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India Brings The World Cup BACK

There are so many reasons why India went on to win this World Cup. At the core of it are a captain and coach who reinvented the way they bat, a pacer who is a bonafide all-time great and a spinner who has stood tall among the rest. Wake up, India! You are not dreaming. This is not a drill. Pinch yourself once or twice if you want to confirm.

After 10 years, 11 months, and seven days, the Men in Blue have finally won an ICC title, beating South Africa by seven runs to win the T20 World Cup at Kensington Oval in Barbados. Hardik Pandya is down on the pitch, in tears. He is almost inconsolable. Just as he gets up, he is embraced by captain Rohit Sharma, Rishabh Pant and others. Head coach Rahul Dravid lets out a roar in the dressing room. Jasprit Bumrah is on his knees. Virat Kohli has covered his face in disbelief. He had just played his last T20I match; he would say so minutes later. In what was a contest filled with ebbs and flows, India held their nerve at the back end to hand South Africa a heartbreak.

When India had posted 176/7, the victory did not seem that certain. They had stuck to a set template through the WC, an all-in aggression with the bat. Just because it was a big final and India were desperate for an ICC title, it was not going to change. But it came with a cost. India lost Rohit, Suryakumar Yadav and Pant early, and it was left to Kohli and Axar Patel. The duo were forced to change guard and take it slow.

With Axar playing the aggressor, Kohli did what he does best. Anchoring. He batted for almost 13 overs without a boundary while Axar first, and Shivam Dube later, took on the South African bowlers. Kohli eventually found his mojo, hitting two fours and as many sixes in a span of ten deliveries. It was a much-needed push for India and Kohli, who scored 76 off 59 before getting out. The rest took the total to 176/7.

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Appointments

· Lavanya Kumar Kannikala Ramamurthy (IFS: 2009), Director in the Ministry of Housing and Urban Affairs, was prematurely repatriated to his parent cadre on personal grounds.

· Eranki Venkata Bhaskar (IRS IT:2009) was appointed as private secretary to the Minister for Coal and Mines G Kishan Reddy in the Ministry of Coal for the period up to 29.09.2026.

· Dr B N Gangadhar, President of the Medical Assessment and Rating Board, as the Chairperson of the National Medical Commission [in terms of Section 4 of the NMC Act, 2019].

· Dr Sanjay Behari, Director of Sree Chitra Tirunal Institute for Medical Sciences and Technology, Thiruvananthapuram, as the President of the Medical Assessment and Rating Board [in terms of Section 17(2) of the NMC Act, 2019].

· Dr Anil D'Cruz, Director (Oncology) of Apollo Hospital, Mumbai, as a whole-time member of the Post-Graduate Medical Education Board [in terms of Section 17(2) of the NMC Act, 2019].

Dr Rajendra Achyut Badwe, Professor Emeritus at Tata Memorial Centre, Mumbai, was appointed as a part-time member of the Under-Graduate.

· Pawan Kapoor (IFS: 1990) has been appointed as Deputy National Security Advisors (Dy NSA).

· Brahm Dutt (retired Joint Secretary, Lok Sabha Secretariat), a private person, was appointed as Private Secretary to the Minister of State (Independent Charge) for Statistics and Programme Implementation and Minister of Planning and Minister of State for Culture Rao Inderjit Singh in the NITI Aayog at the level of Director on contract basis.

· Additional charge of Ganesh S Bhat (IFoS: 2003: UP), CVO, Mangalore Refinery & Petrochemicals Ltd. (MRL), Mangaluru, of the post of CVO, Chennai Petroleum Corporation Ltd. (CPCL), Chennai was extended for a period of 6 months.

· Aditya Singh (ITS: 1998), Director (VM), Vigilance Wing, Department of Telecommunications, was entrusted with additional charge of the post of CVO, Centre for Development of Telematics (C-DOT), Delhi for a period of one year.

· Tenure of additional charge of S Murali Krishnan (IDAS: 2005), CVO, Chennai Port Authority (ChPA), Chennai, of the post of CVO, V. O. Chidambaram Port Authority (VoCPA), Thoothukudi, was extended for a period of six months.

* Dr Pradeep Singh Rajpurohit (IFS: 2004), presently High Commissioner of India to the Republic of Trinidad and Tobago, has been concurrently accredited as the next High Commissioner of India to Montserrat, with residence in Port of Spain

· T Roumuan Paite (IRS IT: 1996), CMD, National Scheduled Tribes Finance & Development Corporation, Ministry of Tribal Affairs, was entrusted with additional charge of the post of Managing Director, Tribal Co-operative Marketing Development Federation of India w.e.f. 13.11.2023 till 12.11.2024.

· Tenure of Kamlesh Chaturvedi (IFoS: 1988: MP), Joint Secretary, Ministry of Road Transport & Highways was extended for a period of three months beyond 21.05.2024.

· Tenure of Moloy Chandan Chakraborty (IDAS: 1993), Jute Commissioner (JS level), Kolkata, Ministry of Textiles, was extended for a period of eighteen months beyond 05.05.2024.

· Ramanjaneyulu B (IRS IT:2007), Director in the Department for Promotion of Industry and Internal Trade, was appointed as Director in LOKPAL on 'lateral shift' basis for a tenure up to 01.12.2026.

· Tenure of Alka Nangia Arora (IDAS:1991), Additional Secretary & Financial Advisor, Department of Agricultural Research and Education, was extended for a period of one year beyond 12.07.2024 i.e. up to 12.07.2025.

· Ajitkumar Vasantrao Sontakke (IoFS: 2009) was appointed as CVO, Nuclear Power Corporation of India Ltd. (NPCIL), Mumbai under the Department of Atomic Energy on 'lateral shift' basis for a period up to 20.05.2027 i.e. maximum admissible tenure of 7 years away from the cadre.

· R Ponni (IPS: 2008: TN) was appointed as Deputy Inspector General in Central Industrial Security Force (CISF) for a period of five years.

· Tenure of Nabarun Dhar (IDAS: 2004) was extended as Internal Financial Advisor (Director level) in the CBI, Department of Personnel & Training for a period of one year beyond 19.05.2024 and up to 19.05.2025. He counts his central deputation w.e.f. 20.05.2019.

· Lingraj Panda (IAS: 2015: OD) was appointed to the post of Deputy Secretary in the Department of School Education & Literacy for a period of four years.

· Medical Education Board for a period of 2 years, until he attains the age of 70 years.

· Sandeep Kumar Singh (IAS: 2011: AGMUT) was appointed as Private Secretary to the Minister for Culture & Tourism Gajendra Singh Shekhawat in the Ministry of Culture for a period upto 30.09.2025.

IAS

Deputation tenure of Vikas Narwal (IAS: 2008: MP), Deputy Chairperson, Cochin Port Authority (CoPA) under the Ministry of Ports, Shipping and Waterways has been curtailed.

Ashutosh Garg (IAS: 2014: HP) has been appointed as Private Secretary to the Minister for Health and Family Welfare & Chemicals and Fertilizers Jagat Prakash Nadda in the Ministry of Health and Family Welfare at the level of Deputy Secretary for five years.

Ashish Kumar (IAS: 2005: TN), Joint Secretary, Ministry of Home Affairs, was prematurely repatriated to his parent cadre.

· Tenure of Jyoti Yadav (IAS: 2009: UD), Director in the Department of Commerce, was extended for a period of two years up to 13.06.2026. She counts her central deputation w.e.f. 14.06.2019.

· Dr Vibha Chahal (IAS: 2012: UP) was appointed as Private Secretary to the Minister of State for Micro, Small & Medium Enterprises and Labour & Employment Shobha Karandlaje in the Ministry of Micro, Small & Medium Enterprises at the level of Deputy Secretary for the period up to 07.06.2027.

· Nidhi Khare (IAS: 1992: JH), Secretary, Department of Consumer Affairs, was entrusted with additional charge of Secretary, Department of Animal Husbandry and Dairying from 07.07.2024 to 14.07.2024 during the period of absence on leave of Alka Upadhyaya (IAS: 1990: MP).

· Tenure of Pradeep Singh Kharola (Retd IAS: 1985: KN) as Chairman and Managing Director, India Trade Promotion Organisation, has been extended for a period of one year i.e. upto 19.10.2025.

· Gavali Parag Harshad (IAS: 2013: OD) was appointed as Private Secretary to the Minister for Tribal Affairs Jual Oram in the Ministry of Tribal Affairs at the level of Deputy Secretary for the period of five years.

