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Wayanad district is highly vulnerable to disaster - Data and history are testament

Deforestation and unsustainable land use to blame; Wayanad's forest cover shrinks by 11% over 14 years as tourism surges eightfold in 18 years

A series of landslides triggered by heavy monsoon rains swept across eight Indian states in July 2024, resulting in the tragic loss of at least 304 lives. The unprecedented scale of the disaster was underscored by a single incident in Kerala's Wayanad district, where 285 people perished on July 30, accounting for nearly 94 per cent of the total fatalities.

According to data from Union ministry of home affairs, the remaining 19 deaths occurred in the southern state of Karnataka and the six Himalayan states of Arunachal Pradesh, Assam,

density, despite experiencing fewer landslides than the Himalayan regions.

Wayanad district ranks 13th out of 147 districts in India based on socioeconomic indicators related to landslide vulnerability across 17 states and two Union Territories. Within Kerala, Wayanad ranks fifth among the 14 districts, following Thrissur, Palakkad, Malappuram and Kozhikode.

The scale of the devastation in Wayanad aligns with the findings of the atlas. The landslides in Kerala are reminiscent of the 2005 disaster in Maharashtra,

death toll recorded in Kerala in over 20 years, according to data from the National Crime Records Bureau's Accidental Deaths and Suicides reports released annually between 2003 and 2022.

Previously, the highest death toll from landslides in Kerala was in 2018, when 135 people were killed due to landslides during the state's worst floods of the 21st century.

Between 2015 and 2024, 669 people perished in landslides in Kerala, nearly seven times the 96 fatalities recorded between 2005 and 2014. This indicates that the landslides in this decade have been far deadlier.

Reasons behind the disaster

Climate experts attribute the Wayanad landslide to exceptionally heavy rainfall, a direct result of warming in the Arabian Sea. The district received 6 per cent of its annual rainfall in just a few hours on July 30, 2024, according to an analysis.

Kerala's mountainous topography and hydrological features increase its vulnerability to natural hazards. However, environmentally damaging activities such as deforestation and unplanned construction are key drivers behind this devastation, warned Western Ghats ecology expert panel led by scientist Madhav Gadgil and the high-level Kasturirangan Committee in 2011 and 2013, respectively.

Following the 2018 floods, the State Disaster Management Authority warned that unsustainable land use patterns in violation of norms increase disaster risks, including landslides. This was evident from a court hearing in December 2021 regarding constructions in landslide-prone areas in Vythiri taluk of Wayanad district, violating a ban on buildings above 10 metres.

Shrinking forest cover in Wayanad

Wayanad district's forest cover decreased from 1,775 square kilometres to 1,580.51 sq km, a nearly 11 per cent decline over 14 years, reported the Forest Survey of India's



State of Forest reports released between 2007 and 2021.

Forest land diverted for non-forest purposes in Kerala increased by 178 per cent between 2008-09 and 2022-23. The rate of diversion peaked between 2021-22 and 2022-23, with forest land diversion increasing 35-fold, the highest in 15 years.

Forest land diverted for non-forest purpose in Kerala increased by 178 per cent between 2008-09 and 2022-23



In 2022-23, 137.19 hectares of forest land were diverted for non-forest use, compared to 3.9 hectares in 2021-22, Bhupender Yadav, Union minister of environment, forest and climate change (MoEF&CC), told the Lok Sabha, August 2023.

Increasing tourism burden

From 2005 to 2022, the number of tourists visiting Wayanad district increased eightfold. According to Kerala Tourism Statistics-2022, 1,513,141 tourists visited the area in 2022, up from 193,068 in 2005.

In May 2024, the Wayanad Prakrithi Samrakshana

Samithi (Wayanad Nature Protection Forum), a group of environmentalists, raised concerns over the increasing number of tourists and related development activities in the ecologically fragile district.

Despite Kerala's ecological fragility, no specific scientific study has been conducted on the environmental degradation and fragility of the state's environment. This has resulted in incessant flash floods, landslides, and soil silting, increasing soil vulnerability,



Himachal Pradesh, Mizoram, Sikkim and Uttarakhand.

Wayanad: Fifth most landslide-prone district in Kerala

The Landslides Atlas of India, 2023 by National Remote Sensing Centre, Indian Space Research Organisation, identified the northernmost Himalayan states, such as Himachal Pradesh and Uttarakhand, as the worst affected by landslides due to their location within the ecologically fragile Himalayas. However, the Western Ghats, particularly in Kerala, exhibit higher vulnerability due to the high population and household

which recorded 293 out of the 590 human deaths due to landslides that year.

As of August 1, 2024, around 240 people are still missing in Wayanad, suggesting that the death toll may rise, potentially surpassing the fatalities recorded in Maharashtra 20 years ago. An analysis of officially recorded landslide deaths shows that Kerala had the highest number of deaths in India in 2018, 2019 and 2020.

Human toll due to landslides highest in 20 years in Kerala

The recent landslide in Wayanad marks the highest



PARIS OLYMPICS

Refugee team in Marquee Event

Paris 2024 was the third successive Summer Olympics featuring a contingent comprising refugees. This edition's team was bigger than ever – 37 athletes from at least 11 countries competing in 12 different sports. They may have faced severe hardships and adversity in their journey to Paris, but they were not there merely to make up the numbers.

Just ask Cameroon-born boxer Cindy Ngamba, one of the team's flag-bearers at the opening ceremony. "Just for our name 'refugee Olympic team' to be called out, refugees all around the world will acknowledge us," she said. "We are seen as a team, we are seen as athletes, as fighters, hungry athletes who are part of a family."

"We are not just refugees, we are athletes. People see us as refugees, but forget we are athletes with the same goals as the other countries represented. We can achieve the same thing, win the same thing, have the same drive, the same hunger and the same energy," Ngamba added.

The Refugee Olympic Team came into existence in 2015. Their first Games was Rio 2016, with a 10-member contingent. As war and displacement ravage different regions of the world, the 37-member team in Paris took part in disciplines such as swimming, canoeing, wrestling and taekwondo.

There is an understandable temptation to reduce their appearance at the Olympics as boilerplate inspirational stories. While there may be a justification to resist such an urge, strife has been an essential part of these athletes' journeys to the quadrennial showpiece. None of them wish to shed the tag of a



Cameroon-born boxer Cindy Ngamba

refugee.

Take Manizha Talash, a 21-year-old Breaker from Kabul. She had taken up the sport after being inspired by a stray video, and entered a male-dominated sphere where the pursuit of her passion became nearly impossible after the Taliban returned to power in Afghanistan in 2021. After playing caretaker to her younger brother for a year while on the run in Pakistan, Talash made it to Spain as a refugee. Once spotted as a talented breaker, the IOC funded her training, six days a week, and included her in the refugee team.

