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Chris Hipkins New Zealand's 41st Prime Minister

India enjoys first EVER Golden Globe

India enjoyed its first-ever **Golden Globe** win on Tuesday night as Naatu Naatu, a viral production number from the Telugu film **RRR**, took home best original song. Directed by the wildly successful filmmaker S S Rajamouli, RRR stars Ram Charan and Jr. NTR in a splashy action musical about Indians resisting British rule.

Prominent Indians ranging from Prime Minister Narendra Modi to movie stars like Amitabh Bachchan and Priyanka Chopra rejoiced at their country's triumph.

RRR was also nominated in the best foreign language film category but lost to the acclaimed Argentine movie Argentina, 1985.

However Naatu Naatu - with lyrics by Chandrabose and music by M M Keeravani, both Telugu cinema staples - sailed to awards glory stateside.



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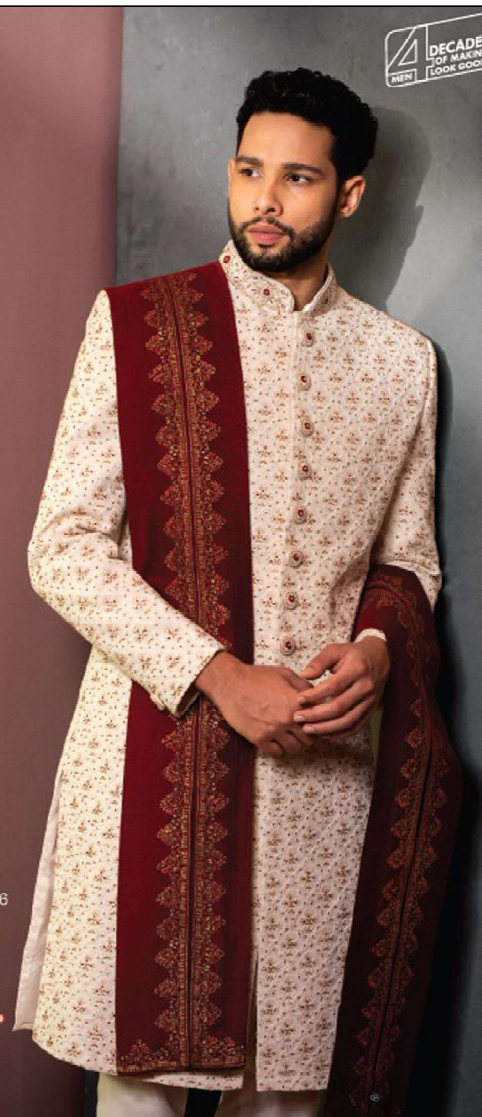
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Appointments

Roop N Sunkar (IRSE:1985) was appointed as Member/Infrastructure, Railway Board. Currently, Sunkar is working as GM, East Coast Railway, Bhubaneswar.

Ms Anjali Goyal (IRAS:1985) was appointed as Member (Finance), Railway Board

Ms Jaya Varma Sinha (IRTS:1986) was appointed as Member (Operations & Business Development), Railway Board.

Naresh Lalwani (IRSE:1985), BG Mallya (IRSEE:1985) and Manoj Sharma (IRSE:1985) were empanelled for holding GM Railways post (HAG+) at Level 16 in Indian Railways.

Naresh Lalwani (IRSE:1985) was appointed as GM, Central Railway (Mumbai)

BG Mallya (IRSEE:1985) was appointed as GM, Integral Coach Factory (Chennai)

Manoj Sharma (IRSE:1985) was appointed as GM, East Coast Railways (Bhubaneswar).

Anup Singh Rauthan was appointed as Joint Director in the Directorate of Enforcement. Currently, he is Deputy Director, ED.

Ajay Singh was appointed as Joint Director in the Directorate of Enforcement. Currently, he is Deputy Director, ED.

The Central Deputation tenure of Extension of Ms Aishvarya Singh (IAS:2008:SK) was extended for a period of one year beyond 05.02.2023. She is Director, Prime Minister's Office.

Ms Nidhi Tewari (IFS:2014), Under Secretary in PMO, was re-designated as Deputy Secretary in PMO w.e.f. her date of joining i.e. 06.01.2023.

Kaushlendra Pratap Singh (ITS:2011) was appointed as Deputy Secretary in the Ministry of Defence for a period of four years. He belongs to Indian Trade Service.

Srinivas Muppaala (IRSME: 1994) was appointed as Development Commissioner (JS level), Visakhapatnam Special Economic Zone (VSEZ) under the Department of Commerce for a tenure of five years.

Vishwesh Negi (IFS: 2002) was appointed as Joint Secretary, Ministry of Defence for a tenure of three years up to 14.11.2025.

Ms. Arti Bhatnagar (IDAS:1990) was appointed as Additional Secretary & Financial Advisor (AS&FA), Ministry of Commerce & Industry. Presently, she is in the cadre.

Vishnukanth P B (IA&AS: 2009) was re-designated as Director in the Department of Economic Affairs for a period up to 26.09.2026. Vishnukanth counts his central deputation tenure w.e.f. 27.09.2021.

Pankaj Kumar Singh (CWES: 2008) was re-designated as Director in the Ministry of Textile for a period up to 04.03.2024. Pankaj Kumar Singh counts his central deputation tenure w.e.f. 05.03.2019.

Praveen Sharma (IDSE: 2005) was appointed as Director in the National Health Authority (Ayushman Bharat Digital Mission) under Ministry of Health & Family Welfare, Delhi for a period of five years.

Sibi George (IFS: 1993) presently Ambassador of India to Japan has been concurrently accredited as the next Ambassador of India to the Republic of Marshall Islands with residence in Tokyo. He is expected to take up the assignment shortly.

Ashish Gundal (IRSME: 2008) was appointed as Director in the Department of Telecommunications, Delhi for a period of five years.

The tenure of the additional charge of Akash Taneja (ITS:1990) as Development Commissioner, Kandla SEZ was extended for a period of six months. Currently, he is Additional DG of Foreign Trade (DGFT).

Jivan Kautikrao Bachhav (IRS IT: 2011) was appointed as Deputy Secretary in the Ministry of Culture, Delhi for a period of four years.

Dr Kajal (IAS:2008:UP) was appointed as Director in the Department of Promotion of Industry & Internal Trade (DPIIT) for a period upto 12.04.2026 i.e. combined tenure of 5 years on ex-cadre and CSS post put together.

Dr Honnareddy N (IFoS:2008:TR) was appointed to the post of Director in the Department of Empowerment of Persons with Disabilities on a 'lateral shift' basis for a tenure upto 23.08.2024. Currently, he is Private Secretary to Pralhad V. Joshi Minister for Parliamentary Affairs, Coal & Mines.

Subhash Chandra (IOFS:2003) was appointed as Director, Department of Fisheries for a period of five years.

Bejoy John (IRS C&CE:2008) was appointed as Director in the Department of Promotion of Industry & Internal Trade (DPIIT) for a period of five years.

Debasis Acharyya was appointed as Director (Personnel) in South Eastern Coalfields Ltd (SECL) till the date of his superannuation i.e. 31.01.2024.

M Vellaipandi was appointed to the post of Director General (DG), Standardization Testing and Quality Certification Directorate (STQC). Currently, he is Scientist 'F' in STQC, Chennai.

Sudarshan Bhagat (IOFS:2012) was appointed as Deputy Secretary in the Ministry of Coal for a period of four years.

Ms Keerti Tiwari (IIS:2008) was appointed as Director NITI Aayog for a period of five years.

Vikram Dev Dutt appointed as new director general of DGCA



In a major reshuffle, the Appointments Committee of the Cabinet (ACC) approved a number of appointments of officers at Additional Secretary level. Vikram Dev Dutt, IAS, Chairman & Managing Director, Air India Asset Holding Ltd. has been appointed as Director General in the Directorate General of Civil Aviation, Ministry of Civil Aviation in the rank and pay of Additional Secretary to the Government of India upon superannuation of Arun Kumar, IAS by keeping the Recruitment Rules of the post in abeyance. Arti Bhatnagar, IDAS, presently in the cadre has been appointed as Additional Secretary & Financial Advisor, Ministry of Commerce & Industry.

Debashish Acharya appointed as Director (Personnel) of SECL



Public Enterprises Selection Board has recommended the appointment of Chief Manager, Eastern Coalfields Ltd. Debasis Acharyya as the Director (Personnel), SECL.

An order by the Appointments Committee of the Cabinet read: "The Committee has approved the proposal of the Ministry of Coal for appointment of Shri. Debasis Acharyya, Chief Manager, Eastern Coalfields Ltd. (ECL) to the post of Director (Personnel), SECL in the scale of pay of Rs. 1,60,000-2,90,000/- (IDA) with effect from the date of his assumption of charge of the post till the date of his superannuation i.e. upto 31.01.2024, or until further orders, whichever is earlier."

