

Srimandir Parikrama Project will be dedicated to people on January 17: Puri King

The Chief Administrator of Shree Jagannath Temple Administration (SJTA), Ranjan Kumar Das said, "With the help of the district administration, we are going to inaugurate the Parikrama Project on January 17 in a lavish programme at an international level. The public dedication ceremony will surely attract devotees from India and abroad. The havan and puja for the inauguration will continue for several days, the beginning of which will be decided in the Ritual Sub-Committee this evening." Praising the project, Das said, "The people who had visited Puri ten years back will notice a huge difference now.

Pramod Gets 2CR

Congratulating the athletes Chief Minister Shri Patnaik said, "I am incredibly proud to felicitate our para-athletes, Pramod Bhagat and Soundarya Kumar, for their outstanding achievements at the Asian Para Games. Their dedication, talent, and perseverance have brought immense glory to our state. Their triumphs are an inspiration to all of us."

Addressing the Officers, the President said that the role of an engineer is not just limited to calculations,

designing and construction. It is much broader and includes connecting communities, realising the dreams, and shaping the future. She told the young officers that they have the power to create the physical infrastructure that is robust and sustainable. Speaking about the environmental

challenges and issues of climate change, the President said that it is the duty of MES officers to design and construct such structures which are eco-friendly, sustainable and promote the increased use of renewable energy. Green engineering is the

need of the hour. She was happy to note that MES is contributing to the reduction of national carbon footprints by adopting various measures. She expressed confidence that the young officers of MES will give a further push to

The President said that at a time when our country is setting new benchmarks in various areas at global level, they should be proud that they are part of a service that is committed to serve the country and its armed forces and is adapting itself to the changes happening at national and global stage. They are privileged to have got an opportunity to provide service and support to the valiant soldiers who are always ready to lay down lives for the motherland.

RBI appoints Manoranjan Mishra as new Executive Director



Mishra has experience of over three decades in the RBI, having worked in the areas of regulation of banks and NBFCs, supervision of banks and currency management. He has served as a member in several working groups at the national and international levels, contributing to formulation of regulatory/ supervisory policies. He is a post-graduate in economics and MBA (banking and finance). He also holds a master's degree in finance and financial regulation from Aston Business School, UK.

Ollywood producer Tutu Nayak accused of slapping lady journalist, police complaint lodged

Odia film. I was at the entrance to get the bites of the artistes. He was (Tutu Nayak) then passing through the entrance. If I was standing on the pathway, he should have asked me to make way. Instead of that he slapped me on my cheek from behind. When I turned around, my boom and phone fell on the ground. And, instead of apologizing, he left the place smiling. He should have talked to me. Without saying anything, he left the place which hurt me

When contacted over his mobile phone, Nayak said, "The allegation is false. I was in a hurry to go to Maharaja Film Hall. As she was standing in the middle of the gate, I mildly patted her back asking her to give me space. She is like my younger sister. I didn't beat her. If I hurt her, I am sorry for that." When asked for his comments, actor Bobby Mishra said, "Journalists are the fourth pillar of Democracy.

4940 CR Intent In WE

Bhubaneswar(KCN): The State Government has received intents worth Rs 4940 crore from investors in the Wind Energy (WE) sector for execution of 575 MW capacity wind energy projects. GRIDCO, a State Government undertaking and the nodal agency for development of renewable energy, in collaboration with its technical partner the iFOREST, today organized 'Odisha Wind Energy Summit – Investor Round Table' to explore investment opportunities in the wind power sector in the State. Chief Secretary Pradeep Jena, Principal Secretary Energy & Finance Vishal Dev graced the occasion. In the sideline of the summit, the prospective investors had one-to-one meetings with the senior Government officials and officials of State



nodal agency GRIDCO, wherein an investment proposal of Rs. 4940 crore was assured by different investors worth 575 MW capacity of Wind energy. At least 25 key investors across the country have participated in the summit. The summit served as a significant platform in bringing together key players in the wind power production and manufacturing segment. Attending the summit, Chief Secretary Pradeep Jena, in his keynote address, emphasized the State's determination to

extend comprehensive support to the wind industry for establishing power plants and manufacturing hubs in Odisha. Addressing the inaugural session, Vishal Dev, Principal Secretary, Finance & Energy, and Chairman, GRIDCO reiterated the State's unwavering commitment and endeavor to attract investments for wind energy development in Odisha aligning with State's new Renewable Energy Policy (OREP)-2022 and Industrial Policy Resolution -2022.

Shri Dev also expressed confidence that the summit would certainly serve as a vital stepping-stone in Odisha's ambitious journey towards accomplishing the prospective, vision and mission of the wind energy sector. Speaking at the summit, Dinesh Dayanand Jagdale, Joint Secretary, Ministry of New and Renewable Energy, praised the proactive initiatives of the State Government in translating the mandate of OREP-2022 into reality towards achieving clean & green

In his speech at the session, Bhopinder Singh Poonia, MD, IDCO and IPICOL shared valuable suggestions for growth and sustainability of wind power projects in the State. Addressing the concluding session of the Summit, Subhendra Kumar Nayak, Additional Secretary, Industries assured the prospective investors to extend the department's full support towards ensuring hassle-free and conducive business environment for them.

Solar Energy Society of India Honours Achyuta Samanta

Bhubaneswar, Nov 3(KCN): Solar World Congress, currently in session in New Delhi, today honoured Dr Achyuta Samanta, Founder, KIIT & KISS. The felicitation, done under the aegis of the Solar Energy Society of India (SESI), was done for promoting green initiatives at KIIT and KISS campuses and harvesting solar power for day-to-day operations. The felicitation by SESI President Praful Pathak was done in the

presence of the Director General of IMD Dr Mrutyunjay Mohapatra. On this occasion, the organizers at the Solar World Congress congratulated Dr Samanta's stellar role in promoting education among the indigenous children and using renewable energy sources and green campuses inside KIIT-KISS. Earlier, KISS was awarded the prestigious Energy Globe Award by the Energy Globe



Foundation in Tehran in 2018 for its green efforts. Speaking on the occasion Pathak said, "Dr Samanta's unwavering dedication to create awareness and implementing green energy technologies has had a profound impact on our community and the environment at large." SESI in a statement at the Solar World Congress has said that Dr Samanta is a source of inspiration for all to develop a

clean, green, and sustainable future on Earth. The six-day-long Delhi Solar World Congress is being organized under the International Solar Energy Society (ISES) from October 30. In this world congress delegates from more than 50 nations from scientific research, engineering, architecture, and industries are participating to strategize a sustainable future.

CUO Project Fellow receives Ek Bharat Sanskriti Sangam Award- 2023

Koraput, (KCN): Mr. Suryakanta Barik, Project Fellow of the Department of Biodiversity and Conservation of Natural Resources, Central University of Odisha, participated in the Singing category and was selected for 1st Prize in the EK BHARAT SANSKRITI SANGAM Award- 2023 by the Ministry of Education, Govt of India. The campaign's theme is "The beauty of the world lies in differences, not in similarities." Mr. Suryakanta participated in the event in virtual mode on 22 August 2023, and after evaluation by the Jury, he was selected for the award. He will get a Cash Prize of Rs. 20,000/- and will get an opportunity to have an interactive session with senior bureaucrats at the Ministry of Education, Shastri Bhawan, New Delhi. Mr. Suryakanta



will be reached by email : suryakantabarik343@gmail.com. 'EK Bharat Sanskriti Sangam' campaign has been launched by the Ministry of Education, Govt. of India to celebrate 'Diversity' and 'Art'. The essence of this campaign is to

encourage participants (age 18 to 30 yrs) to recognise and embrace other cultures and thus, in the process of doing it instilling the spirit of "Ek Bharat Shrestha Bharat". This is a unique opportunity for participants to display their talent in art forms

such as Dance, Singing, Photography, Painting, Sculpting/sketching. Mr. Barik is presently working as a Project Fellow in the Research Project on Molecular Profiling of Indigenous Finger millet Genotypes of Northern Eastern Ghats Region in Southern Odisha for Nutritional traits and Climate resilience under the Guidance of Dr. Debabrata Panda, Principal Investigator, Department of Biodiversity and Conservation of Natural Resources. For this Award, Prof. Chakradhar Tripathi, Honourable Vice-Chancellor of the University, congratulated the winner. He was also congratulated by Prof. Sharat Kumar Palita, Dean, School of Biodiversity, and Dr. Debabrata Panda, Assistant Professor, DBCNR.