Her compatriot Farzad Mansouri also sees sport as a means to escape the horrors of the recent past. The taekwondo athlete competed in Tokyo, where he was the flag-bearer for Afghanistan. He fled to the UK when the Taliban took over. He may have got a chance to compete at the Olympics once again, but his friend and teammate Mohammed Jan Sultani was not so lucky. He was killed in a suicide bomb attack at Kabul airport, and Mansouri is competing for himself as well as for the departed. "I really hope that we can find peace in my

country and around the world," he told The Guardian.

Some refugees arrive at the Games to keep their competitive fire burning. Saman Soltani, a 28-year-old canoeist, was not able to return to Iran after an artistic swimming programme in Spain two years ago. Taking shelter under a former coach in Austria, her only contact in Europe, and fascinated by the sport of canoeing, she rose through the ranks, becoming Austrian national champion.

"I know I'm special, I knew it from when I was a child, because I always liked to do big things," she said. "I'm excited to see what I will do in the future. Because I know I want to be world famous."

Others are aware of their status as role models. "It feels like there is a certain responsibility that comes with being part of this team," 21-year-old runner Perina Lokure Nakang, born in South Sudan but grown up mostly in a Kenyan refugee camp, said. "We represent refugees, over 120 million people globally, and I want to show the world that we can do anything if we are given a chance."

India's record in Olympics before Independence

India made its 26th appearance at the Summer Olympics this year, and for that, they went to Paris - the place where the country's Olympic journey began. At least that is the case in the records of the International Olympic Council (IOC). A total of 111 athletes represented the country in France this year, down from 124 at the Tokyo Olympics largely due to the women's hockey team not qualifying. Interestingly though, it was the 20th time that the athletes played under the Indian flag as it exists today; the tricolour with the Ashoka Chakra in the middle. For in the first five games that a country named India took part, it was under British rule and the flag that was used at the time was either the Civil Ensign of the time or the Viceroy's flag.

Paris 1900

The 1900 Olympics was the second-ever edition of the Games and, according to IOC records, India's first appearance at the multi-sport event. Norman Pritchard is the only athlete to have represented India that year and he won silver in men's 200m and men's 200m hurdles. Pritchard remained the only athlete to have won a medal in athletics representing India until Neeraj Chopra won gold in javelin at Tokyo 2020. He still remains the only athlete to win two medals in the same Olympics while representing India. It is to be noted that Pritchard is listed as having competed for Great Britain in 1900 in the official track and field records of the Games published by World Athletics in 2005.

Antwerp 1920

While India's participation in the 1900 Olympics is based almost entirely on the IOC records, the 1920 Summer Olympics in Antwerp, Belgium, marks the nation's entry into the multi-sport event for all practical means and purposes. It started off with Deccan Gymkhana President Sir Dorabji Tata requesting the Governor of Bombay Lloyd George to secure India's



Indian men's hockey team that won the country's first Olympic gold at the 1928 Olympics

representation at the Olympics through the British Olympic Committee. The IOC granted India affiliation in February 1920 after which a committee led by Tata selected a team. PC Bannerjee was chosen for sprints; PD Chaugule for the 10,000m and marathon; Sadashiv Datar for the 10,000m and marathon; HD Kaikadi for the 5,000m and 10,000m; Dinkarrao Shinde for bantamweight wrestling; and K Nawale for lightweight wrestling. Sohrab H Bhoot was manager and Dr AHA Fyzee was medical officer and adviser for the team.

Paris 1924

India made its third official appearance at the Games a century ago in Paris. The first edition of the National Games was held in Lahore some months before the Olympics and sportspersons were selected for the journey to Antwerp based on their performances in the event. The Indian contingent consisted of 14 competitors split evenly across athletics and tennis. The latter included Nora Polley in women's singles and mixed doubles, thus making her the first woman to represent India at the Olympics.

Amsterdam 1928

The 1928 Olympics marks a watershed moment for India as this marked the first time that the men's hockey team won gold. It was the team's maiden appearance at the Olympics and it started a streak that would last until the 1956 Olympics. India topped a group that consisted of Belgium, Denmark, Switzerland and Austria. The Netherlands faced them in the final, having topped the other group that consisted of Germany, France and Spain and India won the match 3-0. Apart from the hockey team, six athletes represented India in athletics and one man, DD Mulji, became the first to represent the country in swimming.

Los Angeles 1932

India won their second hockey gold medal at LA 1928. Japan and the United States were the only other teams who took part, with most countries being unable to afford to send a team to the USA due to the Great Depression. The Indian team themselves had to play exhibition matches at every stop on their long journey by sea to Los Angeles. The competition was nothing more than a round-robin group stage with each team playing each other once. India were the best team by some distance, beating Japan 11-1 in their first match and the United States 24-1 in their second. Three athletes represented India in athletics as well while one, Nalin Malik took part in 400m freestyle swimming.

Berlin 1936

Eric Whiteside ran the men's 100m and 200m while CSA Swami represented India in men's marathon but it was the hockey team who won a medal once again, winning their third consecutive Olympic gold medal. A total of 11 nations were divided into three groups, with India clubbed with Japan, Hungary and the United States. India scored a whopping 20 goals in their three group stage matches and conceded none. They then beat France 10-0 in the semi-finals and then faced hosts Germany in the gold medal match. It is reported that the Indian team were uncharacteristically nervous before the game as they had lost to Germany 4-1 in the previous match played between the two sides before the Olympics. In fact, the Germans had restricted India to a single goal in the first half. India came out all guns blazing in the second half though, and went on to win the final 8-1.

This was the last time India played under the British flag at the Olympics and the last time Dhyani Chand played at the Games. The scheduled 1940 and 1944 Olympics were cancelled due to World War 2 and by the time the 1948 Games came around, India was an independent nation and Dhyani Chand, though still playing exhibition matches, was well into his 40s and not part of the squad.

Headlines for Wrong Reasons



Paris Olympics 2024 witnessed some controversies that took away the sheen from the Games.

Right from mishaps outside the Olympics village, to happenings inside during the events, Paris finds itself embroiled in a certain mess.

Sexual assault

All is not well for the Aussie contingent in Paris at the moment. Right at the start of the

Olympics 2024, an Aussie tourist was allegedly sexually assaulted in the French capital by five unknown men. The entire team has been put under high alert for the same.

Robberies

A team of broadcasters from Australia were robbed in the municipality of Le Bourget. Cyclist Logan Martin, who is also a gold medalist from 2020, was robbed a few days before his

event.

Hijab ban

France has banned Hijab for its players, and eventually had to, allegedly ask one of the team members, Sounkamba Sylla, not to be a part of the Olympics 2024 opening ceremony. The French Olympic Committee said that they are still indecisive about Sylla, who is part of the 4x400m women's relay team.

Spying

The New Zealand women's football team recently complained that they noticed a drone flying during their practice session, by a member from Team Canada. Subsequently, the member from Team Canada has been reportedly arrested. New Zealand demanded that Canada should not be awarded any points, if they do end up winning a match.

