RNI No. TELBIL/2012/46718 Publication Date : 7th April 2023. Return Post : 13-6-379, Post : Kulsumpura, Karwan, Hyderabad-06.

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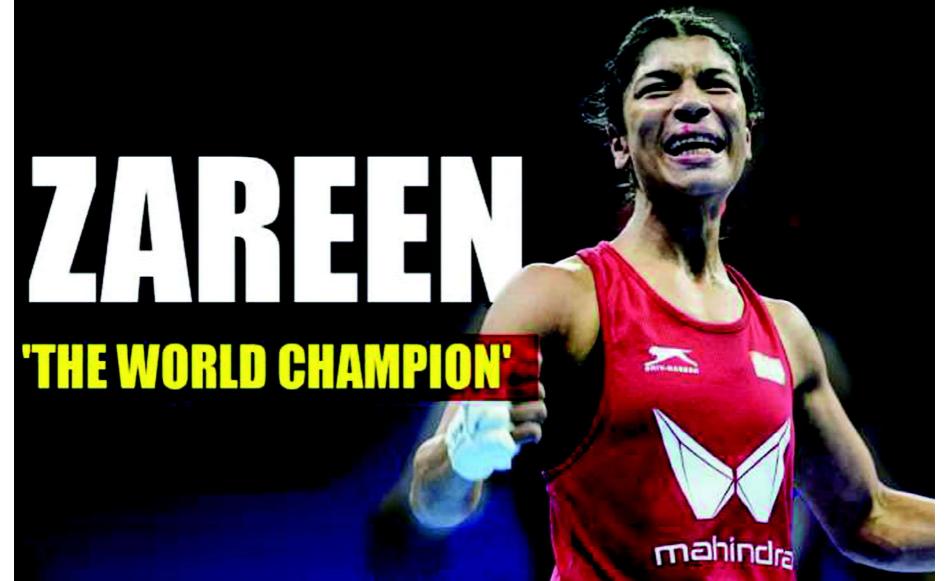
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Vol -10, Issue-11, April-2023 Pages - 10

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ppointments

Muni Ram Meena (IOFS: 2008) was re-designated as Director in the Department of Public Enterprise for a period up to 07.09.2026 i.e. total tenure of five years. He counts his central deputation tenure w.e.f. 08.09.2021.

PESB selected Atashi Baran Pradhan (GM, HAL) for the post of Director (Human Resources) in Hindustan Aeronautics Limited (HAL).

PESB selected Indra Dev Narayan (Regional Director, CMPDIL) for CMD post in Mineral Exploration and Consultancy Ltd.

Dr Ranian Sen, Scientist-VII, Centre for DNA Fingerprinting and Diagnostics (CDFD), Hyderabad, was appointed to the post of Director, Indian Association for Cultivation of Science (IACS), Kolkata.

Late Shri Kamal Chowdhery (IDAS) was empanelled for promotion to the grade of Principal Controller of Defence Accounts (PCDA) of the Indian Defence Accounts Service (IDAS) for the panel year 2020.

Pradip Kumar Banik, Deputy General Manager (DGM), Brahmaputra Valley Fertilizer Corporation Limited (BVFCL) was appointed as Director (Production) till the date of his superannuation i.e. 30.09.2025

The extension of Gurjeet Singh Dhillon (IOFS: 2002), Director in the Ministry of Housing and Urban Affairs, was approved for a period of two years i.e. up to 25.03.2025. He counts his central deputation tenure w.e.f. 26.03.2018.

Manoj Tandon was appointed as Director (Projects Operation & Maintenance), RailTel Corporation of India Limited (RCIL) till the date of his superannuation i.e. 30.11.2027.

Ms. Rukmani Attri (IRS IT:2006) was appointed as Joint Development Commissioner (Director Level) in the Office of Development Commissioner, Delhi under the Ministry of Micro, Small & Medium Enterprises (MSME) for a period of five years.

Bhanu Pratap Singh Bhadoria (IRSME:2008) was appointed as Director, NITI Aayog for a period of five years Director, Ministry of Housing and Urban Affairs (MOHUA) for a period of five years.

Ms Abs Shalini (IRS IT:2010) was appointed as Deputy Secretary in the Department of Consumer Affairs for a period of 4 years.

Basudev Panda (IRSEE: 1986) was appointed as General Man-

ager, Banaras Locomotive Works, Varanasi.

Shobhan Chaudhuri (IRSSE: 1986) was appointed as Secretary, Railway Board and GM, Northern Railway w.e.f. 01.04.2023.

S K Jha (IRSE:1986) was posted as GM, North East Frontier Railway (Construction), Guwahati.

PUK Reddy (IRSME:1986) was posted as GM, Kolkata Metro Railway

P K Mishra (IRSME:1986) was posted as GM, Modern Coach factory, Rae Bareli.

Lalit Kumar Gupta was appointed as Chairman and Managing Director (CMD), Cotton Corporation of India Limited (CCI) till the date of his superannuation

G Krishnakumar (ED, BPCL) was appointed to the post of CMD, Bharat Petroleum Corporation Limited (BPCL) till the date of his superannuation, i.e. 30.04.2025.

Rashmi Raman Singh (Group MD, IOCL) was appointed as Chairman-cum-Managing Director (CMD), Oriental Insurance Company Limited (OICL) till the date of his superannuation (i.e. 28.02.2025). He replaces Anjan Dey

The Deputation of Prashant Agarwal (IRSS: 2002), Director, Department of Higher Education was extended for a further period of two years beyond 14.02.2023 and up to 14.02.2025.

The tenure of Mayank Singh Chetan (CWES: 2011) as Deputy Secretary in the Ministry of Development of North Eastern Region was curtailed. He was appointed as Private Secretary to the Vice Chairman, National Commission for Scheduled Castes Arun Halder for a period up to 17.05.2024.

Tenure of Pranjol Chandra (IRSME: 2001), Director in the Ministry of Civil Aviation, was extended for a period of one year beyond 31.07.2023 and up to 31.07.2024. He counts his central deputation tenure w.e.f 01.08.2018.

The tenure of temporary upgradation of the post of Joint Secretary in Ministry of AYUSH to the level of Special Secretary in the rank and pay of Secretary to the Government of India, presently held by Pramod Kumar Pathak (IFoS:1986:KL) was extended up to to the level of Additional Secretary in Department of Home,

The tenure of downgradation of the post of Additional Secretary to the level of Joint Secretary in the Direct Benefit Transfer Mission, Cabinet Secretariat, presently held by Saurabh Kumar Tiwari, (IP&TA&FS:1993) was extended up to 10.12.2023.

The tenure of temporary upgradation of the post of Additional Secretary in Department of Justice held by Rajinder Kumar Kashyap (IPoS:1989) was extended up to 31.12.2023.

The tenure of temporary upgradation of the post of Joint Secretary to the level of Additional Secretary in Ministry of Steel, presently held by Ms. Ruchika Chaudhry (IRS IT:1990) was extended for term up to 25.03.2024.

Meghalaya DGP Para jumps from 5000 feet



Director General of Police (DGP) of Meghalaya Police L R Bishnoi (IPS 1991: AM) is the first DGP level officer in Indian history to perform five para jumps from 5000 feet in height. Bishnoi was appointed Director General of Police Meghalaya in the year 2022. He accomplished this feat at the Hindan Airbase in Uttar Pradesh. It was tweeted by Meghalaya Chief Minister Conrad Sangma.