Month-long 'Quality Month' celebrations kick-started at Tata Steel Kalinganagar.

Kalinganagar (Sapan Kar) : - Reinforcing its belief that 'Quality' is not only restricted to any product, process or system but also demonstrated in every activity, the month-long 'Quality Month' celebrations was inaugurated at Tata Steel Kalinganagar near Duburi under Jajpur district of Odisha on Thursday. Rajiv Kumar, Vice President (Operations), TSK graced the occasion as Chief Guest along with other senior officials of TSK. Addressing the audience, Rajiv Kumar emphasised on the importance of 'Gemba' culture and urged the employees for their wholehearted participation in the Quality Month initiatives. In order to emphasize further on this aspect, the theme for the Quality Month this year has been chosen as - "Towards Gemba focused Excellence". This encourages managers and leaders to observe the actual work processes, engage with employees/contract workforce, gain knowledge about the work processes, and explore opportunities for continuous improvement, furthering our Excellence journey.





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Urgent need to protect our defenceless dolphins



Dolphins are a group of marine mammals known for their intelligence, social behavior, and aquatic adaptations. They belong to the family Delphinidae and are closely related to whales and porpoises. Dolphins are characterized by their streamlined bodies, fins, and blowholes on top of their heads for breathing. Several factors contribute to the endangerment of dolphins:

Habitat Loss and Degradation: Dolphins are highly dependent on healthy marine ecosystems. Human activities, such as coastal development, pollution, and habitat destruction, have altered and degraded their natural habitats. This can disrupt their feeding and breeding grounds.

Entanglement in Fishing Gear: Dolphins can become unintentionally caught in fishing nets and gear, a phenomenon known as "bycatch." This often results in injury or death, especially in areas where gillnets and trawl nets are

used extensively.

Pollution: Pollution from industrial and agricultural runoff, as well as plastic waste, contaminates the oceans. Dolphins may ingest or become entangled in this debris, leading to health problems and mortality.

Climate Change: Climate change affects dolphins indirectly by altering ocean temperatures, currents, and prey availability. It can also lead to the loss of important habitats, such as coral reefs.

Overfishing: Overfishing of the dolphins' prey species can reduce their food supply. Additionally, the depletion of prey can lead dolphins to seek alternative food sources, sometimes bringing them into conflict with fisheries.

Human Disturbance: Activities like boat traffic, underwater noise from ships, and coastal development can disrupt the natural behaviors and communication of dolphins, causing stress and, in some cases, injury.

Hunting and Trade: In some regions, dolphins are hunted for their meat, oil, or other body parts. This, coupled with the illicit trade in dolphins for the marine mammal entertainment industry, contributes to their endangerment.

Disease and Health

Issues: Dolphins can be vulnerable to diseases and infections. Environmental stressors and pollutants can weaken their immune systems, making them more susceptible to health problems. Conservation efforts are crucial to addressing these threats and protecting dolphin populations. These efforts include the establishment of marine protected areas, regulations to reduce bycatch, pollution control, and education to promote responsible dolphin-watching practices. Efforts to combat climate change are also essential to safeguard the future of these remarkable marine mammals.

Conserving dolphins is essential to ensure the survival of these fascinating marine mammals. Here are some key conservation strategies and practices to help protect dolphins:

Habitat Protection: Establish and enforce marine protected areas (MPAs) that include critical dolphin habitats. These areas can provide safe spaces for feeding, breeding, and raising their young.

Reducing Pollution: Implement and support policies and practices to reduce marine pollution, including stricter

Saikat Kumar Basu

regulations on waste disposal, sewage treatment, and the use of harmful chemicals. Promote responsible waste disposal and recycling to prevent plastic pollution, which can harm dolphins when ingested.

Sustainable Fishing Practices: Encourage sustainable fishing methods to reduce bycatch, which unintentionally captures dolphins in fishing gear. This can include using dolphin-friendly fishing gear and employing techniques like circle hooks and TEDs (Turtle Excluder Devices).

Climate Change Mitigation: Support efforts to reduce greenhouse gas emissions to combat climate change, as it indirectly affects dolphin habitats by altering ocean temperatures and currents.

Boating and Tourism Guidelines: Promote responsible and sustainable dolphin-watching and marine tourism practices. Establish guidelines to minimize disturbances caused by boat traffic and ensure respectful viewing distances.

Research and Monitoring: Conduct research to better understand dolphin populations,

behavior, and health. Regular monitoring can help track their status and assess the effectiveness of conservation efforts.

Public Education: Raise awareness about dolphins and their importance in marine ecosystems. Educate the public on the threats they face and the role individuals can play in their conservation.

Legal Protections: Advocate for and enforce legal protections for dolphins, including national and international regulations that prohibit hunting, harassment, and trade in dolphins and their body parts.

Collaboration and Partnerships: Collaborate with local communities, governments, non-governmental organizations, and international bodies to implement comprehensive conservation programs.

Rehabilitation and Rescue: Support organizations and facilities that rescue and rehabilitate injured or stranded dolphins, and work to release them back into the wild.

Research on Sustainable Aquaculture: Encourage research into sustainable aquaculture practices to reduce

pressure on wild fish stocks, which can indirectly benefit dolphins by maintaining their prey populations.

Global Initiatives: Engage in or support global initiatives like the Convention on Migratory Species (CMS) and the Convention on International Trade in Endangered Species (CITES) that aim to protect marine mammals, including dolphins.

Conserving dolphins is a complex, multifaceted effort that requires the collaboration of governments, organizations, communities, and individuals. By taking these steps, we can help ensure the well-being and survival of these remarkable creatures in our oceans.

Gangetic dolphins and Irrawaddy dolphins are two distinct species of freshwater dolphins found in different regions of Asia. Here are some basic differences between them:

Geographic Distribution: Gangetic dolphins are primarily found in the freshwater rivers and tributaries of the Indian subcontinent, with a significant population in the Ganges and Brahmaputra river systems.

Irrawaddy dolphins are

found in coastal and freshwater regions of Southeast Asia, particularly in the Bay of Bengal and Southeast Asian rivers, including the Irrawaddy River in Myanmar.

Physical Appearance: Gangetic dolphins are typically grayish-brown in color and have a long, slender body with a prominent beak. They are often referred to as Ganges river dolphins.

Irrawaddy dolphins are characterized by their light gray to white color and rounded forehead, giving them a unique appearance. They lack the prominent beak seen in Gangetic dolphins.

Habitat and Behavior: Gangetic dolphins are strictly freshwater species and are adapted to life in turbulent river ecosystems. They are known for their limited movement within river systems.

Irrawaddy dolphins are more adaptable and can be found in both freshwater and brackish water habitats, including estuaries and coastal areas. They are known for their playful behavior and can even be seen in the open sea.

Conservation Status:

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How to become a Counsellor



The counsellor is an expert who suggests satisfactory and convincing solutions to various social, professional and emotional problems of the individuals. Gone are the days when the younger generation used to approach their elders at home for guidance in each and every aspect of life. Elders were also ever available and willing to advise their younger owing to their lifelong experience and wisdom. Thus there was no need for an external counsellor as apt advisers were available in every combined family. Conditions have changed now with the dismantling of the joint family due to urbanization and modernization. Now those wise older men are no longer available to sort out the problems of present-day youth.

Here comes the need for a professional counsellor. These are the professional who is qualified and trained to understand and find some solution to the problems arising due to increasing complexities and sometimes problem of plenty in virtually all walks of life. Counsellors use their specialized skills to counsel or advise people to sort out their problems whether emotional, mental or related to finding a new career or taking a decision regarding the course of studies. Thus it's really hard to ignore the fact that in recent times the demand for counsellors has increased dramatically and in the coming years, it is expected to continue to grow at a dynamic pace, becoming one of the best-paid areas. But this job of a counsellor requires a lot of patience and devotion. To do this work tirelessly the person has to be quite soft-hearted so that he could handle clients of every nature and kind. To discharge their duties with perfection the prospective

Counsellor required professional knowledge about the field and conditions they are going to work in the coming time. For that, they need proper knowledge and training in their respective field which can only be achieved by doing professionally designed courses. To become a Counsellor one has to acquire one or more of the following qualifications depending upon the field one prefers. Different states and regions may have different requirements.