SCIENCE & TECHNOLOGY

OFFSHORE WIND ENERGY

Er Mayadhar Swain

One of the concerns of the world today is to find the way to mitigate the climate change. This can be done by keeping the global temperature rise within 1.5 degree Celsius. With the Paris Agreement almost all the countries have agreed to take necessary action to achieve this. As thermal power plants are the major cause of carbon dioxide emission and hence of the global temperature rise, it has been decided to reduce thermal power and compensate it with renewable energy. At COP 28 in Dubai, 130 countries adopted the historic target to triple the renewable energy by 2030. Among the renewable sources of energy, wind energy is an important one. It does not emit any carbon to the atmosphere and does not require any raw materials for its operation. Hence, it is environment-friendly and cheaper.

It is calculated that to meet the target of COP 28, at least 2 terawatt (TW) of wind energy will be needed by 2030 and 8 TW of wind energy will be needed by 2050. Worldwide, wind turbines have been installed where the wind speed remains minimum of 3 m/s most of the time in a year. Sea coasts are suitable for this. But offshore projects are more suitable, where wind blows without any obstruction.

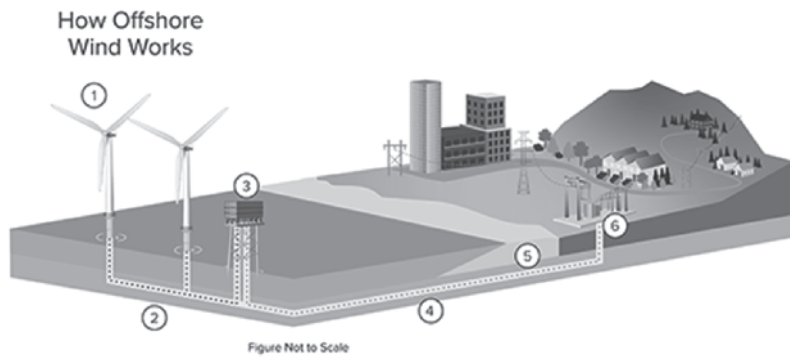
Offshore Wind Energy

Offshore wind energy is the generation of electricity through wind farms in bodies of water, usually at sea. There are higher wind speeds offshore than on land, so offshore farms generate more electricity. Unlike the typical use of the term "offshore" in the marine industry, offshore wind power includes inshore water areas such as lakes, fjords and sheltered coastal areas as well as deeper-water areas. Most offshore wind farms employ fixed-foundation wind turbines in relatively shallow water. Floating wind turbines for deeper waters are in an earlier phase of development and deployment.

Overview of Wind Power Generation



[Wind turbines of Alpha Ventus Offshore Wind Farm in the North Sea]



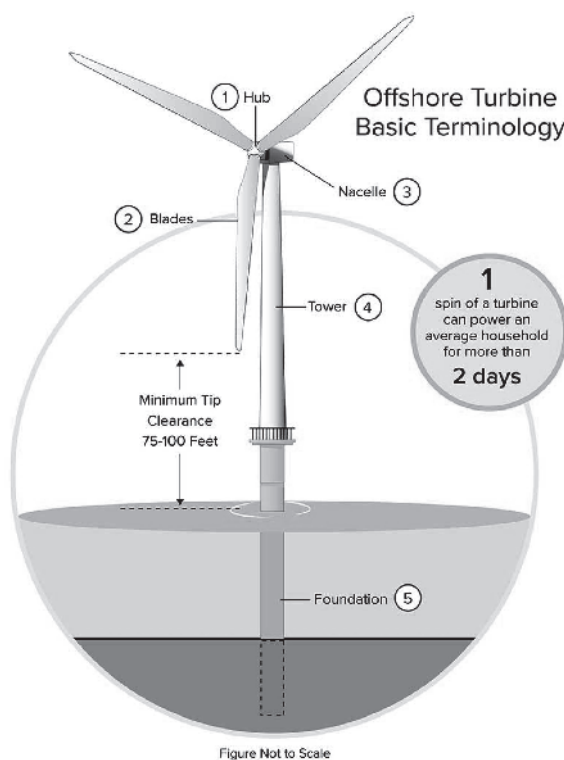
Offshore wind turbines work to harness the ocean's vast wind and convert it into 100% renewable electricity.

1. Offshore Turbines capture the wind's energy and generate electricity.
2. Foundations secure turbines to the ocean floor and cables transmit electricity to an offshore substation.
3. Electricity flows through a buried cable to an onshore substation and is transferred to the existing transmission

network. 3. Offshore Substation. The offshore substation collects and stabilizes the power generated by the turbines, preparing it for transmission to shore.

Floating Wind Farms

Floating offshore wind turbines are an exciting technology development. These will allow wind farms to be tethered to the seabed and positioned further out to sea in deeper waters where winds are stronger, thus boosting offshore wind power capacity even further. In the US, about

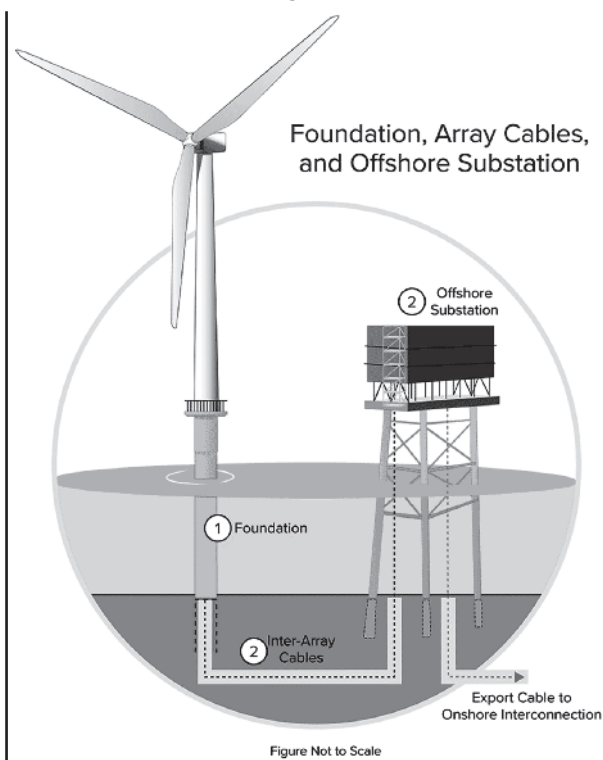


Turbine Components

1. **Hub.** The hub supports the blades and houses the pitch system, which optimizes blade angle and rotation speed.
2. **Blades.** Blades capture the wind's energy and convert it into mechanical energy.
3. **Nacelle.** The nacelle houses the components that convert mechanical energy to electrical energy.
4. **Tower.** The tower supports the mass of the nacelle, hub, and blades.