PMO official gets Ambassadorial assignment



Rudra Gaurav Shresth (IFS: 1999) has been appointed as the next Ambassador of India to the Islamic Republic of Iran. Rudra Gaurav Shresth was serving as OSD in PMO but was empanelled to hold Joint Secretary level posts in Government of India in March. Simultaneously, he was appointed as Joint Secretary in the Prime Minister's Office (PMO) for a tenure upto 09.02.2023. He is ex-

pected to take up the assignment shortly.

Mohd Zubair Ali Hasmi (IAS:2008:TR) was appointed as

Sumeet Kumar Jarangal (IAS:2009:PB) was appointed as Director, Department for Promotion of Industry and Trade (DPIIT) for a period of five years.

P Hemalatha (IAS: 2000: KN) was appointed as Development Commissioner, Cochin Special Economic Zone, Cochin under the Department of Commerce, for a tenure of five years by upgrading the post from Director level to Joint Secretary

Palka Sahni (IAS:2004: BH) was appointed as Joint Secretary, Department of Food & Public Distribution, for a tenure of five years.

Aradhana Patnaik (IAS: 1998: JH) was appointed as Joint Secretary, Department of Health & Family Welfare for a tenure of five years

Mukta Shekhar (IRAS: 1994) was appointed as Joint Secretary, Ministry of Heavy Industries for a tenure of five years.

Anil Subramaniam (CSS Services) was appointed as Joint Secretary, Ministry of Home Affairs, for a tenure of five years.

five years Nitin Kumar Shivdas Khade (IAS: 2004: AM) was appointed as Joint Secretary, Department of Land Resources, for a ten-

The tenure of Subhas Chandra Lal Das (IAS: 1992: UT), Director General of Hydrocarbons, Ministry of Petroleum & Natural Gas, was extended for a period of 2 years

ure of five years.

Saurabh Tolumbia (IPS: 2007: GJ) was appointed as Adviser (Security) GAIL in the rank of DIG for a period of three years.

The Central Deputation tenure of Rajiv Ranjan Bhagat (IPS:1998:GJ), currently working as IG in the Special Protection Group (SPG), was extended for a further period of one year beyond 20.05.2023, i.e. upto 20.05.2024, in relaxation of IPS Tenure Policy.

The tenure of upgradation of the post of Joint Secretary presently held by Praveen Vashista (IPS:1991:BH) was extended up to 14.01.2024.

The deputation tenure of S Suresh (IPS:1995:KL) was extended for a period of one year beyond 08.03.2023. Currently, he is working as IG in the Special Protection Group (SPG) under Cabinet Secretariat.

Anand Swaroop (IPS: 1992: UP), Inspector General, ITBP was appointed as Additional Director General, ITBP up to 29.01.2024.

Amit Kumar (IPS: 1994: BH), Inspector General, CRPF was appointed as Additional Director General, CRPF from the date of assumption of charge.

Manmeet Nanda appointed new MD & CEO of Invest India



Manmeet K Nanda (IAS: 2000: WB) has been appointed as the Managing Director and Chief Executive Officer of Invest India - the investment promotion and facilitation body under the Department for Promotion of Industry and Internal Trade (DPIIT). Nanda is joint secretary in

the DPIIT and succeeds Deepak Bagla, who resigned from the post last week.

HAL: Pradhan selected for Director HR post

The Public Enterprise Selection Board (PESB) on Tuesday selected Atashi Baran Pradhan for the post of Director (Human Resources) in Hindustan Aeronautics Limited (HAL). Currently, Pradhan is working as GM, HAL.

Subject to requisite clearances and ACC approval he will replace Alok Verma who retired in November 2022.

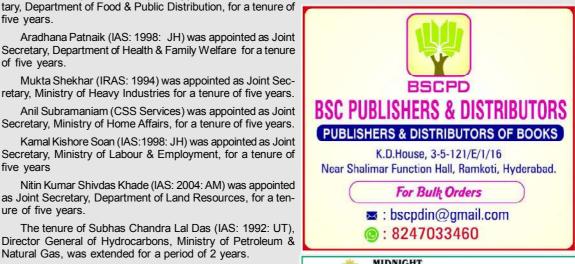
A retired IAS officer joins AAP

Jagatsinh Vasava (Retd IAS: 1982: AM) has joined AAP, who was with the Congress from January 2019 till December 2022. He contested the Assembly polls thrice unsuccessfully against Ganpat Vasava — once as an NCP candidate from Mangrol (ST) seat in 2017. He joined the Congress in 2019 but left the party as he did not get a ticket for the state assembly election 2022.

Pronab Mohanty (IPS: 1994: KN), Inspector General, BSF was appointed a Additional Director General, BSF up to 21.07.2023.

Neha Champawat (IPS: 2004:CG) was appointed as DIG in National Crime Records Bureau (NCRB) for a period

Prashant V Holkar (IPS: 2009: MH) was inducted as DIG in NIA for a period of five years.





Corridors of Power

Big Screen



Good Health On Priority

Health is always on priority in the state of Telangana and that's the reason Medical & Health Dept. is always active. The extra ordinary schemes are really result oriented and benefited for the general public. In this context one review meeting is held in the presence of Chief Secretary Shanti Kumari. Special Chief Secretary, MA&UD Arvind Kumar, Health Secretary Syed Ali Murtuza Rizvi and others also participated in the meeting.



TS Police Setting An Example

The DR.MCRHRD Institute of Telangana has organized an awareness program on cyber crimes and cyber laws for judicial officers. The program aims to equip judicial officers with the knowledge and skills necessary to effectively deal with cyber crimes and related legal issues. And the DGP Anjani Kumar as a guest speaker addressed the officers focusing on the importance of Cyber laws. During the award ceremony of reception officers DGP said "Telangana Police has been setting an inspiring example for other states in India with their outstanding services." Very true!



Ganga-Jamuni Tehzeeb Kayam Rahegi...!

The recent Sri Ram Navami procession planned in city on a large scale concluded peacefully. And as the elections are on cards, so all the parties and supporters has organized the rally on big scale. But no worries as the city police chief CV.Anand, the super cop hai naa! He knows how to tackle and handle the situations. Can say specialist in maintaining law & order.So, jab city police ke pass Mr.Anand hai tho gangajamuni tehzeeb har haal mein kayam rahegi...! Jt. CP M. Srinivasulu with CP.



Speaker Of The Year

Mahesh Bhagwat, the Additional DGP CID Telangana state is a versatile officer. Many endorsements, achievements & awards in his kitty. He is the one officer who is expert in public speaking on current issues. If not wrong he has attended hundreds of seminars as guest speaker and presented his paper in his career.

In the picture DGP Goa Jaspal Singh with Addl. Secretary NCW, New Delhi A. Asholi Chalai doing honour to Mr.Bhagwat after his talk in seminar on anti trafficking organised by NCW recently. Moreover he also attended national conclave on child trafficking national conclave on child trafficking at Delhi.



Down To Earth

Cyberabad police commissionerate last grade employee Babamma got retired from the services and on this occasion the happening cop Cyberabad Police Commissioner M.Stephen Raveendra wished the lady and told her to take care of the health. This gesture shows down to earth nature of the CP. Like it!



