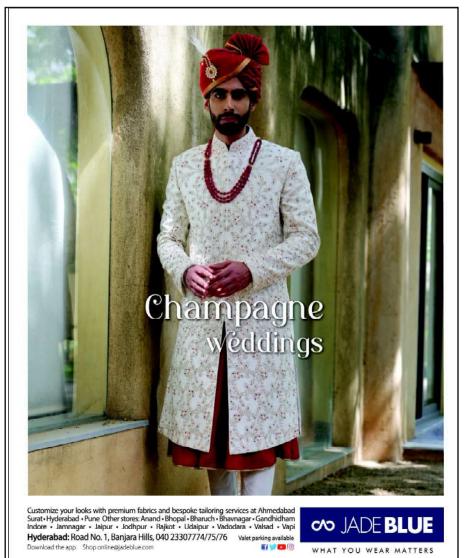
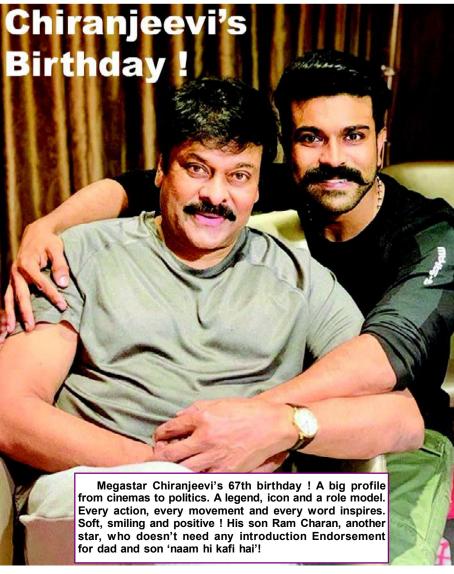


The Police Command Control Centre will serve as Hyderabad's "third eye" and give the police access to the majority of locations throughout the state thanks to the approximately 9.25 lakh cameras that are connected to it.

The CCC, which is situated on Banjara Hills Road No. 12, is a four-tower complex with 20 floors each that has a built-up area of 5.5 lakh square feet. The double glass curtain wall technology in the towers boosts energy efficiency, thermal comfort, and acoustics. The building has a two storey parking lot with a helipad on its roof. Tower A, which stands on the left side of the centre, will house the Hyderabad

police commissioner's office as well as administrative divisions. The state-level surveillance, which has access to every camera in Telangana, will be in Tower B on the right. The She Teams, emergency response-related agencies, Hawk Eye assistance, and the traffic command centre will also be housed in the tower.









Amitabh Ranjan new Tripura DGP

Senior IPS officer Amitabh Ranjan has been appointed the new Director General of Police of Tripura, an official said. Ranjan, a 1988 batch IPS officer is currently the Special Director of Intelligence Bureau (IB), Delhi. He will replace VS Yadav, who

had been given extension till November 2022. Yadav retired in March 2021. Consequent upon repatriation

from central deputation and in the interest of public service, the Governor is pleased to appoint Amitabh Ranjan as the DGP and head of police force with effect from the date he assumes charge, a senior official said.

Alok Choudhary takes charge as SBI's Managing Director



The country's largest lender State Bank of India said Alok Kumar Choudhary took the charge of Managing Director for its retail business and operations. Earlier, Choudhary was

Deputy Managing Director (DMD) for finance at the bank, a release said. He has worked as DMD

(HR) and Corporate Development Officer and also served as the Chief General Manager (CGM) of the bank's

Delhi circle for three years. The public sector lender is headed by its chairman Dinesh Khara who is assisted by four managing directors. Besides Choudhary, the other managing directors are: C S Setty, Swaminathan J and Ashwini Kumar Tewari.

Appointments

PESB on Friday selected and recommended Dr Srinivas Hanumankar for the post of Member (HR), Airports Authority of India (AAI). Presently, he is working as Director General, Indian Railways Personnel Service (IRPS).

Consequent upon demitting office by Dr GR Chintala (Chairman, NABARD) Suchindra Misra was assigned with the additional charge of the post of Chairman, NABARD

The Appointments Committee of the Cabinet approved the empanelment of officers for promotion to the grade of Chief Architect in the Central Public Works Department (CPWD), for the panel year 2022.

PESB selected Ajit Kumar Panda (ED, RVNL) for the post of Director (Project & Services), Container Corporation of India Limited (CONCOR).

The Central Deputation tenure of Gaurav Sharma (IRS IT:2008) as First Secretary, Income Tax Overseas Unit (ITOU) at Embassy of India, Berlin, Germany, was extended for a further period of one year w.e.f. 11.07.2022 and up to 10.07.2023 or till the appointment of a regular incumbent.

Amit Shukla (IFoS:1999:TR) was empanelled for holding the post of Joint Secretary or equivalent at the Centre.

Shailesh Shrivastava (ITS:1992), working as Director in D/o Justice, was prematurely repatriated to his parent cadre to avail the benefit of promotion.

Dr. Brahma Swaroop Dwivedi was appointed to the post of Member, National Resource Management Group (NRMG) in the Agricultural Scientists Recruitment Board (ASRB). Currently, Dr Dwivedi is working as Director, ICAR-National Bureau of Soil Survey and Land Use Planning (NBSSLUP), Nagpur,

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Gaurav Yadav assumes charge as officiating Punjab DGP Senior IPS officer Gaurav Yadav as-



sumed charge as the officiating Director General of Police of Punjab and reiterated the state government's commitment to eliminate gangster culture and control the drug menace.

Yadav was appointed as the officiating DGP after current state police head V K Bhawra proceeded on a two-month leave from Tuesday. After assuming the charge,

the officer said the state government and Chief Minister Bhagwant Mann's priority is to eliminate gangster culture and control the drug scourge. "We are committed to giving

a secure law and order environment and friendly policing to the state," Yadav said, while also seeking public cooperation in this regard. While speaking in the state assembly recently, Mann announced bringing comprehensive law and order reforms as he reiterated his will to eliminate gangster culture from the state. Mann had said that the state government was duty-bound to curb gangster activities in the state.



The additional charge of the post of Secretary, Department of Animal Husbandry and Dairying was assigned to Jatindra Nath Swain (IAS:1988:TN). Currently, JN Swain is Secretary, Department of Fisheries.

Minority Affairs Secretary Ms Renuka Kumar (IAS:1987:UP) repatriates to her parent cadre (Govt of UP) with immediate effect. The additional charge of the post of Secretary, Ministry of Mi-

nority Affairs was assigned to Indevar Pandey (IAS:1988:WB) till the appointment of a regular incumbent. Currently, Indewar Pandey is Secretary, Ministry of Women and Child Development.

The incumbent Revenue Secretary Tarun Bajaj (IAS:1988:HY) was assigned with the additional charge of the post of Secretary, Department of Economic Affairs (DEA) till 12.08.2022 during the period of absence on leave of Ajay Seth (IAS:1987:KN).

The incumbent Director of Serious Fraud Investigation Office (SFIO) Keshav Chandra (IAS:1995:UT) was prematurely repatriated to parent Cadre (MHA) and subsequently appointed as Chief Secretary of Andaman & Nicobar Islands (A&NI).

Jitendra Narain (IAS:1990:UT), the incumbent Chief Secretary (A&NI) was transferred to Delhi for further posting.

M inority Affairs Secretary Ms Renuka Kumar (IAS:1987:UP) repatriates to her parent cadre (Govt of UP) with immediate effect.

The additional charge of the post of Secretary, Ministry of Minority Affairs was assigned to Indevar Pandey (IAS:1988:WB) till the appointment of a regular incumbent. Currently, Indewar Pandey is Secretary, Ministry of Women and Child Development.

Ms Sowjanya, (IAS:2003:UD) was appointed as Joint Director (JS level), Lal Bahadur Shastri National Academy of Administration (LBSNAA), Mussoorie for a tenure of five years. She replaces Ms Arti Ahuja (IAS:1990:OD).

