



# IYA NEWS

- The Media Helpline

“An Association Based Community Media Organization”

R.N.I Reg. No.- ODIENG/2017/72682 ; POSTAL REGD. NO. BN/301/23-25, R/U R.N.I, Ministry of I&B, Govt. of India

VOLUME - VII | ISSUE - IX | BHUBANESWAR, ODISHA | NOVEMBER, 2023 | Pages - 20 | Rs. 10/-



**Shri Naveen Patnaik**  
Hon'ble Chief Minister, Odisha

## Sports Competitions

Block / NAC / Municipality /  
Municipal Corporation

(Cricket, Hockey, Football, Kabaddi, Kho-Kho, Volleyball)

### Eligibility for Participation

- Both boys and girls are eligible to participate.
- Age eligibility: 13-35 years.
- Participation restricted to respective local area.
- Individuals can participate in multiple sports disciplines.

### How to Register?

Please visit the website  
<https://sports.odisha.gov.in> and fill in the information in the designated online form.

### Last date for Registration

**30<sup>th</sup> November 2023**



Winning Teams at Block/Municipality/  
Municipal Corporation/District/State level  
will be awarded with attractive cash prizes

### Amount of Cash Awards to Winning Teams

#### Cash Award in Rs.

Competition Level	Champion Team	1st Runners-Up	2nd Runners-Up(1)	2nd Runners-Up(2)
Block/NAC/Municipality	20,000/-	15,000/-	10,000/-	10,000/-
District / Municipal Corporation	50,000/-	30,000/-	20,000/-	20,000/-
State	2,00,000/-	1,00,000/-	50,000/-	50,000/-

“Sports For Youth,  
Youth For Future”



# SHORT NOVEL

## A Decision That Changed My Destination

Written By - Akash Kumar Champatiray, Iya News

The morning sun was raising his head in the gap between the gaps of the high hills eradicating all the laments and darkness from this terrestrial world. With a new hope and a new aspiration everybody was welcoming the new soft sun beams. The chicken was waving its voice as he was saying everybody to wake up and welcome the new day with a great pump. The sparrow was chirping. Manua, the rickshaw puller was brushing his teeth, sitting on his rickshaw. Like everyday, crowd was gathered in front of the milk stall and the old citizens were discussing about the future of our country like they were going to root out all the problems and predicaments from India by just sitting and drinking tea in Radhua's tea shop.

Everything was occurring in the same way as it was occurring everyday. The ladies were quarreling with each other to fill their pot first. Small children were going for tuitions and like everyday I was standing on my balcony wearing a half pant and T-shirt and was laughing, looking towards them. Including this I was playing Clash Of Clans, a very addictive game to which I was playing for last 5 years. Everything was just very common like other days. I was just going to do an attack in the game but at that very moment I stopped the game looking something very unusual.

Everyday, a newspaper vendor comes and distributes the newspaper but in that particular day, instead of that person, a small boy of approximately of 10—12 years old was selling the newspaper. A senior citizen cum the head of our society asked him, "Why are you selling newspaper today? Where is your father? Don't you go to school?" He told him that his father was suffering from viral fever. He was suggested to take bed rest for at least 15 days. His family was getting two times of food from his father's earning. As his father was ill he had to come to sell the newspaper and to earn money so that he could buy medicines for his father and take food for his family. "After selling the newspapers, he will go to school," he said. "He is a very diligent student and loves to study. He wants to become a doctor and he will surely fulfill his dreams at any cost", he added.

I could not control my tears for that small boy and was appreciating him a lot in my mind but a question was arising in my mind which I could not resist at that very moment. It was already 8 A.M and I have not brushed. With an unconscious mind, I went into my room and sat on my bed. I was thinking something in my mind but I could not express that. I could hear the words of the boy only. Each word uttered by that little boy was moving my mind towards an unprecedented

direction. His words were making me inspired and I went to bathroom, attended the nature's call and went near the shower to take a bath. I was trying to resist the thoughts but they had already captured my mind to which I was not aware of. They were prevailing over my mind and I was drowning in my thoughts which were pulling me from downside..

Do all the dreams of my life come true? Am I satisfied with my life truly and completely? Have I any dreams for tomorrow? Have I fulfilled all my dreams? Is my family satisfied with my little achievements? Such type of

asking him so many questions...

Mother-Punu, Why are you sitting here without bathing my son??? Do you know all of your body is full of soap bubbles???

For that very moment he could not understand anything and just stared at his mother and after some seconds, he said "OK"..

**MOTHER-What OK??**

Are you listening me or not?? Have you gone mad??

Punya-Yes.....No mama...

Mother-Really you are mad punu.. Complete your bath immediately..Delicious food is waiting for you...I have cooked

working as usual but his eyes suddenly went towards those sky wrappers and his mind got distracted....

From his very childhood he was a very diligent student.. His behaviour, his mode of studying, humanity humbleness had created an indelible remark in everybody's heart...Time spent and he grew up.. Everything was just going fine but suddenly an unpredictable tornado came into his life which destroyed his career permanently....Thinking about this Punya was shivering...

What happened to his life?? Why his life had chosen such a path

there to find the pain in those Laughs...

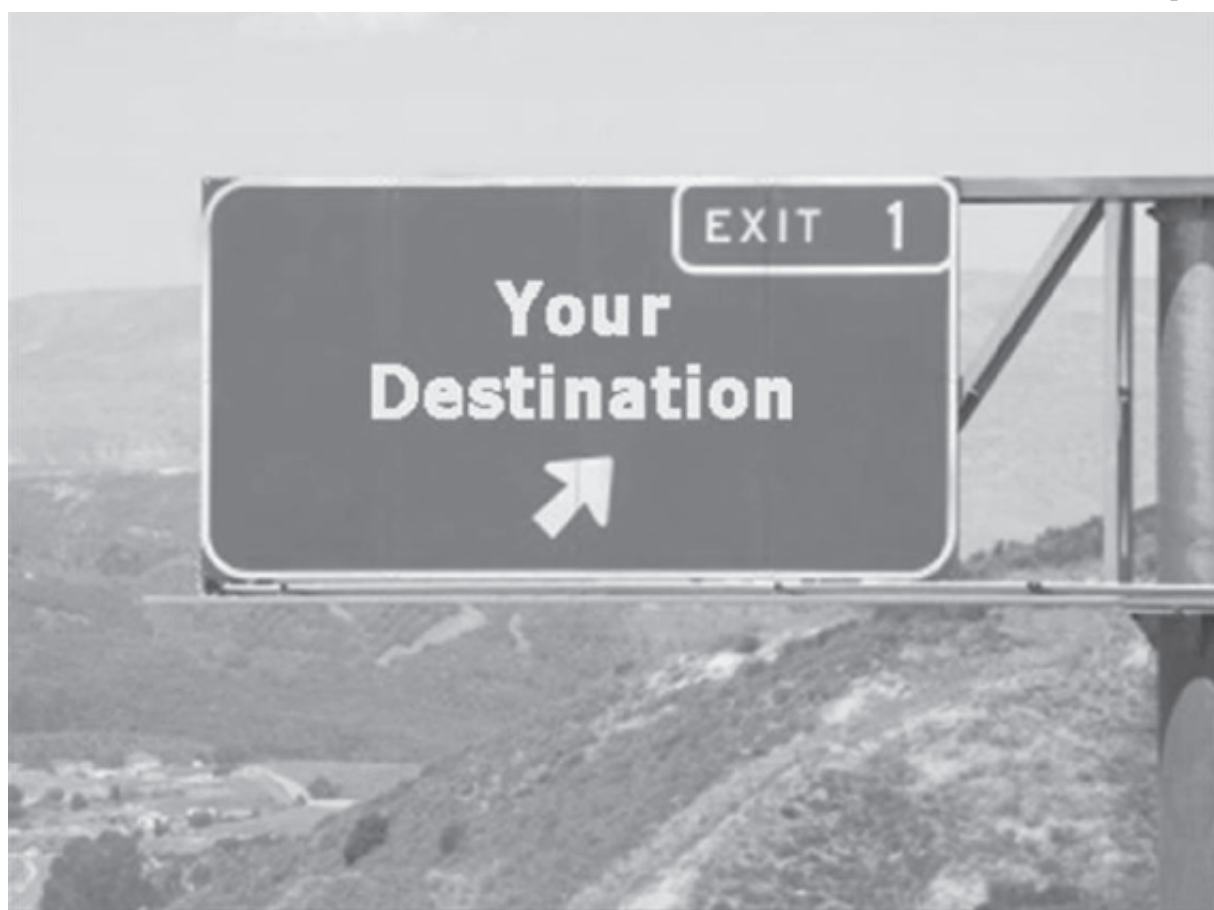
He could not be frightened to the time. It was very much true that the time was playing a game with him. Everybody says that time is powerful than anything. Noone can sustain against time but I want to prove myself completely wrong, he said...The little boy had taught him such a lesson that he wanted himself to be recovered to the previous one when he was a very brilliant student with outstanding performance and ultimate fame in his school as well as in his entire locality. At that time everybody was frightened to him physically, mentally and educationally but the biggest irony is that he is frightened to everyone. Noone just cares him. His stout physique has been vanished due to the drugs addiction and he was no more a studious student.

Before some days, he was thinking that he couldn't do this again. He could not do anything in his life anymore. His life was completely devastated. He would have to spend his life with this 16000 salary but the boy taught him the lesson that "TRY TRY BUT DON'T CRY". Inspired by the powerful words, he started a new life from that very moment. He will try to fetch his ultimate destination.

Once he had dreamt to join Indian Administrative Service but due to the change of direction in his life, every dream just vanished. He would have to chase his broken dream and make his dead dream alive again.

He then got off from the bus and made a new resolution that he will recover himself in a very unpredictable manner that noone should not have expected from him. He will run behind his ultimate destination and become the pedestrian of the path of success and touch its pinnacle. Till that very moment he will just run, run and run so that his dreams will be alive again.

Making this resolution, he was energised with a new determination. May or may not he succeed but he will never give up dreaming and chasing the dream. He was very happy at that moment like a nector has been booned to him to revive again from the devastation. The stars were twinkling more with a brighter light that day. The winds were touching his whole body like they were welcoming him to a new era. The road was looking new and furnished that day. He reached his house and the house had been coloured with a light colour. Was that the beginning of a new moment for him?? Yes that was...This decision was going to be very fruitful. He may not be an IAS Officer but he will be something respectful in his life and that was for the life changing decision taken in that moment which was totally unacceptable.... He laughed and said "Let the destination know me that how much sticky I am".



questions are wondering everywhere in the mind of Punyasloka and he is so much puzzled by all this questions that he has forgotten to shower his body after applying soaps. The soaped water is touching his eyes and he is nodding his head with the mild pain but still he is unaware that he has left the bathroom without a complete bath..The foams are travelling down on his body from his head and it is creating a scene of river originating from a mountain's peak...

He is looking at the clock and it is 7 'o' clock now. His mother suddenly approached and panicked looking Punyasloka as he was looking like a white demon and her mother screamed and shouted..

Now Punya was aware what was going on there...but without caring that he went to the dining table and stood near the chair like a mountain and looked upward endlessly.....

He was so much sunk in the thoughts that he had no idea that his mother and sister were laughing at him..His mother came and touched him and an unnatural affectionate eye was

Chicken Biryani for you...You will surely like it...

**Punya-OK(Smiled)**

For some times he forgot all those puzzles which were blocking his mind..Now it was 9.45'o'clock..Office time...

Moma ...Moma... where are you??? Plz serve me the foods and plz pack some of it in tiffin ..I will have it in my lunch break....

He left for the office. On the way suddenly a black cat ran away in front of him and as an Indian, the superstition stepped back his feet and after some moment he started moving again still then an unknown fear was already created in his mind that something was going to be very wrong today..

He reached in front of the office and as usual he looked towards the sky wrappers but unfortunately that was not his office...He was working as a supervisor in a very small private sector....He laughed and opened the gate...and as usual his daily work started ...He was little bit late that day for which he was warned by the boss...

He went near his chair, sat on it and started the CPU.. He was

and where is he now ???? Just because of myself ???? He was asking himself ... He had a strong resolution that he will direct his life in an unprecedented way so that he will inspire others to do so..but.....what happened to him after 10th ??? Why all his dreams got vanished???

In 12th he was addicted to drugs...Some of his friends made him addicted to the liquors and drugs for which his future was totally ruined....

The whole day passed with all these thoughts and it was 6 'O' clock now...He left the office and sitting inside the bus again....the thoughts floated in front him....

He was dreaming to crack IIT and to study in IIT Mumbai..but all his dreams went to vein....the dream of working in the top most level of the sky wrappers vanished and now he is just a supervisor with a salary of 16000 only....

When he realized all these things, nothing was there...His career has been spoiled by himself only...He laughed like a mad and everybody in the bus looked at him....but he did not care...he laughed but nobody was present

# SCIENCE & TECHNOLOGY

## Nuclear Power for Mitigation of Climate Change

Climate change is at present the greatest environmental problem in the world. The world has already experienced its hazardous effects and researchers have opined that it will go worse in future. A climate emergency has been declared by multiple countries around the world, particularly the small island countries as they fear to be

overall energy use and is likely to rise by more than half to 2040.

There is a clear need for new generating capacity around the world, both to replace old fossil fuel units, especially coal-fired ones, which emit a lot of carbon dioxide, and to meet increased demand for electricity in many countries. In 2020, 61% of electricity was generated from

*Er. Mayadhar Swain*

its life-cycle, nuclear power produces about the same amount of carbon dioxide-equivalent emissions per unit of electricity as wind, and one-third of the emissions per unit of electricity when compared with solar.

The International Energy Agency publishes annual scenarios

with an additional 16 GW of capacity set to be connected to the grid in the next few years. South Korea, India and Japan also have planned to invest heavily on nuclear power. This has been propelled by advanced reactor design and robust safety measures.

IAEA Director General Rafael Mariano Grossi emphasized the role of nuclear power to mitigate climate change and how more countries are expressing interest in nuclear energy, particularly through new avenues, like small modular reactors. "Nuclear energy is safer than it has ever been, and it is safer than almost any other source of energy," he added, citing research that puts nuclear energy at about the level of wind and solar when measured in fatalities per unit of energy produced.

In India, Nuclear Power Corporation of India Limited (NPCIL) is presently operating 23 commercial nuclear power reactors with an installed capacity of 7,480 MW. NPCIL has 9 more reactors under construction with a total capacity of 7,500 MW. In addition, the Government has approved for establishment of 10 more reactors with total capacity of 7,000 MW.

**Operating Units are:**

- Tarapur Atomic Power Station Units-1&2 (2 x 160

- Kudankulam Nuclear Power Station Unit-1&2 (2 x 1000 MW)
- Kakrapar Atomic Power Station Unit-3 (700 MW)

**The units under construction are:**

- Kakrapar Atomic Power Project Unit-4 (700 MW)
- Rajasthan Atomic Power Project Units-7&8 (2 x 700 MW)
- Gorakhpur Haryana Anu Vidhyut Pariyojna Units-1&2 (2 x 700 MW)
- Kudankulam Nuclear Power Project Unit-3&4 (2 x 1000 MW)
- Kudankulam Nuclear Power Project Unit-5&6 (2 x 1000 MW)

In addition to these, Government of India have accorded administrative approval and financial sanction for ten PHWR units to be set up with unit size of 700 MW each at Kaiga Unit-5&6 (Kaiga, Karnataka), Haryana Anu Vidhyut Pariyojna Unit-3&4 (Gorakhpur, Haryana), Madhya Pradesh Atomic Power Project Unit 1&2 (Chutka, Madhya Pradesh) and Rajasthan Atomic Power Project Unit-1 to 4 (Mahi Banswara, Rajasthan). Pre-project activities are in progress in these projects. India recently has spelt out plans to generate 22 GW power through



(Thermal Power Plant)

submerged by rising sea level. Global warming is the cause of climate change and the cause of global warming are the emissions of green house gases to the atmosphere. Among green house gases the impact of carbon dioxide (CO<sub>2</sub>) is more. The main source of CO<sub>2</sub> is thermal power plants where it is emitted due to combustion of fossil fuels like coal, petroleum oil and natural gas. Within the energy landscape, electricity accounts for a significant 36% of CO<sub>2</sub> emissions.

Growth in the world's population and economy, coupled with rapid urbanisation, will result in a substantial increase in energy demand over the coming years. The United Nations (UN) estimates that the world's population will grow from 7.8 billion in 2020 to around 8.5 billion in 2030 and 9.7 billion by 2050. Electricity demand is increasing about twice as fast as

the burning of fossil fuels. Despite the strong support for, and growth in, intermittent renewable electricity sources in recent years, the fossil fuel contribution to power generation has not changed significantly in the last 15 years or so. The established capacity of thermal power plants in the world is about 60%, but its share in energy generation is more than 80%. Because power generation can not be done continuously from renewable sources like solar and wind power plants as they are dependent on nature.

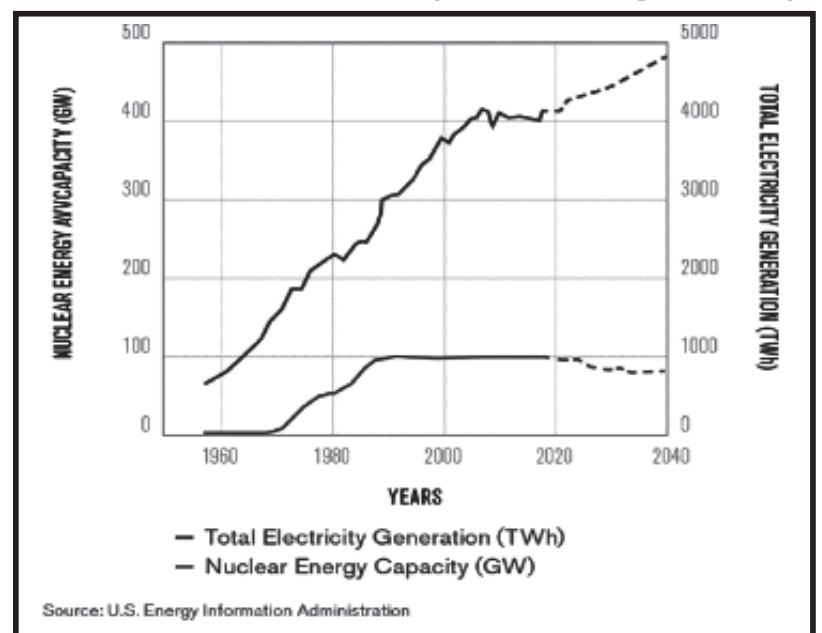
In that regard, nuclear power is widely recognized as being a necessary part of the world's future energy portfolio. If we are to achieve our environmental and energy security targets, we will need much more nuclear power than we have today. Nuclear power plants produce no greenhouse gas emissions during operation, and over the course of

related to energy. In its World Energy Outlook 2022 there is an ambitious 'Net Zero Emissions by 2050 Scenario' (NZE), which "maps out a way to achieve a 1.5°C stabilisation in the rise in global average temperatures, alongside universal access to modern energy by 2030." The NZE in WEO 2022 sees nuclear capacity increase to 871 GW by 2050. The World Nuclear Association Harmony programme and the Intergovernmental Panel on Climate Change (IPCC) scenario both indicate that nuclear capacity needs to rise to approximately 1,250 GW by 2050 to support a realistic and just transition.

A number of countries - such as Canada, Czech Republic, Finland, France, Hungary, Poland, Romania, Slovakia, Slovenia, Russia, Ukraine, the United Kingdom and the United States - have explicitly stated that nuclear power will play an important role in reducing their national emissions in the future.

Across 31 countries, there are 440 nuclear power reactors in operation totaling 391,700 MW in installed capacity, which equates to 10 per cent of the world's total electricity and one quarter of its low carbon supply. Further 61 reactors with total capacity of 64,072 MW are under construction.

Construction of new nuclear plants has recently seen a surge in many parts of the world, most notably in China where nuclear capacity grew by more than 400% between 2010 and 2020,



MW)

- Tarapur Atomic Power Station Units-3&4 (2 x 540 MW)
- Rajasthan Atomic Power Station Units-1 to 6 (1 x 100 MW, 2 x 200 MW and 4 x 220 MW)
- Madras Atomic Power Station Units-1&2 (2 x 220 MW)
- Narora Atomic Power Station Units-1&2 (2 x 220 MW)
- Kakrapar Atomic Power Station Units-1&2 (2 x 220 MW)
- Kaiga Generating Station Unit-1 to 4 (4 x 220 MW)

nuclear energy to achieve Net Zero emissions for addressing the challenges posed by climate change.