· Ashutosh Jindal (IAS: 1995: TR) was appointed as Minister (Economic) in the Economic Wing, Embassy of India, Washington DC, USA for a period of three years. He is Additional Secretary in Cabinet Secretariat.

· Nikunj Kumar Srivastava (IAS: 1998: MP) was appointed as Senior Adviser to the Executive Director, World Bank, Washington DC, USA for a period of three years. He replaces Rajeev Topno (IAS: 1996: GJ).

· Hrisheekesh Arvind Modak (IAS: 2008: MN) was appointed as Adviser to the Executive Director, World Bank, Washington DC, USA for a period of three years. Currently, Modak is working as Director, PMO. He replaces Rajender Kumar (IAS: 2004: GJ) in World Bank.

· Anshika Arora (IES: 2010) was appointed as Counsellor (Services), Permanent Mission of India (PMI), World Trade Organization (WTO), Geneva vice Sangeeta Saxena (IES: 2001). Saxena will be completing her tenure in WTO on 18.07.2024. Currently, Anshika Arora is Deputy Secretary in the Department of Commerce.

· Ashutosh Salil (IAS: 2010: MH) was appointed as Adviser (Industry & Engineering), Embassy of India, Brussels vice N Ashok Kumar (IAS: 2004: MN).

IPS

· Anant Kumar Singh (IPS: 1994: MP), CVO, Indian Oil Corporation Ltd. (IOCL), Delhi, was entrusted with additional charge of the post of CVO, Gas Authority of India Ltd. (GAIL), Delhi for a period of 6 months.

· Cadre of Ayush Srivastava (IPS: 2021: TR) has been changed from Tripura to Uttar Pradesh cadre on the grounds of his marriage with Swati (IFoS: 2021: UP).

· T V Ravichandran (IPS: 1990: TN), Special Director in IB, was appointed as Deputy National Security Advisor (Dy NSA).

· Rajinder Khanna (IPS: 1978: OD), serving as Dy NSA, was appointed as the Additional NSA. It may be underlined that Rajinder Khanna retired in December 2016 as R&AW Chief.

· Dr Vikas Pathak (IPS:2008: RJ) was appointed as Deputy Inspector General in Indo-Tibetan Border Police (ITBP) for a period of five years.

· A Y V Krishna (IPS: 1995: AM) IG, CRPF, was appointed as Additional Director for a tenure of five years up to 06.08.2028.

· N Venu Gopal (IPS: 1995: HP), presently working as Joint Director, CBI, was appointed as Additional Director, CBI, for an overall tenure of five years up to 24.05.2027.

· A Y V Krishna (IPS: 1995: AM), presently working as IG, CRPF, was appointed as Additional Director, CBI, for an overall tenure of 05 years up to 06.08.2028.

Sujata Saunik becomes Maharashtra's first female CS



Ms. Saunik, a member of the 1987 IAS batch, was appointed Chief Secretary by the Maha Yuti government following the retirement of incumbent Chief Secretary Nitin Kareer. She will be serving a one-year tenure before retiring in June next year.


Chief Minister Eknath Shinde and Deputy Chief Minister Devendra Fadnavis, reportedly, unanimously appointed Ms. Saunik for the role, signalling support for women voters ahead of the upcoming Assembly elections and coinciding with the government's recent launch of the Fourth Women Policy aimed at empowering women.

The transition of authority took place during a ceremony at Mantralaya, the State Secretariat in south Mumbai, on Sunday evening, where Mr. Kareer formally handed over the charge to Ms. Saunik. Before her promotion to Chief Secretary, Ms. Saunik held the position of Additional Chief Secretary in the State's Home Department. Her previous roles include Additional Chief Secretary in the General Administration Department and other departments such as public health.

SKG Rahate appointed as Chairperson



Days after superannuation as Union Secretary, Department of Justice S. K. G. Rahate (Retd IAS: 1990: JH) was appointed as Chairperson, Airports Economic Regulatory Authority (AERA) for a tenure of three years. Reportedly, he will take charge next week. The Government of India, in accordance with the AERA Act (2008), established Airports Economic Regulatory Authority of India (AERA) to regulate tariff and other charges for aeronautical services rendered at airports.



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Corridors of Power

Dr.Jitender is the BIG BOSS



1992 batch IPS officer Dr.Jitender took over as the new DGP of Telangana State, who was serving as the Principal Secretary to Government in the Home Department. This is the first transfer of DGP after the Congress came into power in the State in December 2023.

Mr.Jitender born in Punjab's Ferozepur in September, 1965, He has completed his Doctor of Philosophy (PhD) from School of Management Studies, JNTU, Hyderabad. His earlier stints included SP Mahabubnagar, DIG of Vizag and Warangal Ranges. He

was also the Addl.CP - Traffic in Hyderabad and brought in several innovations including automated signals, intelligent traffic management system and cashless challan system, the first such in India. He has also worked as the Addl DGP (Law & Order) of Telangana and was serving as the Principal Secretary to Government in the Home Department for the last one and half year. In his previous role, Dr. Jitender was looking after policy and administrative matters of various departments like Police, Fire Services, Prisons, Director of Prosecutions, Sainik Welfare, Police Housing Corporation, Special Protection Force, Printing & Stationary among others. During his years of service, he has been awarded the President's Police Medal for Gallantry, President's Police Medal for Meritorious Service, President's Police Medal for Distinguished Service and Internal Security Medal by the Government of India.

Dwaraka Tirumala Rao is new DGP of AP



1989 batch IPS officer Ch Dwaraka Tirumala Rao took over as a new Director General of Police (DGP). Rao is currently serving as commissioner for Public Transport Department and ex-officio vice-chairman and managing director of the Andhra Pradesh State Road Transport Corporation (APSRTC). Previously, Rao has served as DGP (Railways), Vijayawada City Police Commissioner, ADGP of the State Crime Investigation Department (AP-CID) and as Cyberabad police commissioner before bifurcation of the State.

ANDHRA CS NEERABH KUMAR'S TENURE EXTENDED



The Centre extended the tenure of Chief Secretary Neerabh Kumar Prasad by six months. The Department of Personnel and Training issued an order to this effect on Thursday. The 1987 batch IAS officer was set to retire from service on attaining superannuation on June 30. The State government had sent a request to the Centre on June 16, seeking extension of his tenure for a period of six months from July 1 to December 31, 2024 under Rule 16 (1) of All India Services (Death-cum-Retirement Benefits) Rules, 1958. Sources said the government is of the belief that Neerabh Kumar, who has vast experience in administration, can put governance in

the State back on track as pre-poll promises are set to be implemented soon.

Surprising, IAS Praveen Prakash Took VRS



Senior IAS officer Praveen Prakash (IAS: 1994: AP) has sought voluntary retirement (VRS) from the Indian Administrative Service effective, which the Andhra Pradesh government has given its nod.

Praveen Prakash, once one of the most powerful civil servants in Andhra Pradesh. As Principal Secretary to the then Andhra CM Jagan Mohan Reddy, he proved himself time and again. During his tenure at the Centre as Joint Secretary in the Ministry of Human Resource and later in Housing & Urban Affairs ministry. SO what next – politics or corporate world !

Sudheer Babu Is Back



IPS officer Sudheer Babu is back as Rachakonda police commissioner after a gap of five months during the recent IPS transfers. It's a surprising move from the government to bring him back as the CP Rachakonda. Sudheer Babu, an IPS officer of 2001 batch and worked on key posts earlier to the posting. His effective policing and sincerity brought him this opportunity again.



Click Of The Month

Telangana Governor CP.Radhakrishnan is seen participating in Bonalu celebrations at Telangana Bhavan, New Delhi. Can say this is the picture of the month.

Bonalu is a vibrant cultural event that brings communities together in devotion and gratitude. It highlights the enduring significance of Goddess Yellamma and her benevolence toward her devotees, highlighting the rich traditions and beliefs of Telangana.



Yes Diversity Matter....!

US consul General in Hyderabad Jennifer Larson took part in Pride Walk. In her post she mentioned "I am so proud to be able to take part in the Pride Walk #synchrony office in Hyderabad. Companies like Synchrony are helping build the more inclusive workplaces needed to ensure the LGBTQIA+ community can feel welcome and valued in the workplace. Diversity matters and it makes good business sense too."

We Are With 'We Hub'



UK Dy. High Commissioner Gareth Wynn Owen visited 'We Hub Hyderabad' and had some interesting discussions with the We Hub team members. In the picture We Hub CEO Sita Pallacholla also seen with another members. "Look forward to continuing our joint work to support female entrepreneurs across Telangana."

