, 2023.

There is in fact slowdown in Odisha politics though certain changes have been made in the opposition BJP where its state party chief, Manmohan Samal appointed Presidents of the 36 organizational districts. Otherwise the BJP's activities remain confined to only press conferences. The party is however, planning a four day block level agitation plan from November 14.

However, optimistic of the party's better performance, Congress rank and file seems to be in an upbeat mood. The party has meanwhile held a rally in Puri, a Sankirtan Satyagraha and also plans a Tulsi Jatra over certain issues relating to Shree Jagannath temple in Puri. The party may accelerate its activities soon after the results of the five State Assembly elections are announced.

Similarly, the activities in the ruling BJD is on waiting mode as the regional outfit is anxiously waiting for the joining of former bureaucrat VK Pandian, who voluntarily retired from the elite civil service on October 23, 2023. BJD's next move may be witnessed after the former mandarin joining the party and taking a lead role in the BJD. BJD's

top leader Pranab Prakash Das has publicly praised Shri Pandian and also described him as an able disciple of Naveen Patnaik. The BJD activities will be accelerated after the joining of Shri Pandian and also following the announcement of the five State Assembly election results.

In fact, everybody is waiting with bated breath to see what is happening in the political arena. The BJP, which is leading the NDA and ruling the country since nine years at a stretch, is put into test. The people of one-sixth of India will say whether they are happy with the Narendra Modi government or not. The assembly elections in the states like Rajasthan, Madhya Pradesh, Chhattisgarh, Telangana and Mizoram, are being held and the results will come out in the first

week of December. The five states elections are considered as the semi-final before the general Lok Sabha elections in 2024, which is barely five months away.

The BJP leaders including Prime Minister Narendra Modi have expressed confidence that the saffron will rule over the five states while Congress and its INDIA partners are equally determined to defeat the NDA candidates. While Rajasthan and

Chhattisgarh are ruled by

Congress, the Madhya Pradesh government is headed by saffron veteran Shivraj Singh Chouhan. Telangana is headed by Bharat Rastra Samithi and Mizoram is governed by MNF. In these five elections, Congress seems to be giving a major challenge to Shri Modi and his saffron brigade. The real fight between the BJP and Congress is held in Rajasthan, Madhya Pradesh and Chhattisgarh, it will certainly boost morale of the party workers in Odisha and vice-versa for BJP. If BJP wins, it will

greatly impact Odisha politics and also the ruling BJD. In the event of BJP's better performance in the five states, the ruling regional party here may not ignore the saffron brigade here and take the next elections more seriously than previous ones.

Though the public perception in Odisha is that both the BJD and the BJP are one in National Politics, they fight with each other in Odisha. People also vote for them separately here. While BJP could win eight Lok Sabha seats in the previous 2019 general elections, the BJD had to lose an equal number of seats though it got 12 LS seats. If the BJP performs badly in the five state elections, the electoral prospects may brighten, particularly in the western region of the

state where the saffron party candidates won 5 LS seats last time. However, if BJP performs better in the five states, it may become a headache for the BJD which is this time to perform its 2014 general election results by securing 20 of the 21 LS seats. While confident of winning the next Assembly elections due to absence of a credible opposition, the Naveen Patnaik's party this time is more serious for the Lok Sabha polls. The regional political party was in fact worried over BJP taking eight of the 21 LS seats in Odisha. The regional party this time will have a separate strategy for the Lok Sabha elections notwithstanding the BJP's performance in the five state assembly elections. Anyway, the next six months are going to be crucial for all the parties in Odisha.

# AIIMS Bhubaneswar inaugurates first of its kind "Travel Health Clinic"

**Bhubaneswar, (KCN):** The Department of Community and Family Medicine, AIIMS Bhubaneswar has made yet another major contribution to improving healthcare services in India by setting up a new 'Travel Health Clinic' in the hospital. This is the first of its kind in Odisha and one among the very few in the country. The inaugural ceremony was attended by Prof. (Dr.) Ashutosh Biswas, Executive Director and CEO and Prof. (Dr.) Dillip Kumar Parida, Medical Superintendent, AIIMS Bhubaneswar. Dr. Bijay Kumar Panigrahy, Director, Family Welfare, Dr. Suchitra Sasmal, Senior

Regional Director, Govt. of India, Dr Tapas Patra, State Immunisation Officer, govt. of Odisha, Dr. Biswaranjan Dash, Airport Public Health Officer were the other dignitaries who graced the occasion. The special clinic will run twice in a week and will provide imminent travellers with essential vaccination services including some country specific vaccines like Yellow fever vaccine, advise regarding healthy behaviour during travel, assembling a customized medical kit for use in emergencies and the other 'Dos and Don'ts' during the period. On an average, there are 3500

beneficiaries for Yellow fever vaccine yearly in our Yellow fever vaccine clinic. Executive Director Dr Biswas urged every traveler to seek travel related health advice before the journey to avoid contracting and transmitting illnesses beyond national frontiers. Dr. Patra mentioned that being the state immunization officer, he used to get a lot of calls and queries from people regarding travel advice. "People will now have somewhere to go and a team of health professionals to counsel", he added. Dr Biswaranjan Dash insisted on the importance of continued surveillance



- Becomes the first institution to set up a full-fledged travel health Clinic
- "Travel Medicine" – Need of the hour to safeguard health and economic growth
- Comprehensive services for safe and healthy travel practices and prevention of travel related illnesses.

at the two points of entry into Odisha, namely Biju Pattnaik International Airport, Bhubaneswar and the Paradeep Port to prevent introduction of

'foreign' infectious agents through unaware passengers. Dr. Panigrahy expressed his happiness in the new step taken in the field of travel medicine and agreed that it will surely boost the economic growth and tourism industry of the state. Dr Sasmal also expressed her best wishes for the clinic and made a

commitment to support the cause in the future. Dr. Sonu Hangma Subba, Head of the Department of Community and Family Medicine, AIIMS Bhubaneswar welcomed the guests and congratulated her team for taking up this novel and timely initiative in travel health. Dr. Swayam Pragyan Parida, Additional Professor and in-charge of Immunization Clinic, AIIMS, Bhubaneswar thanked her team of immunization clinic, Dr Arvind Singh, Additional Professor and Dr. Abhishek Mishra, Assistant professor, Department of CMFM, AIIMS

Bhubaneswar for their efforts and concluded the ceremony with the hope that the 'Travel Health Clinic' in AIIMS BBSR will pave the way to increasing public awareness about travel health, promoting research and innovations in travel medicine and encourage the setting up of travel clinics in other medical centers of the country. The travel clinic will help many people seeking travel health advices while going abroad said a person from Banapur who came to AIIMS Bhubaneswar immunisation OPD for yellow fever vaccination.