In a world grappling with climate and energy concerns, nuclear power is a robust solution. Its low-carbon and reliability aids emission reduction and stable energy supply. In the complex energy landscape, nuclear energy's resurgence showcases human determination for a greener tomorrow.

**Editor, Science Horizon**  
Plot No. 70, Laxmi Vihar Phase-1  
Bhubaneswar - 751018  
Phone : 9438693724



(Nuclear Power Plant)

## INTERNATIONAL

## 'Staggering' 347 million children facing water scarcity in South Asia

According to recently published report of UNICEF, more children in South Asia are struggling due to severe water scarcity made worse by the effects of climate change than anywhere else worldwide. A staggering 347 million children under 18 are exposed to high or extremely high water scarcity in South Asia,

more uncertain than previously thought and require urgent attention.

While much attention has focused on water quantity – too much water, in the case of floods; too little water, in the case of droughts – water quality has

*Pradeep Kumar Panda, Economist, Bhubaneswar*

imperils food security. Using new data, this report demonstrates the importance of water quality across a range of sectors and how its impacts cut across nearly all of the SDGs. Poor water quality stalls economic progress, stymies

fertilizer eventually enters rivers, lakes and oceans where it transforms into nitrates. Nitrates in water are responsible for fatally inflicting Blue Baby Syndrome, which starves infants' bodies of oxygen. This report finds that those who survive the consequences of early exposure to nitrates can be condemned to long-term damages throughout their lives – they grow up shorter and earn less than they would have otherwise. Stunting is a red flag indicator for the risk of physical and cognitive deficits.

While an additional kilogram of nitrogen fertilizer per hectare increases agricultural yields by as much as 5%, the accompanying run-off and releases into water can increase childhood stunting by as much as 19% and decrease adult earnings by as much as 2%. This suggests a stark trade-off between using nitrogen to boost agricultural output and reducing its use to protect children's health.

Salinity diminishes agricultural productivity. Saline waters and soils are spreading throughout much of the world because of increasing rates of water extraction, droughts and rainfall shocks, sea-level rise, and poorly managed irrigation systems. This report shows that agricultural yields fall almost exactly in line with increased salt concentrations in water. That is to say – more salt in the water means less food for the world.

This report also reveals that enough food is lost due to saline waters each year to feed 170

entering the world's waters – their impacts are still unknown but present a hazard that may further exacerbate existing problems. The outlook is stark – but change is possible. Increased awareness, strengthened prevention and smart investments using new technology are needed to turn back the tide of water pollution.

The challenge is daunting, but it is not insurmountable. Solutions exist for countries at all stages of development. The way forward requires a mix of approaches that focus on information, prevention and investment.

Information is both a resource and a rallying cry. The first step to tackling the water quality challenge is recognizing the scale of it. The world needs reliable, accurate and comprehensive information so that new insights can be discovered, decision-making can be evidence-based and citizens can call for action. Encouraging and enabling this information and its sharing is critical to getting water pollution under control.

Prevention is better than cure. While sunlight may be the best disinfectant, legislation, implementation and enforcement are also crucial to scrub the world's waterways of pollution. Information and transparency must be coupled with well-designed, effectively implemented and scrupulously enforced regulations for firms and individuals to adhere to water quality guidelines.

Invest in what works. Pollution



the highest number among all regions in the world.

The eight-nation region, comprising Afghanistan, Bangladesh, Bhutan, India, Nepal, Maldives, Pakistan and Sri Lanka, is home to more than one-quarter of the world's children. Climate change is disrupting weather patterns and rainfall, leading to unpredictable water availability.

The report cites poor water quality, lack of water and mismanagement such as overpumping of aquifers, adding that climate change decreases the amount of water replenishing them. When village wells go dry, homes, health centres and schools are all affected. With an increasingly unpredictable climate, water scarcity is expected to become worse for children in South Asia.

At the UN COP28 climate conference next month in Dubai, UNICEF said it will call for leaders "to secure a livable planet". Safe water is a basic human right. Yet millions of children in South Asia don't have enough to drink in a region plagued by floods, droughts and other extreme weather events, triggered increasingly by climate change.

Last year, 45 million children lacked access to basic drinking water services in South Asia, more than any other region, but UNICEF said services were expanding rapidly, with that number slated to be halved by 2030. The world faces an invisible crisis of water quality. Its impacts are wider, deeper, and

attracted significantly less consideration. Recent World Bank Report shows that urgent attention must be given to the hidden dangers that lie beneath the water's surface.

Water quality challenges are not unique to developing countries but universal across rich and poor countries alike. High-income status does not confer immunity – challenges with pollutants grow alongside GDP. And as countries develop, the cocktail of chemicals and vectors they contend with change – from fecal bacteria to nitrogen to pharmaceuticals and plastics, for example.

What we think of as safe may be far from it. Water quality is complex and its impacts on health and other sectors are still largely uncertain. Worse, regulations guiding safety standards are often fragmented across countries and agencies, thus adding to this uncertainty. This report shows that some pollutants in water have impacts that were previously unknown and occur at levels below established safe norms.

The forces driving these challenges are accelerating. Intensification of agriculture, land use change, more variable rainfall patterns due to climate change and growing industrialization due to countries' development all continue to grow. This means increasing number of algal blooms in water which are deadly for humans and ecosystems alike.

Poor water quality threatens growth, harms public health and

human potential and reduces food production:

Water pollution endangers economic growth. The release of pollution upstream acts as a headwind that lowers economic growth downstream.

When Biological Oxygen Demand (BOD) – a measure of how much organic pollution is in water and a proxy measure of overall water quality – passes a certain threshold, GDP growth in downstream regions is lowered by a third. In middle-income



countries – where BOD is a growing problem because of increased industrial activity – GDP growth downstream of highly polluted areas drops by half

Nitrogen in water shortens people and shortens their lives. Much of the nitrogen applied as

million people every day – that's equivalent to a country the size of Bangladesh. Such a sizable loss of food production to saline waters means food security will continue to be jeopardized unless action is taken.

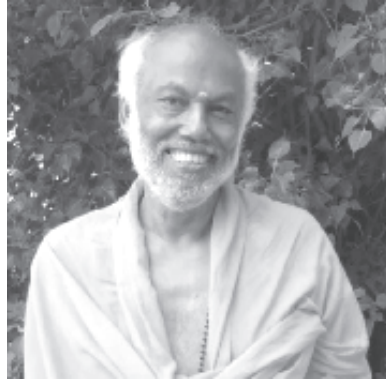
Even as these impacts are being felt, emerging pollutants are

that cannot be prevented must be treated. Wastewater treatment has a vital role to play – it is crucial for a country's health, food security and economy by helping remove pollution and debris. Investments in wastewater treatment are a down payment on a cleaner future.

## SELF KNOWLEDGE

# Are You Afraid Of Your Thoughts?

Swami Suddhananda



Generally speaking, there are many people who are not comfortable when it comes to sitting in meditation. That is because they come face-to-face with their thoughts! That is because the moment their eyes close, their inner landscape is spotted with thoughts and thoughts! Some are pleasant while many are unpleasant. And if a person is with his thoughts for sometime he is carried way back into his past and he is reminded of the most obnoxious memories, that his eyes instantly just open! His thoughts are not his friends and he is frightened by them! This is where it becomes important to know what to do when you close your eyes. It looks as though you are with your memories of all kinds. Therein lies the flaw of your thinking. At that time you are not with your memories! Hence the imperative necessity to know yourself when you can recognise that just as for the sounds to exist, silence is the foundation; for form to be, the formless space is the foundation, so too for your memories (any thoughts) to exist-Yourself the Awareness is the foundation. You are actually with Yourself-know it!

Then what are these thoughts? It is like in a room there is a vast empty space wherein you keep collecting things in time and filling it up. So also in the vast space of consciousness you have collected, through your sense organs, memories of sounds, memories of sights, memories of tastes, memories of touches, memories of smells. You thereby fill up the space of Consciousness with experiences of sensations of million kinds. As even space in the room is not affected by the things you have collected, so too the Nameless Being that you are, Shivoham Shivoham, is never affected by any type of memories that you have. It is the individual, the owner of the room who reacts to the various things in the room. Within, it is the thinker who assumes the role of a mediator who is affected by the thoughts with.

By themselves the thoughts, memories and impressions have no conflict. They are just pictures in the album of your life-as innocent as all creation, the body and the sense organs. They have no demands of their own. Who you are is not a name, not a thought, not a sensation nor any type of memory whatsoever. Who you are-Awareness, a Nameless Existence-illumines it all.

If you were in a room and asked to make a list of things all around, you shall inevitably write down everything except the list maker! - the 'I' thought! Nor will you remember to mention Awareness in whose presence you are conscious of all the thoughts including the 'I' thought! It just does not come within your

comprehension that I am already there even long before the thoughts are existing.

In meditation, there is nothing to do apart from being yourself! There is no need to remove a thought or to invoke a thought to be yourself! You cannot change impressions, thoughts, ideas. What changes is your thinking. As an example I say, "You are a bad boy!" That has a very strong impact on you. But after sometime I repent and I apologise: "I am sorry! To think of it, you are really a very nice, sensitive person!" This next statement now overtakes you. However, does it take away the first statement? When I hurt you, I have hurt you. That feeling will stay. When I say "I love you", I love you. That feeling stays. It is not like writing a novel where you have written a sentence and then you have thought of a better idea and you replace the previous sentence. Nobody knows what that statement was. So you can never remove all your thoughts. But what you can do is choose to use your thoughts, choose to use your body, choose to use what is in the creation! That will be your choice! Your thinking changes-thoughts do not change. Memories do not change. They are exactly as they are. Just because you are a millionaire does not mean it completely cancels your past humble origin when perhaps you were a farmer who studied hard, worked hard and you are a millionaire now. Your humble origin is still part of you.

That is why when you say all your vasanas must go, new impressions must come, please do not even attempt to change them. It will not work. Forgetting is not a job. If it is forgotten that is a different thing by itself. But you cannot sit down to forget. Because your thinking is wrong, your thoughts become too powerful to disturb you. A car cannot function without the engine, but it is the efficiency of the driver who uses the capacity of the engine to drive a F16 to travel four times faster than the speed of sound. How you use your thoughts, your memories is what is more important than losing yourself in their grip.

Thought by thought by thought is what shapes out an emotion! It can be the emotion of love, hatred, anger, jealousy, anxiety, frustration, depression. Every type is but a built-up! It all starts with just a single thought! Someone you are meeting for the first time says, "You are so beautiful!" or "You have such a nice sense of humour!" The seed has been planted - attraction begins, sprouts into a courtship. Seedlings, twigs and branches come in the form of your response to the above remark: "Oh! He is so nice! Here is somebody who appreciates me as I am!" With a budding conversation, courtship

flourishes, whereby you watch movies together, dine and wine together, travel together, work together, stay together. Such enticing emotions in the form of flowers and fruits! Soon the trunk of intimacy is strengthened and a tree of relationship is established that started as a simple seed to be further watered with love and care.

Or someone else says "You are so stupid! So careless! That triggers a thought of aversion. "I don't think this fellow likes me!" "How angry he is!" "I don't think I want to see him again!" Just one thought and it is enough to stretch to a series of other thoughts! Or you like a person, he likes you too, but you discover he is attracted to someone else also. Your feelings towards him take a detour. Or someone else you have met for the first time appreciates you, you begin to be diverted to him, even though you are bound to someone else already "My husband/wife has never told me that before! He/She is so stupid, never appreciated my art, or my music and painting. Never! But this man is really nice. He recognises who I really am." Comparison and distraction set in. Inferiority complex takes birth. The need to be needed/praised/appreciated keeps biting the heart.

That is how the person's mind works. Just one thought, one statement and an entire castle can be constructed to bless or curse its maker. Yet, without the first thought nothing can materialise. The first thought is information, knowledge. But what spins round it can take you on a free revolving ride globally! Dizzy both physically and mentally! Nevertheless, one thought is not an emotion. It is just a statement. A statement does not make a novel or a poem or a book, or a scene! The beauty of the book blossoms when several other thoughts are added onto the first thought and developed accordingly to make interesting reading. The story of the chaos of/in your life is not one thought. But the potentiality it carries is indeed striking.

Without emotions, living is not possible. Thoughts are beautiful, therefore never get angry with the thoughts, Learn how to use them. Not that you are angry with the thoughts: "Why are these thoughts coming?" That the thoughts are coming is not a problem but that you are reacting to the thoughts is the problem!

Summer has come! Is that a problem? Can you say-"Why is it so hot?" How else will it be? Summer means heat. Can you say "Oh there is so much snow?" (in winter). Then what else will there be? So what else will be there if not thoughts? Only, you must know how to use them. But you do not know how to do that, because you do not know about yourself.

When I know about myself then I clearly appreciate: "Yes, the first thought is just a thought. Then built up takes place." That is why when you observe your mind you should see in the space of Consciousness there are so many built ups. You happen to go to a town, and there you see old ruins, broken palaces, broken monasteries, broken chapels, broken temples, hundred year old houses, latest building, latest car. When you close your eyes it is like entering a town of thoughts on the latest incident that happened this morning, a fresh thought, something that happened two days back, five days back, twenty years back, thirty years back. And among them are certain school day memories. You met a boy or a girl, you said 'hello', nothing much sprouted from that! Then there was another person. "He bullied me all the time". Another thought about somebody you really went to study for a long time but ultimately ended with a broken heart! Another thought about somebody you really went steady for a long time but ultimately ended with a broken heart! Another thought - "that person exploited me"-so there is a thought of anger. There are memories of desires, memories of hatred, memories of deep anger, memories of jealousy, memories of resentment, that is why there is delusion. The landscape of Consciousness is so packed with ruins of memories!

So when you sit down which memories will come? Any one! But one thing that is common for all these built-ups is the Ground of Consciousness! What is common is YOURSELF! It is the same self that is in waking, dream, deep sleep states. You are that something that remains always the same at any time, any place, any memory. You are picking up all the different types of experiences on the ground of Consciousness. Some thoughts are accurate like if you are asked "What is the capital of England?" The thought comes, "England!" That is knowledge. Then there are thoughts like, "I have to go to Australia, so I have to get my visa. I tried very hard, but I did not get it!" Disappointment. Another friend is successful in going there, reaches the place, enjoys himself and returns with lots of tales about it-he has wonderful memories! Somebody helped him get there-so thoughts of gratitude. Somebody prevented you-thoughts of anger.

There are, so many, many emotions! Thousands and thousands of them in relation to sounds of various kinds, tastes of various kinds, smells of various kinds, and sights of various kinds.

Among the five sense organs, two sense organs, that of taste and touch (relating to food and sex) are the strongest. Sensations from them are more intense. Sounds come and go. Smells come and go. Sights come and go. All that is enjoyed from a distance. But to enjoy food, it has to be placed directly on the tongue. Taste-that is a huge weakness with nearly everyone. What is wine, if not tickling taste buds? Will you die if you don't take wine? If you don't take water, you can die. But not by not taking wine! What is smoking if not going for its smoke! Will you die if you do not smoke? Is it necessary to fume in some hot air into your system? And that too stinking hot air! Destroying yourself and others (with passive smoking). If you do not have chocolates, will you die? Same thing for touch! Just see for yourself-in an intimate relationship, what is it that you miss? The person, or the touch that he/she provided? It is the sensation of physical touch."Ah! so nice!" You like the person only because he/she is giving you such a good sensation. Sometime later you THINK he is giving it to someone else also. You are so angry you don't like him anymore. You break off the relationship! What happened? You had enjoyed him before, why not now?

So it is mainly these two types of thoughts that occupy you more strongly in personal relationships. Will you ever think of a mango for half an hour continuously? Would you think of "that idli was so nice!" for one hour? Impossible! But thinking of the person who was sitting next to you and having his idli is a possibility. You think strongly of people, not of inanimate things. And how many people do your thoughts rotate around? It is never of an unknown person. Out of the entire population of the world, only a few faces haunt you! What is remarkably strange is the face with which you see another person, is never thought of! When you close your eyes, have you ever missed your own face? Which is more important? You or any other person? If you are not there, will the other people with whom you associate be more meaningful to you? No! Then how do you explain your never thinking of yourself! "I am not selfish, that is why!", you may think! No don't be stupid in this case! BE SELFISH! Find yourself! If you do not know how to handle your thoughts, with one thought you are smiling, and with another you are shrieking in pain!

Continued Page 9

# ART & CULTURE

## Patachitra Art of Odisha: A Time-Honored Tradition

### Introduction:

Patachitra, a traditional art form of Odisha, India, holds a rich cultural legacy that spans centuries. The word "Patachitra" is derived from Sanskrit, where "Pata" means cloth, and "Chitra" means painting. True to its name, Patachitra involves intricate storytelling through vibrant paintings on cloth. This art form has not only survived the test of time but has also evolved, reflecting the socio-cultural dynamics of the region.

### History and Origins:

The roots of Patachitra can be traced back to ancient Odisha, with references found in ancient texts like the 'Bhagavad Gita' and 'Jagamohana Ramayana.' The art form gained prominence around the Jagannath Temple in Puri, where it was used as a visual aid for narrating religious stories. Over time, Patachitra expanded its themes beyond religious narratives to encompass various aspects of daily life, folklore, and mythology.

### Technique and Materials:

The creation of Patachitra involves a meticulous process. The artists, known as "chitrakars," begin by preparing a canvas, typically a piece of cloth, with a coating of chalk and tamarind paste. Once dried, the canvas is polished to achieve a smooth surface. The artists then outline the figures using a fine brush and lamp-black ink. The vibrant colors used are derived from natural sources, such as vegetables, minerals, and conch shells, lending a unique and earthy appeal to the paintings.

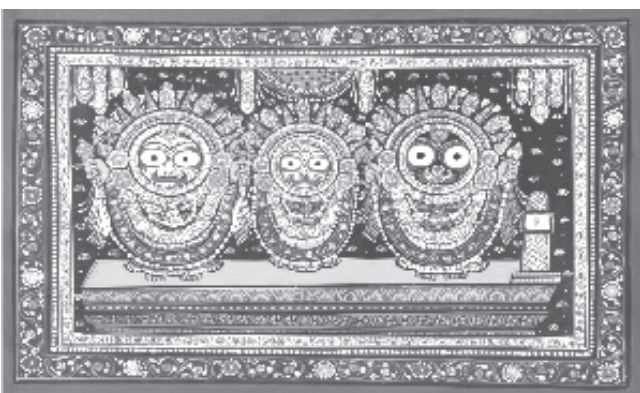
### Themes and Narratives:

Patachitra paintings are celebrated for their narrative quality. Themes range from episodes of the Mahabharata and Ramayana to scenes depicting village life and rituals. The artists skillfully blend storytelling with intricate details, creating visually compelling compositions. Each painting is a tapestry of symbols, motifs, and vibrant hues that convey a deeper cultural and social narrative.

Patachitra art in Odisha encompasses various types, each distinguished by its unique style, themes, and regional influences. Here are some notable types of Patachitra:

### Jagannath Patachitra:

Focuses on themes related to Lord Jagannath, the central deity of the Jagannath Temple in Puri.



Often depicts scenes from the Jagannath Rath Yatra (chariot festival) and other religious narratives associated with Lord Jagannath.

### Radha-Krishna Patachitra:

Celebrates the divine love story of Radha and Krishna.



Features intricate depictions of the playful and romantic episodes from the lives of Radha and Krishna.

### Thia Patachitra:

Originating from the tribal communities of Odisha, especially the Bhils and Gonds.



Characterized by bold, geometric patterns and vibrant colors, reflecting the tribal art influence.

### Durga Patachitra:

Focuses on the worship of Goddess Durga.

Often portrays the various forms of the goddess, including her slaying of the demon Mahishasura.



### Krishna-Lila Patachitra:

Explores the different phases of Lord Krishna's life, from his childhood (Bal Krishna) to his exploits in Mathura and Dwarka.

Captures the playful and divine aspects of Krishna's persona.

### Ganesha Patachitra:

Centers around Lord Ganesha, the elephant-headed deity.