This Picture 'Made The Day'

'Made The Day' ! Some pictures really makes the day! Brings the smile on the face and spreads happiness. The Telangana Governor Dr.Tamilisai Soundararajan picture with the baby child is just amazing. Occasion Shri Ram Pattabhishekam Utsav at Sita Ramchandra Temple, Badhrachalam. During the pooja the Governor has some special moments with the baby girl, the people around was also happy to see the simplicity of the lady Governor.



Really Thrilled

Jennifer Larson, US Consul General in Hyderabad attended collage annual day last month. "I was thrilled to join the amazing young women of Madina Degree & PG College on their annual day celebrations. It was great to have the opportunity to hand out certificates to the academic toppers."



Good Luck

UK Dy.High Commissioner Gareth Wynn Owen is seen with Women Polo team players."I rooted for Team UK at second edition of International Women's Arena Polo Cup. Shared their jubilation when they emerged winners beating Team USA DYK - Equestrian is one of a small number of Olympics sports where men and women compete on equal terms.



Applauds & Appreciations

Love this event! Turkey consulate planned a certificate giving ceremony and dinner in honor of the volunteers who helped in collecting, segregating, storing and transporting of almost 400 tons of relief materials. Turkey Consul General Orhan Yalman Okan told "I don't know how to pay back for their efforts. Certificates are just the reflection of my deep gratitude and appreciation." Good initiative! Aslihan Özmen Okan is also seen in the picture.



Meeting Of The Month

Mr.Nawab Mir Nasir Ali Khan, Honorary Consul of Republic of Kazakhstan for Telangana and Andhra Pradesh had a meeting with His Excellency The Honorable Consul General of the Republic of Uzbekistan in Dubai at the Uzbekistan consulate to discuss regarding import of gold from Uzbekistan and developing Sustainable wood housing in Uzbekistan. Keep the fingers crossed for more happenings in the coming days.



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International Legendary Award 'On Screen'

Can say after a long gap a best award ceremony has held in the town. NSI Global Council Chairman Dr.Nawab Shaikh Ibrahim and Human Rights & Anti-Corruption Forum HQ, Delhi National Secretary Kabeer Khan are the two who has planned and executed the award nite on the grand scale. Home Minister Mohammed Mahmood Ali, Rtd. IPS officer S.A.Huda, Actor Suman, HC of the Kingdom of Lesotho Bohloeki Tlhaku and other grace the occasion as guests. The persons who has done the tremendous work in their respective fields were awarded by the guests. It was a first edition and the same charm will continue in coming years. Wishes & kudos to the organizers who has come out with a wonderful theme.



Mahmood Ali, Dr. Ibrahim, S.A. Huda, Suman, Bholeki Thaku Morojele





Krishnavani & Saraswathi



Shanoor Sana





Vibhudhi & Rina





Good initiative

Kudos ! Government announced a Comprehensive health screening campaign for women journalists and the said campaign is inaugurated by Chief Secretary Santhi Kumari. Special Chief Secretary, MA&UD and I&PR Commissioner Arvind Kumar has put all his efforts to make this success and kudos to Health Secretary Syed Ali Murtuza Rizvi for make this banner in a smooth many ing this happen in a smooth manner. Moreover applauds to Minister KTR for coming up with this thought. Good one!

Always Inspiring

30 Junior civil judges trained at the Telangana State Judicial Academy visited Women Safety Wing to learn more about various initiatives. During the visit the happening super cop Shikha Goel, ADG, Women Safety Wing addressed the young judges and informed how the team plays role in providing safe atmosphere to women and child followed by many more facts and learnings. Finally the young judges inspired and impressed with her oration. Endorsement offcier Shikha Goel is a fabulous speaker



No One Is Above The System



IPS officer VC.Sajjanar is known for tough policing.And now the officer is in talk for his recent tweet to Sr. Bacchan. In the tweet he posted "I humbly request the Super Star Amitabh and other celebrities not to collaborate with fraud companies like Amway which destroys the final companies like Amway which destroys the fiscal system of the country & well knitted social fabric of the society. These companies are illegal. Don't trust them." Many social media influencers appreciated the act of the officer. Yes celebs also should review once before the endorsement of the companies and products.



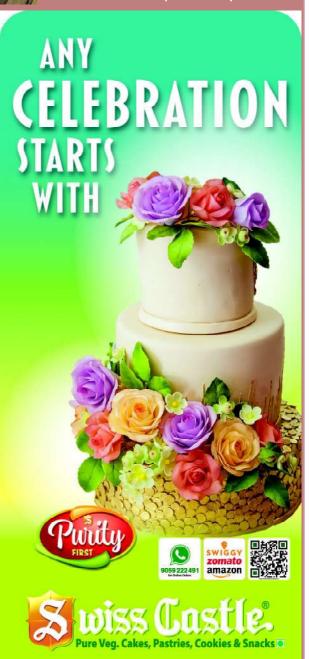


To provide clear and per fect vision the 'kanti velugu initiative has been started and thousands & lakhs of people are been benefited from this drive all over the state. In the districts the DMs are making all efforts to make the drive success.In the picture Medak collector Rajarshi Shah is seen inspecting the camp at Pariguntam village. Kudos to the team.

Perfect Policing



Nalgonda District SP Apoorva Rao, IPS is making rounds. Joined as SP recently and from the first day working on speed mode. Review meetings, special time for griev-ances, police station in spection and surprise visits too. During the review meeting with the officers pending cases as soon and give priority to the grievances during visiting hours. Perfect policing on



MIDNIGHT REPORTER **April**, 2023

Public Sector

R.K. Vishnoi, CMD, NHPC awarded CBIP **Individual Award**



R.K. Vishnoi, CMD, NHPC has been conferred the CBIP Individual Award for outstanding contribution for development of Power and RE Sector. R.K Vishnoi received the award from R.K. Singh, Union Minister of Power, New & Renewable Energy at New Delhi. R.K. Vishnoi has more than 35 years of vast and rich experience in the Design, Engineering and construction of hydro project structures. He joined THDCIL in the year 1989 at the level of Engineer and worked in different capacities and rose to the level of General Manager in the year 2013 and thereafter elevated as Executive Director in the year 2016. Apart from heading the Design Department, he also held the additional charge of Executive Director, Vishnugad-Pipalkoti Hydro Electric Project (VPHEP) 444 MW. He has various prestigious achievements to his credit while working with the Tehri, Koteshwar and Vishnugad-Pipalkoti hydro projects. He further became Director (Technical), THDCIL in Sep' 2019 and took over as CMD, THDCIL in Aug' 2021.

NMDC celebrates International Year of Millets



At the forefront of popularizing Millets, NMDC distributed the Superfood at the Business Women Expo 2023 in Hyderabad. In the backdrop of the International Year of Millets, NMDC inspired women entrepreneurs to build Millet businesses and contribute to the food security of the nation. On behalf of the company, Shri K Praveen Kumar, ED (Personnel and Law) and Shri K Mohan, CGM (Personnel) distributed the Millets and interacted with the participants on its benefits for a healthier future.