## Welcome ceremony for +3 First year Students

**Cuttack, (KCN):** Mahanadi Vihar Women's Degree College, Cuttack has been welcomed +3 first year students from the second and third year students of Odia Honors Department. Dr. Laxman Sahoo, head of the department and Principal of the college, welcomed the students by lighting a lamp near Lord Ganesha in traditional rituals and advised them to reach the top in the field of higher education. Ms. Pranay Manjari Mohanty, Head of Department of Political Science and Ms.



Nirupama Patra, one of the faculty members of the same department, joined as honored guests and expressed their opinion to the students

to be regular and focus on the study. Dr. Anjalibala Das, a faculty member of the Department of Odia, gave the introductory information and moderated the program. All the second and third year students were present and celebrated the welcome ceremony.

## Transforming Our Nature

**Dr. Arundhati Devi**

  
The body presents a dilemma for humanity. Most people don't know what to do with it. Plainly, it is something we identify with. The only reality is form and Matter. Even in traditional yogas, the body and vitals are two parts of our nature that are excluded and shunned, so that the mind and soul can make their upward ascent. But the body is our temple. In Integral Yoga, there is no bypassing it. We have to give it the same attention that we pay to the vitals and the mind. The aim is transformation, and the body is the crucible in this process.

Transforming our nature needs inner work. We have to engage with the body first and direct the soul-light upon it. Once touched, it willingly collaborates and we can start to work inside. We soon realise that the body presents a detailed

map of all our inner states. It is there that the union of soul and nature is forged. The soul resonates well with the body and its torchlight illuminates and eventually addresses all the hidden corners of our nature.

us further inside. It is an integral change we seek. The whole of our being needs to be addressed. However, we do not identify with the body. We keep our station above and look upon it through the eyes of the

is the last link in the chain of transformation. The body is the earth in microcosm. As humanity learns from the earth, each of us learns through our body. The earth yields everything for humanity.



This Light brings all our patterns and tendencies to the surface so that they can be transformed. It is through this vessel that everything, good or bad, is offered at the feet of the Mother. This is the sacrifice of the body and where it becomes our teacher. It shows us what we need to address and offers everything to the soul for transformation.

From the integral perspective, the body doesn't need to gravitate our consciousness downwards. Indeed, this tendency must be reversed. Rather, it is swept up in the soul's embrace and can propel

soul. We have to act from a higher determinism. Our aim is to elevate and refine its consciousness. It needs to become more plastic to the divine touch.

Once it finds its true alignment, it becomes a catalyst for true change and progress. Its limitations induce us to search for more enduring solutions inside. It instils a greater humility and reinforces our determination to overcome all obstacles. It forestalls our tendency to float and drift and keeps our feet firmly planted on the ground. It always demonstrates what has yet to be accomplished. The body

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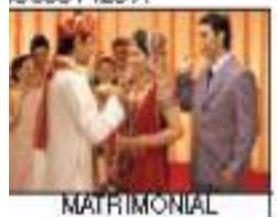
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## Salman Khan Loses His Calm Over Khanzaadi, Aishwarya Accuses Neil Of Betrayal



The latest episode of Bigg Boss 17 was Diwali Special and it was quite interesting. The Diwali special episode had many guests along with Katrina Kaif gracing the show to promote Tiger 3. The episode begins with Salman's Tiger 3 co-star Katrina Kaif and Salman Khan's greeting on the stage. Salman says he and Katrina were planning to enter the house to wish the contestants on Diwali but everyone was busy with fights. Salman confronts Khanzaadi for her fake love for Abhishek Kumar. Salman asks her if it was fake or not. Khanzaadi says Mannara claimed it was scripted. She argues with Salman over the topic after which the host loses his

cool over her and asks her not to cross the line. Salman tells Khanzaadi that she doesn't care about Diwali and is ruining the festival not just for herself but for the entire housemates and even his. Katrina intervenes and calms down Salman and asks him to continue the task. Khanzaadi says Mannara called her 'characterless' but Salman decides to ignore her. Salman calls Sunny Arya aka Tehelka and Abhishek in the activity area and asks them to tell each other defects. While Abhishek wins the first round, Sunny wins the next. Bharti and her husband Harsh enter the house and entertain the

housemates. Salman Khan welcomes Sunanda Sharma to the stage and sends her inside the house. She expresses her love for Munawar and he responds to her with his trademark 'shayari'. Bharti and Harsh made contestants take part in a game and inmates are asked to vote for their competitor. Munawar, Jigna and Ankita win the task. Abhishek tells Vicky he would distance himself from Khanzaadi.

Aishwarya looked visibly upset as Neil tried to comfort her after what happened at Weekend Ka Vaar when Salman called her out for disrespecting her husband. Aishwarya told Neil that he shouldn't come to persuade her as people would take it differently. She mentioned that she feels she's losing her personality. Neil asked Aishwarya if she was angry because of him and Aishwarya nodded and said yes. She says, I feel I'm losing my personality. Maybe people might find this fake. I feel like you've betrayed me. You're too good to be with me and I think, I don't deserve you honestly."

## Sara Ali Khan Performs Puja Rituals, Loses Herself In Bhajan At Mahakaleshwar Temple

ravel enthusiasts. Sara Ali Khan recently took time out of her busy schedule and jetted off to Madhya Pradesh where she offered her prayers at the Kal Bhairav Temple, Mahakaleshwar Temple in Ujjain, and Khajrana Ganesh Temple in Indore to seek blessings. The actor has been basking in the success of her latest release 'Zara Hatke Zara Bachke'.

Sara took to Instagram and shared a bunch of photos from her visit to the temples in Madhya Pradesh on Instagram story. She opted for a pink printed saree for her visit to the Mahakaleshwar temple. A video shows her sitting on the floor and lost in the prayers at the temple. Sara was seen offering prayers with her hands folded. She also performed a few rituals and interacted with fans. She captioned the post writing, "Peaceful in the day" and "Mesmerising at night... a day well spent."



Sara also took to her Instagram Stories and shared pictures of offering prayers at the Khajrana Ganesh temple. On Saturday, she posted a photo of herself along with several other people and wrote, "Somya ki ghar vapsi (Somya returns) in Indore."