Counsellor Eligibility Educational Qualification Aspiring Counsellors must have a Master's Degree in counselling, Life skill education or psychology from an accredited educational institution depending upon their area of choice.

Counsellor Required Skills Counsellors should have excellent observation and listening skills; patience, tolerance and sensitivity; an understanding of their own attitudes and

responses. They also possess a belief that all clients are able to make positive changes; an appreciation of confidentiality issues. They have the ability to speak in multiple languages or experience in mental health care. They must have good communication skills which are obviously of utmost importance to counsellors; active listening, clarification and effective questioning skills.

How to become a Counsellor? To become a Counsellor one has to follow the following given steps:

Step 1 Interested candidates have to plan their course of education from undergraduate and must have the related subjects in their graduation like Psychology, social work etc to name a few. They should have done a master's in that particular subject. However higher qualifications will be an advantage.

Step 2 After getting the

Vijay GarG

required qualification the aspiring candidate has to take the certifications from the International Coach Federation (ICF) the Council for Accreditation of Counselling and related educational programs (CACREP), and the National Board for Certified Counsellors. However, field experience in counselling, under a supervisor, is compulsory for those who want to opt for a career Counsellor.

Counsellor Career Prospects In the present day's scenario, there is wide scope for Counsellors in almost every field. Depending on the environment in which a Counsellor works, he or she may help high school students prepare applications for college, teach elementary school students social skills or counsel a person who is dealing with a mental health or behavioural issue. Counsellors may even advise career-seekers on the best types of jobs for their personalities or aptitudes.

Prospective Counsellors can work as School counsellors in both private or public schools or other higher education institutes, they can opt for Marriage and Family counsellors as their area of work and help the young couple sort out their problem related to marital life. Career Counsellor is another option this professional where they can help clients research jobs, set up informational interviews and advise clients on the proper way to participate in a job interview not last but least they can also opt for Mental Health or Substance Abuse Counsellorship and work in clinics and hospitals and combine psychotherapy and therapy to find practical solutions to various problems. Whether patients are addicted to drugs and alcohol or suffering from mental disorders, these Counsellors diagnose patients, devise treatment plans and seek ways to help patients with issues that affect their emotional and physical health.

Counsellor Job Description Counsellors' job description varies according to the area they are working in. However, the basic job of the counsellor in every area includes giving expert and acceptable advice to their clients.

Counsellor Salary The salary and Pay Scales of the Counsellor vary with the area of work they have opted for. To start with Counsellors in any area can get anywhere near Rs.20,000 to Rs.25000 per month. However with some experience and personal skill, one can get as much as Rs.50,000 per month with some good organizations. And there is no limit to those private practitioners who can give results with their skills and ability.

Some essential Educational Qualification for the Specific field of counselling are:

For becoming a School Counsellor School Counsellors need to be certified teachers who have earned master's degrees in school counselling or in educational counselling. Aspiring Counsellors choose to major in elementary or secondary

school counselling. For becoming a Marriage and Family Counsellor Marriage and Family Counsellors need to earn a master's or doctoral degree in marriage and Family counselling. These graduate students should take courses in marriage and family therapist theories, human development, mental disorders, sexual dysfunction and other topics related to marriage and family counselling. For becoming a Career Counsellor Career Counsellor should earn a master's degree in counselling. They may take courses in career development, assessment, human development and counselling methods. For becoming a Mental Health or Substance Abuse Counsellor Counsellors whose area of interest is mental health or substance abuse have to earn a master's degree in mental health counselling. They should take courses in assessment, psychotherapy, psychopathology and human development.

Retired Principal
Educational
columnist Malout ,
Panjab

How long will we have to face air-pollution?



-Lalit Garg-



This year again the menace of a suffocating environment caused by burning of stubble in agricultural fields, and other forms of air-pollution are threatening life in some areas of Delhi, Haryana and Uttar Pradesh. The air quality in Delhi-NCR is deteriorating. Winter season hasn't even started yet; still this is the second time in this season, when we are made to face this menace. Although we may get relief occasionally due to some immediate measures being taken up, yet it is becoming a permanent problem and life threatening crisis for the people living not only in Delhi-NCR, but in large areas of North India, which is affecting adversely the health of children, elderly and all other age-groups equally. It is proving to be fatal for people suffering from lung diseases. Even though the governments seem to be serious about this issue, and a complete action plan is ready to solve this increasingly

complex problem, its effective results are not visible. It reflects the failure of the measures adopted by the government somewhere. Delhi and Punjab governments gave many tempting arguments and facts, but whatever arguments the governments give, the reality is that people continue to be suffocating all the same. Had the governments been really serious about overcoming this problem, it should have been visible on the practical level. Degradation of air quality and ever increasing pollution is such a huge web in which all living beings, including humans are trapped and struggling with the threat of life and breath. Long queues have already started being visible outside hospitals. According to the Central Pollution Control Board, people do not expect any reduction in bad air for the next few days. According to the Meteorological Department, if the air quality is between zero and 50, then it is considered 'good'. If AQI is between 51 to 100 then it is considered 'satisfactory' and AQI between 101 to 200 is considered 'moderate'. If AQI goes above 201 and remains up to 300, then it is considered 'bad', if it is between 301 to 400, then

it is considered 'very bad', and if it reaches above 400 then it is considered 'severe'. On October 22, AQI in Delhi-NCR reached 313 i.e. very poor level. Since then, the air quality has remained in the 'very poor' category due to slowing down of wind speed and drop in temperature. This problem is becoming more serious year after year. To overcome this serious problem, the Delhi government has tried many measures, and issued instructions to control pollution, but they are not proving effective. Government vehicles are also seen sprinkling water at various places in Delhi-NCR, which reduces the quantity of dust in the air. But the nature of these steps itself shows that the government is trying to reduce the symptoms of the problem, but till now no significant success has been achieved in solving the problem or reducing its severity. The practice of stubble burning in Punjab, Haryana and a few other surrounding states has been identified many years ago as one of the major reasons for this. But due to political reasons there are no signs of significant progress on that front. Pollution level has come up from being dangerous to life-threatening levels. The question is why Delhi-

NCR, which has been continuously struggling with this menace for the last few years, does not get the light of any permanent solution? Why are the governments and politicians not ready for a solution, instead of blaming each other? To get rid of this burning problem, every political party and government will have to become sensitive and insightful. Will we have to wait for a Chanakya to be born, who can put butter in the roots? No, now every political mind will have to become Chanakya. Only then will we get relief from the growing problem of air pollution. If we talk about the last week itself, 398 incidents of stubble-burning were recorded in Punjab on Wednesday, 589 on Thursday and 766 on Friday. However, governments are trying to reduce this pollution in

their own way. Teams of fire-fighters have been deployed in many areas of Punjab, including Moga, who reach the spot as soon as information about stubble burning is received and work to stop it. It has been said in UP that farmers found burning stubble will not be given the benefits of schemes like Kisan Samman Nidhi. But here also the matter is to strictly stop the farmers from burning stubble, whereas the need is to provide them some better options, so that they themselves start turning away from it. Many suggestions have been discussed, such as making fertilizer from stubble and using it in agriculture or increasing the use of stubble as fuel in thermal power plants and other industries through other measures, but it is clear that those options have not yet been made available to the

farmers. It is not only the responsibility of the governments to improve the air quality and reduce pollution and to make Delhi and other metropolitan cities of the country liveable, but it is the responsibility of all of us. Although people just have to play the role of responsible citizens, anti-dust campaigns should also be carried out continuously. People themselves will have to be completely cautious. People should not throw garbage in open spaces, or burn it. Pollution level of vehicles should also be checked. Try to minimize the use of private vehicles and use public vehicles. It is also necessary to stop the materialistic mentality of bursting crackers which is playing with the lives of the common people. Because burning firecrackers has the potential to have