The United Nations, at the behest of the Government of India, declared 2023 the International Year Millets. In its effort to increase the consumption of Millets, NMDC recently invited IIMR recognized Ahobilam Foods of Hyderabad to conduct a Session on - Millets as Smart Food. The session was followed by a Millet Lunch. The CPSE is also engaging with stakeholders on its Social Media platforms to create awareness and is distributing Millets at platforms of public importance. On this International Women's Day, NMDC encouraged women to support the Millet economy. NMDC's Brand Ambassador - World Boxing Champion Nikhat Zareen also represents the company's commitment to women empowerment.

PNB SIGNS TWO MOUS WITH INDIAN NAVY



Punjab National Bank (PNB), nation's leading public sector Bank, signed two MoUswith

One MoUis for PNB Agni Rakshak A/c to Agniveers being inducted in Indian Navy. The second MoU is for offering PNB Rakshak Plus A/c which is specially designed Salary account for Serving Defence Personnel and Veterans (Pensioners) of Indian Navy.

The MoUs were signed and exchanged between Commodore S. K Verma, CMDE (P&A) on behalf of the Indian Navyand Sumesh Kumar, General Manager on behalf of PNB. Ceremony took place at the IHQ MoD (Navy), TalkatoraAnnexe Building, New Delhi.

Major General Raj Sinha, VSM.(Chief Defence Banking Advisor for PNB) was also present on the occasion

This scheme provides attractive Banking facilities & Insurance coverage that includes Personal Accidental Insurance, Permanent Disability (Total & Partial), Air Accidental Insurance along with Additional insurance benefits viz Educational benefits for dependent children, Girl Child Marriage Cover, Transportation of Imported Medicine, Plastic Surgery Expenses etc.

POWERGRID wins 6 projects through **Tariff Based Competitive Bidding**



Power Grid Corporation of India Limited (POWERGRID) – a Maharatna CPSU under Ministry of Power, has acquired six project Special Purpose Vehicles (SPVs) for various transmission system projects after competing with various private sector players and emerging as successful bidder in the Tariff Based Competitive Bidding process (TBCB) conducted by REC Power Development and Consultancy Limited (RECPDCL) as per the guidelines notified by Government of India. These Project SPVs include Khavda RE Transmission Limited, KPS2 Transmission Limited, KPS3 Transmission Limited, Khavda II-B Transmission Limited, Khavda II-C Transmission Limited, ERWR Transmission Limited.

The first five project SPVs shall implement transmission system projects in the state of Gujarat. These projects comprise of establishment three 765kV Sub-stations with transformation capacity of 15,000 MVA and 765kV D/C transmission lines of more than 1200 ckm, along with associated works for evacuation of Green Energy from various Solar Parks in Khavdaregion into the national grid. The ERWR Transmission Limited SPV shall establish inter-regional link between eastern region grid and western region grid through a 400kV D/Ctransmission line between Jeypore (Odisha) and Jagdalpur (Chhattisgarh).

PFC signs MoU with Indian Institute of Science



Power Finance Corporation Ltd. (PFC) a Maharatna Company and India's leading NBFC in the power sector has signed anMoU with the Indian Institute of Science (IISc) to support establishing a state-of-the-art building that will house the Interdisciplinary Centre for Energy Research (ICER). The MoU was signed in the presence of R.S. Dhillon, CMD, PFC, SmtParminder Chopra, Director (Finance), R.R. Jha, Director (Projects), Manoj Sharma, Director (Commercial), Bhaskar Bhattacharya (Independent Director, PFC), SmtUshaSajeev Nair (Independent Director, PFC) and Prof GovindanRangarajan, Director, IISc, along with other senior representatives from PFC and IISc. The state-of-the-art building for ICER will foster cutting-edge fundamental and applied research on various energy-related areas, with special focus on green hydrogen generation. It will be constructed at a cost of Rs 60 crore over the next two years. The building will house modern labs, seminar rooms, classrooms and faculty rooms, as well as facilities for developing energy-related products and prototypes.

The new building will significantly accelerate advanced research in indigenous green hydrogen and net zero technologies, and increase capacity building through training and degree programmes.

BHEL wins PSE Excellence Awards



Among all Public Sector Enterprises, Dr. Nalin Shinghal, CMD, BHEL, has been conferred with the Indian Chamber of Commerce (ICC) PSE Excellence Award for 'CEO/CMD/MD of the Year' for transformational leadership. In addition, BHEL has been awarded the PSE Excellence Award for 'Contribution of Women and Differently-abled', in the Maharatna CPSE category. The awards were presented at the 12th PSE Excellence Awards function in New Delhi.

G. Krishnakumar new Bharat Petroleum **Corporation Chairman**



G. Krishnakumar has been appointed as Chairman and Managing Director of Bharat Petroleum Corporation Ltd (BPCL), a statement said. Currently an Executive Director of BPCL, he is an industry veteran with diverse leadership experience across businesses and functional domains in his 36-year association with the oil major. He has been at the core of BPCL's pioneering work in revolutionising the downstream fuel retailing industry in the country. Krishnakumar is an electrical engineer from NIT (erstwhile Regional Engineering College), Tiruchirapalli and has done his Masters in Financial Management from Jamnalal Bajaj Institute of Management Studies,



Know these five incredible benefits of muskmelons aka kharbooja



Muskmelon, also known as arbooja or "Madhuphala" in Kharbooja or Ayurveda, is a fruit that is packed with nutrients especially high in vitamin C, a water-soluble vitamin that boosts immunity and helps prevent disease. Muskmelons also contain Vitamin A which is a micronutrient necessary for growth and development, healthy skin cell turnover, and good eyesight. Antioxidants such as gallic acid, ellagic acid, and caffeic aciD present in muskmelon shield cells from cellular deterioration. It is good for cooling and diuretic reasons, which keep one hydrated and help flush out impurities from the body. It also helps relax blood vessels and enhance blood flow.

Here are some benefits of this cool summer fruit: Aids in weight loss:

Muskmelons are beneficial for weight loss due to their low calorie and fat content. It takes a while for it to pass through your stomach into your digestive system, making you feel fuller for longer.

Helps in treating insomnia

Muskmelon is a stress-relieving fruit that can help reduce stress and maintain mental calmness. It contains minerals like potassium which promotes sleep.

Improves cardiovascular health

Muskmelons are abundantly loaded with potassium, which keeps blood pressure under control, and eventually keeps the heart healthy. The fruit also contains a compound called adenosine that is beneficial for the heart as it has blood-thinning properties and prevents blood clotting in the cardiovascular system.

Treats menstrual cramps

Enriched with anticoagulant qualities and Vitamin C, Muskmelons are essential for all women suffering with menstrual cramps. They help to break up blood clots and ease muscle cramps, as well as aid in controlling menstrual flow. It is recommended to eat them for the first two days of the menstrual cycle.

Enhances eye vision

Muskmelons contain a lot of vitamin A, which is essential for preserving the eye muscles and strengthening them against eye-related issues. Also, the vibrant yellow, orange, and red colours of muskmelon are due to the presence of carotene, which also aids in the prevention of cataracts and enhances vision.

Now that you know the benefits of the delicious Muskmelon, include this fruit in your

Prices of essential medicines set to see a hike from April 1



Prices of 384 essential drugs and over 1,000 formulations are set to see a hike of over 11%, due to a sharp rise in the Wholesale Price Index (WPI). The price surge to set in from April 1 will mean that consumers have to pay more for routine and essential drugs, including painkillers, anti-infection drugs, cardiac drugs, and antibiotics.