IAS

Vikram Dev Dutt (IAS:1993:UT) was appointed as DG in the Directorate General of Civil Aviation (DGCA) by keeping the Recruitment Rules of the post in abeyance.. He will succeed Arun Kumar (IAS:1989:HY) on after his retirement on 28.02.2023.

Alok (IAS:1993:RJ) was appointed as Additional Secretary, National Disaster Management Authority (NDMA), Ministry of Home Affairs. Prior to this he was Member (Administration), National Highways Authority of India.

Amardeep Singh Bhatia (IAS:1993:NL) was appointed as Additional Secretary, Department of Commerce, Ministry of Commerce & Industry. Presently, he is in the cadre.

Nilakshi Saha Sinha, presently Joint Secretary in the Ministry of External Affairs, has been appointed as the next Ambassador of India to the Republic of Armenia.

M Sridharan (IFS: 1996), presently Joint Secretary in the Ministry of External Affairs, has been appointed as the next Ambassador of India to the Republic of Azerbaijan.

The central deputation tenure of Sameer Shukla (IAS:2005:KN) was extended for a period of two years beyond 21.02.2023. He is Joint Secretary, Department of Financial Services.

Ms Preeti Meena (IAS:2010:TG) was appointed as Deputy Secretary in the Department of School Education and Literacy for a period of four years.

IPS

S L Thaosen (IPS: 88: MP), Director General, Central Reserve Police Force was entrusted with additional charge of DG, BSF on 31.12.2022 upon superannuation of Pankaj Kumar Singh (IPS: 88: RJ) till the appointment of a regular incumbent.

Satinder Pal Singh (IPS:1995:HP) was appointed as Additional Secretary, Ministry of Housing & Urban Affairs (MoHUA) by temporarily downgrading a vacant post of Special Secretary in the Ministry. Currently, he is in the cadre.

Ashish Choudhary (IPS: 2003: PB) has been appointed as IG, NIA w.e.f. 22.01.2023 vice Nitish Kumar (IPS: 1999: AGMUT).

Soorya Thankappan (IPS: 2001: OD) was appointed as Chief Vigilance Officer in Fertilizers & Chemicals Travancore Limited (FACT), Kochi for a period of 3 years.

A Sema Rajan (IPS:1987:BH), Director, National Police Academy (SVPNPA). Gets Apex Scale. He is retiring next month (28.02.23)

Atul Karwal (IPS:1988:GJ), DG, NDRF Gets Apex Scale. He is retiring in March 2024.

Manoj Yadav (IPS:1988:HY), DG(Investigation) NHRC gets Apex Scale. He is retiring on 31.07.25.

Dinesh Kumar Shukla takes over reins of Atomic Energy Regulatory Board



Dinesh Kumar Shukla, former Executive Director of Atomic Energy Regulatory Board (AERB) & Distinguished Scientist assumed the charge as Chairman, AERB recently. He has been appointed on this post for a period of three years. Shukla is an internationally acclaimed expert in the field of Nuclear Safety. After graduating from Government Engineering College, Jabalpur,

Madhya Pradesh in Mechanical Engineering in 1980, Shukla joined the Bhabha Atomic Energy research Centre (BARC) in the year 1981. He has been associated with the commissioning of high flux research reactor Dhruva and later held the position of Head, Reactor Operations Division (ROD), BARC. In 2015, he joined AERB where he served in various capacities viz. Member of the Board, Executive Director and Chairman, of Safety Review Committee for Operating Plants (SARCOP).

Anil Kumar Lahoti takes charge as Chairman & CEO, Railway Board

Anil Kumar Lahoti has taken over the charge of new Chairman & Chief Executive Officer (CEO), Railway Board (Ministry of Railways). The appointments committee of the Cabinet approved the appointment of Anil Kumar Lahoti as Chairman & CEO of Railway Board. Prior to this, Anil Kumar Lahoti has worked as Member (Infrastructure), Railway Board. Lahoti belongs to Indian Railway Service of Engineers, 1984 batch and has been empanelled in the first panel of Indian Railways Management Service for Level-17. He has graduated in Civil Engineering with Gold Medal from Madhav Institute of Technology and Science, Gwalior and did his Master of Engineering (Structures) from University of Roorkee (IIT, Roorkee). During his more than 36 years of career in railways, he has worked in various capacities over Central, Northern, North Central, Western and West Central Railways and in Railway Board.



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Corridors of Power

Shanti Kumari : First Women CS

Senior IAS officer A. Shanti Kumari took over as the Chief Secretary of Telangana. A 1989 batch officer, Ms. Shanti Kumari will be the first woman to take up the top post in the new State. A post-graduate in Marine Biology, Ms. Shanti Kumari has pursued MBA in the US and also worked in the United Nations programmes for two years. She has been working in the areas of poverty alleviation, education, health, skill development and forest departments in the past three decades of her service. She worked as a Principal Secretary in the Chief Minister's Office and as Special Secretary in the TS-IPASS. She is currently holding the post of Special Chief Secretary in the Forest department prior to being appointed as Chief Secretary. The new Chief Secretary has expressed happiness over her being the first woman to get the top post in the new State and said it was an opportunity to serve the people.



Navin Mittal is 'ON SCREEN'

Sr. IAS officer Navin Mittal is on screen ! Yes Mr.Mittal took over as Principal Secreatry, Land Revenue and Registration. He was also given the Full Additional Charge as Chief Commissioner of Land Administration.

Presently Revenue department is filled with challenges, and to deal the crucial issues government has brought Mr.Mittal and as per his last performance he is quite competent officer to face it and solve it. Best wishes.Earlier he was serving as Commissioner for Collegiate Education and Technical Education. Mr.Mittal also worked as Secretary of Municipal Administration Department , Commissioner of I&PR and even as Collector of Hyderabad.



It's official

Diplomat Orhan Yalman Okan is known to be one of the happening officer, who always enthusiastic to promote Turkey, either relations between both the countries or trade in between . In the picture Mr.Okan attended a prize giving ceremony of Turkish Cargo. He also delivered a speech on Turkish-Indo relations.



High-level delegation visits MAK BTR

A High-level delegation from Canada, led by Mr Richard Guy Manwaring, Dy. Minister, Ministry of Forests, visited the Canadian wood project at MAK BTR, Hyderabad as part of the India Mission Program 2023 organized by Forestry Innovation Investment (FII), Canada. MAK collaborated with Canadian Wood (FII) to Develop and Promote Sustainable Luxury wood housing in India. The delegation



was thoroughly impressed with the project and appreciated the initiative of Promoter and Managing Director of MAK Projects, Dr Nawab Mir Nasir Ali Khan. The delegation was received by Mir Osman Ali Khan, Director Business Development, MAK Projects; Amina Mehmood Khan, Director MAK Sustainable Developers; Mir Ainan Ali Khan, Director, MAK Sustainable Developers and Anupam Kapoor, VP, MAK Sustainable Developers, for conceiving and developing a replica of the exquisite Canadian wooden homes, in this part of the world.

Dr.Harish Took Over As RR Dist. Collector, 15 IAS Transferred

Medak Collector Dr.S. Harish took over as Ranga Reddy Dist. Collector. Earlier as serving Jt.Collector for RR Dist the officer has done the tremendous work and later on best performance as DM in Medak & Medchal Malkajgiri Dist. Best officer & right choice !

Bharati Hollikeri as Special Secretary and Commissioner, Women & Child Welfare & Senior Citizen Department.Rajiv Gandhi Hanumanthu as Nizamabad Collector , D Amoy Kumar as Medchal Malkajgiri Collector.Sikta Patnaik as Hanamkonda Collector, while PS Rahul Raj as Adilabad Collector. On transfer, Narayana Reddy was posted as Vikarabad Collector.Shaik Yasmeen Basha as Collector of Kumram Bheem Asifabad. G Ravi as Mahabubnagar Collector, S Venkata Rao as Suryapet Collector.Badhavath Santhosh posted as Collector Mancherial.Rajarshi Shah as Medak Collector, Tejas Nandlal Pawar as Wanaparthi Collector,Karnati Varun Reddy posted as Nirmal Collector. Karimnagar Collector RV Karnan was placed in FAC of the post of Jagtial Collector until further orders.



At Home

At home at Raj Bhavan ! In the picture Dr.Tamilisai Soundararajan, Governor of Telangana & Lieutenant Governor Puducherry is with guests at Rajbhavan Hyderabad. The event 'at home' is organized on the occasion of Republic Day. Many known personalities of the town attended the event.



Welcome Jones

Jennifer Larson, US Consul General in Hyderabad welcomes to the US guest. "I am excited to welcome U.S. Chargé d'Affaires Ambassador Beth Jones for her first visit to Hyderabad. Ambassador Jones' visit underscores the importance of our region to the US India strategic partnership."

Click Of The Month

GarethWynn Owen, UK Dy. High Commissioner for both the Telugu states is on screen. His picture is endorsed as the clicks of the month. In his post he mentioned this event as great opportunity."Excited to be joining the first ever G20 meeting of Startup 20 Org in Hyderabad. A great opportunity to discuss collaboration on startup ecosystems, leveraging more investment and creating the right environment to help startups thrive."