Represents the auspiciousness and symbolism associated with Ganesha through vibrant imagery.



### Kali Patachitra:

Devoted to Goddess Kali, depicting her fierce and powerful form.

Often includes scenes of Kali in battle or in a meditative pose.



### Tribal Patachitra:

Created by various tribal communities, incorporating their unique artistic traditions.



Features themes related to tribal life, nature, and mythologies specific to these communities.

### Contemporary Patachitra:

Represents a modern adaptation of the traditional art form.

Artists may experiment with new themes, styles, and mediums while retaining the core elements of Patachitra.

Each type of Patachitra carries a distinct visual language and cultural significance, contributing to the diversity and richness of this traditional art form.



### Evolution and Contemporary Significance:

While rooted in tradition, Patachitra has not remained stagnant. Contemporary artists are experimenting with themes, styles, and even incorporating modern elements without compromising the essence of the art form. This adaptability has helped Patachitra find a place in the global art scene, gaining recognition and appreciation for its unique blend of tradition and innovation.

### Challenges and Revival Efforts:

Despite its enduring legacy, Patachitra faces challenges in the modern era. The advent of digital media and changing socio-economic landscapes pose threats to the survival of this art form. However, various initiatives, both governmental and non-governmental, are working towards its preservation and promotion. These efforts include skill development programs, art festivals, and collaborative projects that connect traditional artists with contemporary markets.

### Conclusion:

Patachitra stands as a testament to the artistic prowess and cultural richness of Odisha. Its intricate detailing, vibrant colors, and narrative depth make it a unique and cherished form of visual storytelling. As efforts continue to preserve and promote Patachitra, it remains a living heritage that not only reflects the past but also adapts to the challenges of the present, ensuring its continued relevance in the future.

# HISTORY

## History of Five-Year Plans of India

Pradeep Kumar Panda, Economist, Bhubaneswar, Email: pradeep25687@yahoo.co.in

From 1947 to 2017, the Indian economy was premised on the concept of planning. This was carried through the Five-Year Plans, developed, executed, and monitored by the Planning Commission (1951–2014) and the NITI Aayog (2015–2017). With the prime minister as the ex-officio chairman, the commission has a nominated deputy chairman, who holds the rank of a cabinet minister. Mr. Montek Singh Ahluwalia is the last deputy chairman of the commission (resigned on 26 May 2014). The Twelfth Plan completed its term in March 2017. Prior to the Fourth Plan, the allocation of state resources was based on schematic

Five-Year Plan to the Parliament of India and needed urgent attention. The First Five-year Plan was launched in 1951 which mainly focused in the development of the primary sector. The First Five-Year Plan was based on the Harrod–Domar model with few modifications. This five years plan's president was Jawaharlal Nehru and Gulzarilal Nanda was the vice-president. The motto of first five years plan was 'Development of agriculture' and the aim was to solve different problems that formed due to the partition of the nation, second world war. Rebuilding the country after

Health Organization (WHO), with the Indian government, addressed children's health and reduced infant mortality, indirectly contributing to population growth. At the end of the plan period in 1956, five Indian Institutes of Technology (IITs) were started as major technical institutions. The University Grants Commission (UGC) was set up to take care of funding and take measures to strengthen the higher education in the country. Contracts were signed to start five steel plants, which came into existence in the middle of the Second Five-Year Plan. The plan was deemed successful for the government having outperformed growth projections.

### Second Plan (1956–1961)

The Second Plan focused on the development of the public sector and "rapid industrialisation". The plan followed the Mahalanobis model, an economic development model developed by the Indian statistician Prasanta Chandra Mahalanobis in 1953. The plan attempted to determine the optimal allocation of investment between productive sectors in order to maximise long-run economic growth. It used the prevalent state-of-the-art techniques of operations research and optimization as well as the novel applications of statistical models developed at the Indian Statistical Institute. The plan assumed a closed economy in which the main trading activity would be centred on importing capital goods. From the Second Five-Year Plan, there was a determined thrust towards substitution of basic and capital good industries. Hydroelectric power projects and five steel plants at Bhilai, Durgapur, and Rourkela were established with the help of the Soviet Union, Britain and West Germany respectively. Coal production was increased. More railway lines were added in the north east. The Tata Institute of Fundamental Research and Atomic Energy Commission of India were established as research institutes. In 1957, a talent search and scholarship program was begun to find talented young students to train for work in nuclear power. The total amount allocated under the Second Five-Year Plan in India was ₹48 billion. This amount was allocated among various sectors: power and irrigation, social services, communications and transport, and miscellaneous. The second plan was a period of rising prices. The country also faced foreign exchange crisis. The rapid growth in population slowed down the growth in the per-capita income. The target growth rate was 4.5% and the actual growth rate was 4.27%. The plan was criticized by classical liberal economist B.R. Shenoy who noted that the plan's "dependence on deficit financing to promote heavy industrialization was a recipe for

trouble". Shenoy argued that state control of the economy would undermine a young democracy. India faced an external payments crisis in 1957, which is viewed as confirmation of Shenoy's argument.

### Third Plan (1961–1966)

The Third Five-year Plan stressed agriculture and improvement in the production of wheat, but the brief Sino-Indian War of 1962 exposed weaknesses in the economy and shifted the focus towards the defence industry and the Indian Army. In 1965–1966, India fought a War with Pakistan. There was also a severe drought in 1965. The war led to inflation and the priority was shifted to price stabilisation. The construction of dams continued. Many cement and fertilizer plants were also built. Punjab began producing an abundance of wheat. Many primary schools were started in rural areas. In an effort to bring democracy to the grass-root level, Panchayat elections were started and the states were given more development responsibilities. For the first time India resorted to borrowing from IMF. Rupee value devalued for the first time in 1966. State electricity boards and state secondary education boards were formed. States were made responsible for secondary and higher education. State road transportation corporations were formed and local road building became a state responsibility. The target growth rate was 5.6%, but the actual growth rate was 2.4%. It was based on John Sandy and Sukhamoy Chakraborty's model.

### Plan Holidays (1966–1969)

Due to miserable failure of the Third Plan the government was forced to declare "plan holidays" (from 1966 to 1967, 1967–68, and 1968–69). Three annual plans were drawn during this intervening period. During 1966–67 there was again the problem of drought. Equal priority was given to agriculture, its allied activities, and industrial sector. The government of India declared "Devaluation of Rupee" to increase the exports of the country. The main reasons for plan holidays were the war, lack of resources and increase in inflation.

### Fourth Plan (1969–1974)

The Fourth Five-Year Plan adopted the objective of correcting the earlier trend of increased concentration of wealth and economic power. It was based on the Gadgil formula focusing on growth with stability and progress towards self reliance. At this time Indira Gandhi was the prime minister. The Indira Gandhi government nationalised 14 major Indian banks (Allahabad Bank, Bank of Baroda, Bank of India, Bank of Maharashtra, Central Bank of India, Canara Bank, Dena Bank, Indian Bank, Indian Overseas Bank, Punjab National Bank, Syndicate Bank, UCO Bank, Union Bank and United Bank of India) and the Green Revolution in India advanced agriculture. In addition, the situation in East Pakistan (now Bangladesh) was becoming dire as the Indo-Pakistan War of 1971 and Bangladesh Liberation War took funds earmarked for industrial development. The concept of a buffer stock was first introduced and a buffer stock of 5 million tonnes of food grains was envisaged. The Drought Prone Area Program (DPAP) was launched. The target growth rate was 5.6%, but the actual growth rate was 3.3%.

### Fifth Plan (1974–1978)

The Fifth Five-Year Plan laid stress on employment, poverty alleviation

(Garibi Hatao), and justice. The plan also focused on self-reliance in agricultural production and defence. In 1978 the newly elected Morarji Desai government rejected the plan. The Electricity Supply Act was amended in 1975, which enabled the



central government to enter into power generation and transmission. The Indian national highway system was introduced and many roads were widened to accommodate the increasing traffic. Tourism also expanded. The twenty-point programme was launched in 1975. It was followed from 1975 to 1979. The Minimum Needs Programme (MNP) was introduced in the first year of the Fifth Five-Year Plan (1974–78). The objective of the programme is to provide certain basic minimum needs and thereby improve the living standards of the people. It is prepared and launched by D.P.Dhar. The target growth rate was 4.4% and the actual growth rate was 4.8%.

### Rolling Plan (1978–1980)

The Janata Party government rejected the Fifth Five-Year Plan and introduced a new Sixth Five-Year Plan (1978–1980). This plan was again rejected by the Indian National Congress government in 1980 and a new Sixth Plan was made. The Rolling Plan consisted of three kinds of plans that were proposed. The First Plan was for the present year which comprised the annual budget and the Second was a plan for a fixed number of years, which may be 3, 4 or 5 years. The Second Plan kept changing as per the requirements of the Indian economy. The Third Plan was a perspective plan for long terms i.e. for 10, 15 or 20 years. Hence there was no fixation of dates for the commencement and termination of the plan in the rolling plans. The main advantage of the rolling plans was that they were flexible and were able to overcome the rigidity of fixed Five-Year Plans by mending targets, the object of the exercise, projections and allocations as per the changing conditions in the country's economy. The main disadvantage of this plan was that if the targets were revised each year, it became difficult to achieve the targets laid down in the five-year period and it turned out to be a complex plan. Also, the frequent revisions resulted in the lack of stability in the economy.

### Sixth Plan (1980–1985)

The Sixth Five-Year Plan marked the beginning of economic liberalisation. Price controls were eliminated and ration shops were closed. This led to an increase in food prices and an increase in the cost of living. This was the end of Nehruvian socialism. The National Bank for Agriculture and Rural Development was established for development of rural areas on 12 July 1982 by recommendation of the Shivaraman Committee. Family planning was also expanded in order to prevent overpopulation. In contrast to China's strict and binding one-child policy, Indian policy did not rely on the threat of force[citation needed]. More prosperous areas of India adopted family planning more rapidly than less prosperous areas, which continued to have a high birth rate. Military Five-Year Plans became coterminous with Planning Commission's plans from this plan onwards. The Sixth Five-Year Plan was a great success to the Indian economy. The target growth rate was 5.2% and the actual growth rate was 5.7%.



patterns rather than a transparent and objective mechanism, which led to the adoption for the Gadgil formula in 1969. Revised versions of the formula have been used since then to determine the allocation of central assistance for state plans. The new government led by Hon'ble PM Narendra Modi, elected in 2014, announced the dissolution of the Planning Commission, and its replacement by a think tank called the NITI Aayog (National Institution for Transforming India).

### History

Five-Year Plans (FYP) are centralized and integrated national economic programs. Joseph Stalin implemented the first Five-Year Plan in the Soviet Union in 1928. Most communist states and several capitalist countries subsequently have adopted them. China continues to use FYPs, although China renamed its Eleventh FYP, from 2006 to 2010, a guideline, rather than a plan, to signify the central government's more hands-off approach to development. India launched its First FYP in 1951, immediately after independence, under the socialist influence of India's first prime minister, Pandit Jawaharlal Nehru.

### First Plan (1951–1956)

The first Indian prime minister, Pandit Jawaharlal Nehru, presented the First

independence was the vision of this plan. Another main target was to lay down the foundation for industry, agriculture development in the country and to provide affordable healthcare, education in low price to people. The total planned budget of ₹2,069 crore (₹2,378 crore later) was allocated to seven broad areas: irrigation and energy (27.2%), agriculture and community development (17.4%), transport and communications (24%), industry (8.6%), social services (16.6%), rehabilitation of landless farmers (4.1%), and for other sectors and services (2.5%). The most important feature of this phase was active role of state in all economic sectors. Such a role was justified at that time because immediately after independence, India was facing basic problems—deficiency of capital and low capacity to save. The target growth rate was 2.1% and achieved growth rate was 3.6%. The net domestic product went up by 15%. The monsoon was good and there were relatively high crop yields, boosting exchange reserves and the per capita income, which increased by 8%. National income increased more than the per capita income due to rapid population growth. Many irrigation projects were initiated during this period, including the Bhakra, Hirakud and Damodar Valley dams. The World



## SPECIAL STORIES

### Lord's Extinct Services

Several traditional 'Sevas' (services) offered to Lord Jagannath and his sibling deities- Lord Balabhadra and Goddess Subhadra at Srimandir in Puri have become extinct with the passage of time due to various reasons. As per reports, out of the total 119 'Sevas' of Lord Jagannath at the 12th-century shrine, as many as 17-18 'Sevas' including important ones like 'Sankha (conch service)', 'Devadasi' and 'Beenakar Kala Bethia' have become extinct.

#### Sankha Seva

Puri is known as 'Shankha Kshetra'. However, the conch is not blown inside the temple as 'Sankha Seva' (Conch service), mentioned in the Srimandir Record of Rights (RoR), became extinct a long ago. However, there was a time when the Lord used to wake up with the blowing of the conch.

#### Devadasi Seva

Once 'Devadasi Seva' was one of the main services rendered at Srimandir. However, after the death of the last Devadasi Parasamani in 2021, the tradition has disappeared. Though the traditional service was stopped at Srimandir long back, Parasamani was reciting Geeta Govinda before Lord Jagannath till her last breath up to 2021.

#### Other extinct services

Apart from the Sankha Seva, Devadasi Seva, and Beenakar Seva, many traditional services like Khatuli Seva, Parichha Seva, Geeta Govinda Seva, Suara Nijog Seva, Patarabandha Seva have become nonexistent at Srimandir. While only one service under Baijayantari Seva is being rendered, other services like Mahuri, Dholaki, and Swara Sevas have been stopped. Moreover, other Sevas like Kumbhara, Bishoi, Banua, Mapasaitia Karana, Kotha Karana, Charchaita Karana, and Daudibola have become extinct at the temple with the passage of time.



#### Reasons behind the extinction of services

Many traditional services have become extinct at Srimandir due to various reasons like the 'Patali' of the Holy Trinity at various places across the State during external invasions like that by the Mughal lieutenants in particular. As a result, many Gajapati kings in the past could not continue all the rituals initiated by their predecessors. Moreover, financial constraint is also one of the reasons behind the stoppage of many traditional rituals. This apart, servitor families with no male successors have stopped rendering a few services.

#### Demand for revival

Meanwhile, several senior servitors, members of the Srimandir managing committee, and devotees of Lord Jagannath have demanded the revival of many extinct services including the 'Sankha Seva'.

"Sankha Seva was a traditional and auspicious service and it was prevalent at Srimandir long ago. Apart from Sankha Seva, many other traditional services have become extinct in the temple. We request the government to reinstate the services to bring back the traditional glory of the 12th century shrine," said senior Chunara servitor, Dr Sarat

Mohanty.

Taking inspiration from Devadasis Sashimani and Parasamani, internationally-acclaimed Mahari dancer Rupashree Mohapatra had cherished an ambition to render 'Devadasi Seva' before the Lord. However, she has expressed her grief for being deprived of rendering the service at Srimandir.

"I had requested the Gajapati Maharaj to offer 'Devadasi Seva' before Lord Jagannath 10 years ago and the king had agreed. I had also sought permission from the State government to render service at Srimandir. However, nothing materialized," rued Rupashree.

Responding to the demands, Chief Administrator of Shree Jagannath Temple Administration (SJTA), Ranjan Kumar Das said that importance will be laid on reinstating some most essential services following a discussion in the Niti (ritual) sub-committee meeting.

"Many traditional services offered at Srimandir have become extinct with the passage of time. The services having relevance could be revived following a discussion in the ritual sub-committee meeting," said Das.

### Delivery of Medicines by Drones

Drones will be delivering medicines in remote tribal areas under healthcare drone delivery network which was recently launched in Rayagada.

Under the programme, Redwing's electric hybrid drones will deliver medicine and medical equipment to tribal dominated areas in Rayagada, which faces challenges in accessing healthcare services.

As the second district in Odisha, the scheme was experimentally launched in Rayagada after Kandhamal. The service got underway



under the direct supervision of USAID and Redwing. In the first phase, medicines were delivered at Kalyansinghpur and Gudari Hospitals through drones. After its success, medicines will be delivered to various hospitals situated in remote areas of the district.

As per reports, the drones will be operated by a trained person in the District Headquarters Hospital. The drones will deliver all kinds of essential medicines for the patients at various hospitals.

"We have launched the drone service to deliver medicines in remote tribal areas of Rayagada district. It has been started in an experimental basis. Hopefully, it will be continued in the future on a more serious note to provide essential medicines to the patients at various hospitals of the district," said Minister Jagannath Saraka.

Notably, medicines are already being delivered through drones in some districts of states like Arunachal Pradesh and Meghalaya in the country.

### Plight for Pension



Though old age allowance provided by the government has been a great boon for many poor senior citizens who otherwise don't have enough money for medicines, food and various other expenses, many eligible beneficiaries across the State are deprived of getting the benefit of the scheme launched for them.

Take the case of Raitu Tangi from Guneipada village in Koraput district. Though he is now 62 years of age, he is yet to receive the social security allowance provided by the government. Despite applying for three to four times, he is yet to be included in the scheme.

As a result, Raitu is going through an ordeal. He is living in a dilapidated thatched house and struggling hard to make ends meet. He alleged, though many people younger to him are getting the allowance, he is yet to be included in the scheme.

Apart from Raitu, similar is the case for Aita Muduli of the same village and Padama Golari from Matamput village. Although both of them have applied at the pachayat office several times, they are yet to be included in the scheme.

"Though I have applied many times and submitted all the documents, I have not been included in the scheme so far. On the other hand, many other people of my age group are getting the allowance. I am a poor man and it's becoming difficult for me to make ends meet due to old age. We are clueless on what to do to be included in the scheme," said Aita.

However, no reaction from the district administration could be obtained in this regard.





## SPECIAL REPORTS

### Borewells turn Death Traps

On the pretext of providing irrigation to farmlands, the Odisha government seems to have laid death traps. The open borewells dug for the purpose of irrigation are claiming lives in the State. Some days back, an old woman lost her life by falling into an open borewell in Sonepur.

As per reports, many unused borewells have been left open in hazardous conditions across the State. Due to the lackadaisical attitude of the Lift Irrigation Department, as many as 45,000 abandoned borewells dug under the Biju Krushak Vikash Yojana (BKBY) are lying open in dangerous conditions posing a threat to life.

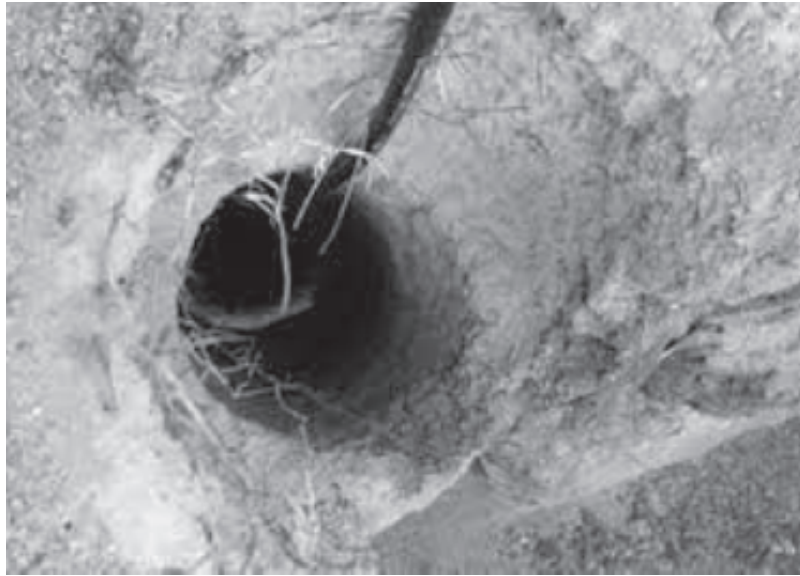
An elderly woman from Kainphula village in Sonepur district recently lost her life after falling into a 20-foot deep abandoned borewell. Her daughter Rajanee Badamali is still mourning her mother's demise.

"I lost my mother due to the irresponsible attitude of the concerned department. I can't get back my mother. However, I demand stern action against the persons responsible for the death of my mother," said Rajanee.

Following the death of the elderly woman, the abandoned borewell, hidden amid grass and weeds, has been covered. As per reports, the borewell at Kainphula was dug under the Biju Krushak Vikash Yojana eight years ago. However, no electricity supply was ensured and it was left abandoned in a dangerous condition. The situation is no different in Kusuripali village under Sonepur block. As many as eight borewells have been left abandoned in the area. Though the Lift Irrigation Department has taken Rs 20,000 each from eight farmers, the borewells in their land are yet to be functional.