Annual hikes in the prices of drugs listed in the National List of Essential Medicines

(NLEM) are based on the WPI.

In its communication dated March 25, the National Pharmaceutical Pricing Authority said treatment for cough and sore throat. (Remedy: boil water and add a the annual change in WPI was 12.12% for the calendar year 2022. Last year, the National pinch of turmeric. (Drink twice a day.) ricing Authority (NPPA) announced a 10.7% change in the Wholesale Price Index (WPI). Every year, the NPPA announces a change in the Wholesale Price Index (WPI) in oping chronic illnesses by preventing free radicals from harming healthy accordance with the Drugs (Price Control) Order, 2013, or DPCO, 2013.

A senior Health Ministry official said that the price hike was to ensure that there would be no shortage of medicines in the market, and that manufacturers and consumers mutually benefit. "Manufacturers will not sell at a loss and we must ensure a steady supply of essential medicines in the country. Additionally, the prices are allowed to rise in a controlled manner," he said.

The source added that previously when a 10% hike was allowed, several manufacturers kept the rate under 5% because of market forces. "We are expecting a similar trend with this hike as well," he added.

Malini Aisola, co-convener of the All India Drug Action Network, a group that works to promote affordable healthcare, expressed concern that the new WPI would trigger increases

in the ceiling prices under the DPCO provisions for fixing prices for scheduled formulations. "The increase is the highest seen since the DPCO 2013 came into force and this is the second year in a row that the WPI is higher than the annual permitted price hike for non-scheduled formulations (10%). Because such a drastic hike will distort the price control in place on essential medicines, the government should intervene in the interest of maintaining the affordability of these drugs. Such high back-to-back price increases are undermining the purpose of price fixation of essential medicines," she added.

Sugarcane juice: Drink this super sweet juice during summer for 5 amazing health benefits



Nothing beats a large glass of sugarcane juice on a sweltering summer day. But have you ever thought about the advantages of sugarcane juice?

Pure raw sugarcane juice is a natural remedy for many problems, helping to prevent **m** infections

boosting the immune system. It is especially effective for dehydrated persons, as it is abundant in iron, magnesium, calcium, and other electrolytes and raises the body's protein levels, aiding in the treatment of diseases such as the common cold and fever.

Here are some health advantages that come with drinking this sugary beverage: Aids in digestion: Sugarcane juice is beneficial for those with digestive problems, as it helps to maintain the pH levels in the stomach and release digestive fluids, as well as guards against gastrointestinal illnesses.

Controls diabetes: Sugarcane juice has a low glycemic index, making it beneficial for diabetics. Though diabetics may be hesitant to consume sugarcane juice due to its high sugar content, it has a low glycemic index, which minimises frequent rises in blood sugar levels and can be beneficial.

Good for bones and teeth:

Sugarcane promotes the growth of bones and teeth. It has calciumrich properties, which also stimulate the skeletal system.

Prevents bad breath and tooth decay:

Sugarcane is a good source of calcium and phosphorus which help develop tooth enamel and strengthen teeth, preventing decay. It also eliminates foul breath caused by a lack of essential nutrients.

Prevents pain related to STDs and UTIs:

Sugarcane juice if consumed diluted with lime juice and coconut water can help lessen body inflammation that may be brought on by STIs, UT infections, kidney stones, and prostatitis

Beneficial for skin: Sugarcane juice can be used topically to prevent acne, inflammation, and any related issues. It contains alpha-hydroxy acids (AHAs), such as glycolic acid, and exfoliates the skin. Prepare a mask by combining the juice with Fuller's earth (Multani Mitti). Apply to the face and neck and leave for 20 minutes.

Benefits of wild turmeric: Preventing arthritis to liver detoxification

Wild turmeric is a significant part of Ayurvedic traditions. The yellow root is believed to offer various medicinal benefits, such as boosting bodily energy, reducing gas, getting rid of worms, enhancing digestion, controlling menstruation, removing gallstones, and alleviating arthritis. Turmeric has been used since ancient times for its antimicrobial and antibacterial properties in traditional Ayurvedic treatment, making it a staple of the Indian diet. It has a harsh flavour and camphor-like smell. Curcumin, a phyto ingredient, is used to give turmeric its distinctive yellow hue and is incredibly nutritious for the joints as well as supporting a balanced inflammatory response. Scientifically known as Curcura aromatica and Kasturi Manjal in Hindi, the mighty herb can do wonders.

Health benefits of wild turmeric

Abundant anti-inflammatory properties:

Wild turmeric has antioxidant properties that make it an effective

cells and slowing the growth and development of tumor cells. It also helps treat diabetes by keeping the sugar levels under control.

Boosts the Immune System:

Curcumin boosts the immune system, suppresses proinflammatory cytokines, and helps manage allergy disorders. T cells, B cells, and natural killer cells are all affected by curcumin, which may help fend off infection.

Heals wounds:

Kasturi manjal's natural healing properties can help treat wounds, minor cuts, scars, snake bites, and scrapes, speeding up the healing process and reducing scar tissue. Wild turmeric also possesses mosquito-repellent properties and cures mosquito bites.

Liver detoxification:

Turmeric is a valuable compound that can protect the liver from damage from carbon tetrachloride. It also protects the kidneys, heart, and brain. The herb helps treat a variety of neurological conditions, including Alzheimer's, Parkinson's, multiple sclerosis, dementia, and Huntington's disease.

7 **April**, 2023 MIDNIGHT REPORTER

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JCI Banjara's 'Jaycee Hungama' is on screen

JCI Banjara Hyderabad event Jaycee Hungama held at Classic convention Hall 3, which is event of the month. The event was being hosted for a good cause of providing vision for blind under the aid of Drishti - Cataract treatment and eye care a community project. The funds from this event will also help our other community projects such as Limbs for Life , Bowl of Happiness and Education for Children. This signature event of JCI Banjara Hyderabad was attended by more than 2500 people and was a grand success.JC Keshav Inani Vice President JCI Banjara Hyderabad said the main motto of JCI is "to provide development opportunities that empower young people to create positive change"



Midnight Reporter's March Edition is released by Super Cop Shikha Goel

Midnight Reporter's Marvelous March "Women's Day Special" edition is out with a bang released by the marvelous IPS officer Shikha Goel, Additional DGP, Women Safety, SHE Teams & Bharosa. Click the link for epaper: http://midnightreporter.com/march-2023.pdf

Rangoli's 'Swapn' Painting Exhibition

Well-known artist Rangoli Garg's painting exhibition 'Swapn' organised to celebrate Women's Day. Guest Ms.Kiran Bedi missed the evening.Who wants to miss it! No ! Show held at India Habitat Centr, Delhi. Ap- continuing the food fest. preciations for 'Swapn'!

Perfect Mehman Nawazi This is called



perfect mehman nawazi! Md.Imran Shalimar has hosted a Pre-Ramzan dinner at Red Rose.The tradition of hosting dinner continues from years & years ! The guests list in-cludes the known faces from the town.And the lazeez dinner was discussion, hope this time no guests



Jovalukkas opens doors in Siddipet

Joyalukkas opens doors in Siddipet, Telangana. The grand new showroom was inaugurated by Smt. Raja Narasu Manjula (Muncipal Chairperson) and Smt. Radha Roja Sharma (Zilla Parishad Chairperson) in the presence of Mr. Joy Alukkas (Chairman, Joyalukkas Group), Mr. John Paul Alukkas (Managing Director-Joyalukkas International Operations), Mrs. Jolly Joy Alukkas and Mrs. Sonia Alukkas (Director) and other dignitaries. It a great news that after successful establishments in metro cities now Joyalukkas is spreading its wings in districts. Best wishes !