Foundations, Array Cables, and Offshore Substation

1. **Foundation.** Foundations secure the tower and above-water turbine components to the sea floor. A variety of technologies are available, including jackets, monopiles, and gravity-based foundations.
2. **Array Cables.** A network of array cables link the wind turbines together and deliver power from the turbines to the offshore substation.



75% of offshore wind projects plan to use semi-submersible platforms.

Advantages

- Distance from local populations, therefore cancelling worries about noise from the rotation of the wind turbine blades and reducing the impact on local environments.
- Space to dramatically increase the number of wind farms and therefore clean energy to homes and businesses.
- Job creation – it creates more jobs.
- On top of being clean and green, offshore wind power is cost-efficient so electricity bills will reduce.

Disadvantages

- Worries about the effect on birds and marine life. Here, the effect unchecked climate change poses to wildlife needs to be balanced with ongoing research into habitat loss, disturbance and collision.

- Some potential disruption during infrastructure creation, although the integration of interconnectors means less disruption than multi projects.

Global Scenario

Globally offshore wind energy is about two decades old history with the first offshore wind turbine in Denmark in 1991 which has been decommissioned in 2017. At the end of 2023, the installed capacity of offshore wind power plant in the world was 75 GW, out of which 10.8 GW was commissioned in 2023. Further, capacity of 11 GW is in different stages of development. The 1.4 GW Homsea Project Two in the United Kingdom (UK) is now the world's largest offshore wind power plant. Other major projects in the planning stage include Dogger Bank in the UK at 4.8 GW and Greater Changhua in Taiwan at 2.4 GW.

The UK with around 10 GW in operation has the largest installed capacity of offshore wind energy in the world followed by Germany and China. In a report published by Global Wind Energy Council (GWEC) in this year, it has revealed that at least ten countries with substantial offshore wind resources and at the frontier of the energy transition are focused on this source.

Offshore Wind Farms in India

India is one of the active countries participating for climate change. It has declared to generate 500 GW from renewable sources by 2030 and to achieve net carbon-zero by 2070. India currently ranks fourth globally in wind power plant installation with 46422.47 GW as on May 2024. These are all onshore wind power. India plans to achieve 140 GW installed wind energy capacity by 2030 and has planned offshore wind energy to add to this. On June 19 this year, the Union Cabinet approved the development of the first 1 GW

offshore wind energy projects in Tamil Nadu and Gujarat at total cost of Rs.7,453 crore. These projects are expected to produce about 3.72 billion units of energy. It is calculated that it will result in annual reduction of 2.98 million tonnes of CO2 over 25 years. The Ministry of New and Renewable Energy (MNRE) aims to harness an estimated of 70 GW of offshore wind energy capacity off the coasts of Gujarat and Tamil Nadu. National Institute of Wind Energy (NIWE), Chennai which has been assigned as the nodal agency to carryout resource assessment, surveys and studied in exclusive economic zone (EEZ), has estimated 36 GW and 35 GW offshore wind energy potential respectively off the coast of Gujarat and Tamil Nadu. The government of India has notified the National Offshore Wind Energy Policy in 2015 which lays the groundwork for the strategic and comprehensive development of offshore wind projects in the country's Exclusive Economic Zone, which extends 200 nautical miles from the coastline. It is to be noted that India is blessed with a coastline of about 7600 km surrounded by water on three sides and has good prospects of harnessing offshore wind energy. Considering this, the Government had notified the "National offshore wind energy policy" as per the Gazette Notification dated 6th October 2015. As per the policy, MNRE will act as the nodal Ministry for development of Offshore Wind Energy in India and work in close coordination with other government entities for Development and Use of Maritime Space within the Exclusive Economic Zone (EEZ) of the country and shall be responsible for overall monitoring of offshore wind energy development in the country. National Institute of Wind Energy (NIWE), Chennai will be the nodal agency to carryout resource assessment, surveys and studies in EEZ, demarcate blocks and facilitate developers for setting up offshore wind energy farms.

Conclusion

Offshore wind energy projects have of course many challenges. Installation of platforms and wind turbines inside the sea poses great difficulty and hence cost of generation becomes more compared to onshore projects. Further, to transmit the generated electricity from offshore projects to the onshore grid network adds the cost. But the higher generation of offshore wind projects compensates the capital cost of the project in long run.

Despite possessing 7600 km coastline and significant offshore wind energy potential, India has been slow in developing offshore wind projects. But now, the government has taken enough steps for harnessing this source.

Editor, Science Horizon
70, Laxmi Vihar Phase-1
Bhubaneswar – 751018
Phone : 9438693724

INTERNATIONAL

India May Take 75 Years To Reach A Quarter Of US Per Capita Income, Says World Bank

According to a World Bank report, over 100 countries, including India, face significant challenges in achieving high-income status in the coming decades.

It suggests that New Delhi might need nearly 75 years to reach even a quarter of the per capita income of the United States.

level falls within the World Bank's classification of middle-income countries.

At the end of 2023, 108 countries were classified as middle-income, each with annual GDP per capita in the range of \$1,136 to \$13,845. These countries are home to six billion people-75% of the global population-and two

driving a car just in first gear and trying to make it go faster," the report said.

If they stick with the old playbook, most developing countries will lose the race to create reasonably prosperous societies by the middle of this century, said Indermit Gill, chief economist at the World Bank

Group and senior vice president for development economics.

"At current trends, it will take China more than 10 years just to reach one-quarter of US income per capita, Indonesia nearly 70 years, and India 75 years," the report said.

Gill also said that the battle for global economic prosperity will largely be won or lost in middle-income countries.



According to the 'World Development Report 2024: The Middle Income Trap', it will take China over a decade to achieve a per capita income equivalent to one quarter of that of the United States, while Indonesia will need nearly 70 years to reach the same milestone.

Drawing on insights from the past 50 years, the report reveals that as countries become more prosperous, they often encounter a 'trap' when their per capita income reaches about 10% of annual US GDP per person, currently around \$8,000. This

out of every three people living in extreme poverty.

The road ahead has even stiffer challenges than those seen in the past-rapidly ageing populations and burgeoning debt, fierce geopolitical and trade frictions, and the growing difficulty of speeding up economic progress without fouling the environment, it said.

"Yet many middle-income countries still use a playbook from the last century, relying mainly on policies designed to expand investment. That is like

The report proposes a strategy for countries to reach high-income status. Depending on their stage of development, all countries need to adopt a sequenced and progressively more sophisticated mix of policies.

Since 1990, only 34 middle-income economies have managed to shift to high-income status-and more than a third of them were either beneficiaries of integration into the European Union, or of previously undiscovered oil, the World Bank said.

From Page 07 (History of Odisha...)