Sohail (IAS:2007:BH), presently working under the Ministry of Home Affairs as DCO/DCR, Bihar, was prematurely repatriated to his parent cadre.

The additional charge of the post of Secretary, Department for Promotion of Industry and Internal Trade was assigned to B.V.R. Subrahmanyam (IAS:1987:CG) Secretary, Department of Commerce for a period ending till 03.08.2022 during the period of absence on leave of Anurag Jain (IAS:1989:MP).

The incumbent Revenue Secretary Tarun Bajaj (IAS:1988:HY) was assigned with the additional charge of the post of Secretary, Department of Economic Affairs (DEA) till 12.08.2022 during the period of absence on leave of Ajay Seth (IAS:1987:KN).

Ms Radhika Rastogi (IAS:1995:MH) was designated (In-situ) as Special Director, Lal Bahadur Shastri National Academy of Administration (LBSNAA)in the rank and pay of Additional Secretary. Presently working as Joint Director, LBSNAA, in the rank and pay of Joint Secretary.

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Jitendra Narain (IAS:1990:UT), the incumbent Chief Secretary (A&NI) was transferred to Delhi for further posting.

Nitin Gupta appointed new CBDT chairman



IRS officer Nitin Gupta has been appointed as the new CBDT chairman, a recent government order said.

Gupta, an Indian Revenue Service (IRS) officer of the 1986 batch of the Income Tax cadre, is serving as the Member (investigation) in the Board and is scheduled to retire in September

next year. The order issued on June 25 said the "Appointments Committee of the Cabinet has approved the appointment of Shri Nitin Gupta, IRS (IT:86), Member Central Board of Direct Taxes (CBDT) as chairman, Central Board of Direct Taxes from the date of assumption of the post."

The post of the CBDT chief was being held in an additional capacity by Board member and 1986-batch IRS officer Sangeeta Singh after J B Mohapatra retired on April 30. The CBDT is headed by a Chairman and can have six members who are in the rank of special secretary. It is the administrative body for the Income Tax department.

Sanjay Arora Appointed as the New Delhi Police Commissioner



Union Home Ministry appointed IPS officer Sanjay Arora as the new Commissioner of Police, Delhi. He is all set to take charge of the capital's police force from Monday, 1 August. Arora will replace Police

Commissioner Rakesh Asthana, whose farewell ceremonial parade will be organised at the Parade Ground, New Police Lines, Kingsway Camp, Delhi.

Arora, currently serving as Director General of Police (DGP) of Indo-Tibetan Border Police (ITBP), is 1988 Tamil Nadu cadre IPS officer.



For more details contact : 08008175000, 09177771165 e-mail: midnightreporter.editor@gmail.com

August, 2022

Corridors of Power



Somesh Ki Savdhani Aur Samaidhari

Aur Samajonari July , the month of heavy rains , floods & over flow ! Entire state was on high alert and critical situation all over, but hats to the government & the administration for handling it cleverly. Glad that proficient officer like Somesh Kumar is serving as chief secretary, whose alertness & timely direc-tions and the suggestions to the officers turned into success stories during this emergency time. Interesting is when the CS was at Delhi, he held a tele-conference with the officers and gave the in-structions. This shows the dedication of the Somesh Kumar. Kudos to his enthusiasm. Savdhani aur samajdhari ka jawab nahi !



Hardcore Khakis

During last month floods the khakis has done the tremendous job in all the terms and in all the ways. Especially from clearing the road traffics during heavy rains and rescuing people from the water logging areas. Providing those secure shel-ters and food for the time being. Burned their mid-night oil at flooded rivers & lakes to avoid any accidents.What else more we can expect from khakis.So, time to thank the top cop M.Mahender Reddy, DGP Telangana & his team for the excellent execution and services.



Green Cover Across The State

Big news ! State government coming up with various concepts to increase the green cover in the city and across the State. In the first phase, 109 urban forest blocks were taken up and corporates and individuals were encouraged to adopt them. Now, 59 of these in the HMDA jurisdiction have been completed. The work on 50 other projects is in varying stages of completion. Of the completed for a the start parks 39 have been one of for varying stages of completion. Of the completed urban forest parks, 39 have been opened for people to enjoy nature in its full glory. The urban forest parks are provided with walking paths, view-points and play areas for children, Yoga sheds, cycling tracks and a Vanadarshini centre.Kudos to the efforts of Arvind Kumar, Prl. Sec. for HMDA.

Boost In Telangana Electoral List

The variety of younger voters in Telangana is about to report an eight-fold improve, because the Election Fee of India allowed 17-year-olds to enrol upfront for voter IDs from August 1, as a substi-tute of doing the identical after attaining 18 years of age as of January 1 for a similar. Officers stated that this new provision will increase ECl's efforts to enrol new younger voters. They stated that with the brand new provision, the variety of younger voters in Telangana will go up, to 10 lakh, from the current 1.36 lakh. The variety of voters in Telangana is presently at 3.03 crore, as per the ultimate elecis presently at 3.03 crore, as per the ultimate elec-toral rolls launched by the ECI in January, following particular abstract revision (SSR) 2022 from Novem-ber 2021.Presently the happening officer Vikas Raj is the CEC of Telangana state.



Shehar Ki Teesri Aankh

The new Police Command Control Centre (CCC) will serve as Hyderabad's "third eye" and give the police access to the majority of locations through-out the state thanks to the approximately 9.25 lakh cameras that are connected to it. Says the city po-lice chief CV.Anand.

The CCC has lot of specialties! Coming back to the news Mr.Anand is doing his best to maintain law & order ! As all major festivals were peaceful and all set for further tasks. Kudos !

Kuch Meetha Ho Jave !

With a view to provide raw and unprocessed honey gathered by tribals directly from the for-ests to the public, the Girijan Cooperative Corpo-ration (GCC) has launched a new product Giri Nature. Four types of honey product on Na-indrajao honey, sesame honey, neem and mango are being sold separately by the corporation.Secretary Tribal Welfare Christina Zongthu said said that customers can also buy these honey products through Flipkart and Q-Mart also. While Chenchu tribals used to get Rs. 220 per kg for the honey so far, they will get an income of more than 54 per cent. "This honey contains dif-ferent kinds of bioactive plant compounds which are powerful antioxidants. Honey is an excellent source of energy and promotes good health. It is also a time tested remedy for cold, sore throats and cuts." She added.



Har Ghar Tiranga ...!

To intensify the campaign Telangana State Governor Dr.Tamilisai Soundararajan distributed National Flag to college stu-dents at Raj Bhavan, Hyderabad. Glad to see the enthusiasm among the youths in carrying our National Flag with Pride & Patriotism. She thanked PM for the an-nouncing Azadi Ka Amrit Mahotsav. So har ghar timaga is on screen U ghar tirnaga is on screen !!



Hyderabad To Bengaluru

The hardcore & a happening diplomat Dr.Andrew Fleming started a new inning at Bengaluru to support relationship in Karnataka & Kerala. He is excited for new friendships & discoveries. As all know that as UK Dy.High Commissioner Mr.Andrew served at Hyderabad, can say a record performance from his side for the trade & good relations between both Telugu states & UK. Best wishes to the officer.

Appreciations To Kazakhstan CG

It's official ! Meeting time with His Excellency Bakhyt Sultanov Honorable Deputy Prime Minis-ter of Kazakhstan in Nursultan Kazakhstan. During the visit to Kazakhstan Dy.PM presented the letter of appreciation to Dr.Nawab Mir Nasir Ali Khan, Honorary Con-sul of the Republic of Kazakhsta for Telengana and Andhra Pradesh & MD, MAK projects , for his contribution to the develop-ment of cooperation between the two states. Appreciations for the role in the enlargement of bilateral cooperation in various areas, such as trade, health care, space, IT sector ect. An-other news is Canadian High Commissioner to India will be inaugurating MAK's Canadian Wood Villa project at Hyderabad BTR Greens on 20th September.