Ye Sham Mastani...!

After a gap a stunning birthday party is been hosted in the town. Yes Manju Aggarwal, the happening feminine has thrown a party at Aqua, the park. B/W décor theme was an attraction and the delicious food & live band was the high light. The entry of Manju was just awesome on Bollywood popular songs. Endorsed the party as 'yeh sham mastani....!' Belated wishes Maniu.



Versatile Murtuza!

Endorsement for Murtuza Ali! And we have a strong reason for this endorsement , the person who is into many folders and chapters, mean works is a called versatile. Yes Ali in into some happening businesses and it's a news that now he is working on International platform. Moreover he is into political platform too, much active, but play roles at back the screen. Wishes to Murtuza for further endeavors.



hub n home



Shilpa Jopat Receives Visionary Women Award As The Best Consultant

Spacealist offers cutting-edge interior

design & detailing services



Shilpa Jopat's outstanding achievements in the field of space management and property purchase consultancy have earned her recognition at the Visionary Women Awards as the Best consultant. With a natural entrepreneurial spirit and years of industry expertise, Shilpa has successfully founded four enterprises, including the latest addition of Spacealist.

Shilpa's latest venture, Spacealist, focuses on assisting new home buyers in making informed decisions in the real estate industry through their unique service of Property Pre-purchase Consultation.

Also with over 14 years of dedicated work in the construction industry, Shilpa has played a pivotal role in providing expert interior design solutions and project management consultation services for residences, hospitals, offices, and more.

Her unwavering commitment to excellence and passion for helping others has made her a trusted advisor and respected name in the industry. Shilpa brings her core values of creativity, honesty, knowledge and expertise gained over the years, and commitment to all her endeavors.

Spacealist has recognized the critical role of informed decision-making in property purchase and interior design over the years. Given that these are areas where people spend a significant portion of their day and invest their hard-earned money, it is essential to ensure that the choices made are well-informed and optimal. Spacealists' services have proven to be particularly useful to Indians and non-resident Indians (NRIs).

Firstly, they provide detailed reports on properties that clients are considering purchasing, helping them to make well-informed decisions.

Secondly, Spacealist offers cutting-edge interior design and detailing services, ensuring 100% implementation onsite too.If you're looking to get started on your space's story, Shilpa Jopat is the person to turn to.













Banjara Hitts: Road No. 12. Opp. Open Police Land. +91 92996-51545 Abids: Abids: Nampally Road, Opposite Hotel Park. +91 40 6668 0004

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INTERIOR PARK MIDNIGHT REPORTER 9 April, 2023

ईरान के बाद अब सीरिया से रिश्ते बनाएगा सऊदी



जियो-पॉलिटिक्स के लिहाज से मार्च महीना कई मायनों में कई आश्चर्यों से भरा रहा, खासकर इस महीने की वैश्विक राजनीति में चीन लगातार चर्चा में बना रहा है। सबसे पहले तो दुनिया इस बात पर चौंकी, कि ईरान और सऊदी अरब के बीच चीन की मदद से दोस्ती कायम हो गई और फिर दूसरा सरप्राइज ये आया, कि सीरिया और सऊदी अरब में भी डिप्लोमेटिक रिश्ता कायम हो गया है। यानि, अरब वर्ल्ड इस महीने दुनिया के केन्द्र में रहा और जो अरब

वर्ल्ड अब तक अमेरिका के इशारे पर काम करता था, वहां से अमेरिका की विदाई होने के पुख्ता प्रमाण मिलने लगे हैं। समाचार एजेंसी रॉयटर्स की रिपोर्ट के मुताबिक, सऊदी अरब और सीरिया, ईद के बाद एक दूसरे के देथ में अपने—अपने दूतावासों को फिर से खोलने के लिए राजी हो गये हैं।

सीरिया और सऊदी अरब में दोस्ती का समर्थन करें, गरीब बुजुर्गों को हम प्दकपं Hyderabad में फुल माउथ डेंटल इम्प्लांट की लागत आपको आश्चर्यचिकत कर सकती है Dental implant सीरिया और सऊदी अरब के बीच फिर से डिप्लोमेटिक रिश्ता कायम होना, अपने आप में बहुत बड़ी खबर है। ऐसा इसिलए, क्योंकि सीरिया के राष्ट्रपित बशर अल—असद, जिन्हें सीरियाई नागरिकों के खिलाफ उनके शासन द्वारा किए गए अपराधों के कारण अरब नेताओं द्वारा त्याग दिया गया था, उन्हें एक बार फिर से अरब देशों में स्वागत किया जाएगा। माना जा रहा है, कि सीरिया के राष्ट्रपित बथर अल—असद, जल्द ही अरब देशों में होने वाले कार्यक्रमों में दिखाई देंगे, जबिक उन्हें अरब देशों के शिखर सम्मेलन से अरब लीग ने 2011 में ही सस्पेंड कर दिया था। लिहाजा, अरब देशों में राष्ट्रपित बशर अल—असद की वापसी का मतलब ये है, कि रूस और चीन का वर्चस्व खाड़ी देशों में और बढ़ेगा। ऐसा इसिलए, क्योंकि राष्ट्रपित बशर अल—असद को रूस का समर्थन प्राप्त है और पुतिन की मदद से ही वो लगातार सीरिया में राष्ट्रपित चुनाव एकतरफा मुकाबले में जीतते हैं। रूस की सेना सीरिया सरकार को सैन्य मदद देती रहती है, जिससे सीरिया में सरकार विरोधियों को कुचल दिया गया है।

तिब्बत का तीसरा धर्मगुरु होगा ८ साल का मंगोलियाई बच्चा



नई दिल्ली। 87 साल के तिब्बती धर्मगुरु दलाई लामा ने चीन को बड़ा झटका दिया है। उन्होंने तिब्बती बौद्ध धर्म का तीसरा सबसे बड़ा धर्मगुरु अमेरिका में पैदा हुए 8 साल के मंगोलियाई बच्चे को बना दिया है। ये जुड़वा बच्चों में से एक है। दलाई लामा ने इस बच्चे को 10वें खलखा जेटसन धम्पा रिनपोछे का पुनर्जन्म बताया। नए धर्मगुरु के मिलने का

समारोह 8 मार्च को हिमाचल प्रदेश के धर्मशाला में हुआ था लेकिन इसकी जानकारी अब सामने आई है। समारोह में इसमें 600 मंगोलियाई मौजूद रहे। दलाई लामा ने कहा, हमारे पूर्वजों के चक्रसंवर के कृष्णाचार्य वंथ से गहरे रिश्ते थे। इनमें से एक ने मंगोलिया में एक मठ की भी स्थापना की थी। ऐसे में तीसरे धर्मगुरु का मंगोलिया में मिलना काफी शुभ है।