IFS Officer B.Shafiullah is Versatile



Telangana Minorities Residential Educational Institutions Society (TMRIES) Secretary, B Shafiullah, has been appointed and given full additional charge as the Chief Executive Officer (CEO) of the Telangana Waqf Board, Director of Minorities Welfare, Chief Executive Officer, Telangana State Waqf Board, Director, Telangana State Urdu Academy, and Director, Telangana State Minorities Study Circle, till regular officer is posted or until further orders which ever is earlier with immediate effect.

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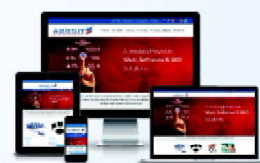
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Sare Jahan Se Achaa Hindustan Hamara...!



Shikha Goel, IPS from Telangana

Gursimranjeet Kaur
Sekhon from PunjabRajeshwari.B, IAS
from JharkhandSuraj Singh Parihar, IPS
from Dantewada

74th Republic Day ! Entire country with patriotism & with enthusiasm celebrated Republic day. From Capital city to rural villages and from cities to streets were decorated with colorful flags. Flag hosting, desh-bhakti songs, distribution of sweets, speeches, awards and many more happening took place on the occasion. From the celebrations presenting some of the bureaucrats from different states, who are the real heroes of the society. Inspiring !

Awanish Sharan, IAS
from Chhattisgarh

Omkar Pawar, IAS from Maharashtra

Anunaya Jha, IAS
from Mathura

Sonal Goel, IAS from New Delhi

Dr. Priyanka Shukla, IAS from
Chhattisgarh

Bhupal is BACK

On 5th of January IPS officer Dr. Gajarao Bhupal is posted as Jt. CP Rachakonda and in the same month he is back again posted to his earlier posting as Jt. CP (DD), Hyderabad. Where he was serving since last December 2021. Detective department is considered to be the very crucial and responsible post, where government always chooses a committed and a sincere officer. So, the moral of the story is honesty always stands in front row, and it's all because of the best performance & truthfulness of Mr. Bhupal that he is again called back to Detective department. Applauds to the awesome officer.



Inspiring episode

Deputy Commissioner of Police (DCP) of Madhapur, K. Shilpavalli is in talk ! The lady officer with her team travelled from Raidurgam to LB Nagar on HMRL metro to attend an official meeting. Officer choosing public transport is really a rare happening, which is also an inspiring episode. Good one ! The same post received many appreciations on social media. Benefits – can interact with the public, environment sustainability & traffic free atmosphere. And good choice for a change too. Another exceptional quality of the DCP Shilpavalli, she patiently hears to the grievances and acts on it quickly. That's the reason general public with a hope and a smile leaves her chamber. Amazing !

Women Power To Head Cyber Crimes Wing

Three women IPS officers will be heading the newly created Deputy Commissioner of Police (Cybercrimes) posts in the tri-commissionerates.

Three women IPS officers will be heading the newly created Deputy Commissioner of Police (Cyber crimes) posts in the tri-commissionerates of Hyderabad, Cyberabad, and Rachakonda. The State government during the transfers of police officials issued orders posting Sneha Mehra, a 2018 batch IPS officer as DCP Cybercrime Hyderabad while Riti Raj, also of 2018 IPS batch was posted as DCP (Cybercrime) Cyberabad and B. Anuradha, a 2017 batch IPS officer was posted as DCP (Cybercrimes) Rachakonda.



Sneha Mehra



Riti Raj



B. Anuradha

Jumbo Transfers & Postings

Karimnagar Police Commissioner V. Satyanarayana has been transferred and posted as Rachakonda Joint Commissioner in place of Gajarao Bhupal who has been transferred and posted as Joint Commissioner (DD) at Hyderabad and Yadadri zone Deputy Inspector General Rema Rajeshwari has been posted as Ramagundam Police Commissioner.

Hyderabad City (Traffic-I) Deputy Commissioner Nyalakonda Prakash Reddy has been transferred and posted as GHMC Director (enforcement, vigilance and disaster management) in place of Viswajeet Kampati who has been posted as Superintendent of Police (Operations) of the Cyber Security Bureau. Abhishek Mohanty, who is waiting for posting, had been posted as Rachakonda (Traffic-I) Deputy Commissioner in place of Sunpreet Singh who has been posted as AIG (L&O) in the DGP's office.

The list of other officers with new posting is: S.M. Vijay Kumar - Intelligence SP; Chetna Mylabhuthala - ACB Joint Director; L. Subbarayudu - Karimnagar Police Commissioner; K. Narayan Reddy - DCP Shamshabad Zone; D.V. Srinivasa Rao - Medchal Traffic DCP; T. Srinivas Rao - Cyberabad Balanagar zone DCP; T. Annapurna - SP Vigilance and Enforcement; P.V. Padmaja - Women Safety Wing SP; G. Janaki Sharmila - Telangana State Police Academy Deputy Director; Janaki Dharavath - Malkajgiri DCP; Rahul Hegde - Hyderabad City (Traffic-I) DCP; K. Apoorva Rao - Nalgonda SP; Sunil Dutt - Hyderabad East Zone DCP; Ch. Sindhu Sharma - TSSP IV Battalions Commanding; P. Yadagiri - CID SP; Rakshita K. Murthy - Wanaparthy SP; Patil Sangramsingh Ganapatrao - TSRTC SP (vigilance); Rajesh Chandra - Yadadri

DCP; M. Narayana - CID SP; Pothuraju Sai Chaitanya - Hyderabad south zone DCP; V. Tirupathi - CID SP; Gaush Alam - Mulug SP; Shabarish. P - Hyderabad city DCP crimes.

Akhil Mahajan - Rajanna Sircilla SP; Khare Kiran Prabhakar - Hyderabad south west zone DCP; Chennuri Rupesh - Hyderabad south east zone DCP; Nitika Pant - Women Safety DCP; B. Anuradha - Rachakonda DCP (cyber crimes); C. Anusuya - TS Police Academy Deputy Director; Shaik Saleema - Railways SP; R. Giridhar - Rachakonda Malkajgiri SOT DCP; Sneha Mehra - Cyber Crimes DCP; Harshvardhan - Cyberabad (Traffic-I) DCP; Gaikwad Vaibhav Raghunath - Peddapalli DCP; Ritiraj - Cyberabad cyber crimes DCP; Biruduraju Rohith Raju - Greyhounds Group Commander; B. Balaswamy - Rachakonda SB DCP; Kekan Sudhir Ramnath - Mancherla DCP; Akshansh Yadav - ADC to Governor; Ashok Kumar - Mulugu officer on special duty and Sadhana Rashmi Perumal - Rajendranagar additional DCP.

Paritosh Pankaj - Bhadrachalam Assistant SP; Siriseti Sankeeth - Eturunagaram Assistant SP; Patil Kantilal Subhash - Bhainsa Assistant SP; M.A. Rasheed - Cyberabad Madhapur SOT DCP; Kavitha Dhara - Cyberabad DCP (EOW); P. Shoban Kumar - Cyberabad SOT-II Additional DCP; Ram Reddy Bhokya - CID SP; Venkat Laxmi Kolli - CID SP; Muralidhar Dasari - SP (Legal) in DGP's office; P. Ravinder - CID SP; V. Aravind Babu - PTC Karimnagar principal; Pooja Injarapu - TS Police Academy deputy director; Lavanya Naik Jadav - CID SP; P. Indira - Rachakonda DCP (Admn); Nagalakshmi. S.V. - CID SP; Bhaskar. R - Intelligence SP; Nagaraju. D - AIG (admn) in DGP's office.

Radhesh Murali T. - TS Police Academy Deputy Director; Chatriya Naik. L. - Cyberabad Road Safety DCP; Satish Chodagiri - Warangal PTC principal; Gangaram B. - CID SP; Ranjan Rathan Kumar J. - Intelligence SP; Sai Sekhar Yaluru - Vigilance and Enforcement SP; M.A. Bari Warangal central zone DCP; P. Karunakar - Warangal East Zone DCP; N. Ashok Kumar - Hyderabad Traffic-II DCP; M. Venkateshwarlu - Hyderabad central zone DCP; K. Narasimha - Mahbubnagar SP; K. Srujana - Jogulamba Gadwal SP;

Public Sector

NMDC signs up NikhatZareen as its Brand Ambassador



National miner and India's largest producer of iron ore NMDC has signed a Memorandum of Agreement (MoA) with World Boxing Champion, NikhatZareen to represent NMDC as its brand ambassador. Epitomising strength, a quality that is indispensable to NMDC, the company has chosen to be represented by someone who shares their commitment to bring honour to the country. NMDC is gearing up to become an iron and steel powerhouse and as we transform to NMDC 2.0, our Brand Ambassador must communicate fortitude and agility. Birmingham 2022 Commonwealth Games Gold Medalist Nikhat Zareen represents the strength, courage, agility and national pride that goes with the brand of NMDC. She also represents the hopes and aspirations of New India and NMDC must become a part of her journey to the 2024 Olympics. NMDC is wholeheartedly extending its support to her as she trains and prepares for Olympics 2024. Commenting on the occasion, Shri Sumit Deb, CMD, NMDC, said, "We are elated to welcome NikhatZareen to the NMDC family. Her commitment to bring glory to the nation resonates with our company values. Her personality is synonymous with NMDC's brand values of reliability and sturdiness and this association will add to the overall brand personality of both the stakeholders."