Click Of The Month

Phoenix Group Chairman & Honor-Consul General of Korea in ary Consul General of Korea in Hyderabad Suresh Chukkapalli actor Lalettan Mohanlal sharing the stage during a book launch in Kochi. In the post actor Mohanlal said "I was fortu-nate to have officially released the En-glish version of Anu Ananthan's "Manimandapam & Thankadhwajam," translated by Manju Ajikumar. My best regards to Ramesh Chukkapalli, Suresh Chukkapalli and Avinash Chukkapalli for all their commendable efforts dedi-cated to the publication of this book. cated to the publication of this book Superb !

Happy Friendship Day

True friends ! Orhan Yalman Okan Consul General of Turkey in Hyderabad and Sayed Muhammad Ibrahimkhil, act-ing CG of Afghanistan can be seen together in an event. The both diplomats with sincerity & commitment working for the growth of trade & relations of their countries with Telugu states of India.

3

MIDNIGHT REPORTER

August, 2022

A leading player in

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(G-Suite)





Social Awareness On Priority Apart from policing , public interest and social awareness drives are the priority of Sr.IPS officer Shikha Goel, Director Anti-Corruption Bureau. The officer is always in talk for her social messages

post conveys a mes-sage, which are quite effective. That's why we have endorsed her a role model' !

T Hub Signs MoU

Autonomy Head Quarter, a decentralized automation protocol designed for Web3 builders. The partnership will help to build the web3 community in Telangana. Jayesh Ranjan, the Principal Secretary of the Industries & Commerce (I&C) and Information Technology (IT) can also be seen in the picture.



Safety Fi<u>rst</u>

"Adolescence is an ideal phase of life for furthering a sense of empowerment." Recognising the importance of this age, TSWSW is making a collaborative effort to develop module on safety for school going adolescents in collaboration with NIMHANS and many schools in the city.In the picture IPS officer Swati Lakra,ADGP, Women Safety and Sumathi, DIG, CID, Women Safety can also seen.



Dedicated DM

Sikta Patnaik, the collector of Adilabad district is on screen. Last month entire state faced floods & heavy rain, difficulties and inconvenience.News is the lady DM with the team & public representatives inspected the flood affected areas. Inter-esting is because of floods roads were damaged, hence to reach the areas DM travelled by auto. Amazing ! That's why we endorsed her as 'Dedicated DM'.



Good initiative

Good beginning by Chahat Bajpai IAS, Additional Collector (LB), Asifabad. In the picture the lady officer is distributing non woven bags and Lifebuoy soap in model GP Mahagaon, Sirpur U mandal. This will surely motivate the people to avoid using plastic bags. Kudos to the young officer !



No pointless packaging here. Nature provides its own. Ature provides its own.

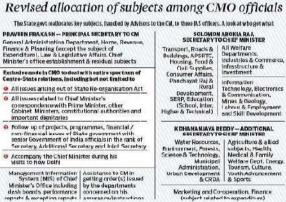
Reallocation of AP CMO subjects creates ripples in bureaucracy

In a significant develop-ment, the State government, the State govern-ment reallocated key sub-jects, that were being handled by Advisors to the Chief Minister, to three IAS officers in the Chief officers in the office Minister's Office (CMO). The move leaves Ajeya Kallam, Principal Advisor to the CM, and Dr PV Ramesh, Additional Chief Secretary to the CM, without specific subjects

While Dr PV Ramesh earlier dealt with Education and Medical and Health, Ajeya Kallam looked after Finance, Revenue and many more departments. Another advisor J Murali was earlier allocated ani-mal husbandry, dairy, fisheries, cooperation, mar-keting and culture. Dr PV

Ramesh is also helping in COVID-19 management. As per the Government Order, the various subjects have been reallocated to Praveen Prakash, Principal Secretary to CM, Solomon Arokia Raj, Sec-retary to the CM, and K Dhananjaya Reddy, Addi-tional Secretary to the CM. The order sent ripples across the bureaucracy with speculation that the senior advisors might have fallen out of favour. However, a senior source in the CMO told TNIE that Ajeya Kallam and PV Ramesh continue to enjoy the confidence of the CM and the move was more technical than anything else. Kallam commands the respect of the bureau cracy, given his wide ex reer.

Sources said the Chie Minister had appointed the retired bureaucrats as advisors to utilise their experience and expertise in the initial days of his gov-ernment. With Jagan now getting a grip of the admin-istration, it appears that he may want to utilise their services elsewhere. Sources said one of them was offered the Chief Information Com-missioner's post, but he was reluctant and the same then went to retired bureaucrat Ramesh Kumar.



Internation Technology, Electronics & Communication, Mines & Goology, Labour & Employment and Skill Development Revelopment, R, Education School, Inter, & Technical) K DHANANJAYA REDDY - ADDITIONAL ater Roscurcos, Agriculturo & allicol Irmani, Porests, subjects, Health & Bicknology, Medical & Family Municipal Welfare Dept. Far Administration, Tourism, Culture & CRDA & Sports Marketing and Co-operation. Finance

All Welfare Departments, Industries & Commerce, Infrastructure & Investment

SOLOMON AROKIA RAJ, SECRETARYTOCHIEF MINISTER

Transport, Roads & Doildings, APSRTC, Housing, Food & Civil Supplies, Consumer Affairs, Panchayat Ra) & Rural Doveboament

One Nation i. **Happy Friendship Day**



Pure Veg. Cakes, Pastries, Cookies & Snacks

Public Sector

Rakesh Kumar, CMD NLC India Limited inaugurates Atal Tinkering Lab



Rakesh Kumar, CMD, NLCIL inaugurated the "Atal Tinkering Lab", an effective tool to implement the Atal innovation Mission at Jawahar Higher Secondary School, Neyveli.

The Atal Innovation Mission (AIM), is the great vision of Prime Minister of India Narendra Modi, through NITI Aayog, to promote a culture of innovation and entrepreneurial ecosystem among the children in the country. It was setup in 2016 with a vision to cultivate one million children in India as Neoteric Innovators. Atal Innovation Mission is establishing "Atal Tinkering Laboratories" (ATLs) in schools across India. The objective of this scheme is to foster curiosity, creativity, and imagination in young minds; and inculcate skills such as design mind-set, computational thinking, adaptive learning, physical computing etc.

ATL is a workspace where young minds can give shape to their ideas through hands on do-it-yourself mode; and learn innovation skills. Young children will get a chance to work with tools and equipment to understand the concepts of STEM (Science, Technology, Engineering and Math). ATL would contain educational and learning 'do it yourself' kits and equipment on science, electronics, robotics, open-source microcontroller boards, sensors and 3D printers and computers. Other desirable facilities include meeting rooms and video conferencing facility.

Over the last 4 years, AIM has launched the Atal Tinkering Lab (ATL) program. ATL is a stateof-the-art space established in a school with a goal to foster curiosity and innovation in young minds, between grade 6th to 12th across the country through 21st century tools and technologies such as Internet of Things, 3D printing, rapid prototyping tools, robotics, miniaturized electronics, do-it-yourself kits and many more.

PNB singns MoU with Indian Air Force For 'PNB Rakshak Plus Scheme'



Punjab National Bank (PNB), nation's leading Public Sector Bank, hassigned a Memorandum of Understanding (MoU) with the Indian Air Force (IAF) to provide specially designed products to the defence personnel under the bank's flagship scheme of 'PNB Rakshak Plus'. This schemeincludes, inter alia, personal accidental insurance, air accidental insurance to serving, retired and trainees of the defence forces, central armed police forces, state police force, metro policeand retired defence pensioners.

The agreement was exchangedbetween Atul Kumar Goel, MD & CEO of PNB, and Chief of Air Staff, Air Chief Marshal Vivek Ram Chaudhari, PVSM, AVSM, VM, ADC on behalf of the Indian Air Force in a ceremony at the Indian Air Force Auditorium in Delhi.

Chief of Air Staff, Air Chief Marshal Vivek Ram Chaudhari, PVSM, AVSM, VM, ADCexpressed gratitude for associating with PNB for signing of MoU.