The mutts involved in Lord Jagannath's seva and worshipping such as Bada Odia mutt, Radhaballav mutt, Cuttaki mutt, Newla Das mutt and Radhashyam mutt make Rasagola offering for the last hundred to three hundred years. In this context, an eminent scholar on the tradition of 'Puri mutts', Bhaskar Mishra makes special mention of Raghav Das mutt.

He had made an elaborate discussion on this in the journal Pourusha and says, "This is the only mutt which brings Rasagola to offer to Lord Jagannath. A servitor offers it to Lord Jagannath after the Rukmini marriage knot is untied on behalf of the mutt. This tradition is about three hundred years old." An important piece of information regarding this is, that while Bhowmik claims that the chhena offering was first made to Lord Jagannath after king Prataparudra Dev came under the influence of Sri Chaitanya, no such offering is made at Sri Chaitanya Gaudiya mutt in Puri on that day.

Similarly, at the time of Anasara of Lord Jagannath (when he's down with fever), Sri Chaitanya didn't get to have a glimpse of Lord Jagannath and went to have a glimpse of Sri Alarnath at the Alarnathpith nearby, but there is no practice of making Rasagola offering there.

The favourite offering is Khiri (a little amount of boiled rice added to sweetened and condensed milk). On the other hand, Bansidhar Goswami, the head of the Bada

Odia mutt established by Jagannath Das in Baseli Sahi of Puri, says: According to the daily and annual procedure and manual of the mutt, Rasagola is offered as bhoga at least more than three hundred years in the mutt.

The question arises, while Anangabhima Deva introduced new food offerings at Lord Jagannath Temple, did Rasagola find a place in it? In this regard, we can take the help of Madalapanji. In the hand-written manuscript of Madala Panji which is preserved in Odisha State Archives, there is a description regarding the food offering made during the reign of Anangabhima Dev—"In the morning offering... the food will form a mountain... pancakes such as kakara, arisa, pili, apamala, ghola, badanadi, tipuri are decorated as trees, sarapapudi, gotika, rasakora become like flowers. Chimamanda, ripe banana, and baby coconut all will be decorated as fruits. The servitor will offer these to Lord Jagannath."

In the book Jagannath and the Gajapati Kings of Orissa, edited by Dr. Gaganendra Nath Dash, an eminent scholar of Odia literature and Jagannath consciousness, there is mention of food offerings of Lord Jagannath quotes from ancient pothys, 'Desha Khanja', 'Sevakabhiana o Sevabibarana'. In this, it has been mentioned that rasakora, Chhenaladoo, o chhenamanda are mentioned in the morning offering, Madhyannhadhupa, Sandhya dhupa. Later, all these bhogas are

mentioned in the Sri mandira Sattwalipi. It may be said that all these are an earlier form of Rasagola.

Rasagola is apparently chhena ladoo or a ball of cottage cheese. The only difference is balls of chhena are boiled in sugar syrup to prepare Rasagola. Rasagola is boiled in sugar syrup whereas 'chhenamanda' is prepared by steaming balls of boiled rice flour stuffed with chhena.

Rasagola has been traditionally used as a ritual offering on the last day of the car festival at the time of Niladri Bije (Lord Jagannath's return to his abode). Jagabandhu Padhi, an eminent scholar of the Jagannath cult, views the tradition to be at least 600 years; others say this must be at least 300 years.

According to customs, after Sri Balabhadra and goddess Subhadra enter the temple, the aides close the entrance door at goddess Lakshmi's order. As he cannot enter the temple, Lord Jagannath sends a message through goddess Lakshmi's aides. After this, Goddess Lakshmi tells her aides to open the door. According to 'Niladri Mahotsaba', after the aides and attendants tell her about Lord Jagannath's sweet words and humble requests, Lakshmi gives up her affected anger and orders them to open the door in an elated mood. And then the aides go quickly and tell Lakshmi happily.

Lord Jagannath who had been away for nine days, appeared at the goddess's door, you hear! We have closed the doors.

NASA Welcomes First ISRO Astronauts to the International Space Station

NASA Chief Bill Nelson congratulated the Indian Space Research Organisation (ISRO) and expressed excitement about welcoming the first ISRO astronaut to the International Space Station (ISS).

This announcement follows ISRO's selection of Group Captains Shubhanshu Shukla and Prasanth Balakrishnan Nair for the mission.

In a post on social media platform X, Nelson wrote, "Congratulations, @ISRO. We look forward to welcoming the first ISRO astronaut to the



International Space Station! This is a monumental step forward for U.S.-India partnership in space."

ISRO and Axiom Space Agreement for ISS Mission

ISRO's Human Space Flight Centre has signed a space flight agreement with the U.S. company Axiom Space Inc. for its fourth mission to the ISS. The National Mission Assignment Board has selected two "gaganyatris" (space travelers): Group Captain Shubhanshu Shukla as the prime astronaut and Group Captain Prasanth Balakrishnan Nair as the backup astronaut.

According to an official release, "The assigned crewmembers will be finally approved to fly to the International Space Station by the Multilateral Crew Operations Panel (MCOP). The recommended gaganyatris will commence their training for the mission from the first week of August 2024."

The Axiom-4 mission will be launched by a SpaceX rocket and will include astronauts from Poland, Hungary, and the United States, alongside Shukla.

Who Is Shubhanshu Shukla?

Shubhanshu Shukla was born in Lucknow, Uttar Pradesh, on October 10, 1985. An alumnus of the National Defence Academy, he was commissioned on June 17, 2006, in the fighter stream of the Indian Air Force (IAF).

He is a Fighter Combat Leader and a test pilot with approximately 2,000 hours of flying experience on aircraft such as the Sukhoi-30MKI, MiG-21, MiG-29, Jaguar, Hawk, Dornier, and An-32.

This mission marks a historic moment as Shukla becomes the first Indian in space in 40 years. The only Indian to have traveled to space before him is Wing Commander Rakesh Sharma, who participated in an Indo-Soviet mission in 1984.

The announcement comes over a year after Prime Minister Narendra Modi stated during an official U.S. visit that an Indian astronaut would travel to the ISS as part of a U.S. mission.

This mission represents a significant milestone in India's space journey and strengthens the collaboration between the U.S. and India in space exploration.

Outside, the lord is waiting. And he is requesting me and you. How much I cannot say. Hearing such nectar words Goddess is elated and happy She's never one hard-hearted She is innocent, chaste, and calm. So unable to hold anger in her heart She orders her aides to open the doors and let the Lord come inside.

According to the custom of Niladri Bije, after this, the servitors role-playing as aides go and open the doors and the lord walks into the temple. In front of the bhandara room, Lakshmi and Narayana meet and the marriage knot (gainthala) is untied. At the time of this divine meeting, Lord Jagannath offers Rasagola to Lakshmi to appease her. One of the important aspects of this 'gainthala' knot is on the eleventh day of the full moon phase in the month of Jyeshtha (lunar month corresponding approximately to 15 March-15 April), the wedding ceremony takes place after the abduction of Rukmini. Immediately after that Lord Jagannath joins the Snana yatra (bathing festival) and after the bath got down with a fever.