HLL pays Rs 122.47 cr as dividend to Health ministry for FY 2021-22



HLL Lifecare Limited (HLL), a mini-ratna public sector enterprise under Union Ministry of Health & Family Welfare, on Wednesday paid a dividend of Rs 122.47 crore to the Health Ministry for financial year 2021-22. Expressing happiness at the record turnover of Rs 35,668 crore and a profit before tax of Rs 551.81 crore of HLL during the financial year 2021-22 and appreciating their support during the pandemic, Mandaviya said, "HLL has played an important role in the procurement and distribution of emergency medical supplies supporting the Union Health Ministry for Covid- 19 pandemic management. As a nodal agency for procurement and supply of emergency medical items for COVID-19 pandemic management, it has enabled real time management of the crisis".

HLL Chairman & Managing Director Beji George presented the cheque to Union Health Minister Mansukh Mandaviya in presence Dr Bharati Pravin Pawar, MoS(HFW) at a function held at Nirman Bhavan, here. Speaking on the occasion, Mandaviya said that though PSUs were established with great vision, their performance has not always been satisfactory. Expressing concerns over sustainability of PSUs, he pointed out that "financial discipline and responsible behaviour are key aspects for the sustainability of PSUs."

Swachhta (Cleanliness) drive at Indira Park by POWERGRID, Southern Region-I



Swachhta (Cleanliness) is everyone's business and Ministries /Departments of the Union Government can play a substantial role in facilitating it. Hon'ble Prime Minister, Shri Narendra Modi called upon all Ministries/Departments to bring Swachhta as an element in their schemes and activities so that each of them and the institutions, corporations and offices under them can contribute to achieve Swachh Bharat.

Acting on Prime Minister's vision, POWERGRID Southern Region-I, Head Quarters has conducted a cleanliness drive at Indira Park. Before initiating the cleanliness drive participating employees walked around the park with placards for creating general awareness on "Swachhta". Speaking on the occasion Shri Rajesh Srivastava, Executive Director, Southern Region-I said that employees should actively devote some of their time in participating such activities to help out the society. Shri NV Raju, Chief GM (Proj.), Shri Alok Kumar Sharma, Chief GM (AM) and other senior.



Dr. Payal Kanodia Comments On Budget

Commenting on the budget 2023, Dr. Payal Kanodia, Trustee, M3M Foundation said, "The budget for this year is very encouraging, with a focus on inclusive development, green growth, and youth power. The announcements in various fields, such as tax relief, education improvements, and focus research and development, are encouraging. The increase in allocation for school education from Rs 63,449 crore (Budget Estimate) in 2022-23 to Rs 68,804 crore in 2023-24 is a welcome step for the education sector. The availability of the National Digital Library to children will greatly benefit the children. A strong focus on youth skill development will assist industries to attract young talent. Another significant development is the establishment of 30 Skill India International Centres across various states to prepare youth for international opportunities. We heartily welcome the 'Mahila Samman Saving Certificate' for women with a fixed interest rate of 7.5 per cent, for over a period of two years. This will definitely lead to shaping India into a stronger and growing economy in the future.

Good news for affordable housing says Pradeep Aggarwal

Mr. Pradeep Aggarwal, Founder & Chairman, Signature Global (India), Ltd. Said*, "This year's budget touched upon the most critical issue for the revival and growth of the affordable housing segment. PMAY's budgetary allocation increased by 66%, which is good news for affordable housing. The new allocation of Rs 79000 crores in the budget 2022-23 will help countless Indians realise their home aspirations. Also, the increased allocation will lead to more housing projects being taken up, in both rural and urban areas. The scheme will provide a much-needed boost to the housing sector and continue to assist those from the EWS and LIG sections of society in owning a home.

Moreover, the Finance Minister announced that infrastructure and investment will be the government's third priority, and capital expenditures will be increased by 33% to accelerate the country's development. This increased spending is expected to help create more jobs, spur economic growth, and create a more prosperous nation. Also, in order to convert cities from manholes to machine holes, an urban infrastructure development fund of Rs 10000 crore will be set aside every year for urban development. This fund will help enhance India's urban living environment besides modernising India's cities and towns."

NTPC Quality Circle Team NTPC Bongaigaon bring laurels



The Quality Circle team of Chemistry Deptt "Aqua Power" ofNTPC Bongaigaon won the 2nd Runners up award in Regional Quality Circle Convention held at NTPC Darlipali, Odisha. The team will represent at the National Level QC Convention to be held at NTPC Bongaigaon in the month of February,2023. On receiving the award, Karunakar Das, CGM,NTPC Bongaigaon congratulated the team members for their achievement and motivated them for the nationals.

The team consisted of Debmalya Dhar(Facilitator), Apurbajyoti Das (leader) and members Ms. Subhadra Basumutary, Jugal Medhi , Hasem Ali, Anamika Dutta.

NTPC has expanded the concept of Quality Circles (QC) beyond the project plants and corporate structures. In alignment with NTPC's firm belief that knowledge strengthens the community; more than 30 quality circles are actively operating in identifying various community problems and providing viable solutions, in various villages near its stations.

QC members are given training on QC Techniques, communication skills and stage oration and encouraged to take part in state / national level QC competitions.

Prasanna Kumar Mottupalli Assumes Office as CMD of NLC India Ltd.



Prasanna Kumar Motupalli assumed charge as Chairman and Managing Director of NLC India Ltd today. Prior to taking up the baton, he was the MD of Gujarat State Electricity Corporation Ltd (GSECL).

Prasanna Kumar, a gold medallist in Mechanical Engineering from Bapatla College of Engineering, Andhra Pradesh, has a rich experience of more than 3 decades in power sector. He holds MBA in four specialization, Operations Management, Marketing management Financial Management and Human resource Management and is a Fellow of The Institution of Engineers (India).

He is a topper of Energy Auditor Examination of Bureau of Energy Efficiency, GOI and is also a Certified Level-D exam holder of International Project Management Association (IPMA). In addition to his rich profile of education he has to his credit more than 50 technical and manager paper in renowned National and International conferences and journals winning him laurels and appreciation.

Prasanna Kumar began his career in National Thermal Power Corporation, a Maharatna Govt. of India CPSE, with a valuable contribution to the industry in various capacities spanning over 34 years. Prior to GSECL, he was an Executive Director of heading vertical of NTPC (Corporate Fuel Management). During his stint at GSECL, he was also appointed as the Chairman of the Prestigious Western Region Power Committee, (WRPC)



What are vitamins, and how do they work?



Explains what vitamins are, what they do, and which foods are good sources. Follow the links in blue below for more information about each vitamin.

What are vitamins? Vitamins are organic substances present in minute amounts in natural foodstuffs. Having too little of any particular vitamin may increase the risk of developing certain health issues. A vitamin is an organic compound, which means that it contains carbon. It is also an essential nutrient that the body may need to get from food.

There are currently 13 recognized vitamins. Fat-soluble and water-soluble vitamins. Vitamins are either soluble, or dissolvable, in fat or water. We describe both types below: Fat-soluble vitamins- Vitamins A, D, E, and K are fat-soluble. The body stores. Trusted Source fat-soluble vitamins in fatty tissue and the liver, and reserves of these vitamins can stay in the body for days and sometimes months. Dietary fats help the body absorb fat-soluble vitamins through the intestinal tract. Water-soluble vitamins- Water-soluble vitamins do not stay. Trusted Source in the body for long and cannot be stored. They leave the body via the urine. Because of this, people need a more regular supply of water-soluble vitamins than fat-soluble ones. Vitamin C and all the B vitamins are water soluble.

The 13 vitamins- Below, learn about each currently recognized vitamin: Vitamin A- Chemical names: retinol, retinal, and “the four carotenoids,” including beta carotene. It is fat-soluble, Function: It is essential for eye health. Deficiency: This may cause night blindness and keratomalacia, which causes the clear front layer of the eye to grow dry and cloudy. Good sources: These include liver, cod liver oil, carrots, broccoli, sweet potatoes, butter, kale, spinach, pumpkins, collard greens, some cheeses, eggs, apricots, cantaloupe melon, and milk.

Vitamin B1- Chemical name: thiamine. It is water-soluble. Function: It is essential for producing various enzymes that help break down blood sugar. Deficiency: This may cause beriberi and Wernicke-Korsakoff syndrome. Good sources: These include yeast, pork, cereal grains, sunflower seeds, brown rice, whole grain rye, asparagus, kale, cauliflower, potatoes, oranges, liver, and eggs.