dangerous effects on the lives of not only the elderly, but also of children, and thereby causing various diseases. To materialize the global concept of a pollution-free environment, meaningful initiatives will have to be taken up for celebrating eco-friendly Diwali and a positive environment will have to be created. Like stubble, the pollution caused by firecrackers is dangerous. Today, stubble-firecrackers have become a political pollution. This pollution has to be fought in the same way as a small lamp fights intense darkness. Small position, but does not let darkness come near, gives a trial by fire every moment. But yes! No one can pass the ordeal of fire with straw wrapped around his body. There are only one party governments in Delhi and Punjab, instead of blaming others, why doesn't Aam Aadmi Party government provide a solution. Instead of blurring the glorious cultural existence and identity of 'Diwali' due to stubble-pollution, a permanent solution should be found. The attempt to cover up stubble-pollution in the name of firecracker pollution should be avoided. 'Diwali' is our culture, civilization, mutual love, history, heritage and the wonder of

the rows of lamps. Calling the pollution caused by stubble-burning around Diwali as pollution from firecrackers is an excessive irony and an escapist mentality to shy away from the problem. In fact, it is the irresponsible behaviour of politicians, which has forced everyone to live in a poisonous atmosphere. During the winter season, there are deadly metals in the air, which cause difficulty in breathing. Increase in the amount of cadmium and arsenic in the air increases the risk of cancer, kidney problems and high blood-pressure, diabetes and heart diseases. In this season, the lethality increases manifold due to pollution of stubble. Pollution from firecrackers is even more dangerous. The number of cities with AQI more than 300 is increasing. The reasons why the residents of the National Capital Region are forced to inhale poison have been discussed so many times that they need not be repeated.

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Millet & Our health



Dr. Kanti Nayak

Millet is a low maintenance and drought-resistant grain. This grain provides various health benefits, such as protecting heart health, and helping to maintain a healthy weight. People have benefited from the nutritional properties of millet for thousands of years.

Millet grows extremely quickly and matures in almost half the time required for rice and wheat. This makes it the ideal crop, contributing to its rapid spread across Asia and into Europe. There are more than 20 different types of millet. Some of the more common varieties include: pearl, finger, foxtail, proso, barnyard.

Millet can be useful in the following ways: Helping the digestive system. Millet contains fiber, which contributes to digestive health and helps to regulate bowel movements. Millet also has prebiotics, which stimulate the growth of probiotics within the microbiome. This is important for gut health and the immune system in general. Millet is very helpful people with celiac disease or gluten intolerance because it is gluten-free. People with celiac disease can eat this grain, which is nutrient-rich and high in protein and fiber, without risk of discomfort. Supporting the cardiovascular system. Millet contains magnesium, which helps to regulate heart rhythm. Consuming millet elevate levels of the protein adiponectin, which

can protect cardiovascular tissues. Millet also contains vitamin B3 or niacin. This vitamin helps reduce certain factors of heart disease, such as high levels of cholesterol and triglycerides, and is effective in lowering oxidative stress. Improving mood. Millet can improve a person's mood due to the high concentration of the amino acid, tryptophan.

Diet rich in tryptophan can reduce symptoms of depression and anxiety. Reducing the risk of diabetes. Millet can reduce the risk of developing type 2 diabetes. It also helps manage blood glucose levels in people with diabetes. Adiponectin concentration may improve insulin sensitivity. Learn more about millet diets for people with diabetes. Managing obesity. The effectiveness of millet consumption in managing obesity and high cholesterol. The results demonstrated that this type of diet reduced BMI and, therefore, can help reduce the degree of overweight and obesity. However, longer-term studies with larger sample sizes are required. Reducing oxidative stress. Oxidative stress may cause various chronic conditions, including neurodegenerative disorders, arthritis, and diabetes. A high-fat diet is also a risk factor for the development of dementia because it increases oxidative stress in the brain. Doctors consider antioxidants important in reducing oxidative damage. Diets rich in antioxidants may protect against oxidative damage.

Millet is a good source of antioxidants, which may help support the body's ability to resist oxidative stress, a factor in illness and aging.

Consuming antioxidants could decrease the risk of chronic diseases. The intake of millet could alleviate oxidative stress in the hippocampus and downregulate the expression of Alzheimer's disease.

Health benefits of millets include: suppressing cancer cell growth, promoting wound healing, maintaining bone health, supporting antifungal and antimicrobial activity. To get more flavor out of the millet, toast the seeds lightly for 4-5 minutes until golden brown. A 2-to-1 water to millet ratio will get you a quinoa-like consistency. For porridge, use a 3-to-1 ratio and stir often. Season as needed. For a creamier texture, use more liquid. People can prepare millet in many different ways. It can be soft and smooth, like a porridge, or light, fluffy, and slightly chewy, like rice. Millet is an ancient grain that people have enjoyed for thousands of years. Millet is also food for livestock and birds. It is becoming increasingly popular as it is fast-growing, drought-resistant, and requires low input. Millet is a good source of protein, fiber, key vitamins, and minerals. The potential health benefits of millet include protecting cardiovascular health, preventing the onset of diabetes, helping people achieve and maintain a healthy weight, and managing inflammation in the gut. Millet is an adaptable grain. There are many simple ways to prepare it, making it easy for people with celiac disease to include this gluten-free grain in their diets.

O&G Specialist, Superintendent, Urban CHC, CDA, Cuttack, E-mail: drkantil1nayak@gmail.com



Vigilance Awareness Week 2023 is being observed from 30th October, 2023 to 5th November, 2023, with the theme "Say no to corruption; commit to the Nation" Vigilance awareness Week is observed as an outreach measure to create greater awareness about the importance of integrity and ethics in public life. Bringing transparency and accountability in governance remains one of the primary means to achieve all round development of the country.

In a world grappling with the perennial menace of corruption, there are few clarion calls as compelling and urgent as "Say no to corruption; commit to the Nation." Vigilance Awareness Week 2023, observed from October 30th to November 5th, underscores the paramount importance of this theme. Saying no to corruption is not just a moral obligation; it is an essential step towards building a just,

prosperous, and equitable society.

On this occasion of Vigilance awareness week celebration, Bank of India & Union Bank of India jointly conducted a series of activities to commemorate 148th birth anniversary of Sardar Vallabhbhai Patel. The activity involves Walkathon, Bike rally, Gram sabha, Customer meet etc. starting from 30th October 2023 till 1st November 2023. The flag off ceremony of the program was done by BOI & UBI's CVO Vishnu Kumar Gupta. The 148 Kms Rally will started from Nadiad – the birth place of Sardar Patel to the Statue of Unity which included Walkathon & Bike rally spreading vigilance awareness amongst the citizens. The programme was organized by BOI & UBI under the guidance of Chief Vigilance Officer, Vishnu Kumar Gupta who addressed the Gramsabha where the participants discussed various practices, ideas and innovative measures, aimed at strengthening vigilance administration as stressed upon by the Central Vigilance Commission. On this occasion, to commemorate 148th

Vinod Chandrashekhar Dixit



birthday of Shri Sardar Vallabhbhai Patel, BOI & UBI launched 148 kms rally from Nadiad to Statue of Unity. The rally was flagged off by Top Management of both the Banks through VC. Along with that a Cartoon Book on PIDPI, Book on The Art of Fraud Prevention, Banking with Integrity and Vigilance Vanguard were also unveiled by the Executive Directors along with Senior Executives of the Bank. Movies and Jingles with specific focus on Fight against Corruption were released during the ceremony. The Integrity Pledge was administered in English & Hindi to all employees in Bank of India & Union Bank of India. The message of President, Vice-President, & Central Vigilance Commissioner on Vigilance Awareness

Week-2023 was conversed to all the attendees PAN India. A short skit was performed at Rajpipla arranged by Union Bank of India to sensitize the public and employees on the importance of transparency and integrity in our life. The event was attended by Suvendu Kumar Behera – General Manager of Bank of India (NBG-Gujarat) and other Executives from Bank of India and Union Bank of India & Police Representatives. In his address CVO Vishnu Kumar Gupta stated that the theme for this year's Vigilance Awareness Week, "Say no to corruption; commit to the Nation," reflects our guiding principle, and we are committed to make relentless efforts in that direction. There is no doubt that the fight against

corruption can only be successful when public awareness is coupled with anti-corruption efforts. The primary objective of creating public awareness is to sensitize the public about the consequences of corruption and to educate the people about the improvements needed to create a corruption free society. Dalai Lama – a spiritual leader that rightly quoted that "Happiness is not something readymade. It comes from our own actions." One must remember that vigilance begins with you, let us all together create a united India. Anti corruption also starts from you, so let us create Vigilant India, Prosperous India