Kudos To 'Valmiki Foundation'



Valmiki Foundation celebrated its 16th anniversary. The happening diplomat Turkey Consul General in Hyderabad Orhan Yalman Okan and Aslihan Ozmen Okan participated in the event as guest. Valmiki Hari Kishan and Surya Ganesh Valmiki welcomed the gathering. As known that Foundation supports underprivileged children.



Meeting Of The Month

Dr. Nawab Mir Nasir Ali Khan, Promoter and Managing Director of MAK Projects Pvt Ltd had a great meeting at Courthouse Soho in London with Andrew Smith, Minister Consular at the High Commission of Canada in United Kingdom. Discussed sustainable Canadian wood projects in Hyderabad, India, with Forestry Innovation Investment. Andrew was pleased with the progress and accepted an invitation to visit Hyderabad soon.

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Domain Registration



Mahesh Bhagwat took over as Addl.DGP (law & order) 15 IPS officers transferred in Telangana



Telangana saw yet another round of IPS reshuffle: the State government issued orders of transferring 15 officers. Mahesh Bhagwat, who was serving as the Additional Director General (ADGP) of Railways and Road Safety will take over as ADGP (Law & Order) while Swati Lakra (ADGP TGSP Battalions) will take over as ADGP (Organization and Home Guards). Vijay Kumar, currently ADGP (Operations), Greyhounds and Organisation for Counter Terrorist Operations (OCTOPUS), will head the Personnel Department with the additional charge of Welfare & Sports. Sanjay Jain (ADGP L&O) and M. Stephen Raveendra (ADGP Organization & Home Guards) will swap positions with Jain leading the TGSP Battalions and Raveendra taking charge of Greyhounds.

G. Sudheer Babu, who was serving as Inspector General of Police, Multi Zone-II, will be the new Commissioner of Police for Rachakonda, while Dr. Tarun Joshi, the outgoing CP, will become Director of the Anti-Corruption Bureau (ACB).

V. Satyanarayana, previously Joint Commissioner of Police at CAR headquarters, will be the new IG of Multi-Zone-II. Meanwhile, Rakshitha K. Murthy (SP Wanaparthy) will take over as DCP at CAR headquarters. D. Udaykumar Reddy (DCP South West Zone) will become SP of Medak district, while R. Giridhar (DCP East Zone) will replace Murthy as SP Wanaparthy. The outgoing SP of Medak, B. Bala Swamy, will be the new DCP of East Zone. Additionally, G. Chandra Mohan will take charge as DCP South West Zone.



Plum Posting For MK.Meena

Senior IAS officer of 1998 batch, Mukesh Kumar Meena, who was serving as the chief electoral officer (CEO), AP during the recent assembly elections in the state, got the plum posting in the newly-formed Chandrababu Naidu government. Mr.Meena posted as Principal Secretary to Government, Revenue (Excise) Department and he will also hold the full additional charge of the post of Principal Secretary to Govt. Industries and commerce (mines) Department.

Mr.Meena is known to be one of the hardcore and sincere babu in the officers fraternity.



Mr. Anand Chief Of Vigilance & Enforcement Dept.

Another news is from Telangana. Sr.IPS officer Cv.Anand, who is known to be the tough officer and since he took over as DG, Anti Corruption Bureau, the Bureau has caught & registered record number of cases on corrupted officers. It's true that today corrupted babus are highly scared with the bureau. That's Anand – Ek dum kadak !! News is Mr.Anand has been given additional charge as Vigilance and Enforcement chief of Telangana. So, now Vigilance will become more vigilant in his supervision. Koi shak !!



Mahesh Ladda Appointed as AP IB Chief

CRPF IG Mahesh Chandra Ladda appointed as Andhra Pradesh Intelligence chief.

The Ministry of Home Affairs approved for repatriation of Ladda, a 1998 batch officer to his parent cadre Andhra Pradesh with immediate effect, soon after AP Govt.appointed him as IB chief.

Ladda earlier won accolades for effectively dealing with left wing extremism in united Andhra Pradesh. Ladda escaped a naxal ambush when he was working as a Prakash district Superintendent of Police in 2005.IPS officer Kumar Vishwajeet, 1994 batch officer, is presently working as the

Director-General, Intelligence. The Election Commission of India (ECI) appointed Vishwajeet as Intelligence DG ahead of elections in Andhra Pradesh in April 2024.



IRS Officer N. Balaram Receives “Tree Man of Telangana” award

Chairman and Managing Director of Singareni Collieries Company Ltd (SCCL) N. Balaram has been honoured with “Tree Man of Telangana” award by the Green Maple Foundation for his efforts of planting over 18,000 samplings individually and helping develop 35 mini-forests in six districts. The Green Maple Foundation presents the award every year to encourage measures for environmental protection by public sector and private companies. Speakers at the event stated that Mr. Balaram had planted over 18,000 saplings so far and Singareni had planted over 6 crore saplings since 2014. Chairman of the foundation Ashutosh Varma, authorities of NTPC and other public sector undertakings presented the award to Mr. Balaram. Speaking after receiving the award Mr. Balaram stated that Singareni had been implementing several measures for environmental protection along with coal mining and in recognition of the company's efforts the Central Mine Planning & Design Institute Ltd (CMPDI) had declared SCCL as the carbon neutrality company in 2021-22.

Major reshuffle : 40 IAS officers Transferred Ronald As CMD,Transco & Genco & Amrapali As GHMC Commissioner

According to orders issued by the Chief Secretary, Energy Department principal secretary Syed Ali Murtaza Rizvi has been transferred and posted as principal secretary in the Commercial Taxes and Excise department. He will be replaced by Greater Hyderabad Municipal Corporation (GHMC) commissioner D. Ronald Rose who was also placed in Full Additional Charge (FAC) as chairman and managing director of TG Transco and Genco. HMDA metropolitan commissioner Amrapali Kata has been placed in full additional charge as GHMC commissioner.

Transport Commissioner Jyoti Buddha Prakash has been transferred and posted as secretary of Registration and Stamps and Housing. He had been placed in full additional charge as Commissioner and Inspector General Registration and Stamps, Commission of Survey Settlements and Land Records and Project Director of Bhubharathi relieving senior bureaucrat Navin Mittal from the responsibilities. Mr. Jyoti Buddha Prakash would continue as Transport Commissioner till Ilambarathi reports to the post. Youth Services principal secretary Sabyasachi Ghosh has been transferred and posted as Animal Husbandry and Fisheries department principal secretary, while 1995 batch officer Sanjay Kumar who was waiting for posting has been posted as Labour department principal secretary.

Public Sector

NEYVELI BOOK FAIR INAUGURATED



The 23rd Neyveli Book Fair – NEYVELI BOOK FAIR 2024 – was inaugurated with usual fervour at the Book Fair grounds, Neyveli, by Prasanna Kumar Motupalli, CMD, NLCIL. NLC India Limited has been organizing a Book Fair from 1998 onwards. From humble beginnings, it has metamorphosed into a large scale literary event with Competitions, Book releases

and honouring of writers. After 2019, due to the COVID pandemic, the Book Fair was suspended and after four years, it has resumed this year. The inauguration function of the Neyveli Book Fair 2024 was held in a grand manner at the Lignite Hall near Book Fair grounds. NLCIL CMD Prasanna Kumar Motupalli inaugurated the Book Fair in the presence of the Cuddalore District Collector, Dr. A. Arun Thamburaj, who was the Chief Guest of the function. Speaking on the occasion, Prasanna Kumar Motupalli, CMD, NLCIL, said that books are the medium of conversation with great minds of yesteryears. He also stated that India was the fore-runner in education in ancient times. He advised the children that they should read more books to gain more knowledge and remarked that today's book readers are tomorrow's leaders.

Dr. A. Arun Thamburaj, District Collector, Cuddalore, addressed the gathering and reiterated the importance of developing the reading habit among children. He said that reading would prepare the students for their future education.

A writer, N. Selvan and a Publisher, M/s. Coral Publishers & Distributors, Chennai, were honoured while a book written by N. Hariramakrishnan "Ulagai Vella Unnai Vel" was released.

In the Neyveli Book Fair 2024, 180 stalls have been put up by leading publishers and booksellers. Over 10,000 titles are on display. On-the-spot competitions are being conducted every day at the venue. Amusements for children and a food court for the visitors have also been arranged.