Vitamin B2- Chemical name: riboflavin. It is water-soluble. Function: It is essential for the growth and development of body cells and helps metabolize food. Deficiency: Symptoms include inflammation of the lips and fissures in the mouth. Good sources: These include asparagus, bananas, persimmons, okra, chard, cottage cheese, milk, yogurt, meat, eggs, fish, and green beans.

Vitamin B3- Chemical names: niacin, niacinamide. It is water-soluble. Function: The body needs niacin for the cells to grow and work correctly. Deficiency: Low levels result in a health issue called pellagra, which causes diarrhea, skin changes, and intestinal upset.

Good sources: Examples include chicken, beef, tuna, salmon, milk, eggs, tomatoes, leafy vegetables, broccoli, carrots, nuts and seeds, tofu, and lentils.

Vitamin B5- Chemical name: pantothenic acid. It is water-soluble. Function: It is necessary for producing energy and hormones. Deficiency: Symptoms include paresthesia, or “pins and needles.” Good sources: These include meats, whole grains, broccoli, avocados, and yogurt.

Vitamin B6- Chemical names: pyridoxine, pyridoxamine, pyridoxal. It is water-soluble. Function: It is vital for the formation of red blood cells. Deficiency: Low levels may lead to anemia and peripheral neuropathy. Good sources: These include chickpeas, beef liver, bananas, squash, and nuts.

Vitamin B7- Chemical name: biotin. It is water-soluble. Function: It enables the body to metabolize proteins, fats, and carbohydrates. It also contributes to keratin, a structural protein in the skin, hair, and nails. Deficiency: Low levels may cause dermatitis or inflammation of the intestines. Good sources: These include egg yolk, liver, broccoli, spinach, and cheese.

Vitamin B9- Chemical names: folic acid, folinic acid. It is water-soluble. Functions: It is essential for making DNA and RNA. Deficiency: During pregnancy, this can affect the fetus's nervous system. Doctors recommend folic acid supplements before and during pregnancy. Good sources: These include leafy vegetables, peas, legumes, liver, some fortified grain products, and sunflower seeds. Also, several fruits have moderate amounts.

Vitamin B12- Chemical names: cyanocobalamin, hydroxocobalamin, methylcobalamin. It is water-soluble. Function: It is essential for a healthy nervous system. Deficiency: Low levels may lead to neurological problems and some types of anemia. Good sources: Examples include fish, shellfish, meat, poultry, eggs, milk and other dairy products, fortified cereals, fortified soy products, and fortified nutritional yeast. Doctors may recommend that people with vegan diets take B12 supplements.

Vitamin C- Chemical name: ascorbic acid. It is water-soluble. Function: It contributes to collagen production, wound healing, and bone formation. It also strengthens blood vessels, supports the immune system, helps the body absorb iron, and acts as an antioxidant. Deficiency: This may result in scurvy, which causes bleeding gums, a loss of teeth, and poor tissue growth and wound healing. Good sources: These include fruit and vegetables, but cooking destroys vitamin C.

Vitamin D- Chemical names: ergocalciferol, cholecalciferol. It is fat-soluble. Function: It is necessary for the healthy mineralization of bone. Deficiency: This may cause rickets and osteomalacia, or softening of the bones. Good sources: Exposure to UVB rays from the sun or other sources causes the body to produce vitamin D. Fatty fish, eggs, beef liver, and mushrooms also contain the vitamin.

Vitamin E- Chemical names: tocopherol, tocotrienol. It is fat-soluble. Function: Its antioxidant activity helps prevent oxidative stress, an issue that increases the risk of widespread inflammation and various diseases.

Bharat Biotech: India launches its first nasal Covid vaccine



India launched the iNOVACC vaccine on Republic Day India has approved its first nasal Covid vaccine. Made by Bharat Biotech, iNOVACC is administered in the form of drops and stimulates an immune response in the tissues that line the nasal cavity. In September 2022, China had approved an inhaled Covid vaccine, administered in the form of a spray. Scientists say that nasal vaccines may offer added immunity in the lining of the nose and upper airways, where Covid typically enters the body. Research teams in the UK and the US have also been investigating nasal spray vaccines. In November, India's drug regulator approved the use of iNOVACC as a heterologous booster dose - a booster for people who had previously received two doses of Covishield or Covaxin, the two main Indian vaccines - in emergency situations among adults. In December, it was approved by the drug regulator as a primary vaccine and as a subsequent booster shot in adults. The vaccine will cost 800 rupees (\$10; £8) per dose in private hospitals and 325 rupees per dose in government hospitals and can be booked on the government's online platform. Two doses are to be taken 28 days apart.

Dentists warn of permanent damage from clear braces ordered online



One man said aligners weakened his front teeth, leaving him unable to bite into an apple. Smile Direct Club, the largest company selling clear aligners remotely, says they straighten teeth faster and cheaper than traditional braces. Its aligners have been successful for the majority of users, it says.

But some dentists and orthodontists believe customers of so-called remote dentistry are unaware of harm that can be caused by aligners if not fitted by a dentist in person. Jamie, a father from Glasgow, turned to Smile Direct Club (SDC) after being quoted £4,000-£6,000 for straightening his teeth. The US-based remote orthodontics company was offering clear aligners for about £1,800 without the need to see a dentist in person. According to SDC, its platform has improved access to oral care and “has enabled successful treatment for more than 1.8 million people”. The “overwhelming majority” of users have had an “excellent experience”.

Apple Watches Help Predict IBD Flares in Small Study



People with inflammatory bowel disease (IBD) may be able to get an early warning sign of an oncoming flare from their smartwatch, a new study suggests. For the study, researchers asked 125 people with one of two types of IBD — ulcerative colitis or Crohn's disease — to complete daily surveys about their symptoms and wear an Apple Watch to measure their heart rate. Because some previous studies have linked increased heart rate variability to IBD flares, scientists wanted to see if the Watch could detect these changes and predict flares. On the basis of patient-reported symptoms, heart rate variability detected by the Watch was higher when people were experiencing symptomatic flares and increased inflammation, according to preliminary study findings presented at the Crohn's and Colitis Congress 2023 in Denver. “Currently IBD flares can be difficult to predict and identify early,” says the lead study author, Robert Hirtten, MD, a gastroenterologist and an associate professor at the Icahn School of Medicine at Mount Sinai in New York City.

Speed up work on setting up of nine new medical colleges: Minister

Minister for Health and Finance T. Harish Rao instructed the authorities to speed up work on establishing nine new medical colleges in the State by completing the process of finalising tenders at the earliest. In a monthly review meeting held virtually from Aarogya Sri Healthcare Trust office on Saturday with the National Health Mission and Telangana State Medical Services & Infrastructure Development Corporation officials, he told them to ground works on the new medical colleges by finalising tenders early. He stated that Telangana has a set a record in the country when Chief Minister K. Chandrabab Naidu inaugurated eight new government medical colleges last month.

He wanted the authorities to work with the same spirit so that classes start in the new medical colleges coming up at Karimnagar, Khammam, Kamareddy, Vikarabad, Jangaon, Nirmal, Bhupalpally, Sircilla and Asifabad from the next academic year. He told them to make all arrangements till the team of Medical Council of India arrives for inspection.

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JadeBlue opens store in fast growing Gotri,Vadodara

JadeBlue, the men's clothing retailer opened its second store in the city of Vadodara at Gotri taking its tally of stores to 28 across India. The Company that is on expansion mode has launched stores at Palanpur, Mehsana, a 2nd store at Pune in the last 3-4 months and will add new stores at Palladium Mall, Ahmedabad, Gandhinagar, 3rd store in Surat, Navsari, Akola and Raipursoon.

The Gotri store is spread over 7000 square feet and will offer the entire array of JadeBlue's offerings from international and national menswear brands in formal and casual wear to festive and occasion wear and wedding wear for men. "Vadodara is our second home, ever since we opened our first store here in Alkapuri back in 2004. It is great to see the city growing and we are growing our presence along with it. Hence the Gotri store," said Jitendra Chauhan, CMD, JadeBlue Lifestyle India Ltd. while talking about the launch of the new store



The Name Is Enough

Vivekananda – The name is enough ! As his name Vivekananda Boddam is setting an example with his social activities and professional growth. Young & vibrant Vivek is M.Tech & Cmcet, entered into IT world. A part from professional side he is an active social worker helped & supported many during pandemic. More over through social media platforms he helped many needy by solving their problems through the government. Minister KTR is the person who responds first and finds the solution. Inspiring person ! Kudos.



DGP Releases Midnight Reporter's Jan Edition

Midnight Reporter's Jackpot January edition is out with a bang released by dynamic DGP of Telangana State Mr. Anjani Kumar, IPS.