For the visit, Sara opted for a white suit. The actor's sacred visit comes at a time when their film 'Zara Hatke Zara Bachke' is performing well at the box office. The film also starred Vicky Kaushal alongside Sara. She had also visited Mumbai's famous Siddhivinayak Temple, earlier. Sara is a frequent visitor to the Mahakal temple in Ujjain. During her last visit to Ujjain's Mahakaleshwar Temple, Sara was brutally trolled by a section of people online. A while ago, during a promotional event for her film 'Zara Hatke Zara Bachke', Sara gave a hard-hitting reply on her being trolled for visiting the temple. She said, "I take my work very seriously. I work for people, for you. I will go to Ajmer Sharif with the same devotion with which I will go to Bangla Sahib or Mahakal. I will continue visiting. People can say whatever they want, I have no problem. You should like the energy of a place. I believe in energy." On the work front, Sara has Anurag Basu's 'Metro In Dino'. Billed as an anthology, the film also features Aditya Roy Kapur, Konkona Sen Sharma, Pankaj Tripathi, Fatima Sana Shaikh, Anupam Kher, Ali Fazal and Neena Gupta in the lead roles. She also has Ae Watan Mere Watan in the pipeline. Directed by Kannan Iyer and written jointly by Darab Farooqui and Kannan, the film will be available on Prime Videos.

## 'Jhoothi' Shraddha Kapoor Interacts With Fans on Instagram as They Catch her Lying

Shraddha Kapoor aka Jhoothi is currently busy with the promotions of her upcoming film with Ranbir Kapoor, 'Tu Jhoothi Main Makkaar'. The star has served some incredible moments for her fans; ever since the promotional events kickstarted from recreating hilarious video of 'Tere Pyaar Main' eating pani puri to having grabbed all the attention with her hot looks in the 'Tere

Pyaar Mein' song from 'Tu Jhoothi Main Makkaar', Shraddha Kapoor seems to be fully drenched in her character of Jhoothi from the film. While everyone just can't resist their excitement to watch her playing a Jhoothi in the film, this Sunday morning Shraddha treated her fans with a pretty picture and was seen interacting with the fans while she made them engage with her character of Jhoothi in a

fun manner in the comment. Taking to her social media, on Sunday, Shraddha Kapoor posted pictures from her latest photoshoot on Instagram with a caption that confused many of her followers, she wrote jokingly, "It's Monday! Let's slay today." After Shraddha dropped the post, the fun and witty conversation between Shraddha being a Jhoothi and her fans was seen in the comment section. While Shraddha

can be seen fully in her character with her comments, it led to a fun conversation with her fans, many of her followers flooded the comments with compliments. One user wrote, "Uff ye Adaa."

Another commented, "Cuteness overload."

Some even dropped heart and fire emoticons.

Tu Jhoothi Main Makkaar is directed by Luv Ranjan, produced by Luv Films' Luv Ranjan and Ankur Garg, and presented by T-Series

before. The superstar today enjoys a fan base all across the nation and on the global front as well who adore him also for the trends, he started for having the perfect beard and being dressed as a perfect gentleman always well suited. No doubt, his sheer belief in making films for the fans that appeal to the larger audience, is a base that has made him what he is today.

Moreover, the success of 'KGF 2' broke several records at the national and international box office, yes, the man behind all this is Yash.

Gulshan Kumar and Bhushan Kumar. It is all set to have a festive

release worldwide in cinemas on Holi, 8th March 2023.

and must say there couldn't be any big reason for his fans to celebrate. It is indeed a treat for Yash's fans who are eagerly

looking forward to watching him on the screen after 'KGF 2'.

Be it creating a trend in the market with his

style in the film to

taking the Kannada industry on the world map, Yash holds all the

credit to create examples of success that no one has done

## Pepsi Announces 'KGF' Star Yash as Their Brand Ambassador, Rocky Bhai adds Another Feather to his cap!



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# Indian Immigrant Remittances: Fueling Socio-Economic Growth



The remittances sent by Indian immigrants have acted as a powerful catalyst for socio-economic development, ushering in significant positive changes across various domains such as education, healthcare, and poverty alleviation in both the home and destination countries. These remittance inflows have multiplier effects on the Indian economy, leading to increased disposable income, heightened consumption demand, and more substantial investments in various sectors. Moreover, these remittance inflows have fostered the development of a more skilled and knowledgeable workforce in India, contributing to sustainable growth and development within the nation.

Recognizing the importance of protecting the welfare of its migrants, the Indian government has implemented several measures to enhance economic prospects and

employment opportunities in the home country. Furthermore, steps have been taken to reduce remittance costs and mobilize diaspora savings and collective remittances. These efforts have resulted in a more formalized and regulated remittance system, thereby enhancing the long-term developmental impact of remittances and facilitating their utilization in financing local development projects.

In the context of migration, there are two primary categories: 'internal migration,' which involves rural-urban migrants within the country, and 'international migration,' where migrants are foreign-born residents in the destination country. The push factors driving migration include poverty, unemployment, indebtedness, limited income potential, and limited work opportunities. At the same time, pull factors encompass the desire for higher earnings, the allure of urban lifestyles, enticing promises of increased income, benefits, and remittances.

Over the past two

decades, the world has witnessed a steady increase in the migration of people from developing to developed nations in pursuit of well-paying jobs, higher education, and an improved standard of living. The number of individuals residing outside their country of birth has grown from 153 million in 1990 to 272 million in 2019, and it further increased to 281 million in 2022, representing 3.6% of the global population (as per the World Migration Report 2022). The United States led remittance outflows, increasing from \$48.3 billion in 2010 to \$68.6 billion in 2020, primarily from foreign workers, notably from Mexico. Other countries, such as Saudi Arabia, Switzerland, Russia, and the United Arab Emirates, saw substantial remittance growth due to foreign workers from India, Pakistan, and Bangladesh. Similarly, Germany, Kuwait, Qatar, the United Kingdom, and Malaysia experienced rising remittance outflows from foreign workers, playing a crucial role in their economies. These remittances are vital for

**Prof (Dr.) S N Tripathy**

many households in developing countries, but they can also lead to challenges like labour market imbalances and sector dependency in host countries. In conclusion, remittance data highlights the increasing significance of foreign workers and the economic impact of their remittances worldwide. Migration can potentially serve as an engine of growth and development for both the origin and destination countries, apart from the migrants themselves. In the destination country, migration can rejuvenate the workforce, make economically viable services available, encourage entrepreneurship, support social security and welfare programs, and meet the demand for skills required in emerging high-tech industries.

In the home country, migration can contribute positively through capital inflows in the form of remittances and investments, the transfer of technology, and critical skills through return and circular migration. Migrants play a crucial role in

sustaining development and fostering partnerships through the monetary, human, and social capital they provide, their involvement in social networks, and their contributions to cultural exchanges. Remittances, which often find their way into the social sector development of recipient households, profoundly impact improving housing, nutrition, education, and healthcare. They help create human capital by funding children's education and health expenses, thus enhancing food security for impoverished households. Remittances help raise living standards and act as a safety net, preventing families in developing regions from falling into the poverty trap.