And once he recovers from his fever, he gives a glimpse of his new vigour (Naba Jaubana) to devotees and goes out on a chariot accompanied by his brother and sister. That's why the wedding knot tied earlier had not been untied. That gets untied on the day of 'Niladri Bije', the day he returns to his abode. The year Nabakalebara falls, there's one speciality, the knot is tied to the old wooden Brahman, but the knot is untied from the new form.

It means, this divine, intimate ritual can only be witnessed, it can be experienced, but it is not describable. Only the devotees present there get to experience the divine feeling. Therefore, though traditionally Rasagola is made as a food offering for centuries, there's hardly any literary work in Odia which mentions this. Bhitarchha Mohapatra, the servitor, prepares this offering at his house in a pure way. The prominent mutts too offer Rasagola to Lord Jagannath on the chariot.

The mention of Rasagola in Dandi Ramayan shows it is prevalent in Odisha for at least five hundred years. And the Sri Mandira Sattwalipi supports that it is offered on the day of Niladri Bije. This clearly proves that Odisha is the place of origin of Rasagola, and it is the traditional ritual offering when Lord Jagannath returns to his abode.

Rasagola originates and belongs to Odisha. There's lots of information and evidence to support this claim. It is one of the traditional food offerings made to Lord Jagannath. As part of the last ritual of Rath Yatra, known as 'Niladri Bije' (Lord Jagannath's return to his abode after nine days), it is offered to goddess Lakshmi on behalf of Lord Jagannath. Lord Jagannath had gone to visit his birthplace accompanied by His brother and sister for nine days, and that had made his wife, Goddess Lakshmi angry. It is, however, unfortunate that West Bengal has claimed itself to be the place of origin of Rasgulla as well as of the word 'Rasagola'.

FOOD HABIT

How late can you eat the last meal of your day (plus healthy midnight snacks)

While dinner is often the most enjoyed meal of the day, it is also the most neglected. We frequently make unhealthy food choices and eat it much too late.

In Short

- Eating dinner at the right time is essential
- You must allow your body enough time to digest the meal before going to bed
- A proper dinner can also

pm and 7 pm, as this corresponds to the body's circadian rhythm, optimises metabolic health, promotes better sleep, and prevents overeating.

“According to research, eating an early dinner can reduce your risk of developing Type 2 diabetes and heart disease by keeping your blood sugar

Don't think of skipping it

The last meal of the day plays a crucial role in overall health and well-being.

Apart from regulating your body's metabolism, it provides essential nutrients that the body requires for overnight repair, growth, and overall function.

“A balanced dinner can help maintain energy levels and avoid waking up hungry, which can disrupt sleep,” says Dr Archana Batra.

However, we often skip dinner due to a heavy evening snack and end up resorting to midnight snacking instead.

Kanikka Malhotra warns that skipping dinner can harm the body in a variety of ways, including low blood sugar levels that cause weariness, dizziness, and problems concentrating. It may also make your body save energy, making weight reduction more difficult.

Although missing dinner on occasion is not dangerous, doing so regularly can have negative health consequences.

Eating right

“While building a healthy dinner, prioritise a harmonious blend of lean proteins, complex carbohydrates, healthy fats, and a vibrant array of vegetables,” says Kanika Narang.

- Lean proteins, such as

satiety.

- A diverse palette of vegetables provides an abundance of vitamins, minerals, and antioxidants.

The expert also suggests limiting the intake of heavy, processed foods. Indulging in meals that have saturated fats, such as fried foods or creamy sauces, can contribute to weight gain and cardiovascular issues. Similarly, sugary foods and beverages can disrupt metabolic balance and impair the quality of sleep.

Adding to this, Kanikka Malhotra states, “Aim for half your plate to consist of vegetables and fruits, a quarter for lean protein, and a quarter for whole grains. You should also avoid using heavy gravy or creamy sauces that can add unnecessary calories and fat. Remember that portion control is also crucial.”

Let's talk about midnight snacking

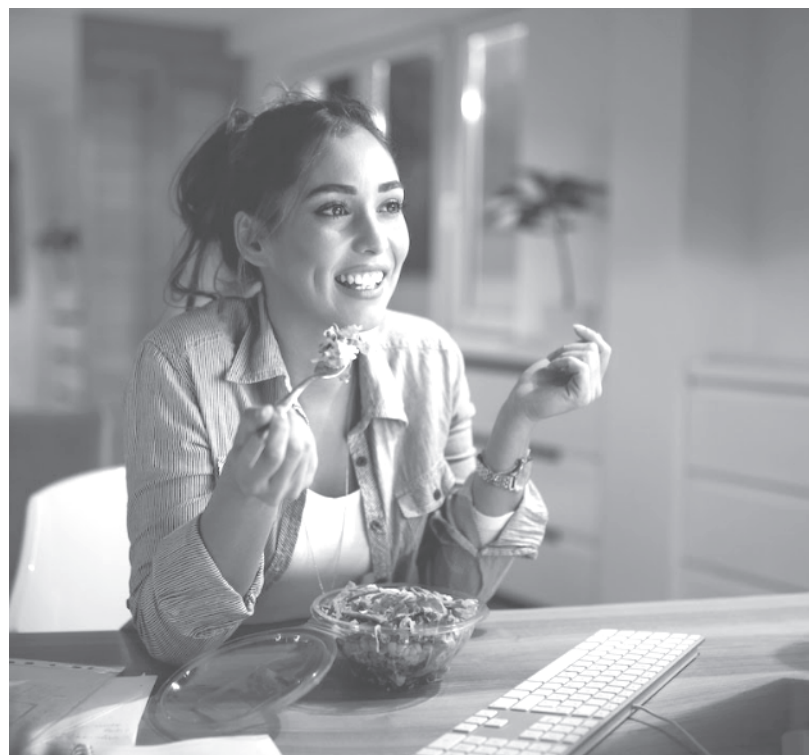
Experts state that eating a good and timely dinner can greatly lower the likelihood of late-night snacking as it can lead to weight gain and disrupt sleep.

However, if you can't control your cravings, Dr Archana Batra suggests making midnight snacking healthier by choosing nutritious options and being mindful of portion sizes.

fibre, which can help keep you satisfied.

- Sliced apple with nut butter: This combination offers a balance of carbs, protein, and healthy fats. Opt for natural nut butter without added sugars or oils.
- Whole grain crackers with hummus: This provides complex carbohydrates and protein, along with fibre and healthy fats.
- Cottage cheese with fresh fruit: Cottage cheese is high in protein and pairs well with fruits like pineapple, peaches, or berries.
- Banana slices with peanut butter: Bananas are rich in potassium, and peanut butter adds protein and healthy fats.
- Oatmeal: A small bowl of oatmeal can be comforting and filling, providing fibre and complex carbohydrates. You can add a sprinkle of cinnamon or a few nuts for added flavour and nutrients.
- Vegetable sticks with guacamole: Carrot sticks, cucumber slices, or bell pepper strips with guacamole offer vitamins, minerals, and healthy fats.