Under such circumstances, forget about the success of the scheme, it has rather turned into a death trap.

"Many borewells have been lying abandoned in dangerous



conditions across the district due to the irresponsibility of the officials of the Irrigation Department. We are even scared to send our children outside the house. Who knows these borewells could turn into death traps for anybody on a bad day. These abandoned borewells should be covered immediately. Otherwise, many valuable lives would be lost in the future," said Sradhhanjali Mishra, a resident of Sonepur.

"We are trying our best to cover the abandoned borewells in the district at the earliest so that these kinds of unfortunate incidents can be prevented," said Prafulla Behera, Executive Engineer of the Sonepur Lift Irrigation Department.

Earlier in December 2017, a small child had fallen into a 16-foot abandoned borewell at Golsara village under Kishore Nagar block in Angul district. Fortunately, the Fire Services Department managed to rescue the little girl after a seven-hour-long operation.

Deep borewells are being dug across the State under the Biju Krushak Vikash Yojana. However, in many places, these borewells are left abandoned due to various reasons. Around 1.5 lakh

borewells have been built under the scheme across the State. However, 20-30 percent of the borewells are defunct due to many reasons. Moreover, 40 to 45 percent of the borewells have been left abandoned in the State.

As per the provision, the abandoned borewells should be covered with sand or soil. There is also a monetary provision from the government for this purpose. Now questions have been raised about why the abandoned borewells are not covered and how the money allocated for the purpose is being used? Several denizens have alleged that the officials involved in the scheme are involved in massive corruption.

Responding to the allegation, Odisha Lift Irrigation Corporation Chairman, Amaresh Patri said that action will be taken against the officials for this kind of irresponsible work.

"The borewells through which water could not be lifted due to whatever reasons should be covered with sand or soil. There are strict instructions in this regard to the contractors and officials. We will take strict action against the erring persons in this regard," said Patri.

### Inspiring journey of Odisha Bodybuilder

Odisha bodybuilder Narayan Barik has brought laurels for the State and the country by winning the silver medal in the 60 kg category of the recently concluded World Bodybuilding Championship at Oak Valley Resort in Wonju City in South Korea.

Barik emerged runners-up in the mega event by competing against the best bodybuilders in the world. However, Barik's journey to success was not a bed of roses. He had to go through hard struggles and severe financial hardships to fulfill his dream as a successful international bodybuilder. Even, his elder

brother had to support his dream and the family by selling vegetables on the roadside. However, with his determination, dedication, and hard work, Barik has made his elder brother proud by finishing second in the World Bodybuilding Championship.

"I am happy that I have won a silver medal in the World Bodybuilding Championship. I missed the gold medal by a whisker. Considering the fact that it was only my second international competition, I am very much satisfied with my performance. In the next competition, I will try my best to emerge champion," said Barik.

"I would like to convey my special thanks to the Odisha Bodybuilding Federation, Indian Bodybuilding Federation, and Odisha Sports Department for my success. I request the government to help us a little bit more so that we could participate on a consistent basis in various



national and international tournaments," he added.

Barik admitted that it was due to his elder brother's sacrifice that he has come a long way in bodybuilding.

"Due to my elder brother's financial help and my little income from the gym, I could participate in the mega competition. Bodybuilding is a very costly sport. The State government is providing us very little help.

However, I request the government to increase the financial support and provide us jobs so that our confidence as bodybuilders will be bolstered and it will reflect in our performances," said Barik.



### Tribal girl suffers with huge lump, family pleads for help

A tribal girl in Kalahandi district is struggling to cope with life after a small lump on her body grew into a huge one. She now needs Rs 11 lakh for the surgery. However, her poor family is unable to bear the expense for the treatment.

After completing her Matriculation, Kabita Majhi from Siramaska village under Thuamul developed a small lump on her back. However, it gradually grew into a huge one.

Now, Kabita is not able to move properly and is facing problems due to continuous pain.

Kabita's father Shukru Majhi is a daily wage labourer. With much difficulty, her family consulted doctors at Bhawanipatna hospital. However, she was referred to SCB Medical College and Hospital in Cuttack. However, her treatment could not be done there. Later, she was treated at a hospital in Chhatisgarh. As per the doctors, she needs Rs 11 lakh for the operation of the lump.

The poor family, which is struggling even to make ends meet, can't afford such a huge cost for Kabita's treatment. In a desperate bid to save Kabita's life, the helpless family members are pleading one and all to extend with their helping hand for her treatment.

"My parents are very poor. They work as labourers to earn a living. It is very hard even to arrange two square meals a day. From where will they arrange Rs 11 lakh for my treatment? I want to live. I request one and all to help for my treatment," said Kabita while tears rolled down her cheeks.

"I want to pursue education like my friends. But I am helpless as I am unable to move. Please help me for my treatment," she added.

Kabita's helpless father Shukru also pleaded for help for Kabita's treatment.

"I am a poor fellow. I just can't see the pain of my daughter. She is unable to sit, stand, and sleep now because of the huge lump on her back. She is always crying due to the unbearable pain. I am unable to arrange the funds for my daughter's treatment. I request the government and private sectors to extend their helping hands for the treatment of the poor girl," said Shukru.

Interested persons could contact Kabita Majhi with mobile number-9074426191 for help. Her bank account number is 3689-3064-299 with IFSC Code-SBIN-000-5569.



#### From Page 5 (Are You Afraid of.....)

So memories cannot be replaced or changed. You can pick up new thoughts but that does not mean old thoughts will disappear. At the most you may have nothing to do with them. It is like having a very obsolete 1940 gramophone model. As time passes, you purchase other models. Now you have iPods and other gadgets. You don't need these old models. Suddenly they become antiques. Recently it came out in the newspaper about the doctor who had a very old car. He dies leaving behind his property to his children. When they looked at the car in the garage, that 50-60 year old car was kept very clean and still in good condition. When they sold it off it brought them \$3.5 million! If it had been sold off earlier, it would have fetched only about \$1000! In fact there may hardly be a buyer. So too in your life all your old memories are like antiques! Enjoy them! Even if they are frustrating, so what? In your life span of 50-60 years, you have a memory of when you were 10 years old. An antique, so precious! Can you ever replace it with anything? Think! Can anyone bring back your childhood! Even if you say, "I have been abused and misused! How can they be precious memories?" Don't succumb to that! Learn to accept that situation. That is what it was. It is gone now. Let the thoughts come but don't succumb to them. Haven't you seen children/grandchildren so engrossed in their computer games, they are not listening to what the parents/grandparents are talking to them about? They no longer understand what human relationships mean anymore! The computer is more a friend to them than their own father, mother, brothers/sisters. You must learn how to handle your emotions!

There is no escape from emotions. That is why when people advise "Don't think of these things," when you sit in meditation, it becomes so frivolous. Another advice: "you should not be angry!" I am already angry, what does it mean "I should not be!" It is like someone has already come into your house and you tell them, you should not have come! He has already come. Give him some coffee, and then ask him to leave please!

If you want to enjoy life – then see yourself! Find out "Who am I?" Enjoy every thought, regardless of whatever it may remind you of! Enjoy the entire range from your childhood to the present moment!

Emotions mostly centre around another human being. Never an inanimate object is the cause of the turmoil within. Involvement comes with human relationships. You may have an obsession with money because of which you can give up everything but you'll never fight with the money. Money does not join in the fight! You may be obsessed with drinking, but alcohol will never complain, "Why are you drinking so much of me?" You can drink yourself to death. You can smoke yourself to death. You can eat yourself to death. Food will not complain. That is why people are comfortable with objects. But when you are depending on another person, they will consider you too demanding! "don't depend so much on me!" And a conflict ensues. But with a sense object there is no such clash. Whenever you feel like drinking, you can drink it. When you do not want to, you can just disregard it. But it does not work that way with a human relationship unless you are a smart person. You stoop to conquer. You play the second fiddle giving the other party the idea that they are more powerful than you.

You can see therefore how it starts with a first thought leading to attraction, infatuation, affection, love. Then disappointment, frustration and delusion! To the extent there is a built-up to that extent you are collapsing! The whole mind is in a ruin! So when you close your eyes these memories overtake you. The power of thoughts! There are some people who die an emotional death when they are 24 years old, but they are buried when they are 72! No longer they can relate to anybody anymore! "No man is worth living for!" "Never will I marry again!" All this. And that one thought has killed him. So just see how desire culminates in anger, greed, and delusion-you do not know what you are doing! The only antidote is to come back to yourself!

Continued Page 10

## IPL 2024 AUCTION

### Best Comparison Ever

Hardik Pandya is currently one of the best all-rounders in international cricket. He lends the much needed balance to Team India with his utility medium pace bowling and incredible power-hitting lower down the order.

The star all-rounder has also achieved fair amount of success in the cash-rich Indian Premier League (IPL). Under Hardik's leadership, Gujarat Titans (GT) entered into consecutive IPL

league while comparing Chennai Super Kings (CSK) and Mumbai Indians (MI).

"There are two kinds of success you can get. One is get the best people possible like Mumbai Indians or have the best environment possible for you to win like Chennai Super Kings (CSK)," said Hardik during a television interview.

No matter who are the players, you get the best possible performances out of them. That



success mantra has gone viral over various social media platforms. It has got over 54.8k views on social media account X (earlier known as Twitter).

Responding to Pandya's view, several fans have flooded the comment box with amazing comments.

"Can you tell me what is the best strategy for India to win knock out matches in world cups?" asked a fan.

"This is very true with CSK - Whether Its Dads Army or Young Guns MSD made best use of resources available even when KEY players are injured - Thats what makes someone a great captain - Uthappa , Imran Tahir , Hussey or Pathirana or Chahar - He knows how to get best of them," tweeted another fan.

In response to Pandya's view, a third user commented, "CSK fans didn't have power knowledge this guy is great example of it."



finals. They also won the championship title in their debut season.

Ahead of the upcoming edition of IPL, Hardik has revealed the success mantra in the cash-rich

was something more inspiring for me. It is not having the best players but to get the best possible performances from them," added Hardik.

The video clip of Hardik's

### This star India player can get highest bid

The trade window for the upcoming edition of the Indian Premier League (IPL) got over on Sunday and all the ten franchises have revealed the list of their retained and released players.

Players like Rachin Ravindra, Travis Head and Mitchell Starc who have performed well in the recently-concluded ICC ODI World Cup 2023 are expected to receive some heavy bids in the auction.



However, speculations are rife over various social media platforms that teams are likely to bet big money on an Indian player rather than a foreign player in the upcoming auction for IPL 2024.

Team India's utility bowling all-rounder Shardul Thakur was part of Kolkata Knight Riders (KKR) in the previous edition of the cash-rich league. However, the Shah Rukh Khan-owned franchise has released Shardul from the squad. As per several fans and experts, teams will spend big money on Thakur in the IPL auction to be held at the Coca-Cola Arena in Dubai on December 19.

Apart from his pace bowling, Shardul has the batting prowess. With his power hitting lower down the order, he has bailed out his team many times from the jaws of defeat in the past.

As per speculations, Bangalore and Punjab are eyeing for the star all-rounder and Shardul might be the most expensive player in IPL history. The bid for Shardul may rise up to Rs 30-35 crore in IPL 2024 auction.

#### From Page 9 (Are You Afraid of.....)

If it is the built-up that has caused the restlessness within, unwind the process that has led to it. Go back, back, back to the first thought. Go back one month, two months, six months, one year, two years, five years, ten years ago to that first day. Before that? It no longer exists in your mind! What a relief! You have come to ground zero! You can slice off thought by thought.

Better than that, if you are already on the ground, is it necessary to unwind first thought? Recognise yourself-wherever the built-up is there you are! A beautiful example is mentioned in Vivekachudamani by Shankaracharya of a child playing with a ball on top of a flight of steps. The ball slips from his hand and the ball falls on the first step, then takes a bounce and reaches the fifth step. So it has gathered momentum and has bounced to the eleventh step and before you know it, it has gone far away across the road! This is what happens when you are not aware. Unconscious jumping! You go into the supermarket with the intention to purchase just one thing. Instead you come out of it loaded with two full bags! Was your meditation being with yourself or was it wool gathering? It is like meaningless clicking in front of the computer! Doing what? Browsing, they say! That is what happens when eyes close: meandering thoughts! Browsing! Browsing! Browsing! And soon "Meditation is over!" Now what type of meditation is that? But when you are aware of every thought snowballing (every bounce that the ball takes), if you are with the step itself, then with every thought snowballing you are on the very Ground of Consciousness on which it takes place! That, is being yourself, being the meditation!

This is what 'YATRA YATRA MANO YAATI TATRA TATRA SAMADHAYA' means. Interpreted from Sanskrit, it means "Wherever, wherever the thoughts move there and there itself is your Being"-Absorption, Knowledge, Happiness, Redemption-name it anything you like. Where thought is, there You are! No thought can move away from Consciousness! That is why you cannot complain there is distraction. Between thoughts and Consciousness there is no distraction. Between a thought and a thought there is a distraction. Between the plane and the space there is no distance. But between a plane and another plane there is a distance. Between space and an object there is no distance. Wherever sound is, there is silence. Between sound and another sound there is a distance. So wherever the thought goes, You are there! So, when you are being yourself (in meditation) Who are you? The Meditation itself! Then which thought is a distraction? Which thought is a conflict? Which thought is a problem? Which thought is it that you cannot handle? Which thought you should build up? Which thought you should fight with? Really speaking, there is absolutely no distraction of any kind! Every thought is beautiful! Why?

That is because it is 'your' thought. Nobody has lived your life. Nobody shall live your life. There will never be anybody like you! There was never anybody like you! You are absolutely unique! Moreover, nobody can truly live my life! Your life is your life! So unique! Understand- Be yourself! Always in meditation! So, from your tank of thoughts, you are expressing whatever thoughts you like. So, from your childhood till now whatever thoughts are there, will be there. Let the old thoughts be there. Who is rich? One who has a fleet of cars to use whichever whenever. So too the more thoughts you have the more knowledgeable you are. Use whichever whenever! So don't consider any thought as a problem! If you know how to choose it is a blessing.

If you do not know how to choose, it is a curse! You are then carrying a load like a donkey. In spite of his long nose, he is not able to enjoy the fragrance of the load of sandalwood on his back. So too every thought is a load if you do not know how to make use of it. Therefore, don't look down on your memories. Each of them is beautiful. Why? They are "MY" memories! Are they good? Definitely the best in the world. It is mine! "But I had a bad time!" "So what? So, I had a bad time, so what? Nothing can be worse than the body dying! You are alive! So what if some incidents went by unfavourably?" Nobody can touch you! It is not a pep talk! In a pep talk they don't tell you how to handle your thoughts! In this Knowledge of the Self, you can see for yourself how! The whole mechanism is with you! It does not matter what thoughts you have inside. Every thought is a blessing. Never unconsciously allow a thought to overtake you. Your own thoughts can misguide you. Especially when you take a decision under the spell of anger or hatred, it becomes wrong. When anger subsides, jealousy subsides, there is repentance: "Oh I should not have done this!" So your decision must be a conscious one, not when you are in the clutches of any mood. Always be the Self. No thought is a distraction. Every thought is as innocent as even your sense organs, your body, and the whole microcosmic universe. Who you are is pure Nameless Existence, Awareness everywhere. Aham Brahma Asmi - I am the Brahman.

## Shubman Gill appointed captain of Gujarat Titans

IPL 2022 winners Gujarat Titans have named Shubman Gill as captain of the team ahead of IPL 2024 season. Gill, the right-

exceptional seasons and I keenly look forward to leading the team with our exciting brand of cricket," said Gill in a statement

17 matches at an average of 59.33 and strike-rate of 157.80, including three centuries and four fifties, as Gujarat finished as runners-up.

"Shubman Gill has shown growth in stature and standing over the last two years at the highest level of the game. We've seen him mature not only as a batter but also as a leader in cricket."

"His contribution on the field has helped Gujarat Titans emerge as a



handed opener, takes over from Hardik Pandya, who was traded to Mumbai Indians. Captaining Gujarat in IPL 2024 will be Gill's first assignment as a captain in senior men's cricket.

"I am delighted and proud to assume the Captaincy of Gujarat Titans and thank the franchise for their trust in me to lead such a fine team. We have had two

issued by the franchise.

In his first season with GT, where they won the trophy under Hardik's leadership, Gill made 483 runs in 16 games at an average of 34.50 and strike-rate of 132.33, including four half-centuries.

Gill went on to become the leading run-scorer in IPL 2023, making a whopping 890 runs in

formidable force, guiding the team through a successful campaign in 2022 and a strong run in 2023. His maturity and skill is evident in his on-field performance and we are extremely excited to embark on a new journey with a young leader like Shubman at the helm," added Vikram Solanki, Director of Cricket, GT.

## SPORTS AFFAIRS

### 5 players who can replace Rohit Sharma as Team India captain

Team India led by captain Rohit Sharma suffered a heartbreaking loss in the final of the recently concluded ICC ODI World Cup 2023 against formidable Australia. With the next ODI World Cup just four years away, the team management could name a new captain for the upcoming mega event. Here is a look at the possible five candidates who could replace Rohit as the captain of the Men in Blue.

#### KL Rahul

With his batting and wicket-keeping abilities together, KL Rahul is now an asset for the team. He is as cool as a cucumber. He has been part of the leadership group in the past. After a brief loss of form, he made a strong comeback to the Indian team in Asia Cup. Since then his performance graph has shown an upward surge. He was a key member of the team in the recently-concluded T20 World Cup 2023. He is one of the strongest contenders to replace Rohit.

#### Hardik Pandya

The star all-rounder has earlier taken the mantle of the team as captain in T20Is. He has also played as the deputy of Rohit Sharma. He has been diligently groomed by the team management for the leadership



role. However, injury has been an issue with the utility all-rounder. Nevertheless, he is considered as another strong contender for the leadership role.

#### Shreyas Iyer

The aggressive right-hander has already proved his mettle with some explosive knocks in the higher middle order. He has also done a good job as a captain during the Indian Premier League (IPL). With age on his side and BCCI looking for a long term vision, Shreyas is a good option to be appointed as the captain.

#### Jasprit Bumrah

Bumrah is not only the premier speedster of the Indian team; rather he is clearly among the best in the business in world cricket currently. He is an experienced player who has been a part of the Indian team for a

long time. Previously, he led the team in the historic fifth match of the India vs England Test Series which unfortunately India lost. Bumrah's calm and aggressive personality and his ability to lead the team with his bowling make him a potential candidate for the Test captaincy.

#### Shubman Gill

Shubman is drubbed as the next big thing for India and world cricket. Even some experts drub him as the next Sachin Tendulkar and Virat Kohli. His incredible talent and impressive performances so far have already mesmerized several fans and cricketers. He has also cemented his place in the Indian team in all the three formats. He has also the captaincy experience as he has already led India A effectively. With BCCI having a long term plan, Gill could be given a long rope as the captain of the team.

### When Indian greats slammed Australian Cricketers

Australians are known for their fighting spirit on cricket ground. However, they have proved time and again that they can stoop so low and even go against the spirit of cricket to register victories.

One such infamous incident happened during Sydney Test in 2008, which was between India and Australia. Those were the days when the Decision Review System (DRS) was yet to see the light of day and there was no way to challenge the on-field



decisions.

The calls taken by the on-field umpires were final.

Throughout that test series, several Australian players, led by their then skipper Ricky Ponting made a mockery of the 'spirit of the game'.

The legendary Indian batter, Sunil Gavaskar who was on-air,

got so pissed that he lashed out at the Australian captain.

There were several controversial decisions during the match. However, the one that led to Gavaskar's outburst was a controversial catch that got rid of Ganguly.

Michael Clarke took a diving catch in the slips cordon, but the ball appeared to be close to the ground. Surprisingly, the on-field umpire Mark Benson, instead of involving the third umpire, consulted with Ponting and gave Ganguly the marching orders.

Gavaskar was furious with the fact that Benson, despite being unsure of the legitimacy of the catch, made up his decision on the direction of the fielding captain.

Without mincing any words, the 'Little Master' slammed the Aussie captain and questioned his honesty on Live TV.