SAIL Corporate Office to celebrate Van Mahotsav under 'Ek Ped Maa Ke Naam' campaign



As part of the Van Mahotsav 2024, saplings were planted at Steel Authority of India Limited's (SAIL's) Corporate Office at Lodi Road. This plantation is part of the company's commitment towards sustainability and greener steel making. Saplings were planted by Shri Amarendu Prakash, Chairman, SAIL & Shri VS Chakravarthy, Director (Commercial), Shri AK Tulsiani, Director (Finance), Shri KK Singh, Director (Personnel) and Shri SN Gupta, CVO, SAIL. Senior officials and employees also joined in the event. Van Mahotsav, the country's annual tree plantation festival celebrated from July 01 to July 07, is aimed at

urging citizens to join hands in planting trees for a greener planet. Earlier on World Environment Day, this year, Hon'ble Prime Minister Narendra Modi launched 'Ek Ped Maa ke Naam' campaign strengthening India's quest towards sustainable development. SAIL is a responsible steelmaker which is committed to march towards the new era of carbon neutrality and these steps are a true reflection of the same.

NMDC observes International Yoga Day



India's largest iron ore producer, NMDC celebrated the 10th International Day of Yoga with great enthusiasm, in tandem with this year's theme 'Yoga for Self and Society'. Over 500 employees & their families across projects all over the country participated in yoga sessions, underlining NMDC's commitment to promoting health, well-being, and harmony within and outside the NMDC community. The celebrations started at NMDC's headquarters in Hyderabad, where employees, their families, practised yoga led by certified instructors. Similar sessions were organized at NMDC's major mining projects and regional offices nationwide, ensuring maximum participation.

Speaking on the occasion, **Shri Amitava Mukherjee** CMD (Addl. Charge) said, "Yoga is an invaluable gift from ancient India. It unites mind and body, thought and action, and brings harmony between humans and nature. More than just exercise, yoga helps us find a sense of oneness with ourselves, and the world around. At NMDC, we believe a healthy workforce is a productive workforce, and today's celebrations exemplify our commitment to this principle."

MOIL records 14.5 pc jump in sales for April-June quarter



Public sector miniratna mining company MOIL has recorded a 14.5 per cent jump in sales in the April-June quarter of 2024-25. This performance was backed by record quarterly production of manganese ore, going up to a level of 4.70 lakh tonnes during the quarter to register a growth of 7.8 per cent year-on-year, according to the company MOIL, the country's largest manganese ore producer, has also continued its focus on exploration activities and carried out exploratory core drill-

ing of 30,028 metres in the April-June quarter, which is higher by 49 per cent year-on-year.

MOIL Chairman and Managing Director Ajit Kumar Saxena said that it was heartening to see the company's team continuing the stellar performance rhythm and breaking the myth of the first-quarter syndrome. He also expressed confidence that the company will continue to maintain this momentum ahead.

NTPC Bongaigaon Launches Girl Empowerment Mission



NTPC Bongaigaon marked a significant milestone with the inauguration of the Girl Empowerment Mission (GEM), an initiative aimed at fostering the growth and development of young girls in the region. The event was graced by Ukil Muchahary, Executive Member, BTR, Water Resources, Food and Civil Supplies & Consumer Affairs, Co-operation, Welfare of SCs, who inaugurated the program in the presence of Akhilesh Singh, Head of Project, NTPC Bongaigaon, and Smt. Sangeeta Singh, President, Bardwi Shikla Ladies Club.

In his speech, Ukil Muchahary stressed the importance of empowering young girls and providing them with the necessary tools and opportunities to excel in various fields. He highlighted the potential of GEM to be a transformative platform that nurtures talent, builds confidence, and fosters a spirit of determination among young girls. Muchahary stated, "The Girl Empowerment Mission is a commendable initiative by NTPC Bongaigaon. It is not only about recognizing the talents of our young girls but also about giving them the resources and support they need to thrive in all aspects of life. This mission is a beacon of hope and a platform for our girls to shine." The event began with a welcome address by Akhilesh Singh, who provided an overview of GEM and its objectives. Akhilesh Singh, in his address, emphasized the significance of GEM in driving social change and empowering communities. "GEM is about creating opportunities for young girls to explore their potential and achieve their dreams. We are committed to supporting these girls and helping them become confident and capable individuals," he said. The inauguration ceremony saw the attendance of esteemed guests including Asutosh Biswas, GM (Operation), Smt. Sangeeta Singh, President, Bardwi Shikla Ladies Club, NTPC Bongaigaon, Onkar Nath, AGM (HR), heads of various departments, CISF officials, and other dignitaries.

RailTel Won the ET Govt PSU Leadership & Excellence Awards 2024



RailTel won the ET Government PSU Leadership & Excellence Awards 2024 in 'Leadership in Digital Transformation' category. Dr. Jitendra Singh, Union Minister (In-charge) Science & Technology; Earth Sciences; MoS PMO, PP/DoPT, Atomic Energy, Space, presented the award in a gala ceremony of 5th ET Govt National PSU Summit 2024.

This prestigious award was conferred by Economic Times PSU recognizing outstanding achievements of PSUs across a large spectrum. RailTel received this award for successfully implementing the Hospital Management Information System (HMIS) for Indian Railways. This system, deployed across 709 railway healthcare facilities, significantly improves hospital administration and patient care through the maintenance of electronic medical records. RailTel has also developed teleconsultation and beneficiary apps that are seamlessly integrated with HMIS, empowering medical beneficiaries. Additionally, HMIS has been integrated with the Ayushman Bharat Digital Mission (ABDM), further enhancing healthcare capabilities. This implementation has made the healthcare system of Indian Railways faster and more efficient.

ONGC and Indian Oil Forge Strategic Partnership



ONGC and Indian Oil Corporation Limited (IOCL) signed a memorandum of understanding (MoU) to establish a small-scale Liquefied Natural Gas (LNG) plant near the Hatta Gas Field in the Vindhyan Basin on 17 June 2024. The establishment of the Hatta LNG plant will significantly enhance the Vindhyan Basin's status, upgrading it from a Category II to a Category I Basin.

The plant will utilize cutting-edge technology to produce LNG, a cleaner alternative to traditional fossil fuels, significantly reducing carbon emissions and aligning with India's climate change mitigation goals.

The discovery at Hatta represents the culmination of five decades of sustained exploration efforts. ONGC has already submitted its Field Development Plan (FDP) to the Directorate General of Hydrocarbons (DGH) to monetize its assets in the Hatta area.

The 'non-binding MoU' for a Technology Demonstration Small Scale LNG plant at Hatta, Madhya Pradesh between ONGC and Indian Oil is a visionary step towards a sustainable and prosperous future for India.

As the nation advances on its path to energy self-sufficiency, the Hatta LNG plant will stand as a symbol of innovation, collaboration, and unwavering commitment to a greener tomorrow.



7 Widespread Myths About Intermittent Fasting Debunked by Dietitians



While some eating strategies, like the Mediterranean diet, have broad support, others remain the subject of scrutiny and, at times, conflicting (and inaccurate) information.

Researchers at the University of Chicago Illinois believe intermittent fasting is one of them. In a new article published in *Nature Reviews Endocrinology* on June 19, they sought to debunk what they concluded are common “myths” about the eating plan. These myths include intermittent fasting’s role in causing unhealthy diets, eating disorders, affecting lean muscle mass, and fertility issues. Even the term “intermittent fasting” is misleading, says one registered dietitian. “The diet sounds like it involves fasting intermittently — at irregular intervals — but most protocols require you to fast regularly,” says Destini Moody, RD, a registered dietitian with Garage Gym Reviews.

The new report’s authors included research on two types of intermittent fasting: alternate-day (switching between days of consuming a limited number of calories and days of eating as they please) and time-restricted (eating as desired during a four—to 10-hour window). While the authors who conducted the latest study concluded both types were safe and that four commonly held ideas were untrue, Healthline spoke with additional health experts to discuss the latest research.

They provided more nuance to better explain the researchers’ reasoning behind their conclusions and expanded on the latest science to help debunk 7 commonly believed myths about intermittent fasting.

Myth: Intermittent fasting affects sex hormones

The authors cited research, including a 2024 study of 90 adults living with obesity, that indicated intermittent fasting did not negatively affect sex hormones. The study also suggested that it may decrease testosterone and increase SHBG levels in people with PCOS, improving the condition.

On the latter point about PCOS, one dietitian says the new research is promising (but cautions it’s early).

“Preliminary findings on using intermittent fasting as a strategy for women with PCOS to regulate hyperandrogenism are promising,” says Allie Echeverria, MS, RD, LD. “Androgens are male sex hormones. Women naturally also have androgens, but women with hyperandrogenism have excessive levels.”