Commenting on the collaboration, Atul Kumar Goel, MD & CEO of PNB, said: "This is a historic moment which gives PNB Parivar the opportunity to serve the nation in a befitting manner. At present, PNB provides support for the armed forces through 120 cantonment branches spread

Rajarshi Gupta takes over as Managing Director of ONGC Videsh

Rajarshi Gupta has taken over as Managing Director of ONGC Videsh Limited (OVL) Schedule 'A' CPSE and subsidiary of ONGC. Gupta was recommended for the position by Public Enterprise Selection Board (PESB)

Rajarshi Gupta has more than 33 years of wide-ranging experience in supervisory, managerial & strategic planning capacities in domestic and international operations of ONGC and ONGC Videsh. He has a keen business sense of the oil & gas industry, commercial and financial acumen, with mergers & acquisitions, strategic planning, and man management as his core strengths. During his professional career, he has worked in the domains of Supply Chain Man-agement, Business Development, Project Management, Planning & Strategy, Corporate Communications, Human Resources Management and General Administration.

He has an excellent track record in Educational and Professional domains. A mechanical engineer from NIT Rourkela, he is also a Gold Medallist in MBA (International Business) from the Indian Institute of Foreign Trade, with the highest-ever CGPA scored in the history of the institute.

V K Singh takes charge as Director (Technical) of REC Limited



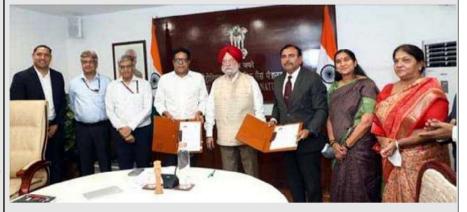
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V K Singh has taken charge as Director (Technical) of REC Limited/ Before this elevation V K Singh had been Executive Director in REC holding portfolio of key business areas including Private Sector Project Management, Entity Appraisal and Procurement and is also a Director on the Board of REC Power Development and Consultancy Limited.

V K Singh holds a Bachelor's Degree in Electrical Engineering from IIT Roorkee and in his illustrious career spanning more than 33 years, he has demonstrated excellence while holding various positions across leading power sector PSUs namely NTPC, PGCIL and REC. In his 15 year stint with REC, he has delivered in key operations of the company involving Policy formulation, Project & Entity Ap-

praisal, Business Planning, Stressed Assets Management and MoU negotiations besides heading operations at REC's subsidiary for some time.

ONGC to make Green Hydrogen; inks MoU with Greenko Zero C



Energy major Oil and Natural Gas Corporation Limited (ONGC) today signed a Memorandum of Understanding (MoU) with M/s Greenko ZeroC Private Limited (Greenko), to jointly pursue opportunities in Renewables, Green Hydrogen, Green Ammonia and other derivatives of green hydrogen. The MoU, valid for two years, was inked in New Delhi by ONGC Director Onshore Anurag Sharma and Greenko CEO & Managing Director Anil Kumar Chalamalasetty, in the presence of Union Minister of Petroleum and Natural Gas & Housing and Urban Affairs Hardeep Singh Puri. Secretary (MoP&NG) Pankaj Jain, ONGC CMD Dr. Alka Mittal along with ONGC Directors, other senior officials from MoP&NG, ONGC and Greenko were also present. Greenko is one of India's leading renewable energy Companies.

This MoU is in line with the National Hydrogen Mission launched by Prime Minister in making India a global green hydrogen hub. The activities envisaged under this MoU will contribute towards India's target of producing of 5 million tonnes of Green hydrogen per annum by 2030.

This MoU will also act as a stepping stone for ONGC to achieve renewable energy targets as per its Energy Strategy 2040. As the share of renewables in the energy mix is rising driven by cost competitiveness, climate change awareness and strong regulatory push, ONGC aims to meet its objectives such as de-risking of portfolio against long term disruptions and reducing carbon footprint by moving into renewables space.

Harish Madhav, Director (Finance) assumes additional charge as CMD, OIL



Harish Madhav, Director (Finance), Oil India Limited (OIL), India's second largest National Exploration & Production (E&P) company, took over the additional charge as Chairman &Managing Director of OIL.

Madhav is a member of the Institute of Chartered Accountants of India (ICAI) and working as Director (Finance) on the Board of Oil India Limited since August 02, 2019. Madhav has been handling a diverse gamut of fi-nance and accounting functions covering International Fund Raising, Treasury Management, Corporate Strategy, Risk Management, Corporate Accounts & Audit, and Budgeting. Before joining OIL, Madhav had also worked

with Hindustan Petroleum Corporation Ltd. During this tenure, he also served key Government Bodies in Oil& Gas sector on deputation assignments.

Madhav has over 30 years of rich and varied experience in Oil & Gas industry in both Upstream and Downstream sectors.

IOC Q1 Results: Firm reports standalone net loss of Rs 1,993 crore; revenue surges 62%



IndianOil reported Revenue from Operations of 1 2,51,933 crores for the first quarter of Financial Year 2022-23 as compared to 1 1,55,056 crores in corresponding guarter of previous financial year. The Net Loss for the guarter ended 30th June 2022 is 1,993 crores as compared to Net Profit of 15,941 crores during the corresponding quarter of previous financial year mainly on account of lower marketing margins during current quarter. IndianOil Chairman, Mr. S.M. Vaidya, said, "IndianOil sold 24.648 million tonnes of products, including exports, dur-

ing the first quarter of financial year 2022-23. Our refining throughput for Q1 2022-23 is 18.936 million tonnes and the throughput of the Corporation's countrywide pipelines network including gas pipelines is 24.649 million tonnes during the same period. The gross refining margin (GRM) during the first quarter of FY 2022-23 is \$31.51 per bbl as compared to \$6.58 per bbl in corresponding quarter of previous financial year. The core GRM for current period after offsetting inventory loss/ gain comes to \$25.34 per bbl."

NTPC with National Mission to organize a one-day workshop on Biomass use in thermal power plants

National Mission on the use of Biomass in Thermal Power Plants (SAMARTH) collaborates with NTPC to organise a one-day workshop in Chandigarh, on ex-Situ utilization of agricultural residue for co-firing in thermal power plants. The Government, Ministries, GENCOs, Financial Institutions, Pellet manufacturers, Entrepreneurs, Industries associations, OEMs, and Farmer organisations will participate in the workshop. The aim of the workshop is to promote and facilitate ex-situ utilization of agri-residue in various applications, with a focus on developing an eco-system for aggregation, transportation, manufacturing, supply, and co-firing of biomass in thermal power plants.



6

Importance Of Vitamin D : One Of The Essential Vitamin For Human Body

Vitamin D is one of the essential vitamins in the human body. This nutrient can be obtained from natural sources including sunlight and food such as egg yolk, oily fish, and mushrooms. Sunlight typically helps the body to produce Vitamin D by inducing a chemical reaction whenever UVB

rays penetrate the skin. This chemical reaction converts the fatty acids to Vitamin. Despite the many sources of Vitamin D, some people still experience a deficiency of this nutrient. Prolonged Vitamin D deficiency has been associated with the softening of bones and low blood phosphate and low blood calcium. Vitamin D is important in the following ways;

Healthy Bones Vitamin D promotes the absorption of intestinal calcium and helps maintain the required levels of phosphorus and calcium that are necessary for the mineralization of healthy bones. Vitamin D deficiency in children usually causes rickets, a condition that results in bone weakness, skeletal deformities, and bowed legs. Individuals with skeletal deformities are likely to suffer stoopedposture. Many cases of Vitamin D deficiency in children are attributed to poor diet whereby the foods that children consume do not contain adequate Vitamin D. Current recommendations, thus, suggest that children should take Vitamin D supplement to boost the levels of this nutrient in the body.