"Now this is where he (the umpire) is asking the captain, 'Did he catch it?' and then he says yes. Well, if that's the case why don't ask the batsman then? Why is it that a fielder's word has to be



believed and not the batsman's?" asked Gavaskar.

"Here is a man who didn't walk when he was 14 [after being] caught down the leg side. So why should his words be taken that he or his fielder had taken the catch? It cannot be that you are honest when you are fielding and not so honest when you are batting. That is nonsense, utter nonsense," the legendary batsman added.

Moreover, the then captain of the Indian team Anil Kumble also lambasted the Australians for their unsportsmanlike behaviour during the match, saying that only his side played the match in the true spirit of the game.

"Only one team was playing with the spirit of the game, that's all I can say," a dejected Kumble had then said.

### Lesser-known sports Pencak Silat

Odisha athletes have hogged the limelight in the newly introduced pencak silat sports event in the National Games in Goa.

Odisha athletes won a total of four medals in the martial art event which made its debut in the mega competition. While pencak silat is



still breaking into the mainstream, the awareness of Odisha athletes about the martial art is praiseworthy.

However, sports lovers have little knowledge about the lesser-known sports. Pencak silat, a full-body martial arts form, has immediately grabbed eyeballs among sports fans across the country.

Originated in Indonesia in the 14th Century AD, the sports has been gaining a strong foothold in India, thanks to the formation of Indian Pencak Silat Federation in 2012 in Jammu and Kashmir.

Though the sports has its roots in Jammu and Kashmir, states like Maharashtra, Manipur, Goa and Odisha have been promoting it aggressively. And the officials are confident that becoming a regular feature in the National Games will only help its popularity further.

In Goa, as many as 316 athletes from 28 states and Union Territories took part in pencak silat.

"From a sports which no one knew about to having its presence in almost all states and Union Territories is the result of the hard work that we did over the years," said



Mohammed Iqbal, CEO, Pencak Silat Federation of India.

"The recognition we got this time in Goa is huge. We were all waiting for a debut at the National Games and now that it has been achieved, we are ready for the next step to make pencak silat even more popular in the country."

"We also received the news from the Government of India that Daman and Diu will be hosting the inaugural edition of the National Beach Games in December this year and out of 12 sports they have picked, pencak silat is one of them," he added.

A cursory glance at Pencak Silat and its various stances, steps, and most importantly categories make the sports all the more interesting.

"Pencak silat is all about displaying your strength and agility. For instance, there is tanding which is a fast-paced affair where participants are rewarded for well-placed strikes and encourage counters via takedown or sweeps. Then there are tunggal (single), ganda (double), and regu (team) categories respectively," said Iqbal.



"It's more than a sports for those who take part in it. It is more of an art form and pencak silat deserves greater platforms in the coming days," he added.

While Pencak Silat is still a relatively lesser-known sport, many youngsters are coming forward to showcase their skills and talent.

"Given the fact that pencak silat teaches an athlete a lot about self-defense and discipline, I see more youngsters from the country investing a lot of time in picking up the sport as a long-term career," said Anuj, a two-time Asian Bronze medalist.

"India only had a contingent of four athletes at the Jakarta Asian Games in 2018. However, this year's participation gives us hope that the next edition of the Asian Games will see more athletes in India. And, one day, maybe at the Olympic Games too, when the sports earns its recognition," he signed off.

# PSYCHOLOGICAL SCIENCE

## SOCIAL LIFE – A CO-ADJUSTED ENTHUSIASTIC ACT

Environment is the only source of life and nourishment: so service is inevitable to sustain oneself, - therefore be serviceable to make it healthy, wealthy and vigorous in life ! The concept of public without individual is a misnomer, and individual without environment

however sound and strong they are, so much is the upliftment of the society!

Service that soothes and exalts is the service that nature ordains. Life comes down to exist and the service of existence makes two into one and one into two – and Providence provides thereof. Do



is a mirage.

Whenever a number of people, being inspired in one Ideal, collectively go on establishing his meaningfulness, then that united community of people can be called society.

Society always associates itself with functions of activities for serviceable culture, invention and philanthropic welfare, for executing protection to life, peace and wealth, for commerce with a serviceable interchange, and for labour to well up;- and when any of these deteriorates and is dishonored, - the Entire system comes to a cessation with a horrible panic ! – Sri Sri Thakur, The Message Vol.1, Page-136.

Agriculture, industry, chaste, compatible marriage and correct co-related education are the normal wealth of the country and society. To follow the existential process gathering with the leading impetus of the Anointed Advent and to be adjusted accordingly with every propitious co-adjusted, enthusiastic act and admiration is the essence of society.

He, who serves people with their individual distinctiveness and makes them well up with unbreakable inter-interested fellow-feeling and serves the Providence with every blessed untiring uphill go of life being glorified by adherence, allegiance and active service for the Love is a blessed boon to society. Sri Sri Thakur, The Message Vol.1, Page-105.

If the society has no Ideal then it is lifeless and without a go; so it is finished off in decay! Every society is like a complete system in itself; and the primary organs of the system are bipra, kshatriya, boishya and shudra; in one way or another in a society which is alive and advancing in upliftment these four types of function surely exist; and

daily something – that which is profitable to you and others, - and this habit will surely enable you to do more good that bringeth profit to you and environment. If you love to live and grow, then let others too live and grow and serve them accordingly, your existence will be nurtured in that way, and that nurture will be the asset of your life.

As a daily observance see to your environment, individual and collective, each and every day, with thought, talk and conversation; and every day do as much as you are able to fulfill their necessities,— see—the goddess of prosperity will stand firm with you!

The devout elite – active, steady in character and conduct – are revered by the people for their sympathetic service, are the creators of fate of their own and others too – if at least of tolerable origin – because their compassionate nurture to the people adjusts them to their Ideal, education and activity. Sri Sri Thakur, The Message Vol.4, Page-137

To observe the upholdment of the laws of existence – both mental and physical with an honest interest in the environment with every nurture of individual specific specification – is the observance of Dharma.

Dharma means the laws that sustain life and growth with every effulgence of personality – both individually and collectively. Dharma, the uphold of existence, conglomerates varieties of people to commune with the One to attain higher forms of life and growth through proper culture – with all activeness in and out – of the commandments of a Realised Person – whose character and conduct are the living demonstration of a meaningful, adjusted distinctiveness, fulfilling also other individuals'

**Prabhu Prasad Gadnayak**

specific specification; Dharma, in short, is commune-ism in its true form that induces each and everyone to follow the One and to achieve the purified go of life and its trail; He is the central soma of conglomerated commute that binds all with normal exuberance of fellow-feeling and fulfillment. – Sri Sri Thakur, The Message Vol.2, Page-40

You are conscious just then when your environment makes an impact on you; and this consciousness is the infallible evidence that you are alive! so, as is the kind of impact your environment makes on you, such will be the way your feeling, perception and passion come together; if this is so, then Dharma is the doing by which you along with your environment can grow in continuous expansion of life, glory and growth; speak, practice and perform whatever makes you and your environment become of this nature,— you will see how greatly you are relieved from misfortune, evil and fear!

Tradition is the inherited culture and attitude through habituated beliefs and customs and is the basis of life, education and society, integrating with meaningful adjustment the personality of man – linking the past with the present and gradually by jerks moulding the structure of individuals, families and societies with intelligent, intuitive farsightedness to



distinctive development, with due resistance to anti-becoming – therefore never break the spine of your tradition that goads to becoming; or, the whole structure of society will collapse. Sri Sri Thakur, The Message Vol.4, Page-140.

The soft, pliable, metabolic twigs of the branches of the tree which nurture and sustain the whole mass indicate how normally tough and solid the tree is; so, make your country and nation solid, permanent and

growing on and on like a tree; thus achieve your growth individually and collectively be solidified and strong with every upkeep of your existence – rise up. Sri Sri Thakur, The Message Vol.4, Page-158

Chastity is the chastising control of a nation which makes the people revere honesty. Chastity of woman inspires chaste enhancement of society as well as country.

If possible, and your circumstances allow, give him who is needy unconditionally; and take according to circumstances unconditionally; but be alert to help him in his need with every energetic ardour and wistful responsiveness; this sympathetic unconditional give-and-take may relieve you and others with a sympathetic needful service; thus the gulf of difference between 'give' and 'take' may disappear with victory of love and friendly embrace; neglect not to do accordingly, this negligence will tease you with a neglectful response; so, earn heart for heart, love for love, man for man.

Do serve him – who serves many being interested in their existential go of life imparting existential virtue which penetrates into the environment with willing seal and every helpful service; there is virtue with politics. Keep thy energetic urge with inquisitive skillful device to extend and expand forward through thy apt, active service and voice of hope and charity; thus, extend and expand

passionate ego moves and contaminates the people, who roll down with vulgar steps creating a chaotic suicidal society where majority merge into dogs and evil runs in progression – thus people lose their stand of life.

Do thou what is good to the people without disturbing the fundamentals of their tradition, pile them up with meaningful rationality and pious enterprise to well up their well-being; otherwise it will make their manliness unstable.

Remember— to establish others' life, glory and growth is the only way of achieving your own life, glory, growth and establishment,— but actually doing that, not only thinking about it, talking about it, and wanting it! If there is an error in this, all your efforts, all your wishes, all your works will end in error!

Whenever one thinks that his environment is not suitable for him, it is sure that his service and resources are not so great, or not so well-adjusted, as to make the environment's life and growth exuberant and thus render it beneficial!

Just as one cannot commit suicide unless one is terribly senseless, so also, unless senselessness is stupendous, this system of the Varnas and their functions cannot be torn asunder; in whatever limb a poison starts working, it is certain that life is endangered; likewise, whatever

the mission of thy Lord to materialize it.

Conclusion:

Man does not live or grow without environment— his existence is in his environment; and if the Ideal of the environment is not favorable to him, then decay is very much a possibility!

Non-virile intelligentsia without valour, holy traditional traits and far-sightedness infected by unjudicious unrestrained loll of

be the varna through which wanton disorder enters, the life of society will be agitated and wounded— this is very certain; and as it is with the individual, so it is with the collective!

Try to be adjusted and meaningful to every individual – to his existential complacency with compassionate alert steps; thus be thyself meaningful to thy own existence too; this – the only way to be inter-interested and to enjoy life.

# HEALTH & WELLNESS

## 30 Easy, Everyday Foods That Help Support Emotional Health

Leading a healthy lifestyle is the key to longevity and keeping your body in tip-top shape. Removing or reducing refined sugar and other processed foods from our diet can help overall health.

However, Your mood can be boosted tremendously by consuming healthy foods that fight depression and contribute to a healthy body. By eating a nutrient-rich diet, you lift your mood and live a happier, healthier life.

Of course, mental health struggles can be serious medical issues, and seeking help from a healthcare provider is empowering. The lovely thing about these foods is they can be part of a solution. In addition, foods like this lead to an overall healthier diet and reduced risk of other health issues. So it's a win-win!

Here are 30 easy, everyday foods that help support emotional health.

### 1. Legumes

Legumes like lentils, chickpeas, and beans are rich in B vitamins, which have a calming effect on the body and can enhance our mood and help reduce anxiety. They are also healthy boosters of both dopamine and norepinephrine, aka the "stress hormone," which are both neurotransmitters.

Neurotransmitters coordinate communication between neurons, which, in turn, influences every cell, tissue, and system in our body. What you eat affects the formation of these neurotransmitters. Some diet-related neurotransmitters have a significant effect on your mood, appetite, and cravings.

Dopamine, in particular, can affect the pleasure-reward center of your brain, which can have substantial effects on your mood, your happiness, and even whether or not you become addicted to drugs.

### 2. Quinoa

Eating quinoa has many benefits, such as nutrients, high protein, and antioxidants.

But quinoa, because it's a complex carbohydrate, keeps blood sugar and energy levels stable. Keeping blood sugar from spiking reduces the chances of feeling irritable.

Quinoa also contains flavonoids quercetin and kaempferol, which are trace nutrients found in fruits and vegetables. A study published in Food Chemistry found that quinoa contains more quercetin than foods like cranberries, which are rich in this nutrient. Another study found that quinoa has antidepressant effects.

### 3. Dark leafy greens

Collard greens, turnip greens, spinach, Swiss chard, mustard greens, and arugula all contain the nutrient folate, which helps you attain a calmer mood.

Folate is a B vitamin necessary for converting carbohydrates to energy and producing DNA and RNA. One study on folate found evidence of reducing the risk of depression among older women who had higher intakes of vitamin B6.

### 4. Yellow, orange, and red fruit and vegetables

Papayas, beets, apples, and red bell peppers have Vitamin A, Vitamin C, and folate, all of which enhance mood, energize your body, and repair cells damaged by stress.

In an observational study, researchers concluded that there is a relationship "between depressive symptoms and vitamin deficiencies." So, adding these vitamin-rich foods to your diet can help reduce the risk of depression.

### 5. Celery

Celery and celery seeds have been

found to help lower blood pressure, reduce the risk of cancer, lower LDL (bad cholesterol), reduce inflammation, and prevent age-related vision loss.

Celery also aids in the growth and development of nerve cells, creating a soothing effect for nerves.

### 6. Blueberries

Not only are blueberries delicious, but they are rich in antioxidants, flavonols, vitamins, and fiber. But they also have another impressive benefit: they have been shown to reduce the genetics connected to depression.



A few studies, in particular, found that eating blueberries reduces "the genetic and biochemical drivers behind depression and suicidal tendencies associated with the disorder." In another fully controlled double-blind study, wild blueberries were shown to prevent low mood and depression.

### 7. Salmon

Most people are aware that salmon contains omega-3 fatty acids, also found in swordfish and tuna, which are healthy forms of fat.

However, a study of 20 people with depression concluded that salmon and other omega-3 fats relieve symptoms of the disorder. The participants were all struggling with "breakthrough depression," meaning an increase in antidepressants and psychotherapy had no effect.

### 8. Purple potatoes

Purple potatoes contain anthocyanin antioxidants, which help reduce inflammation that contributes to bad moods. The skins of these potatoes contain iodine, the main nutrient that supports your thyroid and helps stabilize hormone levels, ultimately preventing mood swings.

### 9. Sweet potato

High in fiber and beta-carotene, the latter of which is converted into vitamin A, sweet potatoes are also rich in vitamin B6, low levels of which are linked to depression.

Sweet potatoes contain high levels of magnesium, which reduces stress and anxiety and may also be linked to insomnia.

### 10. Garlic

Garlic is not only pungent in flavor, it's been used in medicine for centuries. Garlic has been linked to cancer prevention, is anti-inflammatory, has antioxidants, and lowers blood pressure according to this study, "Garlic extract showed significant antidepressant-like activity probably by inhibiting



MAO-A and MAO-B levels, and through interaction with adrenergic, dopaminergic, serotonergic and GABAergic systems."

### 11. Ginger

Ginger is more than how you cleanse your palette when eating sushi; in fact, there are numerous benefits to eating ginger.

The 14 unique compounds found in ginger have been shown to improve cognitive function and protect the brain against the damage of stress. In addition, animal model studies found that this superfood reduces anxiety and helps serotonin levels.

### 12. Avocado

Healthy fats, like avocado or avocado oil, coconut oil, or cold-pressed hemp, boost your mood and help regulate hormones. Avocado is a monounsaturated fat and contains omega-3s, folate, and tryptophan, helping to reduce inflammation in the brain.

### 13. Olive oil

Olive oil is a staple in Mediterranean cooking and has thousands of delicious dishes. Olive oil fights against ADDL proteins, which are toxic to the brain and have been linked to dementia. Olive oil also contains polyphenols, which are linked to learning and memory.

### 14. Yogurt

The probiotics found in yogurt — specifically, Lactobacillus — have been linked to reducing depression.

One study concluded, "Looking at the composition of the gut microbiome before and after mice were subjected to stress, Gaultier's team found the major change was the loss of Lactobacillus. With the loss of Lactobacillus came the onset of depression symptoms. Feeding the mice Lactobacillus with their food returned them to almost normal."

### 15. Bananas

A banana is a source of tyrosine. Tyrosine is the amino acid that neurons turn into norepinephrine and dopamine.

Norepinephrine and dopamine are neurotransmitters important in



creating our ability to be motivated, concentrate, and have a more effective memory.

### 16. Seaweed

Seaweed isn't just what washes up on the beach shores or what our sushi is wrapped in; seaweed is high in antioxidants, vitamins, and calcium. It also, however, has been shown to improve mental health.

A study of over 1,700 pregnant Japanese women concluded that "higher seaweed consumption was independently associated with a lower prevalence of depressive symptoms during pregnancy" and "seaweed consumption may be inversely associated with the prevalence of depressive symptoms during pregnancy."

### 17. Beets

Beets contain the amino acid betaine, which is an antidepressant. Betaine acts as a stimulant for the production of SAM-e, which is directly related to the production of certain hormones like dopamine and serotonin.



### 18. Watermelon

Watermelon juice and rind are rich in vitamins A, B6, and C. Vitamin B6 is used by the body to manufacture neurotransmitters such as serotonin, melatonin, and dopamine.



It's easy to put the rind into a blender and make a healthy smoothie. Or, juice up the pulp for a refreshing drink.

### 19. Mushrooms

Mushrooms contain antioxidants, B vitamins, potassium, and fiber. Not only do they help lower blood sugar, which helps stabilize mood, but a study from the National University of Singapore links mushrooms to lessening MCI, or mild cognitive impairment, which has close ties to Alzheimer's disease.

### 20. Tulsi tea

Tulsi tea (also known as "holy basil"), is a member of the mint family. It has been shown to help regulate hormones and relieve stress, regulating cortisol levels in the body.

### 21. Green tea

Though herbal tea is exceptionally healthy, due to all the antioxidants that prevent and reduce damage caused by free radicals and toxins, green tea, in particular, has been linked to lowering the symptoms of depression.

A study focused on how green tea affected older individuals over 70, finding that those participants who consumed more green tea had a "lower prevalence" of depression symptoms. Another animal study found a correlation between drinking green tea and increased serotonin and dopamine.

### 22. Eggs

Eggs contain Vitamin D, Vitamin B-12, and folate, all of which are great for helping depression. Eggs also contain magnesium and zinc, which are linked to reducing anxiety. In addition, eggs stabilize blood sugar levels, responsible for keeping you in a good mood.

### 23. Brazil nuts

Containing high levels of selenium makes this nut important for mental health; however, consuming more than the daily recommended amount can cause nausea and diarrhea, so be wary.

Selenium contains antioxidants that keep free radicals low, boost the immune system, and even reduce asthma symptoms. Selenium also has fatty acids that are good for your heart, which lower the risk of heart disease.

### 24. Maca root

Maca root in a raw powder supports your adrenal glands, which regulate your body's response to stress. It contains more than 55 beneficial phytochemical nutrients that help our bodies regulate hormones, relieve the symptoms of depression, elevate mood, and increase stamina.

Raw organic red or black maca root powder is best because the raw root is not processed over 118 degrees F, and therefore it retains the live enzymes necessary to feed the cells of the body.

### 25. 5-HTP

5 HTP (5-hydroxytryptophan) is a great supplement that has been studied extensively. It's a by-product of L-tryptophan and is produced from the seeds of Griffonia simplicifolia, a shrub found in Africa.

This supplement increases serotonin levels and may help treat depression, according to this study, and has been shown to boost mood in as little as 20 minutes.

### 26. Turmeric

Used in food as well as medicine, turmeric has a similar effect to antidepressants. One study found that curcumin, which is the active ingredient in turmeric, increased the amount of serotonin in mice. Another study concluded that turmeric helps the brain regulate its neurotransmitters.

### 27. Cinnamon

While many see cinnamon as a spice to put in their baking or to add to the top of their coffees, cinnamon was used as early as 2000 B.C. in Egypt as medicine.

But cinnamon regulates blood sugar, which, as we know, stabilizes mood. In addition to ingesting it, smelling cinnamon enhances cognitive performance.

### 28. Miso

Miso is a heart-healthy food that reduces the risk of heart disease, delay type 2 diabetes, improve memory and reduce symptoms of depression, anxiety, and even OCD.

### 29. Dark Chocolate

Dark chocolate, which is different from milk chocolate, boosts serotonin and releases phenylethylamine, which increases energy in the body. In addition, dark chocolate produces endorphins that lift your mood and lower pain.