Generally, dietitians and research, including a 2021 review, indicate that calorie restriction that prompts under or malnutrition can harm fertility, specifically estrogen.

Moody says intermittent fasting’s effects on sex hormone levels are “contingent on the fact that the dieter is still taking care to eat sufficient calories within their eating window.”

Moody adds that a sign of undernutrition and eating disorders is the loss of a menstrual cycle, which can be detrimental to reproductive and overall health.

Overall, one dietitian calls the current evidence far from conclusive.

“It is very important to note that there is still very limited evidence on both female and male sex hormones being affected by intermittent fasting,” says Courtney Pelitera, MS, RD, CNSC, a registered dietitian with Top Nutrition Coaching. “Many of the trials completed have small sample sizes, often less than 100 people and during a shorter duration of time.”

Myth: Intermittent fasting causes excessive muscle mass loss

Researchers cited studies that suggested that people lost the same amount of lean muscle mass regardless of whether they were fasting or following another diet. For instance, a 2022 meta-analysis of randomized trials compared people who restricted calories each day and those using intermittent fasting. The data suggested that 75% of weight loss could be chalked up to fat tissue, while the remaining 25% was lean mass, regardless of the diet strategy.

The new report’s authors added that resistance training and higher protein intake could help lower the odds of lean muscle mass loss.

“Any healthy weight loss diet that provides adequate protein and strength training will help to preserve lean muscle mass,” says Pelitera.

Myth: Intermittent fasting will affect your diet quality

Authors suggest that intermittent fasting does not cause unhealthy diet quality. Authors cited one review of randomized control trials published in 2024 that indicated that intake of the following indicators of diet quality did not change in people adhering to shorter eating windows (4 to 6 hours) and longer ones (8 to 10 hours):

Fiber	Protein	Cholesterol	Total fat	Carbohydrates	Sugar
Saturated fat	Fiber	Sodium	Caffeine		

What might this mean? It’s currently unclear, Moody says.

“If it means the person had a poor diet prior...then intermittent fasting is unlikely to make their diet worse — it simply changes the time period in which they consume their nutrient-poor diet,” Moody says.

Intermittent Fasting Can Help People With Type 2 Diabetes Control Blood Sugar, Weight Loss



A new study finds that intermittent fasting with low-calorie meal replacements may be an effective way for people with type 2 diabetes to lose weight and control blood sugar levels, compared to standard diabetes medication. For people with type 2 diabetes, especially those with a recent diagnosis, losing weight may help improve their blood glucose (sugar) levels and reduce the need for diabetes drugs such as metformin. However, maintaining weight loss with diet alone can be challenging. In the new study, researchers found that combining these two dietary interventions may make it easier. Researchers found that people recently diagnosed with type 2 diabetes who did intermittent fasting using meal replacements lost more weight over 16 weeks compared to people who received standard diabetes medication.

Those who did intermittent fasting also saw greater improvements in their hemoglobin A1c (HbA1c or A1C) levels, a measure of blood glucose control. Michael J. Wilkinson, MD, a cardiologist and assistant professor of medicine at UC San Diego Health, said the results seen in the study with intermittent fasting and meal replacements were impressive.

However, he pointed out that this was not simply a study of intermittent fasting. On the two fasting days per week, participants consumed a lower-calorie meal replacement, which ensured they ate fewer calories.

“The content of what was supplied in those meal replacements is important to the results,” said Wilkinson, as is the nutrition and exercise counseling that all participants received throughout the study. This combination of [approaches] may explain why people saw greater changes in weight and HbA1c compared to other studies, he said.

Intermittent fasting vs. diabetes drugs

The new study included 405 adults in China who were overweight or had obesity and were recently diagnosed with type 2 diabetes. Almost two-thirds of participants were men, the average age was 46 years old and the average HbA1c level was 7.9%.

An HbA1c level of 6.5% or higher is in the diabetes range. Most people with diabetes aim to keep their HbA1c below 7%.

Researchers randomly assigned participants to be treated with a diabetes medication — either metformin (Glucophage) or empagliflozin (Jardiance) — or to follow an intermittent fasting plan for 16 weeks. Overall, 332 people completed the 16-week treatment.

All participants received guidance every 4 weeks from nutritionists and research staff about eating healthy and exercising regularly.

Researchers continued to monitor participants for 8 weeks after the treatment period. This included measuring HbA1c, body weight, waist and hip circumference, blood pressure and other metabolic markers. People assigned to the intermittent fasting plan fasted for two nonconsecutive days per week, and mostly ate their usual foods and amounts on the other days — what’s known as 5:2 intermittent fasting. To control the amount of calories and nutrients that people ate on fasting days, researchers provided participants with prepackaged meal replacements. People ate about one-quarter of their usual calories on those days — 500 calories for women and 600 calories for men.

Vicky Pavlou, RDN, a registered dietitian and doctoral student at the University of Illinois Chicago told Healthline that the approach used in the study is not a “true” 5:2 intermittent fasting diet.

Participants also ate a meal replacement for dinner on their non-fasting days and were asked to count their calories. Usually, people are allowed to eat whatever they want on non-fasting days, she said, which is simpler and easier to stick with. “In general, the point of intermittent fasting is to give people really simple instructions,” she said, “as an alternative to counting their calories, which can be burdensome for people.” Improvements in blood sugar and weight

Researchers found that after 16 weeks, people following the intermittent fasting diet had greater improvements in certain measures.

People who did intermittent fasting lost an average of 21 pounds over 16 weeks, versus 12 to 13 pounds for those receiving one of the diabetes medications. The intermittent fasting group also saw significant reductions in waist and hip circumference and systolic and diastolic blood pressure. In addition, in the intermittent fasting group, HbA1c decreased by 1.9%, compared to a decrease of 1.6% in the metformin group and a decrease of 1.5% in the empagliflozin group.

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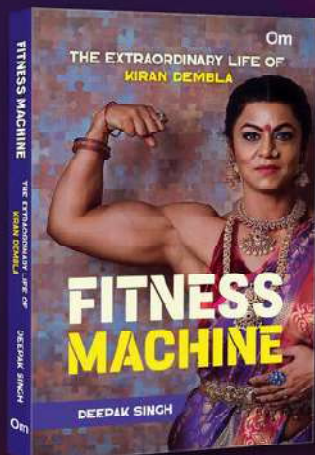


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Kiran Dembla is again 'on screen'

Celeb fitness expert & well-known fitness coach Kiran Dembla is on screen. It's a news that very soon her inspiring life story will be on the screen and sure it will best take for the society. Unveiling "Fitness Machine: The Extraordinary Life of Kiran Dembla" by renowned film producer Deepak Singh. Dive into the incredible journey of celebrity fitness trainer, champion bodybuilder and popular DJ, Kiran Dembla, the phenomenal woman who shattered stereotypes and conquered the male-dominated world of bodybuilding and beyond. Get ready to be inspired by her perseverance, resilience and passion. Book cover launched, biopic abi baki hai mere dost.....!



Happy Birthday Maa..

Tu hai, mera ye sansaar sara. Main aur mera pyar sara. Tere hi liye hai....! Alka Khanna, sweet daughter dedicated above song to lovely mother Kamini Khanna on her Birthday! Touched! happy birthday maa!



Meeting Of The Month

Dr.Y.Nageshwar Rao, Sr. Journalist and Govt. of Telangana Visista Puraskar Grahita had a causal meeting with Mr.Nara Lokesh, Minister of Human Resources, IT, Electronics, and Real-Time Governance recently at Hyderabad. Although it was a causal meeting but some good discussions took place between them. Can say it was a memorable one.



God always provides a way....!

"God always provides a way out to those who believe in him", it's very true! "I am visiting this Kedardham after 6 years, but I'm glad I could perform Abhishek and that too on 40 days to my 40th birthday! I celebrated my birthday countdown a lot, but nothing in the world can match this. I didn't plan this one, but God had plans for me". Stated beautiful feminine Sushmita Totla, shared a click with hubby Niraj Totla.



Dr. Kamala Releases MR's June Edition

Midnight Reporter's Jackpot June edition is out with a bang released by well-known Dr.Kamala Anagani, Head of the Department, Department of Anaesthesiology, Arete hospitals, Gachibowli, Hyderabad.

Click the link for epaper: <https://midnightreporter.com/June-2024.pdf>



Love Is All That Matters

Yes, very true when it comes to true love, no stoppages and no barriers, its beyond the boundary! It's a news that a couple from the town fled to New York to celebrate their silver jubilee anniversary, in fact it was a surprised trip. Couple Raja & Vinny Singh all the way was at Miami Beach, and there a sunset proposal, just amazing! Unforgettable moments. Whereas hubby Raja surprised Vinny, when their picture and wishes were telecasted at the Times Square's bill board at New York City. That's really awesome!