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The Vice President, Shri Jagdeep Dhankhar in a group photograph at Parliament House Complex, in New Delhi

TS Singh Deo: A 'Maharaja' Who Got Promoted In A Poll Year In Chhattisgarh



New Delhi, (KCN): He is a modern-day maharaja, the richest MLA in his state and recently had an "exhilarating" experience of skydiving at the age of 70. Meet Tribhuvaneshwar Saran Singh Deo - popularly known as TS Singh Deo - the Deputy Chief Minister of Chhattisgarh. Known as the gentle face of the Congress in Chhattisgarh, Mr Singh Deo had a major role in bringing his party to power with a huge majority in the 2018 assembly elections. When he became the chairman of the Public Manifesto Committee of the Congress party in 2018, he toured the entire state and met every section of the society. That manifesto played a huge role in Congress's

victory. The Congress, out of power in Chhattisgarh since 2003, registered a landslide victory, winning 68 of the 90 assembly seats in the state in 2018. The ruling BJP was reduced to 15 seats, while the Jogi-led Janata Congress Chhattisgarh (J) bagged five. Mr Jogi's ally Bahujan Samaj Party won two seats. The titular 'raja' of the erstwhile Surguja royal family also busted an apparent jinx by comfortably retaining his Ambikapur seat. It was believed that the sitting Leader of the Opposition does not get re-elected to the Chhattisgarh assembly. Three leaders of the opposition, who had contested the assembly

polls after serving their term, had failed to get re-elected.

However, TS Singh Deo, the then Leader of the Opposition in the outgoing assembly, defeated BJP's Anurag Singh Deo by 39,624 votes. It was his third time since 2008 getting elected from the Ambikapur assembly constituency.

After the 2018 results, TS Singh Deo was considered a front-runner for the position of Chief Minister but eventually Bhupesh Baghel - who has a deep connection with the rural populace - was chosen over him. The 70-year-old was then given Health and Panchayat portfolios.

There were reports, never confirmed, that suggested Mr Singh Deo would be allowed to take over as Chief Minister after two-and-a-half years.

As Mr Baghel's term neared the halfway mark, Mr Singh Deo allegedly started sending signals, ultimately surrendering his Panchayat portfolio. A timely intervention by the Congress top brass defused the situation with both Mr Baghel and Mr Singh Deo agreeing to the decision to maintain the status quo.

Shared "Deep Concerns" With UAE President Over Middle East, Says PM Modi

New Delhi, (KCN): Prime Minister Narendra Modi on Friday discussed the situation in West Asia with UAE President Mohamed bin Zayed, and said they shared deep concerns over terrorism, the deteriorating security scenario and the loss of civilian lives in the region.

In a post on X, PM Modi said they agreed on the need for early resolution of the security and humanitarian situation and that a durable regional peace, security and stability is in everyone's interest. The telephonic conversation between the two leaders came amid the Israel-Hamas conflict.



They also reiterated their commitment to continue to strengthen bilateral cooperation in diverse areas within the framework of the India-UAE Comprehensive Strategic Partnership, a PMO statement added. "Had a good conversation with my brother HH @MohamedBinZayed, President of UAE, on the West Asia situation. We

share deep concerns at the terrorism, deteriorating security situation and loss of civilian lives," Narendra Modi said.

"We agree on the need for early resolution of the security and humanitarian situation and that a durable regional peace, security and stability is in everyone's interest," Narendra Modi added.

"Went Beyond Limits Of Decency": Panel Member Hits Back At Mahua Moitra

New Delhi, (KCN):

Trinamool MP Mahua Moitra went beyond all limits of decency during her hearing before the Parliamentary Ethics Committee in the cash-for-questions case, said BJP MP Aparajita Sarangi today.

Ms Moitra, who has admitted giving access to her account on the parliament's website to businessman Darshan Hiranandani, yesterday stormed out of the hearing, alleging she was subjected to humiliating personal questions.

Ms Sarangi, a member of the committee who was present during Ms Moitra's cross-examination, today hit back at the Trinamool leader after she charged that the Ethics Committee had "no ethics or morality left".

"She went beyond all limits of decency. We had invited Mahua Moitra and she was supposed to answer our questions. The



chairman limited his questions to the affidavit submitted by Darshan Hiranandani. So, there was no question of going beyond the limits or rather the contents of the affidavit," Ms Sarangi told news agency ANI.

Ms Moitra kept speaking about her personal life that one was interested in, she claimed, accusing the Trinamool MP of trying to create a fake

narrative. "When certain questions over the contents of the affidavit were posed by the chairman, she lost her cool and used all kinds of filthy language against the chairman and other members of the panel," said Ms Sarangi.

"She was very arrogant in her demeanour. She was very rude. She has been trying to create a

fake narrative and mislead the people of the country by playing victim card," added the BJP MP.

Ms Moitra yesterday walked out of the Ethics Committee hearing along with other Opposition members, alleging humiliation by the panel.

She also shot a letter to the Lok Sabha Speaker, describing the episode as "proverbial

vastraharan (stripping)", referring to the chapter in Mahabharat, where Pandav queen Draupadi was humiliated by the Kuru clan in open court.

Ethics panel chief BJP MP Vinod Kumar Sonkar focussed on Ms Moitra's personal relationship with Darshan Hiranandani, Opposition MPs who walked out of the hearing with Ms Moitra, told the media. The committee, however, shot back saying she did not cooperate and left in order to avoid answering more questions. "Mahua Moitra did not cooperate with the committee and the investigation. The Opposition members also made allegations in anger and suddenly walked out of the meeting to avoid answering more questions," Mr Sonkar said, claiming that "objectionable words" were used against the panel's functioning and him.

SHOWKAT ALI STADIUM IN BARAMULLA HOSTS GRAND FINALE OF WOMEN'S PREMIER LEAGUE 2023 CRICKET TOURNAMENT

Srinagar, (KCN): The Showkat Ali Stadium in Baramulla witnessed an electrifying atmosphere as the grand finale of the Women's Premier League 2023 cricket tournament unfolded in a blaze of excitement. Adding a touch of prestige to this sporting extravaganza, the GOC, Dagger Division was in attendance.

Cricket enthusiasts from across the region flocked to the stadium, eager to witness the match. This event was a celebration of the indomitable spirit and unwavering talent displayed by the participating teams. The final match between Budgam CC & Baramulla Stars was a spectacle of skill, determination and



sportsmanship. The participating teams showcased their prowess with stunning batting performances, precise bowling, and exceptional fielding. The thrilling contest had the spectators on

the edge of their seats, as both teams fought valiantly to secure the championship title. In a heart-pounding finish, Baramulla Stars emerged victorious, clinching the Women's Premier League 2023

cricket championship in a tight contest. The runner-up, Budgam CC, demonstrated immense sportsmanship and displayed extraordinary cricketing talent

throughout the match. The Women's Premier League 2023 cricket tournament at Showkat Ali Stadium marked a significant milestone in the journey of women's cricket in this region. The marquee event being organised every year by the Indian Army provides a platform for female Cricketers to showcase their skills, inspire the youth and promote women's participation in the sport. This grand final was a culmination of the dedication and hard work put in by the Indian Army, players, and the entire cricketing community. It served as a reminder of the potential and passion that girls from the Valley bring to the game of cricket.

State Hosts Odisha4Silicon

Bhubaneswar(KCN): Providing another impetus to the State's ambition of becoming a semiconductor hub, the State Government today hosted Odisha4Silicon-2023, a pioneering initiative to build a robust semiconductor ecosystem in the State. The event saw the gathering of numerous national and global stakeholders from the semiconductor and ESDM ecosystem.

Addressing the event through Video Message, Chief Minister Naveen Patnaik accentuated that Odisha4Silicon-2023 will enable to create a vibrant semiconductor

ecosystem, driving innovation, economic growth, and generate employment opportunities for the people and help in achieving inclusive growth of the State.

Electronics and IT Minister Tusharkanti Behera shared his valuable insights on the evolution of Odisha's tech ecosystem and the opportunities present in the semiconductor domain.

He reiterated State's strong commitment to positioning Odisha as a prime destination for investors, entrepreneurs, and innovators in both the IT and



semiconductor sectors.