### 30. Seeds

Chia seeds and flaxseed both contain omega-3 fats, which treat symptoms of depression. Pumpkin seeds and squash seeds increase tryptophan, which creates serotonin.

### What are superfoods?

The term was created for marketing purposes, but superfoods are associated with foods rich in nutrients, contain healthy fats, or have antioxidants. No studies support claims of alleged "superfoods" being sold, but certain foods hold substantial benefits for our bodies and health.

Superfoods are not proven to cure illnesses but are natural, so they are not overly processed. For example, foods like blueberries, some fish, and plant-based foods can be considered "superfoods."

Overall, it's about the quantity and balance to make sure there isn't one food group present in your healthy diet. Eating superfoods can help with chronic diseases and mental health issues, particularly depression.

Depression is a chronic problem in our world today.

According to the Anxiety and Depression Association, depression is the leading cause of disability in people ages 15 to 44. It affects more than 16.1 million adults, and nearly one-half of those diagnosed with depression are also diagnosed with an anxiety disorder.

If you'd like to treat your depression naturally, there are several foods, vitamins, and supplements that can help reduce the effects of stress on your health, help you sleep better, and yes, even fight depression.

# GOVERNANCE

## Checking migration: Odisha extends MGNREGA-supplementary job guarantee to 10 tribal blocks

Job-seekers to get additional Rs 115 a day over MGNREGA wage; implementation isn't proper, says expert

Odisha has extended state support to Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA) to 10 blocks in its tribal-majority eastern districts. The initiative was launched in July 2022, when the eastern state started providing additional 200 days work to the job-seekers under the scheme in 20 migration prone-blocks in four western districts Bargarh, Bolangir, Kalahandi and Nuapada.

According to a notification issued by the Panchayat Raj and Drinking Water Department of Odisha government on November 21, 2023, the state sector scheme will be implemented in two blocks each of Gajapati, Kandhamal, Koraput, Nabarangpur and Rayagada districts. These include: Mohana and Nuagada in Gajapati district, Phiringia and Baliguda in Kandhamal district, Borigumma and Dasamantapur in Koraput district, Jharigaon and Papadahandi in Nabarangpur district, and Kashipur and Kalyansingpur in Rayagada district.

Odisha is likely the first state in India to have implemented this initiative with an aim to reduce migration of labourers to other states.

The Census of 2011 estimated that 850,000 workers from Odisha had migrated out, with significant numbers moving to Andhra Pradesh, Gujarat, Tamil Nadu, Kerala and Maharashtra. A 2014 study on seven districts of western and coastal Odisha put the number of migrants from the state at 1.5 million.

At present, as many as 40,088 labourers from Odisha have migrated to other states for jobs through 626 registered labour contractors, Odisha's labour minister Sarada Prasad Nayak told state Assembly November 23, 2023.

Of this, 26,151 labourers were from Bolangir district, the highest in the state, he added. This was followed by 8,205 from Nuapada and 1,467 from Ganjam district.

"The state government will



provide 200 days of additional work over and above the stipulated 100 days work guaranteed under MGNREGA-2005 in the 30 migrant prone blocks of nine districts. The entire cost towards payment of wages @Rs 352, the minimum wage for unskilled workers notified in the state, of 200 additional days of work will be borne by the state government," the notification read in part.

The job-seekers in these blocks will be paid an additional wage of Rs 115 per person per day over and above the notified wage rate under MGNREGA @Rs 237 to be commensurate with the minimum wage of the unskilled workers. The additional amount Rs 115 per person per day for 100 MGNREGA work days will also borne by the state government.

Before the peak of migration, the state government's initiative will help job-seekers and also provide support in preventing distress migration from these districts, said Chandra Sekhar Sahu, Biju Janata Dal (BJD) MP (Berhampur).

When the people of rural areas will get employment with minimum wage guarantee in their own villages, they will not prefer to go to work for their livelihood out of the state, said Sahu, who is also the former Union minister of state for labour and rural development.

It's a significant step by the Naveen Patnaik government, when the Union government has allocated the lowest amount in 17 years in the Union Budget 2023-24 released on February 1, 2023, said the BJD MP. During the COVID-19 induced lockdown, this labour-intensive scheme had

helped the migrants to earn their livelihood, he added.

During the lockdowns, Odisha, Jharkhand, Uttar Pradesh and Bihar witnessed the largest

inflow of reverse migrants. The Odisha government had estimated the number of stranded migrants from the state at 750,000 during the lockdowns, while certain independent estimates put the number close to a million.

Bhala Chandra Sarangi, a social activist, urged the government to extend the initiative in some coastal districts like Ganjam, Puri, Khurda, Balasore and Bhadrak. He feared the people of these districts might migrate to other states to eke out their livelihood as the kharif paddy crop was damaged this year due to inadequate rainfall.

The government initiative, however, may not be significant enough to arrest the problem of

labour migration from Odisha, according to Trilochan Punji, general secretary of Shramik Adhikar Manch, a non-profit working on migration issues in the four western Odisha districts.

"The initiative is good. But its implementation is not proper. The workers under the scheme are not getting wages on time. In some places, the real beneficiaries are not getting the work. So they forced to go outside through the dalal (broker) to work as daily wager," he said

Around 150 people were rescued from being trafficked by different government agencies from the railway stations and bus stands in Bolangir district in November 2023, Punji added.

From Page 7 (History of Five-Year...)

### Seventh Plan (1985–1990)

The Seventh Five-Year Plan was led by the Congress Party with Rajiv Gandhi as the prime minister. The plan laid stress on improving the productivity level of industries by upgrading technology. The main objectives of the Seventh Five-Year Plan were to establish growth in areas of increasing economic productivity, production of food grains, and generating employment through "Social Justice". As an outcome of the Sixth Five-Year Plan, there had been steady growth in agriculture, controls on the rate of inflation, and favourable balance of payments which had provided a strong base for the Seventh Five-Year Plan to build on the need for further economic growth. The Seventh Plan had strived towards socialism and energy production at large. The thrust areas of the Seventh Five-Year Plan were: social justice, removal of oppression of the weak, using modern technology, agricultural development, anti-poverty programmes, full supply of food, clothing, and shelter, increasing productivity of small- and large-scale farmers, and making India an independent economy. Based on a 15-year period of striving towards steady growth, the Seventh Plan was focused on achieving the prerequisites of self-sustaining growth by 2000. The plan expected the labour force to grow by 39 million people and employment was expected to grow at the rate of 4% per year.

Some of the expected outcomes of the Seventh Five-Year Plan India were:

- Balance of payments (estimates): Export – ₹330 billion (US\$4.1 billion), Imports – (-) ₹540 billion (US\$6.8 billion), Trade Balance – (-) ₹210 billion (US\$2.6 billion)
- Merchandise exports (estimates): ₹606.53 billion (US\$7.6 billion)
- Merchandise imports (estimates): ₹954.37 billion (US\$12.0 billion)
- Projections for balance of payments: Export – ₹607 billion (US\$7.6 billion), Imports – (-) ₹954 billion (US\$11.9 billion), Trade Balance – (-) ₹347 billion (US\$4.3 billion)

Under the Seventh Five-Year Plan, India strove to bring about a self-sustained economy in the country with valuable contributions from voluntary agencies and the general populace. The target growth rate was 5.0% and the actual growth rate was 6.01%. Growth rate of per capita income was 3.7%.

### Annual Plans (1990–1992)

The Eighth Plan could not take off in 1990 due to the fast changing economic situation at the centre and the years 1990–91 and 1991–92 were treated as Annual Plans. The Eighth Plan was finally launched in 1992 after the initiation of structural adjustment policies.

### Eighth Plan (1992–1997)

1989–91 was a period of economic instability in India and hence no Five-Year Plan was implemented. Between 1990 and 1992, there were only Annual Plans. In 1991, India faced a crisis in foreign exchange (forex) reserves, left with reserves of only about US\$1 billion. Thus, under pressure, the country took the risk of reforming the socialist economy. P.V. Narasimha Rao was the ninth prime minister of the Republic of India and head of Congress Party, and led one of the most important administrations in India's modern history, overseeing a major economic transformation and several incidents affecting national security. At that time Dr. Manmohan Singh (later prime minister of India) launched India's free market reforms that brought the nearly bankrupt nation back from the edge. It was the beginning of liberalization, privatisation and globalization (LPG) in India. Modernization of industries was a major highlight of the Eighth Plan. Under this plan, the gradual opening of the Indian economy was undertaken to correct the burgeoning deficit and foreign debt. Meanwhile, India became a member of the World Trade Organization on 1 January 1995. The major objectives included, controlling population growth, poverty reduction, employment generation, strengthening the infrastructure, institutional building, tourism management, human resource development, involvement of Panchayati Raj, Nagar Palikas, NGOs, decentralisation and people's participation. Energy was given priority with 26.6% of the outlay. The target growth rate was 5.6% and the actual growth rate was 6.8%.

### Ninth Plan (1997–2002)

The Ninth Five-Year Plan came after 50 years of Indian Independence. Atal Bihari Vajpayee was the prime minister of India during the Ninth Plan. The Ninth Plan tried primarily to use the latent and unexplored economic potential of the country to promote economic and social growth. It offered strong support to the social spheres of the country in an effort to achieve the complete elimination of poverty. The satisfactory implementation of the Eighth Five-Year Plan also ensured the states' ability to proceed on the path of faster development. The Ninth Five-Year Plan also saw joint efforts from the public and the private sectors in

ensuring economic development of the country. In addition, the Ninth Five-Year Plan saw contributions towards development from the general public as well as governmental agencies in both the rural and urban areas of the country. New implementation measures in the form of Special Action Plans (SAPs) were evolved during the Ninth Plan to fulfill targets within the stipulated time with adequate resources. The SAPs covered the areas of social infrastructure, agriculture, information technology and Water policy. The Ninth Five-Year Plan had a total public sector plan outlay of ₹859,200 crore (US\$110 billion). The Ninth Five-Year Plan also saw a hike of 48% in terms of plan expenditure and 33% in terms of the plan outlay in comparison to that of the Eighth Five-Year Plan. In the total outlay, the share of the center was approximately 57% while it was 43% for the states and the union territories. The Ninth Five-Year Plan focused on the relationship between the rapid economic growth and the quality of life for the people of the country. The prime focus of this plan was to increase growth in the country with an emphasis on social justice and equity. The Ninth Five-Year Plan placed considerable importance on combining growth oriented policies with the mission of achieving the desired objective of improving policies which would work towards the improvement of the poor in the country. The Ninth Plan also aimed at correcting the historical inequalities which were still prevalent in the society.

The main objective of the Ninth Five-Year Plan was to correct historical inequalities and increase the economic growth in the country. Other aspects which constituted the Ninth Five-Year Plan were:

- Population control.
- Generating employment by giving priority to agriculture and rural development.
- Reduction of poverty.
- Ensuring proper availability of food and water for the poor.
- Availability of primary health care facilities and other basic necessities.
- Primary education to all children in the country.
- Empowering the socially disadvantaged classes like Scheduled castes, Scheduled tribes and other backward classes.
- Developing self-reliance in terms of agriculture.
- Acceleration in the growth rate of the economy with the help of stable prices.

Continued Page 19



# AGRICULTURE

## The Dirt on Fertilizer

Fertilizers feed plant life, but knowing which and how much to use can be a balancing act.

For plants to thrive, they require a magic formula: water plus sunlight plus air plus fertilizer. Many green thumbs forget the last part of that equation. But fertilizers—substances that make soil more fertile—are essential to plant health because not all soils are equally nutritious. In short: Fertilizer is plant food. Or, as Oregon State University puts it, “The best way to feed your plants is by building good soil.”

### Fertilizer basics

The concept of soil fertilization likely extends back 8,000 years, when early farmers added manure and bones to their crops. Chemical versions weren't invented until the 19th century, and their widespread use didn't come about until the second half of the 20th century. Nowadays, fertilizers are an essential part of farming, and there are plenty of options: synthetic or organic (think: manure or seaweed), liquid or dry options, and a wide variety of formulations.

All plants need fertilization. After sitting in the same soil week after week, they eventually eat up all of the nutrients, which then need to be replenished. Which fertilizer they need, however, requires some sleuthing.

Most fertilizers are composed of three major nutrients: nitrogen, which stimulates the growth of healthy leaves; phosphorus, which encourages root and flower production; and potassium, which supports general health and disease resistance. (You'll see these noted on bags of fertilizer as an NPK ratio.) Some fertilizers will also include micronutrients such as iron, copper, zinc, and magnesium. The best way to determine which nutrients your soil is lacking is via a soil test.

For home gardeners: Fertilizers can also be formulated for specific types of plants. There are versions for annuals, vegetables, turf grass, tropical houseplants,

etc. Choose—or blend—the one(s) that best fit your greenery.

### Fertilizers in agriculture

Of course, fertilizers are



especially important when it comes to agriculture, and are responsible for boosting crop yields. Fertilizer application is believed to have been responsible for at least 50 percent increase in crop yield in the 20th century, according to an article published in Agriculture in 2022. Higher crop yields mean that less land is required for agriculture, which can benefit wildlife habitats and forests.

But fertilizer is a delicate addition to farming practices. Use too little and the crops lack critical nutrients. Apply too much, and you can offset the pH of the soil, thwart plant growth, increase pest attacks and cause topsoil erosion, among other issues.

The use of chemical or synthetic fertilizers can also have serious environmental consequences. Their high concentrations of nitrogen and phosphorus can leach into and contaminate groundwater, cause algae blooms that harm aquatic ecosystems and remove healthy bacteria from the soil. One major example: the Gulf of Mexico Dead Zone, where overwhelming amounts of nutrients such as nitrogen and phosphorus have killed off marine life.

Animals that eat fertilizer-treated plants can get sick, and some research shows that synthetic fertilizers are causing decreased fetal weight, neurological

damage, diabetes, and cancer in humans.

Globally, only about 35 percent of the nitrogen applied to plants is actually absorbed by them,

leaving the rest to run off into the environment. Precision farming can help growers use fertilizers more efficiently so they get more of the benefits and less negative side effects.

It pays to be stringent about fertilizer use, not just for the health of the planet, but for the health of your wallet. Drastic jumps in fertilizer costs are hurting farmers' bottom lines. The USDA forecasted that input costs for the 2024 growing season are expected to hit the third-highest level in history. Though fertilizer costs are expected to drop from their all-time high, the category remains a significant expense; for example, fertilizer accounts the largest single operating cost when growing corn. In short: Being smart about where fertilizer is applied, and how much, can have a major impact on budgets.

### Using fertilizer

Adding fertilizer when a plant is in its dormant cycle can mess up its natural cycles. You'll get the most out of fertilization at the start of spring when plants are generally in their active growth period. Depending on the plant, additional applications (every couple of weeks or so) may follow until fall; some indoor greenery also benefits from sporadic applications throughout the winter.

Thankfully, there are safer alternatives available.

Organic fertilizers are considered healthier for the environment and for us because they are made from living organisms (like fish emulsion). Two challenges that come with these options: They can be pricier, and they're slow-release, meaning it'll take days or weeks for the effects to become evident.

Outside of the home, additional organic materials—like grass clippings, cover crops, or compost—can also help support soil health, suppress weed growth, and reduce soil erosion.

## Onion Paradox !

The price of onion has skyrocketed in Odisha affecting the budget of the common man severely. Onion is currently priced at Rs 70 per kg in the State pinching the pockets of consumers.

Though many market experts are of the opinion that the price of onion has witnessed a surge in the State due to a lack of supply from Nashik in Maharashtra, it is presenting a stark irony in Odisha which witnessed a bumper production and then saw distress sale by farmers not so long back.

While several farmers in Bolangir and Gajapati districts sold onions at Rs 4-5 per kg a few months back, they are now forced to buy them at Rs 60-70 per kg for their own consumption. All of them are baffled by the sudden spurt in the price of the essential food item.

“We worked very hard and had a good harvest of onions this year. We sold onions at Rs 4-5 per kg a few months back. However, it is hurting us a lot as we are now

As per the Horticulture Department, onion is cultivated in around 300 hectares of land in the district and more than 30,000 metric ton of onion is produced every year.

However, as per the farmers in the district, there are no proper storage facilities. As many as four storage facilities for onion were set up in the district in the past following the Nashik model. However, three of those facilities are now lying defunct due to a lack of proper attention and maintenance. Even one of those storage facilities at Muribahal has been locked for many years.

Taking advantage of the situation, some black marketers and hoarders used to procure onions from the local farmers at Rs 4-5 per kg and later sell them in the market at exorbitant prices.

“Though we have a storage facility for onions in our locality, it has been lying defunct for many years. The farmers are suffering because of this as they are resorting to distress sale,” said Sitaram Mahar, a farmer in



forced to buy the essential food item at Rs 60-70 per kg from the market for our own consumption,” rued Bhimasena Bhoi, an onion farmer in Bolangir.

As per reports, the onion farmers in the State are forced to sell their produce at throwaway prices due to a lack of cold storage facilities. However, they are later forced to buy the essential food item at exorbitant prices for their own consumption.

Take the case of Bolangir district where farmers see bumper yields in onions every year. Titlagarh, Tureikela, Bangomunda and Muribahal areas in the district are famous for onion cultivation. However, despite bumper production, onion has brought tears in the eyes of the farmers in the area.

“Despite having good production, we are forced to sell onions at throwaway prices every year due to the lack of cold storage facilities in our area,” said Bhimasena.

Muribahal.

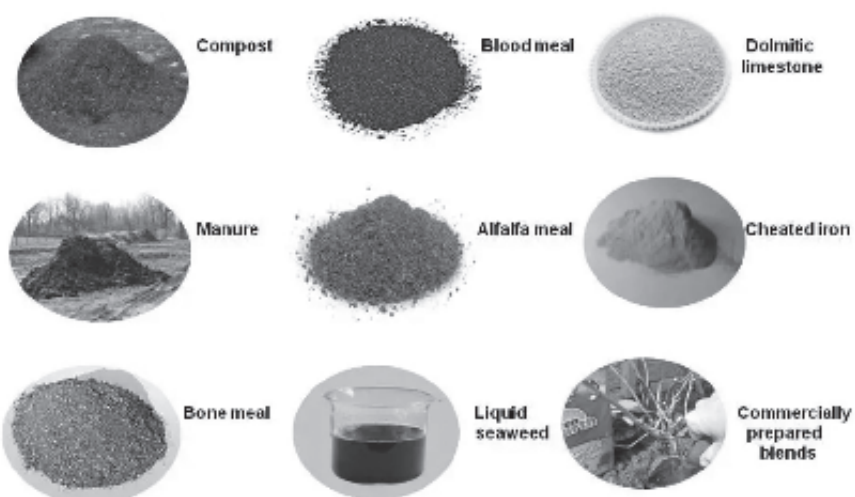
However, the authorities of the State government seem to be clueless about the condition of the storage facilities and the ordeal of the farmers.

“The storage facilities should be used properly. We are often making the farmers aware by organising many programmes,” said Prafulla Kumar Bhanja, Deputy Director of Bolangir district Horticulture Department.

The same is the case in the Mohana area of Gajapati district. Due to the absence of proper storage facilities, huge quantities of onion have perished in Balibada, Kampaguda, and many other tribal areas this year.

“We are not able to store onions in our home for longer periods of time as it is a perishable commodity. We request the government to set up cold storage facilities in our area so that the farmers will be able to store onions and get reasonable prices by selling their produce,” said Mangala Gamanga, a farmer from Balibada.

### Fertilizers



# JOURNALISM

## Embracing Positivity An preface to the awful World of Positive News

A media geography is frequently dominated by extremity and challenge captions. The World of positive news emerges as a lamp of stopgap and alleviation. Positive news focuses primarily on reporting stories, pressing the positive, progressive and transformative aspects of our world. Unlike traditional news, which can tend toward sensationalism and frequently exaggerate the negative, positive news tries to balance the narrative by shining a limelight on the story. It creates sanguinity and stability.

The significance of positive news falsehoods in its capability to conservatives. It provides a fresh perspective, serves beyond the shadow of negativity. By entering positive news, compendiums embark on a trip that not only informs but also improves. They contribute to a more balanced and emotional news experience. In this composition, I've explained the important aspects of positive news. We'll discover the reasons for how it can reshape our understanding of the world around us.