Immigrants not only boost output, create new job opportunities for native workers, provide essential skills for growth, generate innovative ideas, and stimulate international trade but also contribute positively to long-term fiscal balances. Countries like Mexico, Nepal, and Indonesia have successfully

reduced poverty due to significant remittance inflows, as these inflows result in higher disposable income, leading to increased consumption demand. Such increased expenditure stimulates economic growth by fueling businesses and economic activities. Furthermore, consistent global remittance flows have positive macroeconomic effects. The inflow of foreign exchange contributes to the growth of foreign exchange reserves, strengthens the local currency, improves the country's balance of payments, and enhances its credit rating. This increased investor confidence and reduced borrowing costs for the government, local businesses, and households, ultimately leading to higher economic growth.

The movement of people across international borders has far-reaching implications for growth and poverty alleviation in both the origin and destination countries, mainly when circular and return migration involves the return and utilization of skills and capital. However, to enable this, a critical

prerequisite is to provide employment and entrepreneurial opportunities in the home country. Therefore, countries of destination seeking to encourage the return of migrants may need to incorporate measures to improve economic prospects and employment in the migrants' home countries while also addressing any barriers to voluntary return and circular migration in their national policies and practices.

These issues are prominently featured in the United Nations' 2030 Agenda for Sustainable Development, emphasizing the importance of protecting labour rights and ensuring safe and secure working environments for all workers, including migrant workers. It also underscores the need to explore how migration and remittances can contribute to enhanced development financing, including efforts to reduce remittance costs and harness diaspora savings and collective remittances.

The role of immigration in intensifying global human and capital

flows, supporting local livelihoods, and boosting national development is well-illustrated in the case of Kerala. The World Bank noted in 2006 that "sound macroeconomic policies, political stability, and improvements in the investment climate in destination countries are prerequisites for making the best use of remittances." Furthermore, the formalization of money transfers through the formal banking system is considered pivotal in enhancing their long-term developmental impact, as recognized during the Roundtable on remittances and other diaspora options at the Global Forum on Migration and Development in 2007. This formalization creates opportunities to amplify the developmental effects of remittances by offering avenues for individual savings, investments, or support for local development projects.

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# Vote for Strong Democracy and Qualified Candidates



solve them, and thereby seek votes from the public. If seen, this is the real concept of democracy. However, in the current times, money power and muscle power are dominating the elections, politics was once a means of service, but today it is becoming a business and means to loot the nation, this is a matter of concern and the roots of democracy are weakening due to such nefarious practices.

This is the first ever election in the immortal era of Independence, elections are the basis of the democratic system. Public welfare schemes are discussed in these times. Political parties started the practice of presenting public welfare policies to the public on the occasion of elections in form of manifesto. There are different circumstances of every election; hence new manifestos are also presented every time. But the irony is that after the manifestos and the formation of the government of the victorious party, there is a lot of difference in its policies and plans. Therefore, voters should vote consciously so that the promises made to them are fulfilled as much as possible. In the elections in these five states, the voter will have to play a dual role - that of the owner of the house and also that of the guard of the house. As an owner, it will be his duty to check those who are

called contractors of public interest. And as the guard of the house, it is his duty not only to stay awake, but also to be constantly alert. This awareness and caution is required to weigh the words and actions of

only then strong India can be built. Strengthening and developing the nation in a holistic manner and supplying the basic needs of the growing population are the basic responsibilities of the

the beauty and originality of this system. Due to this, we have seen governments of different political parties from the Center to different states. Every political party has its own basic principles under which they claim

scheme for five more years. This means that making public welfare policies is the primary responsibility of every government. The Modi government has implemented many such public welfare schemes.



**-Lalit Garg-**

those who want to come to power on the scales of conscience. Since he has the most to lose and the most to gain, the biggest responsibility also rests on him. Voters should also fulfill this responsibility at the individual level - by asking himself as to what will be the basis of his voting. The first decision the voter will have to make is that he has to vote. Then it has to be decided that he will not vote in favour of the 'wrong' candidate and party. When every voter uses his vote very thoughtfully, democracy becomes stronger and

elected governments in any democracy. These elected governments are not the masters of the people, but are their servants, because the public entrusts them with the responsibility of running the country's system and shaping the country's development plans only for five years. During this period, elected governments try to fulfill their responsibilities towards the public by implementing their public welfare policies. There is never any dearth of options in the multi-political system of democracy; this is also

to take public welfare measures, if they come to power. One such public welfare step was to give every person in India the right to eat food both times. Even though this step was taken by Dr. Manmohan Singh's Congress government, its effective implementation was done by the Modi government in 2020 during the Corona period. Then arrangements were made to provide a five kg free ration every month to about 80 crore people. Now Prime Minister Narendra Modi has decided to continue this

political parties have started manipulating to settle the equations. There is a tussle among some national parties, while for some regional political parties; these elections remain a question of prestige. Voters also have to be aware amidst these situations. In the coming elections, voters should present their role in such a strong form that political parties cannot dare to ignore it after the elections. This is the biggest expectation and a powerful message of the present that political parties should be above even the efforts to woo the voters and mislead them. This system of king and people, ruler and ruled has always been there and will always be there. Methods keep changing. Earlier the king was born from the queen's womb and now he is born from the 'ballot box'. That is why elections are the most important part of democracy. It is a reflection of the national character. To maintain healthy values in democracy, healthy elections and active participation of the common voter in it is essential. Voters will have to wake up in view of the rotting political system.

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# Festival Season In Crisis-Hit Manipur, Though Muted, Brings Hope For Peace

**I m p h a l / N e w Delhi(KCN):** The ethnic violence in Manipur has muted festivities amid Diwali and Ningol Chakouba, one of the most important festivals in the valley areas where a majority of the Meitei community lives. The hill-majority Kuki tribes are also looking forward to celebrating Christmas next month.

But with thousands of people from both communities internally displaced following the ethnic clashes that started on May 3, the people are tired and no one wants to celebrate Diwali or Ningol Chakouba on an empty stomach, under a roof that doesn't exist, or without loved ones who were killed in the violence.

Ningol Chakouba, which the Meitei community celebrates after Diwali, is similar to Bhai Dooj.

except that in Manipur it is the brothers who welcome their sisters from their matrimonial homes for a grand feast. This year, people in the valley areas have decided to celebrate - or rather observe - a muted Diwali and Ningol Chakouba in solidarity with thousands of men, women and children living in relief camps. "Many women in the relief camps have lost their brothers. And many men in the camps do not have the resources or space to invite their sisters, who are living in the same camps. It is an extremely sad situation," a social worker who is involved in organising aid for the relief camps told NDTV, requesting anonymity. Small shops that have been gathering dust and losses for the past few months owing to the violence are, however,

while he can't. Many brothers and sisters are coming to the camps to spend the day with those who have lost everything," the social worker told NDTV on phone from Imphal. Visuals on social media show some children in relief camps holding sheets of paper on which they have written "This Diwali, we don't have a home to decorate" and "This Diwali, I don't have clothes to wear", among other messages.