Dr.Muzzammil Anzer, M.D Managing Director Gmm Human Care Pharmaceuticals

Boost Immunity

Vitamin D plays a crucial role in immune function. The adequate consumption of Vitamin D canboost immune function and lower the risk of suffering autoimmune diseases such as asthma, diabetes, and rheumatoid arthritis. It is important to maintain the intake of Vitamin D at optimum level if you are looking to enhance your body's ability to respond to infection. Vitamin D plays a key role in the functioning of b cells, t cells, and dendritic cells that are crucial to immune functioning and safeguarding the body from disease. Additionally, Vitamin D contributes to the homeostasis of calcium and helps in the regulation of the immune system. Regulating Mood And Reducing Depression Vitamin D can help regulate mood and reduce depression. A study conducted on 7,534 people found that individuals experiencing negative emotions saw an improvement in their symptoms after consuming vitamin D. Some studies have also revealed that Vitamin D has the potential of preventing and treating mental disorders including anxiety, schizophrenia, depression, and seasonal affective disorder (SAD). A particular study conducted in 2006 among the elderly revealed that those with Vitamin D can act as an immune system modulator that dampens or boosts immune responses as required to help prevent inflammation. Furthermore, Vitamin D helps regulate glucocorticoid, a stress hormone that helps prevent mental disorders.

Lowers The Risk Of Heart Disease

A particular research on Vitamin D found that people who consume Vitamin D in moderate to high doses have a reduced risk of heart disease. An optimal level of Vitamin D is crucial for reducing cardiovascular risk, prevalence of stroke, peripheral artery disease, metabolic syndrome, and blood pressure control. Vitamin D exerts cardiovascular effects by lowering the function of renin-angiotensinaldosterone system and lowering the values of blood pressure. A combination of Vitamin D and antihypertensive agents is one of the affordable ways of controlling blood pressure.

Protects Brain Function

Vitamin D can also protect the brain function, which includes removing amyloid and supporting the growth of new brain cell. Amyloid is a starch typically deposited in the kidneys, spleen, liver, or other tissues in particular diseases, and often causes Alzheimer's. Many people are at risk of suffering Alzheimer's due to Vitamin D deficiency caused by poor diet or inadequate exposure to sunlight. Low levels of Vitamin D in the body are associated with increased risk for dementia and memory loss. However, consuming around 70-80 levels of Vitamin D can help boost memory and lower the risk for dementia. Vitamin D can also help prevent age-related brain diseases. Some studies have discovered that particular cells receptors in the human brain connectwith Vitamin D with the aim of helping the brain get rid of Amyloid.

Reduces The Risk Of Rheumatoid Arthritis

Another importance of Vitamin D is the ability to reduce the risk of rheumatoid arthritis (RA). A particular study aimed at summarizing the published results on the relationship between the development of rheumatoid arthritis and Vitamin D and between rheumatoid arthritis and serum vitamin D levels found that there is a correlation between disease activity and Vitamin D levels among RA patients. The researchers, thus, concluded that low vitamin D intake is connected to an increased risk of RA development. VDR agonists also play a crucial role in suppressing arthritis progression and preventing disease expression.

Reduces The Risk Of Cancer

According to early epidemiologic research, the incidences and death rates for some cancers were lower among people living in the southern latitudes that experienced relatively high levels of sunlight compared to those living in the northern latitudes.

This was attributed to the fact that the exposure to sunlight's ultraviolet light results in the production of Vitamin D. Experimental evidence has indicated a likely association between the risk of cancer and Vitamin D. Additionally, studies of mice tumors and cancer cells have discovered that Vitamin D can prevent or slow the development of cancer. This can be achieved through several activities including decreasing cancer cell growth, promoting cellular differentiation, reducing the formation of tumor blood vessel, and stimulating cell death.

Lowers Blood Pressure

Some studies reveal that individuals with high blood pressure are likely to have lower amount of Vitamin D compared to those without high blood pressure. Vitamin D can help lower blood pressure by impacting the renin-angiotensin system that regulates blood pressure. Vitamin D deficiency usually results in the over-activation of the renin-angiotensin system, which increases the risk of stroke, high blood pressure, and heart attack. Vitamin D also lowers the risk of blood pressure by creating a relaxing effect on the muscle cells in blood vessels walls. The body primarily depends on Vitamin D to absorb calcium, which works with magnesium to ensure that the body achieves a healthy blood pressure.

Breast Feeding Awareness Week

Benefits to the neonate and mother

1.Colostrum - first secretions of mother's breast, more than a immunity booster.

2.Golden hour of breast feeding. To start breast feeding child within 1 hr post delivery irrespective of mode of delivery ,thus it prevents pph to mother and is of biggest benefit to the child in immunity aspect and also establishes proper suckling reflex.

3. Its an ideal nutrition. 4.Prevents multisystemic infections and childhood leukeamias.

5. Helps in long term beneficiary effects on neuronal development of child and proper development of jaw muscles while suckling.

6.Helps in weight loss to the mother. 7.Prevents post partum

hemorrhage. <u>8.Low</u>risk of post

partum depression in mothers.



Dr.Kavya Priya Vazrala Consultant Gyneacologist Laparoscopic Surgeon, Infertility Speacilist Cosmetic Gyneacologist Yashoda Hospitals Somajiguda

9.Longterm protection against cancer breast and ovary . 10 .Natural contraception but not alwats. 11.Last but not leastsaves money.

Deepika received 'The Visionary Leader Award'

The Times Of India bring to you a diverse group of <u>leaders chosen</u> not just for their leader-ship credentials but also for their ability to engage and inspire us to think carefully and deeply about what we do and why we do what we do. Through their actions have inspired their employees to think out of the box, take calculated risks and chart out a path of success for their organization; but to also think about the community and the society while achieving the organizational goals. This was most evident in the ac-tions of the "Visionary leaders" who over the last year have demonstrated adaptability, agility foresight, and care for society in general.



Deepika Chalasani Fit4Life India, (Clinical Nutritionist; Mind Body Transformation Coach)

Let's know more about 'Times Visionary Leaders' award winner Deepika Chalasani ! Deepika (49 years) has over two decades experience with organizations and individuals across multiple sectors like IT-ITES, Hospitality, Retail, FMCG, Pharma, Manufacturing and Financial Services to accelerate performance and bring about sustainable change. Deepika's entrepreneurial journey began in 2012, when she, along with her father, C Subba Rao, co-founded Fit4Life India. They have over two decades of valuable research, insights and understanding of the uniqueness of Indian physiology, culture & mindset which has been the bedrock of the transformational work that has contributed to a healthier India. Over the years, she has helped several thousand Indians, ranging from children to senior citizens with varied medical conditions. Her method to integrate the mind & body, customize programs to suit the client's lifestyle and ensure the balance of health & pleasure, makes the program unique, effective and sustainable. MIDNIGHT REPORTER

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ar GHS SEARCH Proud Mother & A Passionate Daughter

It's a news ! Mother Bhagya Laxmi Jaiswal & star daughter Naina Jaiswal both have successfully completed LLB course and passed Law final year examination with first division marks from B.R Ambedkar Law College.

"My mother who has already done MSc Mi-crobiology and is a postgraduate, but just to motivate and support me she decided to appear for LLB examinations. Throughout the preparation of course, we have analyzed many of the case studies together and it was a wonderful experience." Said Naina. It's really a wonderful news, bonding & experience. Off course inspiring story too !



Bet You Can't Find Better Than 'Vivaan Foods'

"You don't need a silver fork to eat good food !" Coming from a family full of foodies- this mother daughter duo started their journey back in 2019. Sapna a multi talented homemaker is an excellent judge and hunts the best snacks from across the map Muskaan is a Good Shepard Finishing School graduate with exquisite knowledge on the topic food and beverages , exploring her way into the vast food industry Vivaan Foods, led by these women entrepreneurs ,recognized the diversity our country has to offer in taste, so they brought the most unique products that serves their tagline rightfully - Bet you can't find better ! Get in touch with Kwiqii By vivaan foods to find the best quality ready to eat snac ks and munchies that cannot be found commonly in the market!