मंगोलियाई मीडिया के मुताबिक, नए तिब्बती धर्मगुरु मंगोलिया के एक मैध्स प्रोफेसर के जुड़वा बच्चों में से एक है। इन बच्चों का नाम अगुदाई और अचिल्ताई है। वहीं बच्चे की दादी मंगोलिया में सांसद रह चुकी हैं। बच्चे के धर्मगुरु होने की खबर सामने आते ही मंगोलिया में लोग जश्न मनाने लगे। समारोह के दौरान बौद्धों में खासा उत्साह देखा गया। वहीं कुछ मीडिया रिपोर्ट्स के मुताबिक, पहले भी एक मंगोलियाई बच्चे के धर्मगुरु होने की खबरें सामने आई थीं लेकिन दलाई लामा ने इसकी पुष्टि अब की है।

महिलाओं को दहेज न लेने की शपथ दिला रहा चीन



शादी में दूल्हे को दहेज देने की बात तो आम है, लेकिन चीन में इससे उल्टा हो रहा है। यहां दुल्हन को शादी के लिए दहेज देना पड़ता है। चीन की आम बोलचाल में लड़के के दिए जा रहे दहेज को कैली कहा जाता है। इसके लिए सरकार महिलाओं को दहेज न देने की शपथ दिला रही है। कुछ प्रांतों में दूल्हे को 16 लाख 47 हजार रुपए देने पड़ते हैं। कई जगह तो लड़कों की शादी करने में पेरेंट्स दिवालिया हो रहे हैं। इस दहेज की प्रथा पर अंकुश लगाने के लिए, स्थानीय सरकारें दाइजियाप जैसे कार्यक्रम के जरिए अभियान

चला रही हैं। यहां तक कि कुछ शहरों में अधिकारियों ने कैली पर कार्रवाई की है और कई बार दूल्हा-दुल्हन के परिजनों से भी सीधे बात करने की कोशिश की है।

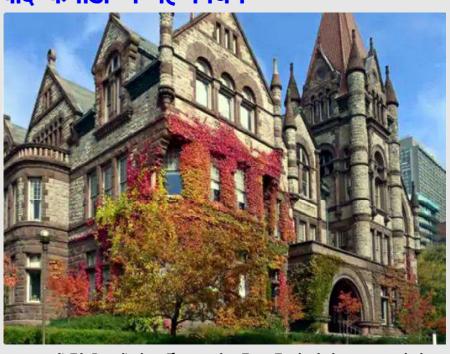
पुरुषों की कमी के कारण है यह प्रथा

चीन में पुरुषों की कमी के कारण यह प्रथा है। सरकार इस पर रोक लगाने की कोशिश कर रही है। लड़की वालों से शपथ पत्र भरवा रही है कि वे दहेज नहीं लेंगे। दरअसल, कोयम्बदूर यूनिवर्सिटी में एंथ्रोपॉलोजी के प्रोफेसर गोंसालो सैंटोस का मानना है कि चीन में अधिकतर कानून महिलाओं को केंद्र में रखकर बनाए जाते हैं जो ठीक नहीं है।

प्रोफेसर का कहना है कि महिलाओं से सामाजिक व्यवस्था बनाए रखने की उम्मीद करना ही पितृ सत्ता है। महिलाओं को दहेज न लेने की शपथ दिलाने वाली सरकार यह भूल जाती है कि ऐसी स्थिति उनके ही वन चाइल्ड पॉलिसी के चलते बनी है। रिसर्चर बताते हैं कि वन चाइल्ड पॉलिसी के बाद सामान्य चीन परिवारों में लड़कों पर फोकस किया गया।

लड़कों की शादी करने में दिवालिया तक हो रहे पेरेंट्स— शहरी क्षेत्रों में लोग इसे पितृसत्ता के रूप में देखते हैं। ऐसा करना महिलाओं को बेचने के बराबर है। पढ़े लिखे जोड़े बिना पैसों के शादी करना चाहते हैं। लड़कों की शादी के चक्कर में पेरेंट्स दिवालिया हो रहे हैं। जीवनमर की कमाई शादी में खर्च होने से यह स्थिति बन रही है।

पंजाब के 700 छात्रों का वीजा फर्जी मिलने के बाद कनाडा में नए नियम



कनाडा में विदेशी छात्रों को फर्जीवाड़ा करके दाखिला दिलाने को लेकर हुए खुलासे के बाद ऑटारियों के सरकारी कॉलेज नए नियम बनाने जा रहे हैं। इसका मकसद भारत समेत अन्य देशें से पढ़ाई और बेहतर करियर की तलाश में यहां दाखिला लेने वाले छात्रों की सुरक्षा सुनिश्चित करना है।

ये नियम छात्रों को सही सूचना देने और कॉलेजों की मार्केटिंग तथा दाखिला प्रक्रिया पर लागू होंगे। नए नियम जून 2024 तक लागू किए जाने की योजना है। यह फैसला ऐसे समय लिया गया है, जब कनाडा में 700 भारतीय छात्रों का स्टूडेंट्स वीजा फर्जी पाए जाने के बाद उन्हें वापस भेजे जाने को लेकर खबरें चर्चा में हैं।

इन छात्रों ने जालंघर में स्थित एजुकेशन माइग्रेशन सर्विस के जरिए स्टडी वीजा के लिए आवेदन किया था। ये छात्र 3 से 4 साल पहले स्टूडेंट्स वीजा पर गए थे। उन्होंने नौकरी के लिए अप्लाई किया तब फर्जीवाड़े का पता चला। ऑटारियो कॉलेजों की अध्यक्ष व सीईओ लिंडा फ्रेंकलिन ने बताया कि विदेशी छात्रों को सही सूचना दाखिले के समय ही देने की जरूरत है। इसके लिए ठोस नियम बनाने जरूरी है।

कॉलेजों को अपनी मार्केटिंग कानून के अनुसार करनी होगी

नए नियमों और मानकों पर दस्तखत करने वाले कॉलेजों को यह सुनिश्चित करना आवश्यक है कि उनकी मार्केटिंग सामग्री कानून के अनुसार हो, भ्रामक न हो। इसमें छात्रों को सही सूचना देने के साथ ही रोजगार की गारंटी जैसे बेबुनियाद वादे नहीं करने की शर्ते लागू होंगी।

कॉलेज प्रबंधन को अपने एजेंटों पर भी नजर रखना होगा कि वे कोई गलत जानकारी देकर दािखला नहीं दिलाएं। ऐसा करने वाले एजेंट का लाइसेंस भी रद्द किया जाने का प्रावधान होगा। ये नियम सरकारी के साथ ही प्राइवेट और पीपीपी मोड से चलाए जा रहे कॉलेजों पर भी लागू होंगे।

विदेशी छात्रों में करीब 40 फीसदी भारतीय-कैनेडियन ब्यूरो फॉर इंटरनेशनल एजुकेशन के अनुसार, पिछले साल कनाडा में 8,07,750 विदेशी छात्र थे। यह 5 साल पहले की तुलना में 43 प्रतिशत अधिक है। इनमें 40 प्रतिशत भारतीय हैं। इसके बाद 12 प्रतिशत चीनी छात्र हैं। इनमें आधे से अधिक अंतर्राष्ट्रीय छात्र ऑटारियो में पढ़ते हैं।

महिलाओं ने किया मां बनने से इनकार : चीन, जापान और साउथ-कोरिया में कम पैदा हो रहे बच्चे