Box Cricket Premier League—Season 3 Organized

Ydi Events yash Joshi presents, Box Cricket Premier League (BCPL 2024 Season 3) Event for a Social cause held at Straight Drive Attapur. Our Chief Guest for the event Dr.Ajai Kumar Agarwal, event inaugurated by Amrat Kumar Jain, and our guest of honour Arun Kumar Dakotiya, Ved Prakash Joshi, SriKishan Sharma, Purushottam Lala, Srinivas Rinwa, Keshav Rinwa, Govind Lal ji Nawal, R.P. Sharma, Sangesh Agarwal, Smt.Megharani Agarwal, Smt.Renu Soni, Pavan Mishra, Bharat Chanda, Mukesh Joshi, Suresh Mali, Usha Joshi, Annchal Joshi & Dinesh Sharma. EVENT POWERED BY: Parampara(multi cuisine restaurant), MPL Steel pipes.EVENT ASSOCIATED BY: Luft (Bar & Kitchen) Khandelwal Ceramics Private limited.EVENT SPONSORED BY: Khandal Vipra Samaj, Needz Security Solution, Himalaya crockery and gifts, Store 24, IRIS eye hospital, Ramdev Baba online media services, Brothers Ayurvedic and general store, BHN Namkeen. EVENT ORGANISED BY: Yash Joshi (Founder/ Director YDI EVENTS) The Matches were held between 20 teams for 7 overs consisting of 160 Members with 8 players in each team.





These 5 Interior Design Trends Will Reign Supreme in 2024

We're never ones to shy away from minimalist, modern spaces, but we're ready to live it up a little bit more in 2024. We're anticipating a year that luxuriates on the sophisticated side of modern, complete with plush fabrics, dashes of deep colors, unexpected greenery, abstract furniture—and to keep things interesting, a constant interplay between textures, patterns, and solids.

It's not just Pantone—whose color of the year is Ultra Violet—that's feeling the jewel tones. Deep reds, teals, purples, and turquoises are the perfect colors to create a sense of depth and sophistication in a space. Want to make the jewel tones shine without overwhelming? Set them against a crisp, white canvas so that they pop—but just the right amount.

Succulents have been around in a big way for a while now, but we can definitely see hanging plants in our near future. The dynamic display of plants hanging from the ceiling, in concert with their more free-form shape, means that they fill unexpected corners and create a bit of drama in a room.

Few fabrics say luxe as much as the silky, plush feel of velvet. While it may initially conjure images of dark, ornate Victorian homes, rest assured: the velvet of 2018 is versatile enough to work in a modern interior, so long as it is used as an accent fabric or in tandem with more modern silhouettes. A tactile throw pillow, velvety drapes framing a window, or an elegant, contemporary sofa clad in velvet could be the right way to go.

Abstract, sculptural furniture is another item we're keeping our eyes on for 2024. With their unusual form, sculptural furniture is a functional piece of artwork that rarely requires any additional accessories in a space. The feeling is anything but neutral, and veers towards eclectic or even avant-garde, but can be brought back down to earth through smart pairings. For example, try a sculptural sofa next to a more streamlined coffee table.



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पूर्व अग्निवीरों को CISF BSF में 10 प्रतिशत आरक्षण पहले बैच को आयु सीमा में 5 साल की छूट मिलेगी

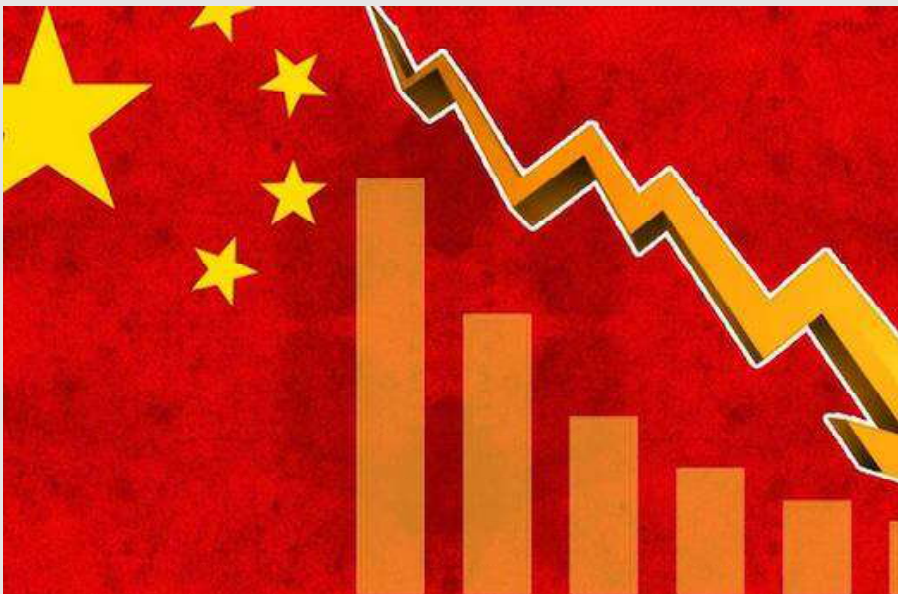


पूर्व अग्निवीरों के लिए केंद्र सरकार ने बड़ा फैसला लिया है। पूर्व अग्निवीरों को सीमा सुरक्षा बल (बीएसएफ) और केंद्रीय औद्योगिक सुरक्षा बल (सीआईएसएफ) की भर्तियों में दस फीसदी आरक्षण दिया जाएगा। इसके अलावा उन्हें शारीरिक मानदंड (फिजिकल) में भी छूट दी जाएगी। बीएसएफ और सीआईएसएफ के प्रमुखों ने गुरुवार को इस बात की जानकारी दी है। यह फैसला केंद्रीय रक्षा मंत्रालय द्वारा लिया गया है। सीआईएसएफ महानिदेशक नीना सिंह और बीएसएफ के महानिदेशक नितिन अग्रवाल ने इस बात की जानकारी दी है। आपको बता दें कि हाल ही में अग्निवीर योजना को लेकर देथ की संसद में काफी हंगामा मचा था। इसके ठीक बाद रक्षा मंत्रालय ने ये बड़े फैसले लिए हैं।

शारीरिक मानदंड और आयु में भी मिलेगी छूट—

आपको बता दें कि हाल ही में अग्निपथ और अग्निवीर योजना को लेकर देथ की संसद में काफी हंगामा मचा था। इसके ठीक बाद रक्षा मंत्रालय ने ये बड़े फैसले लिए हैं। सीआईएसएफ की महानिदेशक नीना सिंह ने बताया कि आगामी भर्तियों में पूर्व अग्निवीरों को दस प्रतिशत आरक्षण दिया जाएगा। इसके अलावा शारीरिक मानदंड (फिजिकल) और आयु में भी पूर्व अग्निवीरों को छूट दी जाएगी। पहले वर्ष में भर्ती के दौरान अग्निवीरों को आयु में पांच वर्ष की छूट दी जाएगी। इसके बाद, अगले वर्ष की भर्ती के दौरान आयु में तीन वर्ष की छूट मिलेगी। नीना सिंह ने आगे कहा कि इस तरह से सीआईएसएफ को भी पूर्व प्रशिक्षित सैन्य कर्मी मिल सकेंगे, जो कि बहुत फायदेमंद रहेगा।

लगातार क्यों गिर रही चीन की अर्थव्यवस्था? अमेरिका ने बताई वजह



चीन की अर्थव्यवस्था लगातार गिर रही है। चीन को लेकर सांसद राजा कृष्णमूर्ति ने इसका खुलासा करते हुए कई दावे भी किए हैं। सांसद राजा कृष्णमूर्ति ने चीन की अर्थव्यवस्था को लेकर कहा कि चीन की अर्थव्यवस्था में नाटकीय गिरावट आ रही है और अब उसके पास दो ही विकल्प हैं या तो वह अपने पड़ोसियों के खिलाफ आक्रामकता जारी रखे या फिर अपनी अर्थव्यवस्था में सुधार करे।