Birthday Wishes Shazia

Shazia Bakal Shariff, naam tho suna hoga ! She has an amazing following on social media.The happening feminine has celebrated her birthday recently. Many known & pretty faces of the town were seen at the party. 🖉 Best one ! Shazia runs Plush- The Nail Bar in Banjara Hills. She is from Kashmir , tarif karu kya uski....!! Bday wishes Shazia !



Dil Mange

Happening Sushila Bokadia is on screen !

Pose resembles 'dil

mange more' ! For more

happiness, more peace,

more wealth & good health. "Beauty gives hap-piness or not, but happi-

been posted on FB, which

is also a quote of the

month by SB. As all knows

that Sushila is quite popu-

lar in social groups & al-

ways a step forward to help the friends.

More

Heart & The Sole Run Organized

Vibhaag Foundation, Every Paw Matters, Arah, and Vishwasa were founded as non-profit organisations by high school students from CHIREC Interna-tional School, in order to make a difference in the society. To help those in need even more, they hosted marathon called "HEART AND SOLE RUN", DCP, Traffic, Cyberabad T.Srinivas Rao, IPS was the chief guest.

The marathon began near ITC Kohenur and followed by a DOG marathon (DOGATHON).All funds raised will be used to support a charitable clinic for women, underprivileged children in schools and orphanages and for feeding and caring for street dogs. Ashmit Tainwala & Aanya Jain along with other Co- organizers can also seen in the picture.

> Sunder Krishna 'On Screen' Appreciations to Radhey Kutumbh

Club for organizing 'Maharaas @ Nidhivan'. One of the beautiful, spiritual and colorful event ever seen.Presenting Neha Palan Chejra click, in which she wore the costume of Lord Krishna. Just amazing ! Click of the month. 'Divine feeling of becoming Krishna' Said Neha !



Midnight Reporter most awaited July Edition is out with a bang released by happening gentleman & a dynamic Consul General of Kazakistan Mr. Dr. Nawab Mir Nasir Ali Khan ! The Founder & the MD of MAK Projects !! Click the link for epaper :

www.midnightreporter.com



Event Of The Month

Indulge Ladies Club planned a 'the red carpet theme' event, which concluded successfully. Theme was 'shine like a celebrity in your own style', quite encouraging for the lady members. Lots of gifts and surprises was the attraction. So all the lady members had good fun, but the absentees definitely Alka, Hema, Vani, Sweet missed the joy. Kanchan, Sonal, Sonam, Vidhi, Deepa, Shital, Shruti, Sunita, Krupa, Kanak, Samta & Shaily can be seen in the click. Event of the month !



Big Bang Initiative

The Most Awaited I-Day Is here ! YES!! You Read It Right!!! Serving 75 Lakhs People & Transforming 75 Lives in Each city, Spreading Happi ness Is Privileged To Collaborate With RHA Hyderabad In Serving Meals, Grocery Kits & Transforming Life's Of Fellow Citizens!! This Is Much More Than A Dream Come True .Shipra Gandhi stated that "We are Helping Our Fellow Citizens In Bringing A Change In Their Life By Helping Them In Artificial Limb Requirements, Wheel Chait , Walker , Crutches , Hearing Aid , Cataract Treatment" . So Please Let Us Know If We Have Any Needy Person Who Has A Requirement In Any Of These. Blessed Beyond Measure. Good initiative !

August, 2022

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7

hub n home

I WANT TO UPGRADE **MY KITCHEN AND** HOME BEFORE I UPGRADE **MY PHONE!**



Live, cook, and dine in style with Kitchen Hub. Our amazing range of kitchen and home products, appliances, and gift items @ prefect prices will simply bowl you over including your hubby. Choose from leading National and International brands, latest models, and more. Happy shopping at Kitchen Hub!

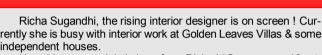
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Studio Richa Sugandhi : Make Spaces Beautiful, **Functional & Comfortable**



Richa Sugandhi



How things moved, let's hear from Richa ! "On a personal front. interior designing caught my heart while I was renovating my room. Soon after graduating with a BBA degree, I took up interior designing seriously. While pursuing my PG diploma, I got an opportunity to work with a professional company, but soon I realized that my creative flow was being restricted. Thus, with courage and faith in my abilities began my entrepreneurial journey with Studio Richa Sugandhi, my very own design firm. And since then it hasn't been all sunshines and rainbows, I've been rowing the boat in all weather conditions, be it a harsh breeze or amicably pleasant.

As evolve, our home should, too. This is the mantra I've been following to make spaces beautiful, functional and comfortable. Speaking of spaces, we have completed several residential as well as commercial projects; apartments in My Home Avatar, Vasavi GP Trends, independent houses, fabric retail studio and many others. Although the design and its vision come from within, I'm professionally gualified with an Advanced Diploma in Interior Designing. Being in the business for 2 years has led me to curate a strong vendor & execution team. To actualise my full creative potential, I prefer to take projects on an end-to-end basis, as it gives a sense of understanding and clarity to the client, who is looking for an "under one roof" type of service.

Being a visualiser, with my first look at a space, I usually come up with a few design ideas which are then discussed with the client to suit their needs. The end goal of all my designs is to reflect aesthetics as well as practicality, maintaining the aura of the space and the client's dreams. As the saying goes - "Rome wasn't built in a day", each project has its own uniqueness and takes time to mold into its final shape.

With each space, I leave a piece of my heart. To check out more about me, please find me on Instagram at @studio.richasugandhi or get in touch by mail: studio.richasugandhi@gmail.com





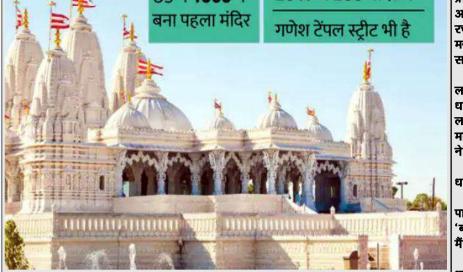


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अमेरिका में भारतवांशियों की बढ़ती आबादी के साथ वहां मंदिरों की संख्या में भी तेजी से इजाफा हुआ है। लॉस एंजिल्स से न्यूयॉर्क तक घंटियों की गूंज और भजन चिर–परिचित स्वर बनते जाँ रहे हैं। भारत के हर भाषाई और क्षेत्रीय हिंदू समूह का प्रतिनिधित्व करने वाले मंदिर पूरे अमेरिका में मौजुदगी दर्ज करा रहे हैं।

कॉफी टेबल बुक 'अमेरिका में भारत रेखा' के मुताबिक, 2006 में 53 मंदिर थे। वर्ष 2017 में संख्या बढ़कर 250 हो गई। 2022 में मंदिर बढ़कर 750 हो गए। सबसे ज्यादा संख्या इन्हीं 5 सालों में बढ़ी। इस दौरान 200 प्रतिशत मंदिर बढ़े।

भारत से लोगों का भावनात्मक संबंध-

अमेरिका में भारतीय लोग भारत से अपने भावनात्मक संबंधों को महसूस करते हैं। मंदिरों की बढ़ती संख्या संकेत देती है कि 10 लाख से अधिक भारतीयों ने अमेरिका को अपना घर बना लिया है। स्वामी विवेकानंद ने शिकागो में विश्व प्रसिद्ध भाषण देने के बाद 1980 में न्यूयॉर्क और सैन फ्रांसिस्को में वेदांत सोसायटी की स्थापना की थी। वेदांत सोसायटी ने ही अमेरिका का पहला मंदिर सैन फ्रांसिस्को में 1905 में बनवाया।

भारत प्रेम जीवित रखने का एक तरीका यह भी-

अमेरिका का ऐसा कोई राज्य नहीं है, जहां आधा दर्जन मंदिर न हों। बढ़ते मंदिर हिंदुओं को उनके देश और संस्कृति से जोड़ रहे हैं। इंजीनियर केटी लक्ष्मी कहती हैं, यहां आकर लोग अधिक धार्मिक हो जाते हैं। यह भारत से हमारा लगाव जीवित रखने का तरीका है।