Click the link for epaper :

<http://midnightreporter.com/January-2023.pdf>



SIM & SAM's : Better & A Happier Place

Good news for the school kids & party lovers of Sainikpuri area! As the most happening destination of the town SIM & SAM's , party and play town center has opened its new branch at Sainikpuri ! SIM & SAM's is designed for carnival themed games & activities. Especially for school trips, kitty parties and customized birthday parties. SIM & SAM's has branches at Miyapur, Tarnaka & Kompally and soon another new branch is opening at Gandipet-Kokapet shortly. So, don't miss the better & a happier place of the town.

For more information
visit www.simandsams.com .



Kavi "Dhara" is a story of a happy souls

Konda Kavitha Reddy, the Founder Director Kavidhara and Founder Director of Raatnam Khadi Udyog is on screen. Kavi "Dhara" is a story of a happy souls who weave beautiful saree's. We at Kavidhara, gifted 200 sarees weaved by the women weavers to themselves, as they strive hard for their meal and forget how elegant they look in their own weaved saree. The joy of looking elegant in their own hand weaved sarees is hard to explain! They were never asked to wear one after they weaved but today they were honoured with their own legacy.



Presenting Dr.Roshni Tak

Beyond versatility ! Dr.Roshni Tak is Bollywood Vedic Astrologer, Naturopathic Doctor, Law Of Attraction Mentor, Life Coach, Inspirational Speaker, Author, Film maker, Actor , Entrepreneur, Socialist & Home Maker. "She have hosted more than 3000+ live events weddings, corporate, product launch, promotion, social, spiritual & political all around the globe in last 15 years. And also focusing on acting career too. Surprise is how she is managing the work. Real role model for the women.



Daughter & Father Deserve Applauds

Shipra Gandhi, Founder of Spreading Happiness is been awarded "Pearl Of Punjabis" by the Punjabi Samithi at the Lohri Mela for her social services. It's a coincidence that daughter Shipra & father Prem Kapoor is also felicitated on the same stage. "Punjabi Ratan Award" is awarded to Mr.Kapoor for his business endeavors. How it feels when both father & daughter receives award at one time. Off course moment of proud for the entire family. Wishes.

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NDESIGNZ –

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Dr. Neeraja Reddy

Dr. Neeraja Reddy is a Founder, CEO Of NDESIGNZ (Interior design studio) and a Creative Interior designer with a strong background in project management, space planning, and computer- aided design, seeking to take next career step with a respected design firm focused on creating world-class hospitality and living spaces.

“Every project is unique, before starting I take a task to make it a perfect project. She reflects the combination of her and the personality of the client. To reach perfection, elegance and also the client satisfaction is my goal since her initial step. Proven success in leading multifunctional teams to achieve project goals and achieving a high-degree of client satisfaction.” She added.

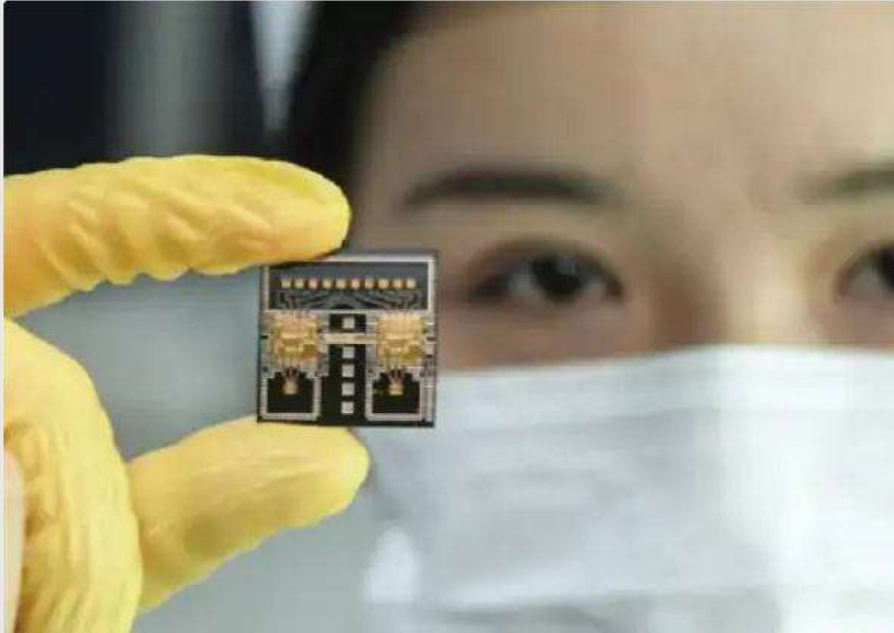
“With resourcefulness and passion, I use my experience and talents to create visual outputs that push the boundaries of creativity. I always makes sure that my work has quality.” She told.

NDESIGNZ was established in 2017-June by NEERAJA REDDY. And it's an expert in interior designing and contractors deliver a chic, refined interiors with luxurious finisher and occasional bursts of daring colors or modern geometrics. Their extensive and versatile body ranges from interior design of residences corporate office ,retail spaces etc. It has been functional in the highly competitive and ever changing Indian markets for the past 3 years.

OUR SERVICES- Interior & Exterior designing consultation. For Residential and commercial projects
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ब्रिटेन में चीनी LED लाइट्स के जरिए जासूसी: लैपटॉप, फ्रिज जैसे घरेलू सामान से भी जानकारी हासिल कर रहा चीन



चीन का जासूसी नेटवर्क दुनिया में इतना फैल चुका है कि वह ब्रिटेन जैसे देशों के करोड़ों लोगों की निजी जानकारियां चुटकी में हासिल कर सकता है। इसके लिए उसने जासूस नहीं रखे हैं, बल्कि फ्रिज, लैपटॉप, मोबाइल फोन या मिक्सर-ग्राइंडर जैसा घरेलू सामान ही काफी हैं। ब्रिटिश सरकार ने एक लंबी जांच के बाद बताया है कि घर-घर में इस्तेमाल हो रहे चीनी सामान में माइक्रोचिप लगी हैं, जिनके जरिए चीन निजी जानकारियां हासिल करता रहता है। यही नहीं, कारों में इस्तेमाल होने वाले पार्दर्श, जो चीन से बनकर आते हैं, उनमें भी जासूसी चिप लगी हैं।

ब्रिटिश सरकार ने अपने नागरिकों को चेतावनी दी- ब्रिटिश सरकार ने अपने मंत्रियों और नागरिकों को सतर्क किया है कि आपके घर में लगा एलईडी बल्ब भी चीन का जासूसी उपकरण हो सकता है। इसलिए यह मामला सिर्फ निजता का नहीं, बल्कि राष्ट्रीय सुरक्षा का है।

ब्रिटेन की कई यूनिवर्सिटीज ने चीन की कंपनियों के साथ टेक्नोलॉजी से संबंधित समझौते किए हैं। ब्रिटिश सरकार को अब लगने लगा है कि ये चीनी कंपनियां ब्रिटिश यूनिवर्सिटीज से रिसर्च से जुड़ी जानकारियां चोरी कर रही हैं। इनमें ज्यादातर वे कंपनियां भी हैं, जिन पर अफ्रीकी देशों में जासूसी के आरोप लग चुके हैं। कुछ कंपनियां जो बैन हो चुकी थीं, नए नामों से चल रही हैं।

बड़ी चिंता इसलिए- दुनिया के टेक्नोलॉजी बाजार में 54 प्रतिशत हिस्सेदारी चीन की सिर्फ 3 कंपनियों की टेक्नोलॉजी डिवाइस को जासूसी के लिए इस्तेमाल करने के खुलासे ने पूरी दुनिया को चिंता में डाल दिया है। इसकी सबसे बड़ी वजह यह है कि चीन की सिर्फ 3 कंपनियां 'क्वेक्टेल्' 'फाइबोकॉम' और 'चाइना मोबाइल' इलेक्ट्रॉनिक्स डिवाइस के ग्लोबल बाजार में 54 प्रतिशत हिस्सेदारी हासिल कर चुकी हैं। दुनिया में 10 बड़ी लैपटॉप कंपनियां इन्हीं तीन कंपनियों के पार्दर्श इस्तेमाल करती हैं। कनेक्टिविटी से जुड़े बिजनेस में इन तीन कंपनियों ने दुनिया के बाजार में 75 प्रतिशत हिस्सेदारी हासिल कर ली है।

अहम बात यह है कि तीनों ही कंपनियां चीनी सरकार के नियंत्रण में हैं। टेस्ला जैसी बड़ी कार कंपनियां कनेक्टिविटी के लिए इन्हीं तीन कंपनियों का नेटवर्क इस्तेमाल करती हैं।

एशियाई बुजुर्ग डांसिंग क्लास जा रहे : युवा थे तो अपने शौक बच्चों पर कुर्बान किए, अब जी रहे