The festival season also gives an opportunity to the people of Manipur who have been living with trauma for the past six months to take their mind off from the crisis, even if for a brief moment.

Small shops that have been gathering dust and losses for the past few months owing to the violence are, however,



doing brisk business amid the festival season. The return of some semblance of economic activity is seen to be the first critical step towards normalcy. Civil society organisations in the valley areas have been discussing whether to celebrate Ningol Chakouba and Diwali while thousands are

living in harsh conditions in the thinly-insulated camps, with winter at the gates. While some have advised against celebrating the festivals as a gesture of solidarity with and respect for those who directly suffered in the violence, others have called for low-key celebrations at homes and spending the

day at relief camps by sharing food and gifts. "How can we celebrate when our brothers and sisters have lost their homes and sought refuge in relief camps? Till such time they can live with dignity again, we cannot celebrate Diwali or Ningol Chakouba," an Imphal-based lawyer told NDTV. People in Manipur from

any community should not stop celebrating the festivals - if they must, in a muted way due to the circumstances - just because they have suffered extreme violence, a Delhi-based representative of a valley-based civil society group told NDTV.

"Balancing the current sentiment and ensuring the state's biggest festival is celebrated with the objective of telling the women in relief centres that the entire community, across the world, is with them, is what we should do. Celebration is one way of us telling those who have committed ethnic crimes that innocent people will not be silenced," said the representative of Meitei Heritage Society, requesting anonymity due to alleged harassment on social media.

The ethnic violence in Manipur has killed over 180 people and left thousands internally displaced. Though the Manipur ethnic clashes between the Kuki tribes and the Meiteis is said to be over the Meiteis' demand for inclusion under the Scheduled Tribes category, many leaders including Union Minister Home Minister Amit Shah and Foreign Minister S Jaishankar have said entry of illegal immigrants is one of the main factors behind the unrest in the northeast state, which is ruled by the BJP. The National Investigation Agency (NIA) has said it is looking into an alleged transnational conspiracy involving terror groups hiding in Bangladesh, Myanmar and Manipur to exploit the ethnic violence in the northeast state.

## IIT Kharagpur Ranks 5th in India in QS Asia University Ranking 2024

**Kolkata, (KCN):** Indian Institute of Technology Kharagpur (IIT KGP) overall ranked fifth in India and 59th in Asia, according to the latest edition of QS Asia World University Ranking for the year 2024. The largest and first IIT of the country has made its entry in the top 7% in the QS Asia University Rankings with an overall score of 54.5.

The UK-based ranking agency Quacquarelli

Symonds (QS) World University Ranking 2024: Asia features 148 Universities from India in the Asia overall list which has 857 Universities being listed in total. There are 37 new entries from India compared to last year's report, which is significantly more than only seven new entries from China. Peking University from China retains its top-most position, this year too. A total of seven Indian

institutions feature in the top 100 ranks of QS World University Rankings: Asia; of which five are IITs, whereas other two include Indian Institute of Science, Bangalore and Delhi University. Being fourth among all the IITs in the country, IIT Kharagpur has performed well in parameters like international research network, papers per faculty, employer and academic reputation

and staff members with PhD. Commenting on the QS Asia University Rankings 2024, The Director, IIT Kharagpur Prof. V K Tewari, stated, "IIT Kharagpur has upheld the nation's resolve to excel the standards of globalization with a advanced manufacturing systems and transportation, safety engineering and analytics, quality and reliability, affordable

healthcare, precision agriculture & food nutrition and smart infrastructure to contribute towards an Atmanirbhar Bharat. As an institute of eminence, Technological Research Parks, Centre of Excellence, start-up incubators, Lab to Market products and Nano Missions are the new local ecology for innovation and technological pursuits of our institute....."

New Delhi: Delhi recorded its best air quality on Diwali day in eight years on Sunday, though pollution levels may rise due to burning of firecrackers and low night temperatures.

Delhiites experienced clear skies and abundant sunshine and the city's 24-hour average Air Quality Index (AQI) stood at 218 at 4 pm, the best in at least three weeks. Delhi recorded an AQI of 312 on Diwali last year, 382 in 2021, 414 in 2020, 337 in 2019, 281 in 2018, 319 in 2017 and 431 in 2016, according to Central Pollution Control Board data. An AQI between zero and 50 is considered 'good', 51 and 100 'satisfactory', 101 and 200 'moderate', 201 and 300 'poor', 301 and 400 'very poor', 401 and 450 'severe' and above 450 'severe plus'.

Saturday's 24-hour average AQI stood at 220, the lowest for the day before Diwali in eight years.

Delhi's air quality improved sharply just ahead of Diwali this year. The improvement can be attributed to intermittent rainfall on Friday and wind speeds favourable for the dispersion of pollutants.

To put this into perspective, Thursday's 24-hour average AQI was recorded at 437. The city experienced 'very poor' to 'severe' air quality for two weeks starting October 28 with a suffocating haze

lingering over the national capital during the period. The India Meteorological Department (IMD) had earlier predicted a marginal improvement in the air quality just ahead of Diwali, owing to favourable meteorological conditions and an early Diwali prevented the national capital from turning into a gas chamber following the festival of lights.

According to data from the Decision Support System, a numerical model-based framework capable of identifying the sources of particulate matter pollution in Delhi, stubble burning in the neighbouring states, particularly Punjab and Haryana, accounted for 23 per cent of the air pollution in the city on Wednesday. The figure was at 33 per cent on Thursday and 10 per cent on Friday. The data also found that transport -- another major cause of pollution in the city -- contributed 12 to 14 per cent to Delhi's foul air over the past few days.

Vinay Kumar Sehgal, principal scientist at the New Delhi-based Indian Agricultural Research Institute, anticipated a reduction in farm fires in Punjab and Haryana around Diwali due to wet conditions following rainfall.

On Friday, Delhi Environment Minister Gopal Rai said the government had postponed the implementation of the odd-even car rationing scheme as there had been a notable improvement in the city's air quality due to the rain.

## Fresh Fighting In Myanmar Triggers Rush Of Refugees To Mizoram Again

Zoramthanga has welcomed over 32,000 refugees from Myanmar in recent years citing familial and kinship ties. The Assam Rifles met the village chiefs and representatives of the civil society group Young Mizo Association in eastern Mizoram's Champhai district.