हिटलर की घड़ी 9 करोड़ में बिकी, जर्मन चांसलर बनने पर मिला था गिफ्ट



एक घडी जिसके बारे में कहा जा रहा है कि वो एडोल्फ हिटलर की थी, उसे नीलाम किया गया। इस घड़ी को एलेक्जेंडर हिस्टो रिकल ऑक्शन में करीब मिलियन 1.1 डॉलर यानी 8 करोड़ 72 लाख में बेचा गया। बताया जा रहा है कि इस घड़ी के

बिकने के पहले ही 2 से 4 मिलियन डॉलर तक में नीलाम होने का अनुमान है। वॉच प्रो के अनुसार, एडोल्फ हिटलर की एंड्रियास ह्यूबर नाम की ये सोने की घड़ी 20 अप्रैल 1933 को उनके 44 वें जन्मदिन पर मिली थी।

यहूदी नेताओं ने मैरीलैंड के अलेक्जेंडर हिस्टोरिकल ऑक्शन में हुए इस नीलामी की निंदा की थीं। हालांकि, ये घड़ी किसे बेची गई है इसके बारे में खुलासा नहीं किया गया है। 1933 में गिफ्ट में मिली थी स्वास्तिक निशान वाली ये घड़ी-

द डेलीमेल के अनुसार, इस घड़ी पर स्वास्तिक बना है और उसके साथ तारीख लिखी है। वो तारीख हिटलर का जन्मदिन, जिस दिन वो जर्मनी के चांसलर बने थे। 1933 में जिस दिन नाजी पार्टी ने चुनाव जीता था। माना जाता है कि हिटलर को पार्टी की तरफ से उसी दिन जर्मनी के चांसलर के रूप में चुने जाने पर घड़ी गिफ्ट की थी।

फ्रांसीसी सैनिक को मिली थी घड़ी–

4 मई 1945 को, जब हिटलर की बटालियन बवेरिया के ऊंचे इलाकों में बेरख्त्सगाडेन में पीछे हटने लगी, तब एक फ्रांसीसी सैनिक को ये घड़ी युद्ध की लूट के तौर पर मिली थी। नीलामीकर्ता के अनुसार, घड़ी बनाने वालों और सैन्य इतिहासकारों ने घड़ी की पृष्ठभूमि का अध्ययन किया है और इस आम सहमति पर पहुंचे हैं कि एडॉल्फ हिटलर वास्तव में इसके मालिक थे।

हिटलर की पत्नी इवा ब्राउन की निक्कर हो चुकी है नीलाम–

हिटलर की पत्नी इवा ब्राउन की पिंक निक्कर करीब 3 लाख में नीलाम हुए। इसे यूके के कारोबारी ने खरीदा है। इसके अलावा कारोबारी ने हिटलर की पत्नी का नाइट ड्रेस भी खरीदा है, जिसकी कीमत 2.5 लाख बताई जा रही है। टोसेस्टर में आयोजित 'हम्बर्ट और एलिस ऑक्शन' की उसी नीलामी में, हरमन गोरिंग की पत्नी एमी का एक ब्रेसलेट भी नीलाम किया <u>गया ।</u>

आमतौर पर पाकिस्तानी समाज रूढ़ीवादी माना जाता है। जहां महिलाओं के लिए पढ़–लिख कर मुख्यधारा में आना मुश्किल होता है। लेकिन सिंध प्रांत की मनी ा रुपेता ने पुलिस अधिकारी (DSP) बन कर इतिहास रच दिया है। खास बात यह है कि मनीषा पाकिस्तान में अल्पसंख्यक हिंदू

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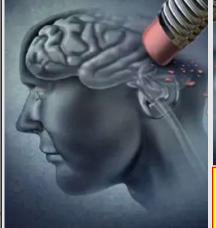
समुदाय से ताल्लुक रखती हैं। सिंध में ही हर साल हजारों हिंदू लड़कियों का अपहरण और जबरन धर्मांतरण होता है। ऐसे में एक हिंदू लड़की का डीएसपी बनना बड़ी बात मानी जा रही है। दुनिया भर की मीडिया ने इस खबर को तवज्जो दी है।

मनीषा रुपेता, जो पाकिस्तान की धारणा बदलना चाहती हैं–

पाकिस्तान में आम धारणा है कि अच्छे घर की महिलाएं थाने और कोर्ट नहीं जाती हैं। मनीषा पाकिस्तान की इसी सोच को बदलना चाहती हैं। BBC की एक रिपोर्ट के मुताबिक मनीषा ने कहा, बचपन से यही बताया गया कि कौन सा पेशा महिलाओं के लिए है कौर कौन सा नहीं। इसलिए मैं पुलिस में जाकर इस धारणा को बदलना चाहती थी।'

मनीषा पहले डॉक्टर बनना चाहती थीं, लेकिन बस एक नंबर से उनका एडमिशन नहीं हो पाया था। जिसके बाद उन्हें सिंध प्रांत की लोक सेवा आयोग की परीक्षा दी। जिसमें उन्होंने 16वां स्थान हासिल किया।

भूलने की बीमारी पर रिसर्च, 2030 तक 7.8 करोड़ लोग डिमेंशिया का शिकार होंगे



डिमेंशिया से पीड़ित व्यक्ति की न केवल याददाश्त कमजोर हो जाती है दिमाग की सामंजस्य बैठाने की क्षमता घटती है, जिससे मरीज को कई समस्याएं होने लगती हैं। लैंसेट जर्नल में प्रकाशित 24 से ज्यादा शोधों पर किए गए एनालिसिस में पता चला है कि यदि रोजाना के कामों में कुछ बदलाव किए जाएं तो इसके खतरे को 35 प्रतिशत तक घटाया जा सकता है।

ऐसे कम करें डिमेंशिया का रिस्क-

1. सुनने की क्षमता का सीधा संबंध-कम सुनाई देने के कारण व्यक्ति सामाजिक रूप से घुलने-मिलने में कतराने लगता है। ऐसे में दिमाग की समन्वय की क्षमता घटती है। नतीजा याददाश्त घटने लगती है।

2. ब्लड प्रेशर को रखें संतुलित- ब्लड प्रेशर में गड़बड़ी से दिल के काम करने की क्षमता प्रभावित होती है, जिससे फ्री रेडिकल्स बढ़ने लगते हैं। इससे तनाव व इंफ्लामेशन बढ़ता है, जो न्यूरॉन्स को नुकसान पहुंचाते हैं। इससे मस्तिष्क की क्षमता प्रभावित होने लगती है।

3. डायबिटीज को नियंत्रित करें- बढी हुई डायबिटीज के नियंत्रित नहीं होने पर यह दिमाग में पहुंचने लगती है, जो कोशिकाओं को क्षति पहुंचाती है।

5.5 करोड़ लोग डिमेंशिया के शिकार– विश्व स्वास्थ्य संगठन (WHO) की मानें तो दूनिया में 5.5 करोड़ लोग डिमेंशिया से पीड़ित हैं। इनमें से 60 प्रतिशत मरीज लो या मिडिल इनकम देशों में रहते हैं। भूलने की बीमारी के ज्यादातर मरीज बुजुर्ग हीं होते हैं। WHO के मुताबिक, साल 2030 तक मरीजों की संख्या बढ़कर 7.8 करोड़ हो जाएगी। वहीं, साल 2050 तक यह आंकड़ा १३.९ करोड़ पर पहुंच जाएगा।