17 जनवरी 2023 को चीन की कम्युनिस्ट सरकार ने बताया था कि 60 साल में पहली बार वहां की आबादी में 8 लाख 50 हजार की कमी आई है। ठीक 5 दिन बाद 23 जनवरी को जापान के प्रधानमंत्री फुमियो किशिदा ने कहा कि देथ की घटती आबादी को लेकर अभी कुछ नहीं किया गया तो बहुत देर हो जाएगी। इसके 2 ही दिन बाद 25 जनवरी को साउथ कोरिया सरकार ने बताया कि उनके यहां 2022 के नवंबर महीने तक केवल 2 लाख 31 हजार बच्चे पैदा हुए, जो पिछले साल के मुकाबले 4.3 प्रतिशत

कम हैं। इन तीनों ही देशों के लिए घटती आबादी बड़ी मुश्किलें पैदा कर रही है।

साउथ कोरिया में फर्टिलिटी रेट घटकर 1 प्रतिशत से नीचे पहुंची

साउथ कोरिया ने अगस्त 2022 में सबसे कम फर्टिलिटी रेट का अपना ही रिकॉर्ड तोड़ दिया। यहां लगातार तीसरे साल दुनिया में सबसे कम बच्चे पैदा हुए। 2020 में पहली बार पैदा होने वाले बच्चों से मरने वाले लोगों की तादाद ज्यादा हुई। 2021 में फर्टिलिटी रेट घटकर 0. 81 प्रतिशत हो गई और 2022 में सबसे निचले स्तर 0.79 प्रतिशत पर पहुंच गई। इसका मतलब यह है कि वहां एक महिला एक बच्चे को भी जन्म नहीं दे रही है।

पहले बर्थ कंट्रोल का कानून बनाया, अब आबादी बढ़ाने की चुनौती

1960 के दशक में साउथ कोरिया में एक महिला औसतन 6 बच्चे पैदा करती थी। नॉर्थ कोरिया के साथ हुई जंग के आर्थिक नुकसान से उबरने के लिए साउथ कोरिया ने बर्थ कंट्रोल के लिए कई सख्त कानून लागू किए। इसके 20 साल बाद एक महिला औसतन 2.1 बच्चे पैदा करने लगी। ये ट्रेंड धीरे-धीरे वहां के लाइफ स्टाइल का हिस्सा बन गया। साउथ कोरिया में सरकार कई तरह की स्कीम लाकर और प्रोग्राम चलाकर 16 साल में 17 लाख करोड़ रुपए खर्च कर चुकी है। फिर भी वहां बर्थ रेट नहीं सुधर पाई है।



Boom in Kashmir tourism, over 2 lakh tourists in Gulmarg during winters

Kashmir has been experiencing a record-breaking year for tourism. It saw 1.2 lakh visitors visitors visiting Kashmir in a single year reached a record 25 lakh last year, significantly more than the previous 40 years' average.

Director of Tourism, Kashmir, Fazl-ul-Haseeb told India Today that more than 1.2 lakh people travelled to Kashmir in February and 90 per cent of them visited the famous Gulmarg ski

"Since last year, there has been a good influx of tourists, and we are optimistic that this trend arrive in February 2023, giving the industry's stakeholders much-needed relief. The number of will continue in the months to come. We have planned a variety of events in March and April in an effort to attract tourists, including Tulip Festival in Asia's largest Tulip Garden in Srinagar" he said.

> To increase the number of visitors, Haseeb said that they were developing a number of strategies and getting ready for the approaching tourist season. Also, some more varieties of tulips and other flowers have been added in Srinagar Tulip Garden, making it a prominent attrac-

Macao launches subsidy program to boost tourism industry



With the resumption of customs clearance and personnel exchanges between the Chinese mainland and the Macao Special Administrative Region (SAR), Macao's tourism industry is picking up pace. The number of tourists from Chinese mainland has recovered to nearly 50 percent of pre-epidemic levels, and Macao Government Tourism Office has launched a subsidy program for mainland tourists to boost the industry.

The number of mainland tourists in March continued to maintain a positive trajectory, and the current recovery situation has exceeded expectations, said Wen Qihua, director of the tourism office, in an interview with Beijing News

In recent years, in addition to continuing to improve its core products in terms of food,

history and culture, the Macao SAR has been trying to add new elements to entice tourists. In 2022, Macao put forward a "one-plus-four" economic development strategy, with comprehensive tourism as the starting point to develop four new industries, Wen explained. The "one" is to promote the diversified development of tourism to build a world-class tourism and leisure center, and making the comprehensive industry better, more refined and stronger. The four sectors are the health industry, the financial industry, the science and technology industry, and the development of exhibition and culture.

Thailand beats Q1 tourism target with 6.15 million arrivals



Thailand beat its target for tourist arrivals in the first quarter, recording 6.15 million visitors in the January to March 27 period, government spokesperson Traisuree Taisaranakul said on Wednesday. The government had set a target of 6 million arrivals in the three months ending in March this year. The Tourism Council, an industry body, on Wednesday said at least 30 million tourists were expected to visit the country this year and spend 1.5 trillion baht (\$43.74 billion).

The government estimates between 25 to 30 million arrivals for the full year. The government urged hospitality businesses, especially hotels and restaurants, to charge fair prices after they were seen doubling at some outlets as more tourists arrived, Traisuree said.

Historical sites in Iran's Birjand attracts many Nowruz tourists



The city is known for its caravansaries, small and large bazaars, gardens, mansions, citadels, along with farming fields and natural attractions in the suburban regions.

Among the spectacular landmarks in the city are Akbarieh Garden and Mansion Complex, Shokatieh School, Historical Castle of Birjand, Kolah Farangi Citadel, and Rahim Abad Garden

New flight connections put Fiji back on tourism map

Two new flights from Fiji Airways to Hong Kong and Tokyo will make it easier than ever for UK visitors to reach the warm welcome of the destination.



Starting on April 1st, the twiceweekly Fiji Airways service from Hong Kong to Nadi will resume for the first-time post-pandemic, departing Saturdays and Mondays, connecting directly with the UK via Cathay Pacific and British Airways.

Similarly, Fiji Airways will offer two flights a week from Tokyo Narita Airport to Nadi on Tuesdays and Fridays, starting on April 4th and connecting directly with the UK via British Airways and Japan Airlines. This service has also not been in operation since Covid-19

halted international travel. These two new flights complement a thrice-weekly service via Singapore, as well as a brand-new Fiji Airways flight via Vancouver that launched in November. Fiji Airways also connects via North America with codeshare partners British Airways and American Airlines, via Australia with Qantas and more, via New Zealand with Air New Zealand and through Hawaii and other Pacific Islands.

Nepal says tourists trekking in Himalayas must hire local guides

Nepal has made it mandatory for all tourists who trek in the country's Himalayan region to hire local assistance, officials say. The rule, which will come into effect from April 1, is aimed at ensuring the safety of travellers and creating more jobs, the dpa news agency reported.

Mani Raj Lamichhane, spokesperson for the Nepal Tourism Board (NTB), the agency behind the decision, on Tuesday said every tourist will have to hire a guide or porter through a registered trekking company. The new rule will apply to established trekking routes within the purview of the Trekkers' Information Management System, where each trekker, including free independent trekkers, must obtain permission from the NTB.

The new rule, however, will not affect the climbing industry which has its own set of regulations