चीनी अर्थव्यवस्था में नाटकीय रूप से गिरावट आ रही है। यह दावा अमेरिकी सांसद राजा कृष्णमूर्ति ने की है। उन्होंने कहा कि बीजिंग के पास आगे बढ़ने के दो रास्ते हैं। पड़ोसियों के खिलाफ आक्रामकता जारी रखे या अपनी अर्थव्यवस्था में सुधार करे और आक्रामकता कम करे। हालात ऐसे हैं कि यह अर्थव्यवस्था के कुछ क्षेत्रों में अपस्फीति (वस्तुओं और सेवाओं की कीमतों में गिरावट) के कगार पर पहुंच सकता है।

उपभोक्ताओं का विश्वास खत्म हो गया है। 25 प्रतिशत से अधिक बेरोजगारी है। इसकी वजह से कर्ज काफी बढ़ा है। लोगों की कुल संपत्ति काफी गिर गई है। कृष्णमूर्ति ने कहा कि चीनी राष्ट्रपति शी चिनफिंग के पास दो विकल्प हैं पहला, वर्तमान स्थिति को जारी रखें जो आर्थिक आक्रामकता, पड़ोसियों के प्रति तकनीकी और सैन्य आक्रामकता को बढ़ा रही है। दूसरा, वह आक्रामकता को कम कर सकते हैं।

नियंत्रण को ढीला कर एंटरप्रेन्योरशिप को फिर से पनपने की अनुमति दे सकते हैं। वहीं, जो बाइंडन प्रशासन ने कहा कि चीन की औद्योगिक विनिर्माण क्षमता की अधिकता का दुनिया भर में प्रभाव पड़ रहा है। चीन की गैर-बाजार नीतियां और प्रथाएं अमेरिका सहित दुनिया के अन्य देशों में श्रमिकों और व्यवसायों के लिए महत्वपूर्ण जोखिम पैदा करती हैं।

इनका सामाना करने के लिए व्यापार गतिविधियों के पारंपरिक उपाय पर्याप्त नहीं होंगे। चीन की अत्यधिक क्षमता के प्रभावों को कम करने के लिए अधिक व्यापक दृष्टिकोण की जरूरत पड़ सकती है। अत्यधिक क्षमता या डंपिंग के खिलाफ बचाव संरक्षणवादी नहीं है। यह फर्मा और श्रमिकों को दूसरी अर्थव्यवस्था में विकृतियों से बचाने का प्रयास है।

सुनीता विलियम्स ने वीडियो कॉल में बताया कब होगी धरती पर वापसी



Astronaut Sunita Williams

अंतरिक्ष यात्री सुनीता विलियम्स और बुच विल्मोर अंतरराष्ट्रीय स्पेस स्टेशन पर अब भी फंसे हुए हैं। दरअसल विलियम्स और विल्मोर को 13 जून तक धरती पर वापस आ जाना था लेकिन स्पेसथिप में खराबी आने की वजह से दोनों अंतरिक्ष में फंस गए हैं। बोइंग स्पेस कैप्सूल में तकनीकी खामी के कारण उनकी वापसी अब तक संभव नहीं हुई है। भारतीय मूल की अमेरिकी अंतरिक्ष यात्री सुनीता विलियम्स और बुच विल्मोर अंतरराष्ट्रीय स्पेस स्टेशन पर अब भी फंसे हुए हैं। धरती पर वापस आने के लिए इंतजार कर रहे दोनों यात्रियों ने कहा कि उन्हें पूरा विश्वास है कि बोइंग स्टारलाइनर उन्हें जल्द ही वापस ले आएगा। हालांकि दोनों

की धरती पर वापसी पर अनिश्चितताएं बनी हुई हैं।

बता दें कि सुनीता विलियम्स और बुच विल्मोर 5 जून को अंतरिक्ष मिशन के लिए स्टारलाइनर में सवार होकर रवाना हुए थे। नासा को उम्मीद है कि दोनों यात्रियों की जल्द वापसी होगी। सुनीता-विल्मोर को एक हफ्ते तक स्पेस में रहना था

दरअसल, सुनीता और विल्मोर को लगभग एक हफ्ते तक स्पेस में रहना था, लेकिन यात्रा के दौरान थ्रस्टर की खराबी और हीलियम गैस लीक के कारण दोनों की वापसी को स्थगित कर दिया गया।

दोनों की जुलाई के अंत में धरती पर वापस आने की उम्मीद— नासा के वैज्ञानिकों ने सुनीता और विल्मोर की वापसी के लिए कोई तारीख निर्धारित नहीं की है, मगर वैज्ञानिक को उम्मीद है कि दोनों जुलाई के अंत में धरती पर वापस आ सकते हैं।

हालांकि एक प्रेस कांफ्रेंस करके दोनों ने कहा कि उन्हें स्टारलाइनर टीम और अंतरिक्ष यान भरोसा है कि थ्रस्टर की खराबी को दुरुस्त कर लिया जाएगा।

फिर भारत की चिंता बढ़ता नेपाल



भारत मानचित्र और कालापानी विवाद के बावजूद नेपाल नीति को एक नई दिशा देने में काफी हद तक सफल रहा है। नेपाल में कुछ दलों की भारत विरोधी नीतियों के बावजूद भारत 'पड़ोसी प्रथम' नीति के तहत उससे लगातार संपर्क करता रहा है लेकिन ओली के सत्ता में आने के बाद भारत को चीन के प्रभाव और भारत विरोधी भावनाओं से निपटने के लिए तैयार रहना होगा।

नेपाल में वाम दल की सरकार एक बार फिर अस्थिरता की ओर बढ़ रही है। इसका कारण नेपाल कम्युनिस्ट पार्टी (एमाले) का मौजूदा गठबंधन से अलग होना है। पूर्व प्रधानमंत्री और एमाले पार्टी प्रमुख केपी ओली ने 2022 के संसदीय चुनाव में उभरी सबसे बड़ी पार्टी नेपाली कांग्रेस के प्रमुख शेर बहादुर देउबा के साथ समझौता कर नई सरकार बनाने की बात कही है।

275 सदस्यों वाली प्रतिनिधि सभा में नेपाली कांग्रेस के पास 89 सीटें हैं, एमाले के पास 78 और पुष्प कमल दहल प्रचंड की पार्टी माओवादी सेंटर 32 सीटों के साथ तीसरे नंबर पर है। प्रचंड के पास अब इस्तीफा देने के अलावा और कोई रास्ता नहीं रह गया है। हालांकि यह पहली बार नहीं होगा कि केपी शर्मा ओली और नेपाली कांग्रेस पार्टी प्रमुख और पूर्व प्रधानमंत्री शेर बहादुर देउबा मिलकर सरकार बनाएं। वह पहले भी ऐसा कर चुके हैं।

इनकी गठित होने वाली सरकार मौजूदा वाम सरकार की अपेक्षा काफी स्थिर होगी, क्योंकि दोनों ही इस पर सहमत हैं कि ओली और देउबा बारी-बारी से सरकार चलाएं। वैसे नेपाली राजनीति में समझौतों का सम्मान विरले ही हुआ है और यदि यह सरकार भी गिरती है तो आश्चर्य नहीं होगा, लेकिन सरकारों का बार-बार गिरना नेपाली लोकतंत्र का एक चिंताजनक पहलू है। नेपाल की अस्थिरता भारत के लिए भी चिंता का विषय है।

नेपाल में 2008 का साल लोकतंत्र की स्थापना और एक नई व्यवस्था के आरंभ का पड़ाव बना। दस वर्ष लंबे चले माओवादी विद्रोह के बाद सदियों पुराने हिंदू राजशाही वाले शासन का अंत हुआ। उसी वर्ष पहले लोकतांत्रिक चुनावों में माओवादी सेंटर को अच्छी-खासी सीटें मिलीं और प्रचंड पहले लोकतांत्रिक ढंग से निर्वाचित प्रधानमंत्री बने, लेकिन उनकी सरकार साल भर भी नहीं चली। तब से लेकर आज तक नेपाल की कोई भी पार्टी न अकेले बहुमत हासिल कर पाई है और न ही किसी गठबंधन सरकार ने पांच वर्षों का कार्यकाल पूरा किया है।

2008 से नेपाल में 14 प्रधानमंत्री बन चुके हैं। पिछले दो वर्षों में ही तीन बार सरकारें बनीं हैं, जिनमें दो बार वाम गठबंधन वाली सरकारें रहीं। नेपाली राजनीति और राजनीतिक दलों को नजदीकी से देखने पर एक बात साफ तौर पर सामने आती है कि वाम दलों के नेता इसी प्रयास में रहते हैं कि कब प्रधानमंत्री बनने का मौका मिले। प्रचंड और ओली वामपंथी होने के बावजूद एक-दूसरे के धुर-विरोधी हैं और सरकार में रहते हुए भी सत्ता के लिए लड़ते रहे हैं।