अजय मिश्रा

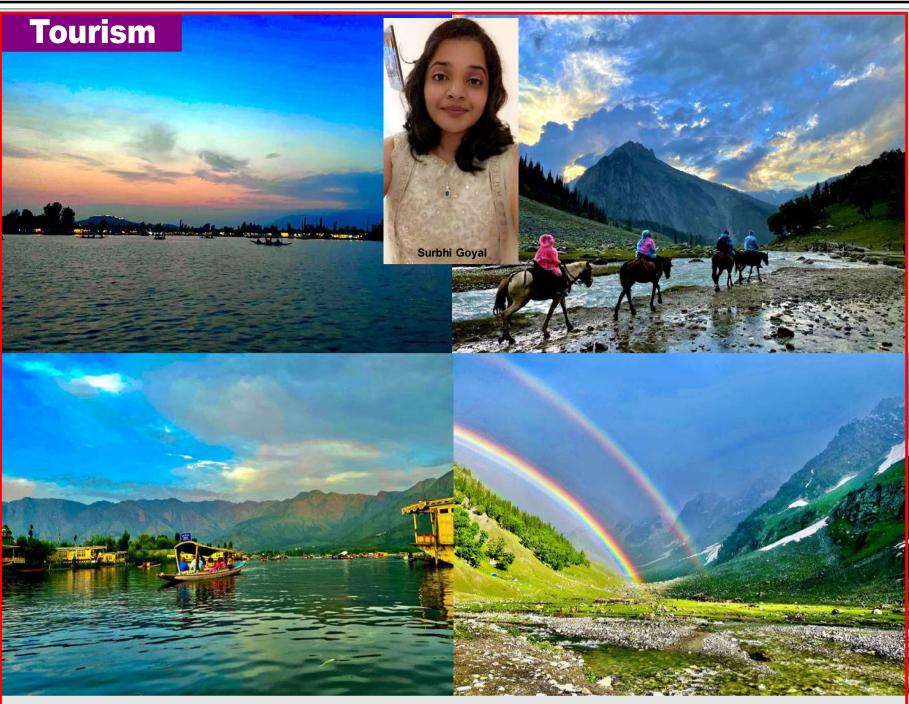
पढ़ा था, इतिहास मे, होती थी, विषकन्यायें, राजाओं के इशारों पे. प्रशिष्ठित थी, ख़त्म करने में, अपने, अनमिज्ञ, निशानों को

मिलते हैं, आज ज़माने मे, हर गली, और कुरबों में, कई सपों का विष लिये, सजे–धजे, कपड़े पहने हये, निकलते हैं, विष पुरुष कई,

समाज में तांडव करते हुये, कुछ अनजाने, कई जान के, खुद ही, खुद के, समाज में, अपनों में ज़हर फैलाते हुये, दिख जाते हैं, विष–पुरुष कई,

अपनों को बचाओगे कैसे, विष प्रदूषित समाज में, विष-पुरुषों के प्रहार से, राजा को बचाओगे कैसे, शाही ज़हर के प्रकोप से ?

Ajay Mishra, IAS, Retd. Purva Mukya Pradhan Sachiv, Telangana govt. MIDNIGHT REPORTER



10

Surbhi Captures The Real Beauty Of 'Jannat-e-Kashmir'

India's 'Jannat-e-Kashmir' is always on screen ! Kashmir beauty attracts travelers & nature lovers from the entire world, many try to capture the beauty of Kashmir to take back the best memories with them, but capturing the beauty through lens is not a easy task, but yes professional camera men's can only take the accurate clicks. Presenting young & happening Surbhi Goyal and her amazing photography ! She is a professional photographer , yes the clear and real beautiful pictures says that, but surprisingly capturing nature is her hobby ! She has not done any diploma in photography, but can say it's a god gift skill, which in a talk today. Her 'andaz -e- bayan' through capturing scenes in this young age is just outstanding. Let's

Türkiye targets \$37 billion in tourism revenues this year



Türkiye has revised upwards its tourism revenue target from a previous \$35 billion to \$37 billion this year, Culture and Tourism Minister Mehmet Nuri Ersoy has said as tourism revenues soared 190 percent in the second quarter.

The country now eyes welcoming 47 million foreign tourists in 2022, also revising this target from a previous 42 million tourists, he also said. Some had doubted that the

targets set for this year could be met amid the conflict in the Black Sea, the minister said, referring to the war between Ukraine and Russia.

"If there will not be any other global troubles, we will revise upward targets again. If things go as we predict, the number of tourists will surpass the 2019 level," he said.

2019 marked the best year ever for the tourism sector when 51.7 million holidaymakers visited the country and tourism revenues reached \$34.5 billion.

Ersoy also said Türkiye fared better than its competitors, such as Spain, Italy and Greece, referring to data comparing the first four months of 2019 and 2020. Türkiye lost fewer tourists in those periods compared to those countries, he added.

Uttarakhand to develop 46 ropeway projects across state

The Uttarakhand government led by chief minister Pushkar Singh Dhami has given a goahead to develop 46 ropeway projects under the Parvatmala scheme to boost tourism across the state, tourism minister Satpal Maharaj said in Dehradun.

"The hill state of Uttarakhand understands the importance of ropeway which is considered as the most eco-friendly mode of transport; hence we have decided to develop 46 ropeway projects across the state which will also provide a boost to tourism," he said during the meeting of the Uttarakhand tourism development board held in Dehradun. The tourism minister directed the officials to explore the possibility of the funicular railway system in places where there is no possibility of setting up a ropeway project. Funicular railway or incline railway is a system that is beneficial for pulling trains up steep grades with a cable where the steel wheels can be used to guide the train along the tracks without traction.

Vietnam's tourism boom stimulates economic recovery

know more about her hobby, style of photography, and collection. "Photography is more like a

hobby to me than a passion. I enjoy capturing moments in my lens. The most beautiful place I've

visited was definitely Kashmir, no doubt people call it India's Switzerland or 'Jannat-e-

Kashmir'. Said Surbhi. She uses Nikon D5 500 & i Phone 12 PRO to shoot the beauty of nature.

She has a good collection of Arunachal Pradesh, Himachal Pradesh, Rajasthan, Pondicherry

and Hyderabad's beauty. Her dream is to one day visit and capture Norway or Finland's

Northern Lights. Surbhi is MA in Psychology, education and photography both are her priority.

Surely one day her hobby will take her to the higher heights! Best wishes Surbhi ! Keep going.



At the peak of summer, tens of millions of tourists are flocking to various destinations, an increase of many times over the same period in 2020. Tourism revenue has reached hundreds of trillions of VND, promoting the development of many other fields such as transportation, accommodation and food services. According to the latest report of the Vietnam National Administration of Tourism, in the first six months of 2022 the country served about 60.9

2022, the country served about 60.8 million domestic tourists. In June alone, when the summer vacation

began, the number of tourists was estimated at 12.2 million, a record number since COVID appeared. Vibrant festivals have been held again, passengers are crowded at airports, hotels are "burned out", and bustling crowds of people at entertainment parks and attractions are blowing life to tourism.

Many destinations in the country have substantial tourist numbers and revenue growth, and Quang Ninh welcomed 5.5 million tourists, 2.2 times higher than last year. Sam So surpassed Ha Long, Nha Trang to become the leading tourist destination in the country in the first six months of the year. The number of tourists was estimated at 4.4 million, 2.59 times higher than in 2021. Sam Son's attractions this summer include a series of exciting and classy events, festivals and entertainment, organised by the locality with the companionship of Sun Group.

Colombia Tourism Is Poised for Transformation Under New President

Before the global health crisis, Colombia was all the rage as travelers and digital nomads flocked to Bogota, Medellin, and Cartagena, at a record 4.5 million visitors in 2019. Post pandemic, international tourism has steadily bounced back, reaching 77 percent of 2019 levels in the first quarter of 2022.

There's a larger promise of transformation looming over Colombia, however — and it's one that could position its tourism industry on the path to becoming a model of inclusivity, equity and sustainability in the region. On August 7, the country's first left-wing president, Gustavo Petro, and its first Afro-Colombian vice president, Francia Marquez, will take office. The most diverse government yet to lead Colombia includes the first Afro-Colombian ambassador to the United States — engineer and environmental leader Luis Gilberto Murillo — and social leader Guneywya or Leonor Zalabata Torres, from the Indigenous Arhuaco community, as Colombia's ambassador to the United Nations.