Among others, Chief Secretary Pradeep Jena, IT Principal Secretary Manoj Mishra and Principal Secretary, Skill Development and Technical Education

Department, Usha Padhee spoke on this occasion.

During the event, three Memoranda of Understanding (MoUs) were signed, paving the way for new

partnerships and collaborations in the semiconductor sector.

As per the MoU with IESA, the association will facilitate Government of Odisha in development of

capacity building programs and in the promotion of the State's semiconductor ecosystem through organization of events and conceptualization of knowledge material.

The MoU with global semiconductor giant Synopsys will involve collaboration in areas such as the O-Chip program, talent transformation, workforce development, readiness assessment of the state in semiconductor and VLSI domains, and internship and placement assistance to students of Odisha's engineering institutions.

The third MoU was signed with the Electronics and Computer Software Export Promotion Council (ESC) to promote Electronics and IT/ITeS exports from the country. ESC will be provided with built up space to set up a dedicated office for Odisha.

The event witnessed launching of pan-India Design Challenge under O-Chip being organized by Electropreneur Park, Bhubaneswar.

Besides, there are other several initiatives like launching of IESA Odisha Chapter,

Campus Connect Program which aimed at fostering innovation, skill development, and industry-academia collaborations in the State.

Odisha has notified its Semiconductor Manufacturing and Fabless Policy 2023 which is offering the most competitive and comprehensive bouquet of incentives to investors. Odisha's Policy stands apart from other policies by covering both fab and fabless units along with incentives for raw materials and supply chain units.

Associations Laud 5T Chief

Bhubaneswar(KCN): Several Organisations including private, public and political organizations today met 5T, Nabin Odisha Chairman VK Pandian at Naveen Niwas and congratulated him for the new assignment.

They expressed happiness for him taking responsibility as Chairman of 5T Initiative and Nabin Odisha.

They said that he is working day and night to give shape the vision of Hon'ble Chief Minister for a new, empowered



Odisha. He has been driving the transformation dream of the Chief Minister, they said.

Shri Pandian thanked the organisations and sought their cooperation in State's endeavours. He asked them to work

as partners of this transformation drive to realise Chief Minister's vision of a new and empowered Odisha.

We Know We Learn program was held at Patangi Block Kotia, Chandka School Program




Pattangi:(KCN) : 'We know we win' program has been held at Kotia, Chandaka, Gugaguda school in Pattangi block of Koraput district. We Know We Win program was held at Kotia Government High School of the disputed Kotia Panchayat under Pattangi block of Koraput district. District Welfare Officer Sunil Kumar Thandi the guest of honor block group development officer Sukant Kumar Patnaik encouraged all the students and parents present and discussed about the monthly facilities provided by the government to the students. And the program was presided over by the block president Mrs. Kalpana Pangti, ADW

Koraput Arjun Nayak, district council member Tikai Gemel, local principal Sushmita Bhattacharya. In this event, Thuria principal Krupaprasad Jani, master trainer RP Sudhir Guntha, and staff from various departments were present. The program was supported by the local teachers and staff, and finally the Principal Sushmita Bhattacharya thanked all the guests and parents who came. In Panchayat Gugaguda, this program was held under the leadership of Headmaster Narendra Nayak who felicitated all the guests according to Koraputian traditions. Chief Guest Block Mars Section Officer Anil Kumar attended the program while Honorable Guest

Block Section Officer Duryodhan Sethi. D.E.Satis Kumar Choudhury, Laudi Principal Biswanath Dishari, and staff of all departments were present. All local teachers, teaching staff supported the program. At the end, all the guest parents thanked the students. Principal Narendra Nayak, accordingly. The program was also held at Ashram School Chandka where the program was held under the chairmanship of the local Headmaster Swagatika Jena and attended as the chief guest. District Public Welfare Officer Sunil Kumar Tandi, District Public Welfare Officer Office Clerk attended and inaugurated the

program. All the teachers were present. Students and parents of all the students were present. Block Officer Anil Kumar Sethi and Deo Santosh Choudhury were present in the program and all the parents thanked the guests. Headmaster Swagatika Jena, the program was also held at Chandka Barge Government High School for Girls. Block Welfare Officer Anil Kumar Sethi, Block DE and Santosh Kumar Choudhury were the chief guests and encouraged the parents who came and supported them with speeches to give importance to education. And at the end of all his steps, the headmaster Minti Khara thanked him.



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Credit Plea For Coal



New Delhi(KCN): Amrit Lal Meena, Secretary Coal, has urged banks and non-banking financial companies to find appropriate solutions while working on the proposals placed before them regarding credit availability for commercial coal mines. He reiterated that coal mining is a good and profitable long-term business with assured returns starting from 3-4 years of the allocation of the coal mines. REC Limited, has organised a workshop on 'Customised Debt-Financing for Commercial Mining & MDOs' recently in New Delhi. The workshop witnessed

participation by Amrit Lal Meena, Secretary, Ministry of Coal, M Nagaraju, Additional Secretary and Nominated Authority, Ministry of Coal, and Vivek Kumar Dewangan, Chairman and Managing Director, REC Ltd. along with other senior functionaries from the coal industry and government. Shri Meena appreciated the initiative of REC and its commitment to strike a balance between sustainable development and financial viability of the mining sector in compliance with the ESG norms and willingness to be a partner in the growth journey of the mining

industry. He also highlighted the necessity of efficiently closing coal mines once they reach the end of their operational life and rejuvenate such exhausted mines for sustainable endeavours like Pumped Storage facilities, Solar Parks etc. The Secretary reassured the commitment to sustainable methods of mining and informed that Coal Ministry is taking various steps to increase production from the Under Ground mines. He emphasised that the coal sector is in the growth phase and collective efforts should be made to reduce coal import by increasing production to meet growing domestic demand.

Workshop on causes and Diagnosis of Bleeding



Bhubaneswar: Apollo Hospital Hematology Department is organizing one workshop on diagnosis and management of Thrombotic disorders under the aegis of herpetology. On 2nd Nov,

2023. The Diagnosis of these disorders is very important which affects people of all ages. Making proper diagnosis and giving appropriate treatment will save many lives particularly the young. All the laboratory

tests for making proper diagnosis is available in Apollo Hospital, Bhubaneswar. These tests are hardly available in few laboratories in odisha. Under one roof in Apollo Hospital, Bhubaneswar all the facilities are also available for this disorder for diagnosing and treating these cases. We are happy to hole this workshop and bring awareness among the medical fraternity of odisha.

Texmaco-SSFMPL JV Secures for Arun-3 Hydroelectric Power Plant Project in Nepal

Kolkata: Texmaco-SSFMPL JV, a collaborative effort led by Texmaco, has recently secured a contract with Satluj Jal Vidyut Nigam (SJVN) Arun-3 Power Development Company Limited (SAPDC) for the construction of the Arun-3 hydroelectric power plant, a 900MW run-of-the-river hydropower project presently under development in Nepal. The Texmaco-SSFMPL JV, entrusted with an order valued at Rs 179.89 crore from SJVN Arun-3 Power Development Company Limited, is poised to play a pivotal role in advancing this crucial project. The scope of work encompasses an array of responsibilities, including procurement, fabrication, shop assembly, painting, testing, transportation, supply, erection, site testing, and commissioning of the Pressure Shaft Steel Liner. This significant task involves the installation of two lanes

of Pressure Shaft Steel Liner with a substantial diameter of 5500mm, two bifurcations, four branches with a diameter of 4000mm each, along with all necessary accessories. The total estimated tonnage for this undertaking stands at a formidable 4700 metric tonnes. The Arun-3 hydroelectric power plant, administered under the build, own, operate, and transfer (BOOT) model, is a collaborative endeavour between India's SJVN and the Government of Nepal. SAPDC, a wholly owned subsidiary of SJVN, will oversee the plant's operation for a period of 25 years, which excludes the initial five-year construction phase. Following this operational phase, ownership of the power plant will be transferred to the Nepal government. One of the most salient features of this agreement is the substantial benefit it bestows upon Nepal. Over the initial 25 years

of commercial operations, Nepal will receive 21.9% of the electricity generated by the Arun-3 power plant as free power. This underscores the exemplary cooperation between India and Nepal in harnessing the potential of renewable energy resources and reaffirms their commitment to strengthening bilateral relations. On the joint venture, Sudipta Mukherjee, Deputy Managing Director, Texmaco Rail & Engineering Ltd., said, "Texmaco-SSFMPL JV is honoured to be entrusted with the responsibility of contributing to the Arun-3 hydroelectric power plant project in Nepal. We are committed to delivering excellence in every aspect of our work and in advancing renewable energy solutions. This venture exemplifies our dedication to sustainable progress."