The gunfights between the junta's army and the PDF, the armed wing of Myanmar's National Unity Government, has led to hundreds of refugees fleeing to border villages in Mizoram, sources said.



Over 100 families from Myanmar have taken shelter in Zokhawthar village in Mizoram's Champhai district, according to media reports quoting the villagers. Zokhawthar village has received over 6,000

Myanmar refugees since February 2021. Some 32,000 men, women and children from Myanmar have taken shelter in many districts of Mizoram after the Myanmar army took over the country again in a coup in February 2021.

The PLA, UNLF, PREPAK, KCP, KYKL were declared banned by the MHA under the Unlawful Activities (Prevention) Act, 1967 (37 of 1967) years ago and the latest action extends the ban by five years. The declaration as outlawed of the other organisations is fresh. In its notification, the MHA said the central government is of the opinion that if there is no immediate curb and control of the Meitei extremist organisations they will take the opportunity to mobilise their cadres for escalating

their secessionist, subversive, terrorist and violent activities. They will propagate anti-national activities in collusion with forces inimical to sovereignty and integrity of India, indulge in killings of civilians and targeting of the police and security force personnel, procure and induct illegal arms and ammunition from across the international border and extort and collect huge funds from public for their unlawful activities, it said. "The central government, having regard to the circumstances, is further

New Delhi(KCN): The government on Monday banned nine Meitei extremist groups and their associate organisations, which mostly operate in Manipur, for their anti-national activities, and launching fatal attacks on security forces. According to a notification issued by the Ministry of Home Affairs, the groups which were declared banned for five years were Peoples' Liberation Army generally known as PLA, and its political wing, the Revolutionary

Peoples' Front (RPF), the United National Liberation Front (UNLF) and its armed wing Manipur Peoples' Army (MPA). The Peoples' Revolutionary Party of Kangleipak (PREPAK) and its armed wing Red Army, the Kangleipak Communist Party (KCP) and its armed wing (also called the Red Army), the Kanglei Yaol Kanba Lup (KYKL), the Coordination Committee (CorCom) and the Alliance for Socialist Unity Kangleipak (ASUK).

of opinion that it is necessary to declare the Meitei extremist organisations... as 'unlawful associations' and accordingly, in exercise of the powers conferred by the proviso to sub-section (3) of section 3 of the said Act, the central government hereby directs that this notification shall, subject to any order that may be made under section 4 of the said Act, have effect from the 13th day of November, 2023, for a period of five years," it said.

## Centre Extends Ban On 9 Meitei Extremist Groups In Manipur For 5 Years

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# USAID On Child Care

**Bhubaneswar(KCN):** USAID Momentum Country and Global Leadership: India-Yash, and the Centre for Catalyzing Change (C3), organized a state-level roundtable on Preventing Child, Early and Forced marriage at Hotel Swosti Premium, Bhubaneswar on 10 November.

Over 70 participants from all walks of life including Government authorities, Voluntary Organizations, Corporates, Faith-based leaders, Adolescent Champions participated in the program.

It is important to work with various

stakeholders who are associated with child marriage and also convergence of line departments is important for eradicating child marriage said the Chief Guest Mandakinee Kar, Chairperson, OSCPCR.

Aparajita Gogoi, Executive Director, C3, Abhilash Jacob Philip, Dy. Chief of Party, USAID, Vandana Stapleton, Dy. Director, Health Office, USAID India (Video), Sumitra Jena, Advisor, W&CD, Q. Sultana, Member Secretary, State Council for State Welfare (SCCW), Kalyani Nayak, Chairperson, Social



Welfare Board and Minati Behera, Commissioner, State Commission for Women broadly highlighted ending child marriage requires

a community-wide commitment. A positive ecosystem enables and empowers adolescent girls to pursue education, achieve their dreams

and thrive. As part of C3's efforts to eliminate CEFM, are working with faith-based leaders and adolescent girls to become voices of change in their communities, actively

advocating against CEFM. education and careers.

The Panelists in the Roundtable included Sharmila Neogi, Advisor, USAID, Vandana Nair, Lead, Adolescent and Young People, Pritikanta Panda, State Program Manager, OSCPS, Harihar Nayak, Former member, OSCPCR and Umi Daniel, Director, Aide et Action, Bhubaneswar Office.

The event was facilitated by Ashok Kumar Nayak, State Head Odisha and Rudra Prasad Pradhan, State Program Manager USAID Momentum Country & Global Leadership India – Yash gave a vote of thanks to all the participants.

## RIE Celebrates NE Day



**Bhubaneswar(KCN):** National Education Day was celebrated by Regional Institute of Education, Bhubaneswar on the birth anniversary of Maulana Abul Kalam Azad – India's first Education Minister and great freedom movement leader. The program was inaugurated by Prof. P.C. Agarwal, Principal of RIE, Bhubaneswar in the

presence of faculty members and students. In his address he highlighted the contributions of Maulana Abul Kalam Azad in different areas like national integration, universalisation of quality school education, inclusive and equitable education, promotion of higher education and art and culture. Prof. Sandhyarani Sahoo, Dean of Instructions, Prof. I.P.

Giving examples about the need of skills and

experiential learning, he urged the prospective teachers to work for enhancing the quality of school education. Students from different programmes Vaishnavi Kumari Sahu, Snigdha Supranya, Avinash Kumar and G. Ratnapriya expressed their views presenting on the work of the great leader. Prof. Gowramma of the Institute addressed the participants of the programme coordinated by Dr. Kalinga Ketaki. Dr. Pushaplata Negi presented the vote of thanks. Prof. Laxmidhar Behera, Head Department of Education, Prof. Ritanjali Dash, Head Extension Education and other faculty members were present on the occasion.

## 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.



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# Children : reason for our happiness and joy

Prof. Dr. Jyotiranjan Champatiray



she tells the child if it does not sleep quickly. This is not proper. Any type of fear element must be kept away from the child as virulent poison. The child must not know what fear is.

The child has an inquisitive nature. It

sublimity of your words, but you should always sing the most sublime lullabies, entertain it with inspiring stories, and avoid all negative thought, word and action in its presence. You should always be positive and spiritual

should you instill any kind of negative emotion into him. Lovingly and intelligently you should try to maintain discipline, and you should make the boy understand the glory of a disciplined life. If your earlier training

purpose of morality, the principles of cleanliness, hygiene and health. Even a problem-child can be moulded properly if your approach is the right one. The problem-child is essentially a creation of the parents.