“If you find yourself regularly snacking late at night, it might be a sign that you're not eating enough during the day. Review



help reduce midnight cravings

Many of us struggle with breakfast, often relying on just a cup of coffee or skipping it altogether. On the other hand, dinner is typically our favourite meal. It's often the heaviest, and we have the entire evening to enjoy it. The idea of eating dinner in bed and dozing off afterward also sounds appealing on several occasions, especially after a hectic day.

However, if this has been your routine, it might be time for a change. Just like breakfast and lunch, dinner should be planned and eaten at the right time. Proper timing and mindful eating can make a significant difference in how you feel and function.

What's the best time?

“Dinner should be eaten three to four hours before going to bed,” Dr Archana Batra, a Gurugram-based dietician, tells.

The doctor adds that this timing promotes healthy digestion and avoids discomforts, such as acid reflux, that could disrupt sleep. Moreover, it facilitates the body's effective use of nutrients without causing fat storage.

For Kanikka Malhotra, a Delhi-based consultant dietician and diabetes educator, the best time for dinner is usually between 5

constant and improving insulin sensitivity,” adds Malhotra.

Meanwhile, Kanika Narang, deputy manager, dietetics department, Indraprastha Apollo Hospitals, Delhi, mentions that having dinner 2-3 hours before bedtime is ideal.

However, the optimal dinner time can vary based on individual schedules, lifestyle, and cultural factors.

Some people may benefit from eating dinner around 6-7 pm, while others with later schedules might eat around 8-9 pm. The key is to maintain consistency and allow sufficient time for digestion before lying down to sleep.

How much can you push?

It's best to have your final meal of the day before 9 pm. As mentioned by Kanikka Malhotra, research states that eating after this hour increases the risk of cerebrovascular illnesses like stroke and can have a detrimental impact on cardiovascular health.

Additionally, delaying dinner might disturb the body's circadian cycle, causing slower metabolism and more fat storage.

Late eating has been associated with increased hunger and decreased efficiency of appetite-regulating hormones, which can lead to overeating.

poultry, fish, legumes, or tofu, are essential for muscle repair and satiety.

- Whole grains, like quinoa, brown rice, or whole wheat, offer sustained energy and crucial fibre.
- Incorporating healthy fats from sources like avocados, nuts, or olive oil supports nutrient absorption and

Here are some snack ideas for midnight:

- Greek yogurt with berries: A serving of Greek yogurt provides protein and probiotics, while berries add antioxidants and natural sweetness.
- Handful of nuts: Almonds, walnuts, or pistachios offer healthy fats, protein, and

your daily meals to ensure they're sufficient. Some mindful habits while midnight snacking include avoiding screen time, as eating while being distracted can lead to overeating,” adds Dr Batra.

Remember that you should always listen to your body and eat only when genuinely hungry.



HEALTH

Boosting Brain Health

Preventing neurological disorders and promoting brain health are essential for overall well-being. Neurological diseases such as Alzheimer's disease and stroke affect millions worldwide.

CE spoke with Dr Saketh Reddy Gangasani, MBBS, MD, Psychiatrist and Sexologist, and Dr Madhu Vamsi G, MBBS, MD, DNB Psychiatry, PGCAMH, Neuropsychiatrist in Hyderabad, to discuss strategies for enhancing brain health and minimising the risk of neurological diseases.

How does diet specifically influence brain health, and what foods or nutrients do you recommend for maintaining optimal brain function?

Dr Saketh Reddy Gangasani:

The gut microbiota plays a crucial role in regulating the brain-gut-microbiome (BGM)

contribute to the prevention of neurological disorders?

Modern lifestyles often lack physical activity, adversely affecting brain function and increasing the risk of neurological disorders. Regular physical activity, including strength training (like weightlifting) and aerobic exercises (such as swimming, dancing, and jogging), is crucial for mental health. These activities improve neuroplasticity, vascular health, insulin sensitivity, and cognitive function, thereby reducing the risk of depression and Alzheimer's disease. Yoga and pranayama also enhance cognitive function and emotional control. It is recommended to engage in physical activity for at least 45 minutes, three to five times a week.

Could you describe cognitive reserve and recommend some

ability. To improve sleep quality, maintain a regular sleep schedule, establish a soothing nighttime routine, avoid electronics and caffeine before bed, exercise regularly (but not close to bedtime), and use stress-relief techniques like deep breathing or meditation.

What effects does prolonged stress have on the brain, and what methods of stress reduction are best for maintaining neurological function?

Chronic stress can severely damage the brain, including shortening chromosome lengths that accelerate aging and increase the risk of anxiety and depression, as well as decreasing hippocampus volume, which impairs memory. Effective stress reduction methods include Cognitive-Behavioral Therapy (CBT), Mindfulness-Based Stress Reduction (MBSR), physical exercise, social support,



axis, a two-way communication system between the gut and the brain. Your mental health is closely linked to your gut health, and diet significantly influences this relationship. A diet rich in fibre, polyphenols, and micronutrients such as zinc and omega-3 fatty acids positively affects gut microbes, thereby enhancing brain function by reducing metabolic toxins and neuroinflammation. Foods like turmeric, ginger, almonds, seeds, seafood, tomatoes, berries, green leafy vegetables, dark chocolate, and fermented foods like kimchi and yogurt support both gastrointestinal and brain health. Conversely, excessive antibiotic use and highly processed foods negatively impact gut microbiome diversity, leading to neuroinflammation and long-term mental health issues. Therefore, increasing the intake of fruits, vegetables, whole grains, and other nutritious foods while limiting processed foods is essential for maintaining a healthy gut microbiome and brain.

What types of physical activities are most beneficial for brain health, and how do they

useful exercises or methods to improve mental stimulation and brain health?

Cognitive Reserve (CR) refers to the brain's ability to use existing cognitive processing strategies or develop new ones to cope with brain damage. Individuals with higher CR can better handle brain damage compared to those with lower CR. Effective ways to build CR include high levels of social interaction, physical exercise, yoga, challenging games, and mentally stimulating activities like crossword puzzles and learning new languages. These activities help build cognitive resources and reduce the risk of dementia.

What impact does sleep have on brain health, and what are some strategies for improving sleep quality to support cognitive function?

Dr Madhu Vamsi G:

Sleep is vital for mental wellness. Studies show that 7-9 hours of sleep each night are crucial for memory retention and cognitive function. Lack of sleep is linked to an increased risk of dementia and Alzheimer's disease, and can cause a 30% drop in cognitive

and relaxation techniques such as progressive muscle relaxation and visualisation. These strategies can significantly mitigate the harmful effects of prolonged stress on the brain.