सिर पर सफेद बाल, चेहरे पर झुर्रियां और थोड़ी झुकी हुई काया। अमेरिका के हर छोटे-बड़े शहर के बॉलरूम डांसिंग क्लासेस में रिटायर हो चुके एशियाई मूल के अमेरिकी जोड़े नाचते नजर आ रहे हैं। उन्हें यूँ साथ में नाचते देख उनके बच्चे भी हैरत में हैं। जिंदगी भर एक नए देश में बसाने की जहोजहद और बच्चों को काबिल बनाने की भागदौड़ में ये लोग अपनी जिंदगी की खुशियों को कुर्बान करते रहे। अमेरिकी मूल के उनके साथी जब पार्टियां और घूमना-फिरना करते थे, ये एशियाई अपने परिवार का भविष्य संवारने पर केंद्रित रहे। लेकिन अब जब बच्चे अपने पैरों पर खड़े हो गए हैं और ये रिटायर, तो जिंदगी को नाच-गाकर जीने का आनंद ले रहे हैं। अमेरिका के बॉलरूम डांसिंग क्लासेस इनके आपस में मिलने-जुलने के सेंटर बन गए हैं। इसकी वजह से इनका अकेलापन दूर हो रहा है। परिवर्तन से बच्चे हैरत में हैं- अमेरिकी-एशियाई इन बुजुर्गों के बच्चे इस परिवर्तन से चर्कित हैं और खुश भी। ऐसे ही एक युवा कहते हैं- मेरे पिता ने फोन पर बताया कि मां और उन्होंने डांस क्लास जॉइन किया है तो मैं दंग रह गया। मैंने उन्हें शायद ही कभी डांस करते हुए देखा। मेरे पिता बहुत उत्साहित थे। उन्होंने कहा- मैं जल्दी थक जाता हूँ, लेकिन तुम्हारी मां नहीं। मैं और बेहतर करने की कोशिश करूंगा। ऑरेंज काउंटी में रह रहे मेरे मां-पिता ही नहीं, टेक्सास में रहने वाले मेरे चाचा-चाची भी बॉलरूम डांसिंग क्लास जाते हैं। हमारे माता-पिता की पीढ़ी भी बदल रही है। उनका आत्मविश्वास बढ़ा है। वे ज्यादा सहज हुए हैं और अब ये नहीं सोचते कि लोग क्या सोचेंगे। हमें अच्छा लगता है कि वे खुशी से अपनी जिंदगी जी रहे हैं। जब भी हम उनसे पूछते कि उन्होंने अपने लिए कुछ क्यों नहीं किया। तो वे कहते हमें आगे बढ़ते देखना ही उनके लिए सब कुछ है। अब हम लोगों के भी बच्चे हैं, तो हम माता-पिता के रूप में समझ सकते हैं कि उन्होंने बच्चों के लिए कितनी बड़ा त्याग किया।

पृथ्वी से मंगल तक 45 दिन में पहुंच सकेंगे: नासा की नई टेक्नोलॉजी का कमाल



दुनियाभर के कई देश दशकों से मंगल ग्रह पर इंसान को भेजने की तैयारी कर रहे हैं। अमेरिकी स्पेस एजेंसी नासा के मुताबिक पृथ्वी से मंगल तक का सफर 7 महीने का होता है। मार्स पर अब तक गए सभी रॉकेट्स को लगभग इतना ही वक्त लगा है। हालांकि, अब एक नई टेक्नोलॉजी की मदद से यह सफर मात्र 45 दिन का रह जाएगा।

इस नई टेक्नोलॉजी का नाम 'न्यूक्लियर थर्मल एंड न्यूक्लियर इलेक्ट्रिक प्रॉपल्शन' है। सरल भाषा में समझें तो नासा ह्यूमन मार्स मिशन के लिए एक ऐसा रॉकेट बनाने जा रहा है, जिसमें परमाणु ईंधन का इस्तेमाल किया जाएगा।

दो तकनीकों की मदद से बनेगा रॉकेट- रॉकेट बनाने के लिए दो तकनीकों का इस्तेमाल होगा। पहली- न्यूक्लियर थर्मल प्रॉपल्शन। इसमें न्यूक्लियर रिएक्टर होता है, जो लिक्विड हाइड्रोजन प्रॉपेलेंट को गर्म करता है। एक्सपर्ट्स के मुताबिक, ऐसा करने पर प्लाज्मा बनेगा। यह प्लाज्मा ही रॉकेट के नोजल से निकाला जाएगा, जिससे रॉकेट को आगे बढ़ने के लिए तेज गति मिलेगी। 1955 में अमेरिकी एयरफोर्स और एटॉमिक एनर्जी कमीशन ने ऐसा प्रॉपल्शन सिस्टम बनाने की कोशिश की थी।

दूसरी तकनीक का नाम है न्यूक्लियर इलेक्ट्रिक प्रॉपल्शन। इसमें न्यूक्लियर रिएक्टर आयन इंजन को इलेक्ट्रिसिटी देता है, जिससे इलेक्ट्रोमैग्नेटिक फील्ड बनती है। यह फील्ड जेनॉन जैसी गैसों को रफ्तार देती है, जिससे रॉकेट को आगे बढ़ने की गति मिलती है। इस सिस्टम को बनाने की कोशिश भी 2003 और 2005 में की जा चुकी है।

दोगुनी होगी रॉकेट की परफॉर्मेंस- नई टेक्नोलॉजी के जरिए वैज्ञानिक रॉकेट की परफॉर्मेंस को तकरीबन दोगुना कर सकेंगे। रॉकेट बनाने का यह कॉन्सेप्ट फ्लोरिडा यूनिवर्सिटी में हाइपरसोनिक प्रोग्राम एरिया लीड प्रोफेसर रेयान गोसे ने दिया है। इसका पहला फेज डेवलप करने के लिए उनके साथ 13 और लोगों को रिसर्च में शामिल किया गया है। प्रोजेक्ट के लिए 12.5 हजार डॉलर यानी 10 लाख 18 हजार रुपये की शुरुआती रकम भी दे दी गई है।

चीन के कर्ज तले दबा श्रीलंका, महंगाई दर 57 प्रतिशत हुई



चीन के कर्ज में डूबे श्रीलंका का संकट कम नहीं हो रहा है। महंगाई 57 प्रतिशत पर चल रही है। आर्थिक तंगी के चलते खाने-पीने की चीजों के साथ ही फ्यूल और मेडिसिन की खासी किल्लत है। इसके चलते श्रीलंका सुरक्षा से समझौता करने को मजबूर हो गया है। वह मौजूदा दो लाख जवानों के बल को एक तिहाई घटाएगा। वह करीब 1.35 लाख जवान ही रखेगा। इतना ही नहीं, 2030 तक वह जवानों का आंकड़ा कम कर 1 लाख तक सीमित करेगा।

हालांकि, इस बारे में सरकार का कहना है कि कटौती का कदम उठाकर वह तकनीकी और रणनीतिक रूप से मजबूत और संतुलित रक्षा बल तैयार कर रहा है। संकट से उबरने के उपायों के तहत श्रीलंका अपने सालाना बजट में भी 6 प्रतिशत की कटौती करेगा।

इस बीच, भारतीय विदेश मंत्री एस जयशंकर के दौरे से श्रीलंका को बड़ी राहत मिली है। उनके कोलंबो पहुंचने से श्रीलंका को इंटरनेशनल मॉनेटरी फंड (IMF) से कर्ज मिलने का रास्ता साफ हो गया। दूसरी ओर, श्रीलंकाई सरकार के सूत्रों का कहना है कि जयशंकर के पहुंचते ही चीन दबाव में आ गया। उसने भी श्रीलंका को राहत देने की दिशा में कदम बढ़ाया है।

भूखा बचपन: पेरेंट्स से कह रहे- बच्चों को स्कूल न भेजें- तंहाली के चलते श्रीलंका की दर्दनाक स्थिति भी उजागर हो रही है। स्कूलों में बच्चों को खाना नहीं बंट पा रहा है। पेरेंट्स से स्कूल कह रहे हैं कि बच्चों को खाली पेट और लंच दिए बगैर स्कूल न भेजें। दक्षिणी श्रीलंका के मथुगामा में होरावाला महा विद्यालय की वाइस प्रिंसिपल अनोमा श्रीयांगी धर्मवर्धने के मुताबिक प्राथमिक कक्षाओं में पढ़ने वाले ज्यादातर बच्चे भूखे आ रहे हैं। प्रार्थना में रोज 20-25 बच्चे बेहोश होते हैं। मिडडे मील के लिए हम दान पर आश्रित हैं। संस्था फूड फर्स्ट इंफॉर्मेशन एंड एक्शन नेटवर्क के अध्यक्ष एस विश्वलिंगम के अनुसार, श्रीलंका में इस वक्त 20 प्रतिशत बच्चे बगैर नाश्ते के स्कूल पहुंच रहे हैं। इधर, पेरेंट्स के सामने भी संकट है।

50 दिन सूरज नहीं निकलता, फिर भी जिंदगियों में उजाला: नॉर्वे में पारा -25 डिग्री तक जाता है