If the child is trained from the very beginning, then you will have very few problems later on. You will have very few occasions to chastise the child. All good Samskaras should be implanted in the child since it learns to talk. When the child is born, the parents should feel that the Lord has graciously entrusted to their care the greatest treasure on earth. No sacrifice is too much if that would enable them to mould the child properly.

When the child is somewhat mischievous, as all children are, the mother frightens it. "Oh, ghost will come",

wants to know. All knowledge is acquired by man only through this inquisitive nature. Its mischievousness is also a manifestation of this inquisitiveness only. It wants to find out; it wants to know. When the child is awake at night, it goes on asking various questions. You get annoyed! No: you should take immense delight in answering the questions intelligently so that the child will know, and satisfy its curiosity. Of course, you could always keep away subjects that are forbidden, in an intelligent manner. The baby may not understand

in your approach towards the baby.

The parents must never quarrel or speak ill of anybody before the child. The child must be away from vulgar manner or indecent utterings. You should be all encouragement, love and kindness. You should never show a wry face or get annoyed or disgusted with it.

This does not mean that you should dote over the child. When the child grows into a boy or a girl, when it has learnt to walk, to talk and to play, you should mix discipline with love. Even then do not frighten the boy; nor

has been good, you will find that even in his boyhood your son needs no chastising. He will readily obey you. And, if you take care to see that he chooses the right type of companions, you will have no problem at all.

The very first words you teach the child should be the Lord's Name. The very first idea that you put into the boy's mind should be spiritual and moral. When the child is able to sit up and talk, you should train it to sing divine hymns with closed eyes at the family altar. To the young boy you should teach the glory of a spiritual life, the

Obstinacy should be met by firmness spiced with love; ignorance should be met by knowledge coated with compassion; idiocy should be countered with intelligence coupled with kindness. Let the child's heart know that you are sincere, eager and earnest in your attempt to mould him into an ideal citizen, a glorious manhood dedicated to the good of the world. You will succeed.

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## DIABETES

Prof. Dr. Umesh Chandra Patra



The ancient Greek word for diabetes means, "passing through; a large discharge of urine." The meaning is associated with frequent urination, which is a symptom of diabetes. Both frequent urination and excess, sweet glucose levels expelled in our urine can be signs of diabetes.

With diabetes, your body doesn't

make enough insulin or can't use it as well as it should. When there isn't enough insulin or cells stop responding to insulin, too much blood sugar stays in your bloodstream. Over time, that can cause serious health problems, such as heart disease, vision loss, and kidney disease.

Type 2 diabetes is characterised by relative insulin deficiency caused by pancreatic  $\beta$ -cell dysfunction and insulin resistance in target organs. Diabetes is a chronic disease that occurs either when the pancreas does not produce enough

insulin or when the body cannot effectively use the insulin it produces. Insulin is a hormone that regulates blood glucose.

Talk to your doctor about an exercise plan. Ask your doctor about what type of exercise is appropriate for you. Keep an exercise schedule. Know your numbers. Check your blood sugar level. Stay hydrated. Be prepared. Adjust your diabetes treatment plan as needed. Type 2 diabetes—the most common form of diabetes—is caused by several factors, including lifestyle

who have been in remission for up to 15 years. However, even if you are in remission, it is always possible that your blood sugar levels could come back into the diabetes range. Remission is not a one-off event, but a process.

While the causes of diabetes differ from body to body, some of the most common factors that can lead to diabetes are obesity, unhealthy diet, alcohol consumption, and an inactive lifestyle. Age plays a crucial role too, more often than not. Diabetes can also be inherited genetically.

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# Children are genuinely true from heart

Alekh Chandra Samal, OFS-I (S.B.)



of greed and power. But what can we do about it? We must avoid throwing coins at street beggars and check all establishments around us where underage kids are working. We must try to motivate them and their parents to join schools and possible must help them through proper channel.

Besides being to help them against poverty and hunger we must be sincere as well as within our premises with our own kids. The best way is to motivate them spirituality and try to follow the path ourselves first of all. Perfect parenting with honesty in our day to day routine may also be good cause to secure our future. Before stopping my crying pen would love to request you all to please consider every kid as the star of God's own garden and feed them with nutrition with thoughts for the soul.

The violence children face takes many forms of exploitations and abuse, trafficking, physical. They also face humiliating punishment, harmful traditional practices like early marriage or child labour what so. No doubt it's a sin against humanity and The Great Almighty. We end up destroying our own future in the name

about the direction to go to. The direction in which they shall be moving towards the path of success and happiness. Children have a fertile mind but many a times that fertile mind shifts its focus. As guardians of their life, it is our utmost duty as parents to provide proper guidance and counselling to our children. Many a times we too need to become a child to understand their psychology and to gain their trust and faith.

Children are the future of any nation. Children are our real asset of life. They are the reason for our happiness and joy. To give them a beautiful life ahead we have to hold their hands and educate them about life with a grounded upbringing. Nurturing them with affection and love. Sharing of our life experiences and giving joyful caring. Let us inculcate beautiful values and ethos in them so that when they grow up they should make our country proud. Wishing all beautiful souls, our loving Children, a very Happy Children's Day.

**Ex. D.F.O., Palai,  
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943725123**

## Children's Are Divine

Jasaswini Pattanayak



Today is Children's Day, so named because India's former Prime Minister Jawaharlal Nehru was reputedly very fond of children and therefore his birthday today makes for another excuse to pamper children. We should never let the child within us take a back seat in life because it is only that childlike innocence which keeps us vibrant, otherwise growing old is all about stress, dullness and fear; fear of all that is just an illusion.

When we grow old we start taking life too seriously and forget to live, to laugh and enjoy the smallest of the things which a child does and that is how we make the precious moments of life which God has bestowed on us dull and lifeless. We crib for senseless issues, cry for wasteful things and worry for meaningless events and in the end keep losing every single second of the valuable life.

Live like a

child and we will realize that the life can be really beautiful. Try and do what we feel like doing, without worrying about its social repurcussion. Eat what we want to without worrying much about putting on few pounds. Laugh at silly things if we wish to do so. Try and make an extra effort to meet our friends as they revive the hidden child in us. In short try to relax in life as the world would not stop progressing if it is not for us.

It is for the parents to adapt with the child; not for the child to adapt with the parents. In most cases, disharmony between youth and the parents is a direct result of torturing and shocking the mind of the child or the adolescent by arbitrary behaviour of the parents. In many cases the child receives no real love from the parents, except mere attachment grown out of constant association.

The parents think that they love the child who is the apple of their eyes, but they really do not. There is a complete disregard to understand the mind of the youngsters, lack of sympathy as sought for by them. In the name of the child's welfare the

parents must be extraordinarily careful in dealing with boys or girls of eleven to fifteen years old. Kindly do not forget that only if we are ethical, moral and spiritual, our children will also become so. If we neglect the fundamental virtues of life, our children will imitate us and become the worst materialists. Through proper effort we can surely train our children into ideal citizens, leaders, reformers, Yogis and Jnanis. May the blessings of the Lord be upon you all!