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 gels 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. Shailendra 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.

LIC Mutual Fund Announces Completion of IDBI MF Schemes Merger

Mumbai : LIC Mutual Fund (LIC MF), one of the reputed fund houses in the Indian asset management industry, has announced the successful completion of the takeover of schemes of IDBI Mutual Fund (IDBI MF). The effective date of merger has July 29, 2023.

The move is in line with LIC MF's mission to strengthen and diversify its product offerings, expand its footprint and grow its assets under management (AUM) to emerge as a leading MF house in the country. LIC MF had an AUM of Rs 18,400 Crores and IDBI MF had Rs 3,650 Crores as of June 30, 2023.

After completion of the merger, out of 20 schemes of IDBI MF, 10 schemes will be merged with similar schemes of LIC MF and the remaining 10 will be taken over by LIC MF on standalone basis, which will take its total scheme count to 38. With this

merger, investors invested in IDBI MF schemes will get access to LICMF's diversified basket of product offerings covering Equity, Debt, Hybrid, Solution oriented themes, ETF and Index funds.

Commenting on the successful completion of the scheme merger, Mr. T.S. Ramakrishnan, Managing Director & CEO of LIC Mutual Fund, said: "It is an important milestone in our journey as we are working towards developing our capabilities to serve as a diversified mutual fund house catering to investment needs across key markets in India. The merger complements our goal to strengthen our scheme offerings in the mid-cap, small-cap, gold fund, passive fund segments, etc. The merger will help us build wider market presence and offer a more extensive range of

product basket. The combined strength will help us capture emerging opportunities in the thriving asset management industry and drive value for investors and distribution partners." He further added "Our vision is to be a trusted partner in wealth creation and a mutual fund of choice. Our track record of managing funds for over three decades has enabled us to gain trust of investors. We will remain focused and work towards delivering long-term performance by adopting adequate risk control mechanisms." About LIC Mutual Fund: LIC Mutual Fund was established on 20th April 1989 by LIC of India. LIC MF is an AMC with LIC of India as its Sponsor and other stakeholders being LIC Housing Finance Ltd, GIC Housing Finance Ltd and Union Bank of India.

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

Mumbai : Ambuja Cements Ltd, one of India's most sustainable cement manufacturers, is now offering an innovative green solution for constructing strong walls. Ambuja Cool Walls is a unique wall solution that keeps the house cool during summer and retains inside temperature to make the house warmer in winter. Ambuja Cements is among the first Indian cement companies to offer this unique block and mortar solution to individual house builders.

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°Celsius as compared to external temperature. These innovative heat barrier

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

Ambuja Cool Walls is an innovative solution to the problem faced by traditional construction with non-sustainable products. The challenge poised by traditional construction today are efflorescence on walls, termite attack, water absorption and highly prone to earthquakes. Ambuja Cool Walls along with unique jointing mortar makes the wall stronger and eliminates the problem faced by traditional construction practices. This helps the consumers in cost saving on electricity due to thermal insulation, low frequency of repeat painting because of no efflorescence, lesser repeat maintenance and lower construction cost. Additional benefits include noise reduction,

high fire resistance etc. Also it enables speedy construction and reduces project completion time by ~ 30%.

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".

KiiT International School becomes the only school from Odisha to win at Toycathon

Bhubaneswar: The revered founder of KiiT International School, Shri Achyuta Samanta, has always inspired and encouraged the youth to think outside the box. This motivation has led to an immense achievement for the school. A game, 'Untold Stories', designed by Shree Roy, a 10th Grade student of KiiT International School, has been selected as one of the top 7 winning games at Toycathon, an inter-ministerial initiative of GOI, in association with AICTE. Speaking on the occasion, Dr Mona Lisa Bal, Chairperson, KiiT International School said, "This is an extremely proud moment for KiiT International School family. I congratulate Shree for her endeavours. This is an

accomplishment not just for her but the entire school. We always nurture our students to think beyond their textbooks and take interest in activities outside their classroom. I am glad that this morale-boosting has steered us to achieve this great honour. I firmly believe that these leaders of tomorrow can drive us towards a better tomorrow with proper education and guidance."

Shree's game 'Untold Stories' is a multiplayer game where one must answer questions about India's heritage to move on to the next level. With this game, Shree intended to revive the art and culture of India. With modernization and technology, most youngsters are glued to their smartphones and the internet. Shree designed this

game with the help of the school's research wing, Inspiron, in a pursuit to move them away from this exposure while enhancing their knowledge on India's art, history, and culture. From over 14 lakh online entries, 200 games were chosen for the physical edition of Toycathon. Untold stories was the only winner from Odisha among the top 7 felicitated games.

Under the 'Aatma Nirbhar Bharat Abhiyan' initiated by our Hon'ble Prime Minister, Shri. Narendra Modi, Toycathon is conceived to challenge India's innovative minds to conceptualize novel Toy and Games based on Bharatiya civilization, history, culture, mythology and ethos.

The Indian pace menace masterclass

New Delhi: Long after the match was over, the crowds had departed, flags were folded, and the stadium lights were switched off around the Wankhede, the Sri Lankan team still remained huddled in their dressing room. "Must be licking their fresh wounds," said a security guard at the main gate, his tone filled with anger and frustration. The guard's restlessness was entirely understandable, as he had been waiting to go home after a long day's work. But the Sri Lankan players inside the dressing room had no way to understand the predicament of the guards stationed outside the ground. Their day's work had been cut short to virtually half, and they had all the time in the world to brood over the annihilation they had

suffered at the hands of the Indian pacers. Before they even realized what had struck them, the combined force of India's pace trio of Jasprit Bumrah, Mohammed Siraj, and Mohammed Shami had orchestrated a complete wipe-out of their batting lineup, by an outlandishly ridiculous margin of 302 runs. The Sri Lankan team needed time to regroup and come to terms with their devastating defeat and the stark reality that the Asia Cup final meltdown (all out for 50), after all, was no one-off collapse and they had no knowledge on how to tackle the marauding Indian pacers. They did better on Thursday, but by just five runs (all out for 55). The surrender was strikingly meek. Their batting would not even last 20 overs. For the Lankan batsmen,

it must have felt like a Zugzwang situation - every alternative before them seemed like a checkmate, a deadly trap. If they somehow survived the swing, seam and bounce of Bumrah, they had to face the relentlessness of Siraj, who chased them down like a hungry bull goes after a red rag. And if they overcame Siraj, there was the sheer power and accuracy of Shami, waiting to pounce on them like a lion in the African jungle. It was like an escape from one, only to be confronted by another -- like running from a frying pan, only to fall into the fire. If Lillee don't get you Thommomust! If Bumrah misses, Siraj can't, Shami must. All three were bowling at relentless pace of over 140 kmph consistently to rattle the Lankan batsmen, who had five ducks, three single figure



scores (1,1, 5) and three double digit runs (12, 12, and 14). As Lanka's batting coach Naveed Nawaz would later confess, none of their team members were able to step back and effectively manage the situation. The demolition of the Sri Lankan batting started with the very first ball of the innings by Bumrah

who struck Pathum Nissanka right in front. The opener couldn't move his feet as the ball came in, only to swing away. It resulted in a golden duck and a severe setback for a side that was chasing an unfeasibly steep target of 358. If Bumrah could do it, why not Siraj? He, too, struck with his first ball to dismiss Dimuth

Karunaratne, who was trapped plumb in front by a delivery that was pitched up and sped like a bullet. Another golden duck!. Siraj needed only four more deliveries to induce an edge from Sadeera Samarawickrama, securing two wickets in his very first over. Siraj claimed his third scalp in the form of skipper Kusal Mendis,

who was cleaned up by a lightning bolt of a delivery. At that stage, Sri Lanka had lost more wickets than they had managed to score runs-2/3. Shami, too, struck in his first over, which was the ninth of the innings, to have Charith Asalanka caught at point by Ravindra Jadeja. He made it two in two by having Dushan Hemantha caught behind. At that point, Sri Lanka were 14 for six and were in danger of being bowled out for less than 20 runs. They managed to surpass 50 runs, but not before Shami had claimed his five-for, and their capitulation was complete in 19.4 overs. The Indian bowling possessed power, precision, penetration, punch, and chutzpah. It was reminiscent of the great pace combinations of the past, such as

Malcolm Marshall, Andy Roberts, and Michael Holding, or Glenn McGrath, Jason Gillespie, and Brett Lee, who would intimidate the batsmen. It was evident that the Sri Lankans were left scarred from the experience in the middle. They were simply blown away by Indian pace power. Although all three Indian bowlers were right-handers, they were as distinct as ice from fire or water from oil. One relied on movement, another on sheer pace, and the third on precision. The combined effect was chilling as each delivery was a thunderbolt. "All three maintained an unwavering accuracy in their line, making them extremely challenging to handle," noted Dilshan Madushanka, who himself had a five-wicket haul in the match.