करीब 4 साल पहले जब मैं नॉर्वे के इस ट्रोमसो शहर में आया था, तो लग रहा था कि जिंदगी कितनी मुश्किल होगी यहां। 50-50 दिन सूरज नहीं निकलता। पारा -25 डिग्री तक चला जाता है। बर्फ पर फिसलने से चोट लगना आम बात है।

अंधेरे में एक्सीडेंट बहुत होते हैं। चीजें बहुत महंगी हैं। ऐसी जगह कैसे रह पाऊंगा? मगर ये सिद्धे का एक पहलू है। कई बार निगेटिविटी में पॉजिटिविटी भी होती है। सिर्फ नजरिया बदलने की जरूरत है, नजारा खुद बदल जाता है। नॉर्वे में LED लाइट्स से पूरी की जाती है सूरज की कमी- यह रिपोर्ट पढ़ने के बाद गारंटी है कि आपको भी ये तो जरूर लगने लगेगा कि काथ, मैं भी यहां जा पाता या फिर यहीं बस भी जाता। जैसा कि अब मुझे महसूस होता है। करीब 70 हजार की आबादी वाले इस शहर का दूसरा पहलू ये है कि यह चारों तरफ ऊंचे पर्वत से घिरा है। बीच में समंदर है। आसमान में ऑरोरा (कुदरती रंगीन लाइट्स) और दोनों किनारों पर बसी आबादी का नजारा देखते ही बनता है।

जिन 50 दिनों में यहां सूरज नहीं निकलता, उससे पहले लोग विटामिन डी, विटामिन सी और ओमेगा बी 12 के सप्लीमेंट्स जुटा लेते हैं, ताकि शरीर में जरूरी चीजों की कमी न हो। सभी लोग रोज घर में कुछ वक्त एलईडी लाइट्स को देखते हैं, ताकि शरीर में सूरज की रोशनी की कमी पूरी कर सकें। पेड़-पौधों के सामने भी यही लाइट्स लगाते हैं, ताकि वे जिंदा रह सकें। बर्फ पर न फिसलें, उसके लिए स्पाइक्स लगाते हैं। लोग जिंदादिली से जीते हैं- नॉर्वे में जब लोग बाहर निकलते हैं तो रेडो रिफ्लेक्टर पहनते हैं, जो बांह में लगता है। लाइट पड़ते ही चमकने लगता है, ताकि एक्सीडेंट न हो। सर्दी हो, गर्मी हो, बर्फबारी हो या बारिश- यहां स्कूल-कॉलेज और ऑफिस का वक्त नहीं बदलता। इनकी टाइमिंग सुबह 8 बजे से शाम करीब 4 बजे ही रहती है। लोग पूरी जिंदादिली से जीते हैं। पैसों के बारे में तो सोचते भी नहीं। बचत नहीं करते, क्योंकि इलाज-पढ़ाई का खर्च सरकार उठाती है। ड्राइवर और क्लीनर जैसा काम करने वाले भी हर महीने ढाई से तीन लाख रुपये कमा लेते हैं।



Indonesia to focus on developing tourism villages

Indonesia has set to focus on developing and promoting tourism villages this year, as such an alternative tourism has been proven to be able to survive during a pandemic, the country's Tourism and Creative Economy Minister Sandiaga Uno said.

A tourism village is usually described as a village designated to welcome tourists, offering experiences that combine nature, authentic cultures and local life, Xinhua news agency reported. Uno on Friday added that in the last two years, even during the Covid-19 pandemic, the number of foreign tourists who visited tourism villages across Indonesia increased around 30 to 50 per cent, particularly the villages in Central Java and West Java provinces, while other tourism destinations experienced downturns.

He said tourism villages had become "pandemic winners" because they mostly offered open nature spaces and not many people flocked to one area, and there were only a small group of villagers who lived there.

"Therefore, we want to make the tourism villages become our flagship programme to boost our tourism sectors. We believe they can significantly drive our post-pandemic economic recovery," Uno added in a written statement.

He said that the tourism villages were small and simple destinations, but they could carry

huge impact to Indonesia's tourism sector and support the local enterprises.

Tourism Fiji launches new brand campaign Tourism Fiji has launched a new brand campaign called "Where happiness comes naturally", a refresh of "Where Happiness Finds You".

Chief Executive, Brent Hill says the new brand platform pays homage to the people, rich culture, authentic experiences, and stunning natural environment in Fiji.

Hill says it will encourage travelers to discover a side of Fiji they may not have known yet. He says as a recent study into sustainable travel revealed that 66% of travelers prefer to have authentic experiences, Tourism Fiji is tapping into this growing consumer desire for more meaningful travel. Hill says as our visitor numbers have increased after the decrease during COVID-19, they have commenced with the new brand platform to capture the demand and welcome more visitors back to Fiji in 2023.

He says we are a small island nation with a lot of happiness to offer, and this new brand platform showcases the rich and diverse cultures and tradition in Fiji.

As part of the brand evolution, Tourism Fiji has announced five new travel pillars to develop and promote to tourists – these include the natural environment, adventurous experiences, community connections, recharge and reconnect, and food and drink.

Bermuda gets tourism boost



Bermuda has come back into the tourism spotlight this month as the island was highlighted as one of the top destinations to visit this Spring.

In a recent article, one popular travel website listed Bermuda as one of the best destinations to visit this March alongside Rome, Barcelona, Whistler, Cancun and Siem Reap in Cambodia.

The website said: "Temperatures are in the high 60s and low 70s in March in Bermuda and although the ocean still might be a little chilly for some, the pink sandy beaches are a lovely spot to relax with a book if you're not up for a dip in the water."

"When you're not relaxing beachside, a must-visit is Crystal Caves, where you can get a guided tour of Bermuda's natural wonder of formations of stalactites and crystal clear pools.

"For the best photo ops, see the island by foot or bike on the Bermuda Railway. Swim the subterranean caves and grottos with azure water mangrove ponds at Walsingham Nature Reserve and Blue Hole Park.

"During your March stay, take part in the Bermuda Beach Art Festival where locals and tourists reserve beaches to create art in sand using rakes."

The National Post also highlighted the island in a recent article, encouraging readers to "get lost in Bermuda".

The article by Debbie Olsen celebrated the "magical" pink sand, the historical Dockyard, the island's caves and tours offered by both Kristin White and Doreen Williams-James.

She added: "If we had stayed put on the pink sand beach we found on our first day, we would have enjoyed our visit to these islands, but it wouldn't have been the same."

Unexplored Montang rising on Tripura's tourism map



Perched on the Atharamura hill range, Montang, a nondescript place in Tripura's Khowai district, is emerging as a new destination for tourists due to its scenic beauty. Locals and tourists from other states are making a beeline to this place, known as the 'Mountain of Peace' among people of the local Tripuri community, to see floating clouds from proximity, Prasenjit Debnath, a faculty in the Department of Journalism in Tripura University, who visited the spot recently, said.

A narrow and serpentine winding track of about 30 km goes to the top of the Atharamura hills from the National Highway (NH8) near the Chkmaghat barrage. The site is about 80 km from state capital Agartala.

The spot came to the limelight after documentary filmmaker-turned-politician, Kamal Kalai made a 'tong ghar', a thatched bamboo hut anchored on planks made of bamboo and timber, for spending time there. "Taking some time off from my daily busy schedule, I thought of spending some time in tong ghar.

I will cook rice and vegetables, collected from Jhum fields, and fish caught from small rivulets flowing down the hill," Kalai, a man from the tribal community, told.

The place suddenly turned into a bustling tourist spot and emerged as a new destination for travellers and nature lovers after he posted the photos of the place on social media, which went viral.

Kashmir tourism peaks in winter, record-breaking tourist arrivals

With the onset of the winter season, India's Kashmir Valley is witnessing a huge increase in tourist arrival. And this time, it's not only the ski resort in Gulmarg which is fully packed but also other destinations like the Pahalgam and Dal lake where almost all the hotels and houseboats are booked for the entire season.

The ski resort Gulmarg is called the winter wonderland of India and with snow-clad mountains, thousands of tourists are thronging the resort. All the hotels and guest houses are completely booked. On new year's, a lot of tourists and locals had to return from Gulmarg as there was no space available in any hotels or cottages. However, it's not only Gulmarg but tourist resorts like Pahalgam and the world-famous Dal Lake in Srinagar where thousands of tourists are also staying.

"We have great expectations from the winter season. Gulmarg is packed but traditionally Gulmarg has always been a winter destination. And now we are seeing tourists heading to



other destinations like Pahalgam, Doodhpathri, Yousmarg and Sonamarg. We have winter activities there as well. We are promoting winter tourism because we have people who want to experience snow. It is not only Gulmarg but many such destinations that the government has added to the list. We have winter treks in Naranag, Marjoi, for people interested in adventure travel. Lots more to explore and see in Kashmir. We are getting a lot of queries for other destinations. We have a very aggressive publicity plan, and we are showcasing Kashmir globally as well," said Deeba Khalid, who is the deputy director of tourism.

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