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# 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\*.

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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



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So why does this strike-rate matter? Especially from KL Rahul, who once dismissed that metric as being overrated in the IPL. For the simple reason that India want to maximise their batting resources and having someone with the ability of Rahul: to give volume and speed, i.e. score a century at a rate of 159.38 after walking out

## Taskin to miss Test series against New Zealand



**Dhaka:** Taskin Ahmed, the Bangladesh pacer, said he will not be available for the upcoming two-match Test series against New Zealand as he is still recovering from a shoulder injury. Taskin said he will begin rehabilitation shortly and is hopeful of being fit ahead of the three T20Is that Bangladesh will play when they tour New Zealand later in December.

This means Taskin will also miss the ODI leg of Bangladesh's tour of New Zealand which begins on December 17, a week after the second Test ends. Taskin had a tear to his shoulder during the World Cup, forcing him to miss a couple of matches. "I was playing with a tear in my shoulder and I couldn't find my best rhythm (in the World Cup)," said Taskin. "I will not be

playing the Test series against New Zealand at home in the coming winter as I want to do start rehabilitation after taking some rest and hoping to be available for the T20Is against New Zealand that is scheduled after our home series against them," he said that suggest he would not be available for the three-match ODI series through which the series will get underway.

Apart from Taskin, Bangladesh skipper Shakib Al Hasan will miss also the Test series against New Zealand due to fractured finger while Tamim Iqbal's availability is still in doubt. It is still unclear if he has recovered from a back injury and he also did not participate in the National Cricket League. The Bangladesh team returned home from Pune on Sunday after their World Cup campaign where they finished with only two

wins out of nine matches. Taskin felt that the disturbance caused by the differences between Shakib and Tamim leading into the World Cup was not good for the team. "As a player, we didn't have any control over it (Shakib's problem with Tamim). Definitely, no disturbance is good for the team. It is better not to have any disturbances," said Taskin.

Meanwhile, Taskin said the team will miss the services of fast bowling coach Allan Donald who stepped down from his position after the World Cup. "He (Donald) took care of our fast bowling exceptionally well. He always backed us regardless of our performance. He motivated us a lot. I enjoyed working with him. He is leaving us, but that's life. Every coach has a two or four-year span. I wish him for his future," he said.

**London:** Only six players from their World Cup squad have been retained in the ODI squad for England's white-ball tour of the West Indies, with one of them being skipper Jos Buttler. The England selectors named fresh squads for the three ODIs and five T20Is to be played from December 3 to 21. Harry Brook, Sam Curran, Liam Livingstone, Gus Atkinson and Brydon Carse are the other five players.

Josh Tongue, Ollie Pope and John Turner, all uncapped in the ODI format, have been included in the 50-over setup for the Caribbean tour while Test openers Zak Crawley and Ben Duckett are also part of the 15-member squad. ODI squad: Jos Buttler (captain), Rehan Ahmed, Moeen Ali, Gus Atkinson, Harry Brook, Sam Curran, Ben Duckett, Will Jacks, Liam Livingstone, Tymal Mills, Adil Rashid, Phil Salt, Josh Tongue, Reece Topley, Chris Woakes and Adil Rashid, all part of the World Cup squad but not selected for the West Indies ODIs, will turn up for the T20I leg of the series.

Tom Hartley, Will Jacks, Liam Livingstone, Ollie Pope, Phil Salt, Josh Tongue, John Turner T20I squad: Jos Buttler (captain), Rehan Ahmed, Moeen Ali, Gus Atkinson, Harry Brook, Sam Curran, Ben Duckett, Will Jacks, Liam Livingstone, Tymal Mills, Adil Rashid, Phil Salt, Josh Tongue, Reece Topley, John Turner, Chris Woakes and Moeen Ali, excluded

from the 50-over team for the West Indies series, has been included for the T20Is. Reece Topley, Chris Woakes and Brook are the five players from England's World Cup squad who are part of both setups for the tour of the West Indies while the England selectors have also opted to include young legspinner Rehan Ahmed, along with Tongue and Turner, in both squads.

## Arthur rallies behind Pakistan after a disappointing finish



**Karachi:** Even as questions and conjectures swirl around Pakistan's cricket, particularly so after a below-par performance at the World Cup, there have been calls for patience with the existing team. The Director of Cricket currently, Mickey Arthur, was blunt in his assessment of what the future should be like for Pakistan.

"I don't think we played our best game here. I think I really believe the best four teams in the competition are now

playing the semifinal. I think what we've seen is that, and it's something that we've continually tried to push is that we're behind the eight ball. Our game needs to go to another level. Our bowling attack, I think we miss Naseem Shah," he said.

Arthur added, "Batting-wise, we have to become a 330-350 team. The teams that are doing that and doing that consistently are the teams that are in the semifinal. And I don't think we've done that consistently enough. We do that when

Fakhar Zaman comes off and we can't just be relying on one player." There has been controversy following Pakistan's cricket all through the tournament with the board releasing statements seemingly questioning the management, and with suggestions of a re-look post the tournament. While the team awaits what's in store, Arthur, for his part, called for "consistency".

"Look, we know. We've planned. We know exactly where we need to go to. We need to know what we need to do. Planning's already started. We're a long way down the line with our Test planning for Australia. But ultimately, we can only control what we can. What we can

control is how we prepare our players. What we control is the messaging that we give to our players. We can't control anything else."

"What will be, will be in that regard. But we've got to stay consistent. We've got a very impressionable young group of players now. There's some very good young players who are going to have big careers. We need to just keep preaching them the right messaging. We've got to stay consistent, stay consistent around our messaging, and allow those guys an environment which allows them to play and play to the best of their ability," he said.

Arthur himself, who reiterated his commitment to the role. "As I said, I came in to do this director job, obviously in conjunction with Derbyshire because I care a hell of a lot for that dressing room, because I care for Pakistan cricket. Pakistan cricket is very close to my heart, and that was the reason that when Mr. [Najam] Sethi came calling, I did it, was because I want to give stability, I want to give the structure, I want the players to be able to grow up in an environment that's consistent and stable, outside of all the ramblings and the noise that goes on.

"We owe it to those players. There's some, as I say, there's some very young players who get affected by all the ramifications of what goes on the outside. As I say, we've just got to stay consistent for them because it's their careers and there's some very fine players there," he said while also backing the under-fire skipper Babar Azam.

"We were a real tight knit unit. I get behind Babar.