वेस्टमिस्टर संसदीय व्यवस्था में गठबंधन सरकारों का गिरना और बनना आम बात है, लेकिन जिस तरह नेपाल में लोकतंत्र का विकास हुआ है, उसने उसका अधिक नुकसान ही किया है। राजनीतिक अस्थिरता के चलते नेपाल से हर वर्ष लगभग डेढ़ लाख युवा अन्य देशों में काम की तलाश में पलायन कर रहे हैं। वहां इस स्तर का पलायन 1996 से 2006 के बीच हुए माओवादी विद्रोह के दौरान देखा गया था, लेकिन शांति काल में ऐसा होना चिंतनीय है। इसे देखते हुए माना जा रहा है कि आने वाले वर्षों में नेपाल में युवाओं की संख्या कम होती जाएगी।



Rajasthan Focuses on Weddings, Conferences to Boost Tourism

The western state of Rajasthan has signed an agreement with the Federation of Hospitality and Tourism of Rajasthan (FHTR) to develop tourism in the state. Tourism is a key source of revenue for the state. According to figures released by the Rajasthan tourism department, the state received 179 million domestic and 1.7 million international tourists in 2023. In order to enhance this potential, the state has granted industry status to tourism, along with improving rural tourism and revising heritage policies in the state.

Focus on Weddings, Conferences: As part of the agreement, the state's tourism department will work with FHTR to organize Rajasthan Domestic Travel Mart in Jaipur in September. The event will have the theme 'Wedding, Incentive, Conference and Event.'

The aim is to make the mart a platform for industry players to showcase their products for weddings, adventure activities, wildlife, pilgrimage, heritage areas, and eco and village tourism.

Weddings in Rajasthan: The state is a key wedding destination in India, with heritage

properties across the state acting as backdrop for extravagant celebrations.

An earlier wedding feature by Skift cited Alan Watts, Hilton's Asia Pacific president as saying, "If you're going to do uber-luxury in the India market, you need to do it in Rajasthan, so you can attract high-end weddings because that's where the true dollar value is." This is the reason the company selected Jaipur to debut its Waldorf Astoria brand in India.

The state has witnessed several high-end weddings, including those of Elizabeth Hurley, Katy Perry and Russell Brand, and Priyanka Chopra and Nick Jonas.

Last year, the election body in India changed the voting date for Rajasthan from November 23 to November 25, as more than 50,000 weddings were scheduled to be held on November 23 alone. Due to its potential wedding business, the state has several expansive hotels, including brands such as Raffles, Fairmont, Oberoi, Radisson Blu, Leela, and The Westin.

Recently, the inaugural Wed in India expo was also organized in Jaipur, during which the Indian tourism ministry promoted the country as the next big wedding destination.

'Tourists Go Home': Barcelona's Protests Against Overtourism



Thousands of protestors marched in Barcelona over the weekend against overtourism.

Nearly 3,000 people took to the street on Saturday. More than 140 organizations, including neighborhood associations, ecologists and housing activists marched under the slogans, "Enough, let's put limits on tourism" and "Tourists go home," reported. Some protestors sprayed tourists sitting at restaurants with water guns.

Locals are protesting over the lack of affordable housing, which they blame on short-term rentals, and overcrowding caused by the cruise industry. In late June, the city announced it will ban all short-term rentals by 2029.

Barcelona's Turbulent History with Tourism - Barcelona has had protests against tourism in the past. "These are the same problems we had pre-Covid. They're just coming back a little bit bigger than they were before because there's more people traveling," said Yves Marceau, vice president of product for G Adventures. He said a lot of tourism has spread beyond the city center. In 2022, the director general of Turisme de Barcelona was fired by the organization's City and Tourism Council, which represents locals.

Ayodhya emerges as top tourist destination in Uttar Pradesh IIM-Lucknow study



"The extensive research project was conducted by the Centre for Marketing in Emerging Economies (CME) at IIM-Lucknow. Led by Satya Bhushan Dash, the study aimed at evaluating the image perception of destinations. Conducted with the help of an agency, Market Excel, the research has provided critical insights into the branding and marketing of diverse tourist destinations in Uttar Pradesh," an official spokesperson said.

"This research incorporated both qualitative and quantitative methods to gauge awareness and understanding of key image attributes which motivate travellers. It also aimed to measure the perceived destination image across various socio-demographic groups," he added. "Online platforms influence tourists holiday plans. For domestic tourists, top motivators for choosing a destination include spending quality time with loved ones, destinations with historical and cultural significance, and safety and security. Unique destination imagery has emerged as a crucial driver for tourism growth in Uttar Pradesh," he said. The researchers identified three distinct tourist segments — searchers, traditionalists, and maximisers. Each group exhibits unique travel behaviours and preferences, from seeking hidden spots and natural beauty to adhering to strict budgets and prioritising historical and cultural experiences.

Uttar Pradesh Tourism Minister Jaiveer Singh said, "The insights provided by this research are invaluable for shaping the future of tourism. We are committed to enhancing the tourism experience by focusing on cleanliness, improved transportation facilities, and budget-friendly accommodations. In recent years, Uttar Pradesh has become a bastion of tourism, boasting improved infrastructure, connectivity, and facilities. With 12 dedicated tourism circuits, we cater to every tourist's preference, offering a destination for every taste. Our goal is to ensure that every visitor leaves with cherished memories and a desire to return."

Ladakh wins 'Best Niche Tourism' Award at ITCTA



In a momentous achievement highlighting its commitment to showcasing the region as a premier travel destination, the Department of Tourism UT Ladakh was honoured with the prestigious "Award for Best Niche Tourism" at the International B2B Travel-Tourism Expo & Conclave (ITCTA) 2024.

The ceremony held in New Delhi, was attended by a distinguished audience of industry leaders and tourism professionals from around the world.

Sonam Chosdon, Resident Commissioner of Ladakh, represented the Department of Tourism UT Ladakh and accepted the esteemed award. This accolade serves as a testament to Ladakh's exceptional appeal as a travel destination, showcasing its unique cultural heritage, stunning landscapes, and warm hospitality.

The ITCTA 2024 provided a platform for tourism industry stakeholders to exchange insights, explore new partnerships, and celebrate excellence in tourism promotion. During the event, the award recognized Ladakh for its successful efforts in promoting niche tourism experiences that highlight the region's vibrant cultural heritage and breath-taking natural beauty.

In her acceptance speech, Sonam Chosdon expressed her heartfelt gratitude for the recognition, acknowledging the collective efforts of the Department of Tourism in positioning Ladakh as a distinctive and attractive destination for global travellers. She emphasized the Department's ongoing commitment to sustainable tourism practices, which aim to enhance tourist experiences while preserving the region's ecological balance and cultural integrity. "Receiving the 'Best Niche Tourism' award at ITCTA 2024 is a proud moment for us," said Chosdon.

Tourism Malaysia Launches MY Priceless Experience With Mega Sale 2024



Tourism Malaysia proudly announces the Malaysia Mega Sale 2024, offering up to 85% discounts nationwide, under the slogan "MY Priceless Experience."

Attention all deal seekers! Tourism Malaysia is excited to announce the highly anticipated return of the Malaysia Mega Sale 2024, now live! This event offers remarkable discounts of up to 85%, under the national sales campaign slogan "MY Priceless Experience." Designed to captivate both domestic

and international tourists, it promises an unmatched shopping experience, adding extra value to your visit to Malaysia. The Malaysia Mega Sale showcases top retailers and shopping malls nationwide, with strong support from hotel associations, travel agencies, airlines, KTMB (Keretapi Tanah Melayu Berhad), and local tourism industry players. With discounts reaching up to 85%, this campaign aims to deliver exceptional value and unforgettable shopping moments. With Mastercard as a key partner, this initiative not only positions Malaysia as a leading shopping destination but also aims to boost the national economy, encompassing the accommodation, gastronomy, and tourism sectors. It's projected to generate a significant RM102.7 billion in tourism revenue for 2024. Malaysia boasts one of the world's most dynamic shopping scenes, featuring an array of premier malls that offer luxury goods, arts, crafts, gadgets, apparel, and high street brands. From the renowned malls in Kuala Lumpur to hidden retail treasures across the country, shoppers will find endless opportunities to explore and indulge.

Throughout the event, numerous engaging activities will be hosted at shopping malls nationwide. Alongside special offers, there will be a variety of fun elements for the whole family, including prize draws, treasure hunts, cultural performances, photo opportunities, playgrounds, coloring competitions, and family workshops.