### Why is positive news important?

In a world frequently dominated by captions pressing challenges and heads, the part of positive news becomes decreasingly important. The impact of news on our well-being shapes and influences our feelings. This is where the transformative power of positive news comes into play.

In this disquisition of the awful world of positive news, explore why it matters and can have a profound effect on compendiums. Positive news has the power to inspire, ameliorate, and produce a more auspicious outlook on the world.

We explore the significance of positive news, examining its cerebral benefits and capability to produce an effect of positivity. Together, let's explore how embracing positive news can't only shape our particular well-being but also contribute to a hopeful and compassionate global community. Drink to the positive world of journalism – where stories aren't only told but also catalysts for change.

### The power of positive stories

The news of positive stories has a unique capability to reach our psyche and profoundly affect our well-being. We study the cerebral impact of positive news. It's clear that these stories have the power to reshape our internal and emotional geography.

### Cerebral Impact Research

Positive news frequently acts as a important counter to negative information. Studies in psychology show that exposure to positive stories can stimulate dopamine, the "feel-good" neurotransmitter, leading to an increased sense of happiness and satisfaction. This positive outlook creates a internal terrain. Individualities are more willing to face challenges and come with a flexible mind-set.

### The power of positive stories

The news of positive stories has a unique ability to reach our psyche and profoundly affect our well-being. We study the psychological impact of positive news. It is clear that these stories have the power to reshape our mental and emotional landscape.

### Psychological Impact Research

Positive news often acts as a powerful counter to negative information. Studies in psychology show that exposure to positive stories can stimulate dopamine, the "feel-good" neurotransmitter, leading to an increased sense of happiness and satisfaction. This positive outlook creates a mental environment. Individuals are more

willing to face challenges and come with a resilient mind-set.

### Improvement and motivation

Beyond biochemical reactions,



positive stories act as catalysts for motivation. They provide readers with real-world examples of triumph over adversity. Shows the indomitable human spirit. Through stories of resilience, kindness, and success, positive news becomes a source of encouragement. Inspires readers to believe in their own abilities and the potential for positive change in the world.

### Positive news vs. sensationalism

In news reporting, a common misconception often prevails - suggesting that positive news is synonymous with ignorance or a lack of depth. In this section, We debunk this misconception and shed light on the difference between positive news reporting and sensationalism.

### Addressing common misconceptions

Positive news is not about turning a blind eye to reality; Instead, it's a conscious choice to shift the spotlight onto stories that demonstrate humanity's resilience, compassion and progress. Contrary to belief, positive news ignores important issues. It acts as a mature force, offering a comprehensive and balanced view of the world. We Dispel Myths! Because accepting positive news means dismissing the complexities that shape our reality.

### Comparing Features: Positive News vs. Sensation

Positive news reporting is quite different from sensationalism. This practice is often driven by the desire to create a strong impression, regardless of accuracy or context. While sensationalism thrives on exaggeration and shock value, positive news maintains accuracy, truth, and genuine human experience. We explore the characteristics that distinguish positive news, emphasizing its role as a counterbalance to the sensational stories that dominate the traditional news cycle.

### Scope of positive news

Positive news reporting covers a rich tapestry of topics. It extends far beyond the confines of traditional media storytelling. In this section, We highlight the wide range of positive news highlights the diversity of its subjects.

### Diversity in positive news reporting

Positive news is not limited to a particular genre or theme. It covers a wide range of topics that touch every aspect of human life. From environmental triumphs and scientific breakthroughs to kindness and personal success, it provides positive news. It has the potential to shed light on the myriad ways that individuals and communities contribute positively to the world's story.

### Examples of positive news:

1. Humanity Success: Stories of Organizations Making a

Positive Impact on Humanity.

2. Community Empowerment: Demonstrating communities coming together for positive

change.

3. Environmental Success Stories: Reporting on conservation efforts, sustainable practices and environmentally friendly innovations.

4. Inspirational Personal Journeys: Stories of individuals overcoming challenges and achieving personal milestones.

5. Innovation for Social Good: Highlighting commercial, scientific, or social innovation to improve lives.

### Benefits of engaging with positive news

Engaging with positive news is more than just fun; It has the potential to significantly affect mental health and overall well-being. In this section, we'll explore deeper benefits. Explore the evidence supporting its positive effects.

### Potential benefits for mental health:

Positive news acts as a powerful elixir for the mind. It dominates the traditional news cycle. Studies have shown that regular exposure to positive stories can help reduce stress levels, increase feelings of happiness, and improve overall mental well-being. By fostering a more optimistic outlook, positive news becomes a tool for building resilience amid life's challenges.

### Supporting Evidence:

Many studies in psychology and neuroscience point to the effects of positive news consumption on mental health. Anecdotes of individuals who have intentionally incorporated positive news into their daily routines, further confirming its role in promoting emotional balance and happiness. We explore these studies and personal stories, shedding light on the tangible and positive impact of improved content.

### Where to get positive news?

Navigating the vast landscape of positive news can be a rewarding journey when armed with the right sources. In this section, We will ensure you a reliable platform and a steady stream of great stories at your fingertips for positive reporting for the online space.

### Reliable source for positive news

1. Good News Network: A comprehensive platform curating positive news from around the world.
2. Positive News: A publication committed to reporting constructive and inspiring stories.
3. HuffPost Good News: HuffPost has a section dedicated to sharing positive and heartwarming stories.
5. Sharing Good News: A platform that promotes positive initiatives and charitable projects

### These online platforms are dedicated to positive reporting:

- Optimistic Daily: Daily dose of positive news delivered straight to your inbox.
- Goodnet: A positive news and lifestyle website promoting goodness in all its forms.
- Appropriate: Curates and shares the best stories with a focus on social impact.

### Success stories: The impact of positive news

Positive news isn't just about stories; It's about real people and communities experiencing tangible, positive changes. In this section, We explore inspiring success stories. Describes how individuals and communities have been positively impacted by improving news stories. Furthermore, we explore the far-reaching implications of these stories on a larger scale.

Real life examples of positive effects:

Community Revitalization: Explore a city that has come together after a positive news story to lead to community-wide initiatives and improvements.

### Ripple Effect:

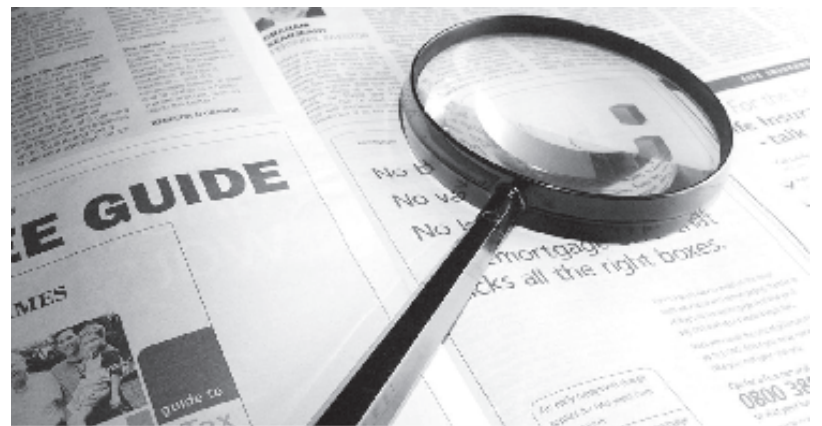
There is positive news to create a positive story beyond the initial topic of the story. As individuals become inspired and empowered, their actions contribute to a collective wave of positive change. We explore how these success stories are shared and celebrated, leading to community engagement, collaborative efforts and a shared commitment to making the world a better place.

### How to incorporate positive news into your daily life

Adopting the habit of positive news significantly improves the quality of our daily lives. This creates more optimism and a better mind-set. In this section, We offer practical tips on how to seamlessly integrate positive news into your routine.

### Practical Tips for Using Positive News:

1. Morning Ritual: Start the day on a positive note by reading or watching positive news for a



few minutes during your morning routine.

2. Dedicated Break Time: Allocate a specific time during the day. Engage with positive news stories during breaks or lunch.

### Tips for sharing positivity:

1. Social Media Shares: Share positive stories on your social media platforms to contribute to a more positive online environment.

Incorporate positive news into your daily routine and share it within your personal network. By doing this you not only create a more optimistic outlook for yourself but also contribute to creating a positive and thriving community.

### Eliminate negativity

When it comes to news consumption, the human mind naturally settles into a phenomenon known as negativity bias. In this

section, we explore the concept of negativity bias, how positive news acts as a powerful competitor, and provide insights for creating a more balanced and emotional news diet.

### Understanding Negativity:

Negativity bias is an innate psychological tendency where the human mind gives more weight to negative information than to positive information. This cognitive tendency has evolutionary roots. Historically, attention to potential danger played an important role in survival. In modern contexts, however, this bias can lead to an overabundance of negative news, which increases stress and anxiety levels.

### Role of Positive News in Counterbalancing:

Positive news acts as a corrective lens. This helps balance the scale tipped by negativity. By intentionally including positive stories in our news consumption, we can reduce the undue influence of negative information. Positive news offers a broader and more nuanced perspective, allowing us to see the world through a lens of possibility, hope, and resilience.

### Tips for Creating a Balanced Nutrient Diet:

Diversify your sources: Consciously choose news sources that offer a mix of positive and traditional reporting to ensure a solid view of current events.

By understanding and proactively addressing negativity bias through intentional positive news consumption, we empower ourselves to foster a healthy relationship with the information we consume. How a more balanced diet contributes not only to mental health but to a more optimistic and stable worldview.

### Encouraging community engagement

Positive news is not just a one-way communication; It's a collaborative effort that gets readers to actively participate in creating better stories. In this section, we acknowledge the important role readers play in contributing to positive news and extend an invitation to share their

positive stories and experiences.

### Readers' Role in Contributing to Positive News:

Inspiring Change: By actively engaging with positive news, readers become motivated to change within their communities. Sharing these stories can inspire collective action and encourage others to make positive contributions.

This active engagement helps media outlets tailor their content to better serve their audience.

### Encouragement to share positive stories:

We invite our readers to be co-creators of positivity by sharing their own stories or experiences. Whether it's a personal victory, an act of kindness witnessed, or a community initiative to make a difference, your story has the power to inspire and uplift others.



# MISCELLANEOUS

## Meet Arnold Dix, tunnelling expert India thanks for Uttarkashi rescue

International tunnelling expert Arnold Dix was roped in as the government pulled out all stops to rescue 41 workers trapped inside Uttarkashi's Silkyara tunnel since November 12. Dix, who heads the Geneva-based International Tunnelling and Underground Space Association (Geneva), is known for taking legal, environmental, political and ethical risks related to underground construction.

Earlier, the Australian expert said that he felt good amid reports that the rescue operation was nearing completion as rat-hole mining experts managed to dig through the last few metres of rubble.

The rescue operation is now complete with the evacuation of all 41 workers.

"The mountain has told us one thing, that is to be humble," Dix told reporters.

"I feel good. I've never said it before... The drilling along the top of the mountain is coming along perfectly. In the tunnel, it is coming along very well. So, I feel good," said the expert who joined rescue ops on November 20.

### WHO IS ARNOLD DIX?

Arnold Dix is the President of the International Tunnelling and Underground Space Association (Geneva), but also has many other feathers inside his cap like Geologist, Engineer and Lawyer, among other titles.

The tunnelling expert has a Science and Law Degree from Monash University, Melbourne and his website describes him as an



'accomplished lawyer'.

"It is the uncertainty the future brings, and the illusion of the wisdom of hindsight, that drives Professor Dix's focused legal or scientific or engineering approach," reads the first line on arnolddix.com.

In his career that spans over three decades, Arnold Dix has played many roles, mainly revolving around underground safety.

He also did volunteer work at the Qatar Red Crescent Society (QRCS) from 2016 to 2019 where he helped "develop response sweetness for underground incidents", according to his profile on LinkedIn.

In 2020, Arnold Dix joined Lord Robert Mair Peter Vickery QC to form Underground Works Chambers, as per his website. He provides technical and regulatory solutions to complex, novel and mission-critical challenges in underground spaces.

### ARNOLD DIX PRAYS FOR TRAPPED WORKERS

On Tuesday morning, Arnold Dix joined hands with local spiritual leaders in prayer for the safe evacuation of 41 construction workers.

His earlier promise of getting the 41 trapped workers home "by Christmas" seems to have been fulfilled much ahead of time, with the evacuation of

all the workers on Tuesday evening.

Dix had called the progress of the rescue operation "fantastic". The plasma cutter has increased the speed of cutting parts of the auger stuck in the rubble, he had said.

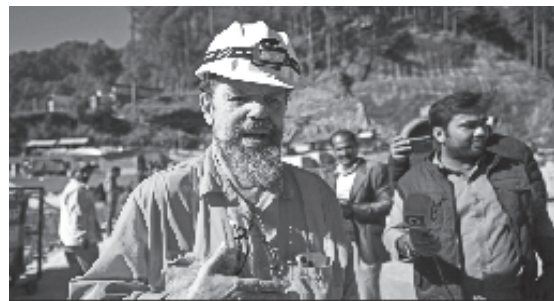
All 41 workers were evacuated from inside the Silkyara tunnel, putting an end to the 17-day efforts by the rescue team. They underwent initial medical check-ups, after which, ambulances took them to a hospital for further examination.

### What PM Modi Said

Prime Minister Narendra Modi also hailed the rescuers and said they gave a new lease of life to the trapped workers and their efforts have set an "example of humanity and teamwork". The rescuers stuck to their task for 17 days at the Silkyara tunnel, braving cold days and icy nights to pull out the trapper workers alive

"The success of the rescue operation of our labourer brothers in Uttarkashi is making everyone emotional. I want to say to the friends, who were trapped in the tunnel, that your courage and patience are inspiring everyone. I wish you all well and good health," PM Modi posted from his X handle.

A portion of the tunnel caved in on November 12, with the debris falling in the 60-metre stretch on the Silkyara side of the tunnel, trapping 41 labourers inside. The workers were trapped in a 2 km-built portion of the tunnel



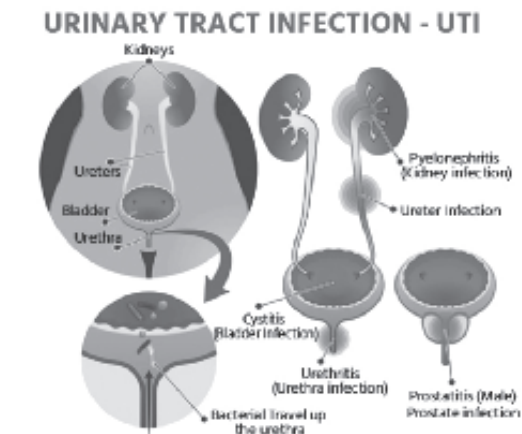
## 'Indian women less aware about urinary tract infection'

Lack of awareness and stigma are the major reasons behind rising urinary tract infection among Indian women, according to experts.

Urinary tract infection (UTI) is a painful condition that affects millions of people, especially women. It occurs when bacteria enter the urinary system and

with recurrent UTI. It is also known to be one of the most common medical complications during pregnancies.

According to a recent research, published in SSRG International Journal of Medical Sciences, around 35 per cent women in India get affected by female urinary incontinence.



cause inflammation and irritation.

About 40 per cent of women and 12 per cent of men experience at least one symptom of UTI during their lifetime while as many as 40 per cent of affected women suffer

Led by Anya Chaudhary, lead author and a social awareness campaigner on UTI in women, the research highlighted the trends of awareness and stigma surrounding female urinary incontinence, and effective methods to improve societal perception of women's health issues.

"In India women are hesitant to seek well available treatment for UTI which hampers their daily life, their social capacity, and their confidence and this hesitance is caused by lack of

awareness and stigma," she added.

Other experts also called the need for raising awareness on UTI.

"UTI or urinary tract infection is quite common in females. This problem is seen more in postmenopausal women and those with diabetes. To avoid getting UTI, it is advisable to drink at least two litres of water daily, keep sugars well controlled, and maintain good personal hygiene," Dr. Anita Gupta, Associate Director, Obstetrics and Gynaecology, Fortis La Femme, New Delhi.

"In case of symptoms like burning and pain while urinating along with fever, seeking expert advice and apt antimicrobial choice is imperative for both clinical efficacy and avoiding development of resistance. Considering female population, genital and menstrual hygiene also contribute to recurrence of urine infection," added Dr. Neha Rastogi Panda, Senior Infectious Diseases Specialist at Fortis Memorial Research Institute, Gurugram.

## These tiny, value-for-money German hearing aids are an instant hit in India!

hear.com is on a mission to make their latest invisible German hearing aids affordable to everyone in India.

Dr. Marco Victor, founder of hear.com asked Piyush Jain, CEO of hear.com India to make these hearing aids affordable and accessible to all in india.

Piyush knew these hearing aids could change many lives in India as they have

- A nearly invisible design that hides in or behind the ear.
- Incredible speech clarity - even in noisy environments!
- Easily affordable EMI finance options

Today, hear.com has transformed the lives of over 4,00,000 people globally by making the latest hearing aid technology affordable to everyone.



2023's Most Powerful Hearing Aids at a glance:

- Impressive speech clarity
- Award-winning discreet design
- Seamless smartphone connectivity

Reserve one of our limited slots today and experience better hearing

### What makes these hearing aids so special?

- The almost invisible design of these devices have changed the myth that hearing aids are ugly and make people look old.
- The award winning German technology makes it very easy to hear things naturally & clearly again in any type of environment.
- Users report that every family gathering, every moment watching TV and every conversation have become much easier for them. And the best part is, nobody can tell that they are wearing a hearing aid.



- Customers realized the value of these hearing aids the moment they tried them.

You can try these hearing aids at our local clinic near you! hear.com has a network of 1000+ local clinics across 450+ cities in India, making the latest German technology easily accessible for anyone with hearing loss.

# CYBER SECURITY

## Discover Why Proactive Web Security Outsmarts Traditional Antivirus Solutions

In a rapidly evolving digital landscape, it's crucial to reevaluate how we secure web environments. Traditional antivirus-approach solutions have their merits, but they're reactive. A new report delves into the reasons for embracing proactive web security solutions, ensuring you stay ahead of emerging threats.

### The New Paradigm

If you've been relying on the old-style antivirus-based approach to website security up to now, then we could summarize why you need to update to the more proactive approach simply by saying — prevention is always preferable to cure. That's the overarching rationale for adopting a proactive web security solution, but let's break it down into a few more detailed reasons for updating to the newer and more effective proactive approach.

To be clear, we're not denying that an antivirus-approach solution is ideal for detecting and responding to threats, but there's no escaping the fact that it's limited by design: it's reactive. A traditional antivirus-approach solution flags known malicious signatures once they're already in your environment, so it only acts when detections match the signatures in its database.

It may be good at identifying and quarantining known vulnerabilities in client-side code, but it wasn't made for proactive defense. The modern threat landscape contains many more routes of attack than just vulnerabilities in client-side code, so it makes sense to use an approach that is more intelligent and forward-looking.

Research company Gartner has stated in their latest release: "Zero-day vulnerabilities are rarely the primary cause of a breach. The most successful protection approach combines preparation for unknown threats with a risk reduction strategy, emphasizing publicly known vulnerabilities and identified control gaps."

It means that contemporary best practice has shifted towards a more proactive approach to business website security, so either read on to find out why a proactive solution beats the antivirus approach for that particular job, or know more about the full Proactive Approach Report.

### Comprehensive scoping

Most antivirus-approach solutions tend to focus on vulnerabilities in checkout pages. That's understandable because they are such popular magnets for web-skimming and Magecart attackers. But cybercriminals will try plenty of other points of entry too, including login pages, form submission pages, and redirects, for example.

These alternative points of entry are often overlooked, yet they can be just as vulnerable. Login pages, for instance, can be targeted by brute force attacks or credential stuffing. Form submission pages can be exploited through techniques like JS injection or cross-site scripting. Redirects can also be manipulated to lead users to malicious websites.

Moreover, cybercriminals are constantly evolving their tactics and techniques. They're not just limited to exploiting known vulnerabilities; they're also capable of finding and exploiting zero-day vulnerabilities, which are unknown to the software vendor and therefore have no available patches.

A proactive solution monitors all critical and sensitive website pages. It maps privacy risks and identifies



misconfigurations before cybercriminals can exploit them to launch attacks. With a solely antivirus-based approach, you can't do this. It can only respond when the malware is already in place.