Pervez Mir's comments stir another controversy in Pakistan

Karachi: Former Pakistan cricketer Pervez Jamal Mir has alleged that Rashid Latif slapped Javed Miandad after a dressing room altercation during Pakistan's tour of West Indies in 1993. "Miandad was seated outside the dressing room," Pervez recounted during a recent discussion on internal conflicts among players on a Pakistani television channel. Pervez, who is 70 years old, played in three ODIs, including the 1975 World Cup. "I cannot recall ever slapping anyone in my life. I sent a legal notice because we must put an end to the spread of false stories in front of the nation," Latif stated, categorically denying that he had struck Miandad, a cricket legend in Pakistan. According to Latif, Miandad also denied



such a fracas. The whole saga began with a television discussion on Samaa TV concerning internal player rivalries. "I witnessed this rivalry back in 1993. I flew from London to Antigua due to an incident in Guyana. Khaled Mahmood was the manager. I pleaded with Khaled saab, 'For God's sake, don't make any statements to the media.' Later, I learned that two players had sold the story to The Sun (in the UK) for 10,000 pounds.

I asked the players, 'What are you doing? We've come here to support you, and you're doing this.' "And do you know what was happening inside the dressing room? Rashid Latif slapped Javed Miandad. Poor Miandad was sitting outside the dressing room. There was a heated altercation in the dressing room in Antigua. I inquired with Mudassar Nazar (a former Pakistan opener), about what was going on. The atmosphere had

turned very unpleasant. I advised Javed to let it go and forget it. These things happen in such high-pressure environments. To address such issues, you need the right people managing the team at the board level," Pervez revealed during the discussion, which also featured former cricketers Mushtaq Ahmed and Shahid Afridi. Latif's legal notice to Pervez had some strong words and has sought unconditional apology. "That the words used on the national television by you are not are not only vulgar but also impolite and unethical while also being an incorrect depiction of the facts that unfolded on the tour. Our client never slapped or even raised his voice against great Javed Miandad.

New Delhi: Mohammed Shami was at his brutal best yet again in the ongoing Cricket World Cup 2023 as he finished with another five-wicket haul in the tournament. Shami did not play India's first four matches due to the combinations India stuck with. Hardik Pandya's ankle injury forced Rohit Sharma and Rahul Dravid to play Shami with just five pure bowlers in the lineup. But the Uttar Pradesh-born pacer did not disappoint and has picked fourteen wickets in just 3 games since then. Shami has two five-fors in this World Cup itself. He picked the first one in the game vs New Zealand in Dharamsala. Shami then finished with a four-wicket haul vs England in Lucknow and repeated the five-wicket haul in Mumbai vs Sri Lanka. With 14 wickets in just 3 matches, Shami



looks set to finish as the leading wicket-taker. There were number of records that he set and broke for fun on Thursday night when India decimated Sri Lanka. The Men in Blue won by a massive margin of 302 runs as Lankans got bowled out for just 55 in 19.4 overs. Take a look at some of the records Shami achieved

thanks to his spell of 5 overs, 1 maiden, 18 runs and 5 wickets. With the win over Sri Lankans, India have not just jumped to the top of the Points Table. But also qualified for the semi-finals, becoming the first team to do so. Shami is on sixth spot in the leading wicket-takers list in this World Cup. Dilshan Madushanka

leads the chart with 18 wickets from 7 matches and Jasprit Bumrah is on the fifth. Shaheen Afridi is second with 16 wickets while Marco Jansen is third currently with 16 wicket. India play South Africa on November 5 at the iconic Eden Gardens in Kolkata and expect that game to be a highly-intensed match as two of the top sides of the tournament play each other.

Big brother feels for Green, need for mothers on tour for the boys - the Stonis checklist

New Delhi: Marcus Stoinis has asked for mothers to be added to the touring party in the wake of the freak Glenn Maxwell golf cart injury. The request was of course made in jest by the Australian all-rounder. It was in response to an earlier quote from him about Maxwell slipping off from the back of the cart and suffering a concussion that's ruled him out of Australia's next World Cup match. "It's unfortunate. It was one of those things. Unfortunately happened with boys being boys to an extent," he'd said. Stoinis, who is indeed very close to his mother, was later asked to put the "boys being boys" into perspective in relation to the spate of injuries that

cricketers have suffered in recent times owing to extracurricular activities on tour. It's then that he went, "Yeah, it's hard. I mean, it's like you need a mum on tour going 'Ehhh don't do that..don't do that,' while animatedly gesticulating like a virtual mother asking someone to get off the cart. He continued, "It does seem like there's been a few accidents in the broader cricket community. But we're away from home for a long time and you're doing things that you're not really thinking there's gonna be risk of anyone hurting themselves. Where do you draw the line? You stop doing one thing then? I don't know. But

I do agree with you that there's been a few little injuries throughout the cricket community." While Stoinis' suggestion to bring some maternal discipline to cricketers on tour was made tongue-in-cheek, he was understandably supportive of fellow all-rounder, Mitchell Marsh, heading home to Perth to deal with a "family issue". Marsh flew out of Ahmedabad last night for "personal reasons" and it's uncertain when he'll re-join the World Cup squad in India. And Stoinis, who lost his father as a teenager, insisted that the whole team was behind Marsh and his decision to be with his family at the current time. "Mitch has flown home late last night. He's got

a family issue going on. And like we all know, family is very important. And the most important really, so he's doing the right thing and he's getting home and he's seeing the people he needs to see and then I don't think there's a timeline on when he's coming back but I'm sure he'll do what he needs to do at home and then and then get back," said Stoinis. The big Western Australian though did reveal that he'd received a very positive and encouraging message from Marsh later on Wednesday (November 1) night. "He sent me a message last night saying I'll be home for a little bit and then I'm coming back to win this World Cup so that's makes me



smile," said Stoinis with a beaming smile. Marsh's absence will lead to a further rejig of Australia's playing XI, which was anyway shaping up for a shuffle with Maxwell missing the game against England. And while Stoinis is confident of making a return to the

side after having sat out the two previous encounters, he spoke about how much Marsh the person will be missed as much as Marsh the cricketer over the next few days. "You'll miss him off the field or in terms of his energy and around his personality around the

team as much as we're gonna miss him on the field. But we've got, you can pretty much see how the team's going to line up anyway and there's bases covered. I joked with him that he just passes the overs back to me now. And thanks for that. And yeah, he'll be back soon," he said. Stoinis revealed that he'd come very close to being ready for Australia's last match against New Zealand in Dharamsala. And despite pushing "pretty hard" to get included, which was obvious from an animated chat he was seen having with Andrew McDonald and George Bailey on the eve of the contest, he had to miss out once more.

"I had a little nick in my calf, that's kept me out for 10 days or so. It happened in the Pakistan game but before I bowled, which was a good thing that things were all right. I was no chance of playing against the Dutch, I was closer to playing against New Zealand," he explained. With regards to his chat with the two selectors, he said, "Yeah, I knew just before training that it wasn't gonna be able to work out timings-wise. And I'm pretty stubborn. So, I push pretty hard but yeah, the timings didn't work and you've got to respect these injuries." With Marsh away, it's likely that Cameron Green, who was left out of the team against New Zealand, will take his place but potentially bat in the middle order.