### Full dynamic inventory

Something else that antivirus software won't do is create an automated inventory of all the assets in your digital supply chain. Modern websites rely on a whole host of external apps to provide additional functionality, things like enhancing the user experience and providing marketing information to the owner.

But when you outsource so many of these functions to third parties, you're effectively trusting your own and your customers' data and security to strangers. Are their security processes watertight? Do they perform regular security updates in response to emerging threats? How do they protect sensitive customer data?

Modern websites rely on dozens or even hundreds of third-party apps and their designers often use code from open-source libraries and frameworks to reduce production time. If your site leans on lots of third-party apps too then you need a system to identify them all and establish what they're doing.

A good-quality proactive solution will have an automated inventory function that comprehensively maps them all. It locates all the tools in your digital supply chain and establishes a baseline for what 'normal' looks like for every bit of code behavior. It can then call your attention to anything that deviates from what's expected. Can an antivirus-approach solution do this? No. It can only react when it detects the malware that's already active in your system. A good example is the Log4J vulnerability, where supply chains were compromised and vulnerability went undetected for weeks. Only proactive approach solutions were able to quickly identify and remediate this critical vulnerability.

### Prioritizing risk

A proactive monitoring platform makes use of multiple data and business intelligence resources to offer precise insights to users. Monitoring thousands of web assets all over the world gives the system a huge and growing database of common code, application, and domain behaviors to reference. Since it knows what common behaviors look like, it's constantly learning what unexpected events look like too. Its advanced identification mechanisms evolve alongside the threats they're monitoring to protect customers from possible attacks.

A proactive system draws on this wealth of information to build a risk profile for your business.

Antivirus-approach solutions can only address script vulnerabilities, but a proactive solution accurately assesses the most important potential risks for your business

context.

This leads us to alert fatigue. Some security teams reduce their effectiveness by reacting to everything, including lots of minor alerts that pose little risk to the business. By only flagging meaningful risks and disregarding what can be safely ignored, the proactive system reduces time-wasting false positives and cuts down on alert fatigue.

So, proactive monitoring keeps your security staff focused on the risks that matter most so they can apply their talents where they are most needed.

### Validating your security posture

A proactive solution can also validate the security tools you already use, things like WAF, DAST, cookie consent, bot managers, SCA, and more. It can be difficult to maintain a secure web app environment where all these tools work together safely, but with a proactive system, security teams can make sure that everything is correctly configured and working as it should, with no loopholes left open for attackers to exploit. If problems do arise with any of your tools, the proactive system alerts you straight away and guides you to fix the issue.

Again, this is something that the antivirus-approach solution can't address. A proactive approach solution gives you comprehensive oversight of your existing security tools and ensures they are functioning properly.

### Security baseline

A proactive system also allows you to set your security baseline in terms of your own level of risk appetite by letting you safely approve or reject the actions it flags for attention. Once this is done your security teams won't be constantly responding to alerts that barely matter, and your business can strike a balanced approach to remaining secure that doesn't unnecessarily restrict its operations. By gaining full visibility into your web exposure you can proactively prioritize which threats are critical to your organizations and which ones are just a waste of your IT resources' time. A reactive antivirus-approach solution doesn't allow you to customize to this degree.

### Summary

Reflectiz is a leading proactive approach solution provider, with a system that outperforms traditional detection methods to defend your organization's digital environment against unpredictable evolving web threats. The modern threat landscape is one in which cyber attackers can use a seemingly harmless script (which an antivirus-approach solution might miss) to cripple a business overnight. The cost of data breaches and privacy violations is very high, so can you afford to carry on being reactive? Diverse web threats now demand a more vigilant, forward-looking security posture, and a proactive approach system is the right kind to deliver it.

## New Flaws in Fingerprint Sensors Let Attackers Bypass Windows Hello Login

A new research has uncovered multiple vulnerabilities that could be exploited to bypass Windows Hello authentication on Dell Inspiron 15, Lenovo ThinkPad T14, and Microsoft Surface Pro X laptops.

The flaws were discovered by researchers at hardware and software product security and offensive research firm Blackwing Intelligence, who found the weaknesses in the fingerprint sensors from Goodix, Synaptics, and ELAN that are embedded into the devices.

A prerequisite for the fingerprint reader exploits is that the users of the targeted laptops have fingerprint authentication already set up.

All the three fingerprint sensors are a type of sensor called "match on chip" (MoC), which

could be weaponized to sidestep biometric authentication.

The exploitation of Goodix sensor, on the other hand, capitalizes on a fundamental difference in enrollment operations carried out on a machine that's loaded with both Windows and Linux, taking advantage of the fact that the latter does not support SDCP to perform the following actions -

- Boot to Linux
- Enumerate valid IDs
- Enroll attacker's fingerprint using the same ID as a legitimate Windows user
- MitM the connection between the host and sensor by leveraging the cleartext USB communication
- Boot to Windows
- Intercept and rewrite the



integrates the matching and other biometric management functions directly into the sensor's integrated circuit.

"While MoC prevents replaying stored fingerprint data to the host for matching, it does not, in itself, prevent a malicious sensor from spoofing a legitimate sensor's communication with the host and falsely claiming that an authorized user has successfully authenticated," researchers said.

The MoC also does not prevent replay of previously recorded traffic between the host and sensor.

Although the Secure Device Connection Protocol (SDCP) created by Microsoft aims to alleviate some of these problems by creating an end-to-end secure channel, the researchers uncovered a novel method that could be used to circumvent these protections and stage adversary-in-the-middle (AitM) attacks.

Specifically, the ELAN sensor was found to be vulnerable to a combination of sensor spoofing stemming from the lack of SDCP support and cleartext transmission of security identifiers (SIDs), thereby allowing any USB device to masquerade as the fingerprint sensor and claim that an authorized user is logging in.

In the case of Synaptics, not only was SDCP discovered to be turned off by default, the implementation chose to rely on a flawed custom Transport Layer Security (TLS) stack to secure USB communications between the host driver and sensor that

configuration packet to point to the Linux DB using our MitM

- Login as the legitimate user with attacker's print

It's worth pointing out that while the Goodix sensor has separate fingerprint template databases for Windows and non-Windows systems, the attack is possible owing to the fact that the host driver sends an unauthenticated configuration packet to the sensor to specify what database to use during sensor initialization.

To mitigate such attacks, it's recommended that original equipment manufacturers (OEMs) enable SDCP and ensure that the fingerprint sensor implementation is audited by independent qualified experts.

This isn't the first time that Windows Hello biometrics-based authentication has been successfully defeated. In July 2021, Microsoft issued patches for a medium-severity security flaw (CVE-2021-34466, CVSS score: 6.1) that could permit an adversary to spoof a target's face and get around the login screen.

"Microsoft did a good job designing SDCP to provide a secure channel between the host and biometric devices, but unfortunately device manufacturers seem to misunderstand some of the objectives," the researchers said.

"Additionally, SDCP only covers a very narrow scope of a typical device's operation, while most devices have a sizable attack surface exposed that is not covered by SDCP at all."

# ODISHA TOURISM

## Odisha gets new eco retreats at 4 new locations

Odisha is one of the most beautiful and relatively lesser-explored states in India. The state is noted for its rich cultural heritage and natural beauty. The place is all about ancient temples, beaches, jungles and the Eastern Ghats mountain range. The destination is also noted for its pretty

paragliding and water adventure.

Last year, maximum booking was recorded for Konark Eco Retreat, so this year the price has been increased by 10 percent. This year, a beach shack-cum-restaurant will also be opened at Konark for daytime visitors.



architecture, such as the magnificent Konark Sun Temple and the spiritual center of Puri. The place is renowned for its unique art forms, including intricate Pattachitra paintings and Odissi dance and food here absolutely incredible.

In a bid to promote sustainable tourism in the state, Odisha Tourism has introduced four new eco retreats at different locations, including Hirakud, Daringbadi, Putsil, and Satkosia. The flagship programme is being called 'Eco Retreat' and the new event will commence at Sonapur and Bhitarkanika in the second phase from December 1 and on December 15, it will reach Konark.

Odisha is truly a gem of a place which still hasn't been explored to its full potential. The state is home to some incredible national parks, gorgeous mountains and pretty lakes, among others. The state's food is also just amazing and full of flavours.

The new retreats were inaugurated by Odisha Chief Minister Naveen Patnaik. These retreats are being praised in the tourism industry for their sustainable efforts wherein waste to wealth and holistic resource management measures are being taken.

After the success of the inaugural event in 2019 at Ramchandi Beach near Konark, four new locations were added in 2020 which included Baliput (Satkosia), Bhitarkanika, Daringbadi, and Hirakud. In 2022, two new expansions were done to Sonapur Beach and Putsil (Koraput).

As per the chairman of the Odisha Tourism Development Corporation (OTDC), Lelin Mohanty, the state tourism has taken various measures to ensure that the tourism activities at all places have a minimal impact on nature.

### About the new eco retreats:

The new Eco Retreats will have 25 tents where visitors can enjoy a list of interesting activities. Those visiting these locations in winter will have access to luxury campgrounds laced with 5-star amenities. There will be provision for guided excursions and people can also enjoy adventure sports such as



Beach inside the Bhitarkanika National Park is surrounded by a casuarina forest. The Bhitarkanika National Park is also a Ramsar Site and the second-largest mangrove ecosystem of India. The wetlands house the largest variety of mangrove species in India along with the largest number of saltwater crocodiles in the Indian sub-continent, monitor lizards, eight varieties of kingfisher, has one of the largest heronry in India and acts as a feeding ground for migratory birds during winter. One can also go on a boat safari along the creeks of Bhitarkanika to spot this exquisite wildlife or opt for a trip to the nearby turtle sanctuary at Gahirmatha Beach where the lovely Olive Ridley turtles come to nest every year. Other activities on offer here include water sports such as jet skiing, banana boat rides, ATV rides on beach, etc.

### SONARPUR

Located right on the confluence of the river Bahuda and the Bay of Bengal, and bang on Odisha-Andhra Pradesh border, Sonarpur is one of the most exquisite beaches on the east coast. Pristine, virgin and picturesque – even these three adjectives fall short to describe the beauty of this southern-most beach in Odisha. Glamp at this retreat to find your inner peace and beauty or indulge in taking that perfect insta-worthy shot. Sunbathe at the beach, enjoy some water sports activities or gorge on some delicious sea food



while gazing at the setting sun. Nearby attractions include the port town Berhampur, with its rich

maritime history; Potagarh Fort, Tampara Lake, and the famous Gopalpur-on-Sea and Lighthouse.

### PUTSIL

Putsil in Koraput welcomes all those who love to live among the clouds. This table top mountain destination lies at the base of Deomali hill range of the Eastern Ghats. Staying here is like living inside a landscape scenery, just like the one you set as your desktop wallpaper.

The location is so picturesque that you'd want to stay numerous days just to wake up to the gorgeous view of clouds gliding through the hills and valleys. Ideal for para gliding and trekking, this Eco Retreat destination will arouse the adventurer within you and if not, the nearby scenic attractions like Duduma and Rani Duduma Waterfalls, lush green valleys and the indigenous tribal communities will surely inspire the poet within you.

### HIRAKUD

Built across the mighty Mahanadi river, the main attraction of this Eco Retreat is Asia's longest earthen dam Hirakud. Nestled between Debrigarh Wildlife Sanctuary and the reservoir, this glamping site offers an opportunity to explore the vibrant culture of Western Odisha and delectable traditional Odia cuisine. Widely known for its exquisite handloom and handicrafts, the place will force you to go on a shopping spree. The presiding deity of the area is Maa Samaleswari and one can even catch the evening light and sound show at Maa Samaleswari Temple located nearby. Expect guided treks into the Debrigarh Wildlife Sanctuary or find your wild side from a range of exciting water sports activities like parasailing, jet skiing, banana boat rides, etc. After a day full of exciting activities, witness a cultural evening with beautiful folk performances before

retiring for a luxurious night at a capacious swiss cottage that comes replete with every modern amenity.



### DARINGBADI

Daringbadi hill station is surrounded by beautiful valleys and plateaus. Dotted with pine forests, coffee and pepper plantations this campsite is incredibly scenic. Perfect for those looking to luxuriate in tranquil environs, this eco retreat's itinerary includes visits to Dasingbadi waterfall, and Daringbadi coffee garden. You can even visit nearby picture-perfect destinations such as Belghar – a place land locked by green mountains popularly known as the land of Hills and Waterfalls, Ushabati valley to spot huge gathering of peacocks, Putudi waterfall and Mandasaru (also known as silent valley) for that solitude amidst nature or interact with the local tribe 'Kutia Kandha'. Other recreational activities on offer include rifle shooting, archery, bicycling, and yoga on the hills, etc.

The scale and size of this unique endeavour has been increasing with each year and it is noteworthy to see Odisha spearheading in promoting sustainable eco-tourism through Eco Retreats. This format will allow for exotic, hard-to-find locales to get the spotlight for a short while that brings about interest and curiosity, but contains over exposure, thus retaining its pristineness. For those who are seeking luxurious getaways in unexplored locations, this is a time to rush to Odisha and live one of the best glamping experiences in the country.

From Page 14 (History of Five-Year...)

### Strategies

- Structural transformations and developments in the Indian economy.
- New initiatives and initiation of corrective steps to meet the challenges in the economy of the country.
- Efficient use of scarce resources to ensure rapid growth.
- Combination of public and private support to increase employment.
- Enhancing high rates of export to achieve self-reliance.
- Providing services like electricity, telecommunication, railways etc.
- Special plans to empower the socially disadvantaged classes of the country.
- Involvement and participation of Panchayati Raj institutions/bodies and Nagar Palikas in the development process.

The agriculture industry grew at a rate of 2.1% against the target of 4.2%. The industrial growth in the country was 4.5% which was higher than that of the target of 3%. The service industry had a growth rate of 7.8%. The Ninth Five-Year Plan looks through the past weaknesses in order to frame the new measures for the overall socio-economic development of the country. However, for a well-planned economy of any country, there should be a combined participation of the governmental agencies along with the general population of that nation. A combined effort of public, private, and all levels of government is essential for ensuring the growth of India's economy. The target growth was 7.1% and the actual growth was 6.8%.

### Tenth Plan (2002–2007)

Main objectives of the Tenth Five-Year Plan:

- Attain 8% GDP growth per year.
- Reduction of poverty rate by 5% by 2007.
- Providing gainful and high-

quality employment at least to the addition to the labour force.

- Reduction in gender gaps in literacy and wage rates by at least 50% by 2007.

20-point program was introduced. Target growth was 8.1% while growth achieved was 7.7%. The Tenth Plan was expected to follow a regional approach rather than sectors approach to bring down regional inequalities. Tenth FYP planned expenditure was ₹43,825 crore (US\$5.5 billion). Out of total plan outlay, ₹921,291 crore (US\$120 billion) (57.9%) was for central government and ₹691,009 crore (US\$87 billion) (42.1%) was for states and union territories.

### Eleventh Plan (2007–2012)

It was in the period of Manmohan Singh as the prime minister. It aimed to increase the enrolment in higher education of 18–23 years of age group by 2011–12. It focused on distant education, convergence of formal, non-formal, distant and IT education institutions. Objectives were:

- Rapid and inclusive growth (poverty reduction).
- Emphasis on social sector and delivery of service therein.
- Empowerment through education and skill development.
- Reduction of gender inequality.
- Environmental sustainability.
- To increase the growth rate in agriculture, industry and services to 4%, 10% and 9% respectively.
- Reduce total fertility rate to 2.1.
- Provide clean drinking water for all by 2009.
- Increase agriculture growth to 4%.

### Twelfth Plan (2012–2017)

The Twelfth Five-Year Plan of the Government of India has been decided to achieve a growth rate of 9% but the National Development Council (NDC) on 27 December 2012 approved a growth rate of 8% for the Twelfth Plan. With the deteriorating global situation, the Deputy Chairman of the Planning Commission Montek Singh Ahluwalia

has said that achieving an average growth rate of 9% in the next five years is not possible. The Final growth target has been set at 8% by the endorsement of the plan at the National Development Council meeting held in New Delhi. The government intends to reduce poverty by 10% during the 12th Five-Year Plan. The commission had said while using the Tendulkar poverty line, the rate of reduction in the five years between 2004–05 and 2009–10, was about 1.5% points each year, which was twice that when compared to the period between 1993–95 to 2004–05. The plan aims towards the betterment of the infrastructural projects of the nation avoiding all types of bottlenecks. The document presented by the planning commission is aimed to attract private investments of up to US\$1 trillion in the infrastructural growth in the 12th five-year plan, which will also ensure a reduction in the subsidy burden of the government to 1.5% from 2% of the GDP. The UID (Unique Identification Number) will act as a platform for cash transfer of the subsidies in the plan.

The objectives of the Twelfth Five-Year Plan were:

- To create 50 million new job opportunities in non-agricultural sectors.
- To remove gender and social gaps in school enrollment.
- To enhance access to higher education.
- To reduce malnutrition amongst children aged 0–3 years.
- To provide electricity to all villages.
- To ensure that 50% of the rural population has access to proper drinking water.
- To increase green coverage by 1 million hectares every year.
- To provide access to banking services to 90% of households.

With the Planning Commission dissolved, no more formal plans are made for the Indian economy.

# AMA Bank launched in Odisha

Hon'ble Chief Minister Odisha, Naveen Patnaik, launched a historic and path breaking scheme named "AMA Bank" for providing banking services through CSP Plus

manner, has been one of the highest priority agenda of Government.

However, financial inclusion has remained a challenge as the geographical penetration of banks in the state has been

Therefore, Government of Odisha in collaboration with 6 public sector banks namely SBI, PNB, UBI, UCO Bank, Bank of India and Bank of Baroda has come up with an ambitious and people centric

Besides, Senior citizens, differently abled people and pregnant women will get door step banking services and avail Direct Benefit Transfer in a timely and hassle free manner. The poor rural people

year 2023-24. Government of Odisha is providing rent free banking space for 5 years. The State Government will also bear one-time expenses for Fixed Cost & Recurring expenses for a period of three



banking outlets in all unbanked Gram Panchayats of the State.

Financial inclusion is the foundational premise of social and economic progress and empowerment of people. No country or state can ever attain inclusive growth without achieving financial inclusion for its people. Reaching out to the people at the bottom of the pyramid and delivery of public services to the last mile in a fair and transparent

rather dismal. About 65% of our gram panchayats do not have a brick and mortar bank branch, leading to severe challenges and difficulties in accessing banking services and availability of Direct Benefit Transfer for a majority of our people in rural Odisha. The rate at which brick & mortar branches have been set up in the State over the last 5 years, it would take us more than 30 years to provide a brick & mortar branch in every unbanked GP.

scheme named "Ama Bank" for providing banking services through CSP Plus banking outlets to every unbanked GP.

Ama Bank is a low cost brick and mortar micro bank branch which sits between a BC and a small bank branch and will provide all necessary banking services like deposits, advances, remittances, Loans, Aadhar Enabled Payment System, credit linkage to SHGs, coverage under social security schemes etc.

in Odisha will not have to travel long distances to avail the benefits under several of our schemes, particularly Old Age Pension (OAP), KALIA and MAMTA etc or to apply for a small business loan. This will be truly inclusive and empowering for the people of the State.

The scheme will be implemented in a phased manner to cover all 4373 unbanked GPs of the State with in the current financial

years. A provision of Rs. 500 Cr. has been made for this scheme.

In the first phase, 750 CSP Plus outlets covering all 30 districts were dedicated to the people of Odisha. Odisha is the first state in the entire country to conceptualise and implement such a holistic scheme for Financial Inclusion. Hon'ble CM opined that the CSP Plus model innovated by Odisha will become a model for the rest of the country.



Printed & Published By Narahari Priya Garnaik on Behalf of Indian Youth Association And Printed At M/s Shree Mandir Publications, At : Plot No. - 512, At/Po - Saheed Nagar, Bhubaneswar, District - Khordha, Pin - 751007, State - Odisha And Published At : Plot No. - 945, At/Po - Baramunda, In Front of New Jagannath Temple, Bhubaneswar, District - Khordha, Pin - 751003, State - Odisha, Editor - Narahari Priya Garnaik

Ph. : +91-8637258113 ; Mail : iyanews.india@gmail.com ; Web : www.iyanews.in

The human race has one really effective weapon, and that is laughter.