What are some early signs of neurological disorders that individuals should be aware of, and what steps can they take for early detection and prevention?

Early detection is crucial for preventing and managing neurological disorders. Early warning signs include memory loss or cognitive decline, mood changes such as anxiety or depression, personality changes or apathy, balance or coordination difficulties, and unusual sensory experiences like hallucinations. To aid early detection and prevention, engage in routine cognitive testing and physical examinations, pursue brain-stimulating activities such as reading and puzzles, maintain regular exercise and a balanced diet, manage stress, ensure adequate sleep, and stay socially active. These preventive measures can reduce the risk of developing and worsening neurological conditions.

Overindulging in nuts can invite several health risks.

Excessive intake may lead to digestive issues like bloating, gas, and diarrhoea, particularly in individuals with sensitive stomachs.

Nuts are often considered nutritional powerhouses, praised for their healthy fats, protein, vitamins, and minerals. Many people consider them the perfect snack, conveniently satisfying hunger between meals. However, as with any food, there's a hidden side to consuming them in excess.

On Instagram Somya Luhadia a weight management specialist, nutritionist, and content creator shared a video, mentioning, "Do not keep binging on your nuts, feeling that it is a part of healthy snacks." She captioned the post, "Truth about eating excess nuts as snack meal."

Shivani Bajwa, a functional medicine expert said, "Consuming nuts excessively can lead to several health risks. While nuts are nutritious and contain beneficial fats, protein, and fibre, overindulgence can cause weight gain due to their high-calorie content."

Nisha, consultant dietician and nutritionist at Motherhood Hospitals, Gurgaon said, "Nuts are rich in nutrients such as protein, fibre, healthy fats, vitamins, and minerals, which offer numerous health benefits when consumed in moderation. However, when consumed in excess, the benefits may be overshadowed by the risks of weight gain and related health issues."

Excessive intake may also lead to digestive issues like bloating, gas, and diarrhoea, particularly in individuals with sensitive stomachs. Some nuts, such as almonds and cashews, contain oxalates and phytates, which can hinder mineral absorption and contribute to kidney stone formation over time, added Bajwa.

Digestion and gastrointestinal health

Overconsumption of nuts can impact digestion and gastrointestinal health in several ways. Ms Bajwa mentioned that nuts are high in fiber, which is beneficial for digestion in moderate amounts but can lead to bloating, gas, and diarrhea when consumed excessively, especially for those with sensitive stomachs.

Binge-eating nuts can impact cholesterol levels and heart health.

"The fat content in nuts can slow down digestion, leading to feelings of heaviness or discomfort after eating large quantities. Some nuts also contain compounds like phytates and tannins, which can interfere with nutrient absorption and irritate the gastrointestinal tract", added Ms Bajwa

Impact on cholesterol levels and heart health

Binge-eating nuts can impact cholesterol levels and heart health. While nuts contain healthy fats that can help lower LDL (bad) cholesterol levels when consumed in moderation, excessive intake can contribute to elevated LDL cholesterol levels and potentially increase the risk of heart disease, said Dt Nisha.

Moderation versus excess

Ms Bajwa said that nuts offer various nutritional benefits when consumed in moderation. They are rich in healthy fats, protein, fiber, vitamins (such as vitamin E and B vitamins), minerals (like magnesium, potassium, and zinc), and antioxidants. When eaten in moderation, nuts can support heart health, aid in weight management, improve digestion, and boost overall nutrient intake

Ms Bajwa further explained that consuming nuts excessively can lead to weight gain due to their high-calorie content. It may also cause digestive discomfort and nutrient imbalances. Therefore, while nuts provide numerous health benefits, moderation is crucial to enjoy their nutritional advantages without adverse effects on weight and digestion.

Recommended daily serving size

Ms Bajwa recommended that the daily serving size for nuts to reap their health benefits without overconsuming is about 1 ounce, which is roughly equivalent to a small handful or 28 grams. This portion size provides a good balance of nutrients, including healthy fats, protein, fiber, vitamins, and minerals, without significantly contributing to excess calorie intake.

However, individual needs may vary, so it's essential to listen to your body and adjust portion sizes accordingly, especially if you have specific dietary goals or health considerations, suggested Ms Bajwa.

How should nuts be incorporated into a balanced diet?

To maximise the benefits of nuts and minimize potential drawbacks Ms Bajwa suggested:

- **Moderation:** Enjoy nuts in recommended portion sizes, such as a small handful (about 1 ounce) daily.
- **Variety:** Include a variety of nuts like almonds, walnuts, peanuts, and cashews to benefit from their unique nutrient profiles.
- **Pairing:** Combine nuts with other nutrient-rich foods like fruits, vegetables, whole grains, and lean proteins for a well-rounded meal or snack.
- **Substitution:** Use nuts as a healthy alternative to less nutritious snacks or ingredients in recipes, such as swapping out croutons for chopped nuts in salads.
- **Mindful Eating:** Be mindful of portion sizes and avoid mindless snacking to prevent overconsumption.



HISTORY

History of Odisha Rasagola

Pradeep Kumar Panda, Economist, Bhubaneswar

The Odisha Small Industries Corporation Ltd and Utkala Mishnanna Byabasayee Samiti had filed the applications with the GI Registry wayback in 2019 for the award of the GI tag for Odisha Rasagola and received GI Tag. The Chennai-based government regulator, Geographical Indication (GI) Registry tasked to settle commercial disputes on geographical origins has now called West Bengal Government for a hearing on an Odisha petitioner's complaint that Bengal furnished false evidence and data in order to claim Rasagola as its own.

The registration was conferred to 'Odisha Rasagola' under Section 16 (I) or of authorized Section 17 (3)(c) of Geographical Indication of Goods (Registration and Protection) Act 1999 on Monday. The GI number 612 has been registered in favour of the Odisha Small Industries Corporation Limited (OSIC Limited) and Utkal Mistanna Byabasayee Samiti.

Odisha's Ramesh Chandra Sahoo, who heads an NGO called Regional Development Trust, had in February 2018 questioned the basis following which the Chennai-based GI Registry granted Banglar Rasagola a Bengal Geographical Indication tag in November 2017.

The Chennai regulator now wants the West Bengal Government to appear before it and prove its case, failing which, the registry will decide the matter on the basis of law and documents before it. Sahoo says he had demanded cancellation of the GI tag given to Bangla Rasagulla in West Bengal.

The GI certification describes Odisha Rasagola, as a sweet dumpling known for its juicy and non-chewy feel that can be

government showed the Record of Rights of the 11th century Jagannath temple which said in the age-old ritual of "NiladriBije", the sweet was traditionally offered to Goddess Lakshmi on behalf of Lord Jagannath.

Odisha has retorted strongly by celebrating Rasagola Day for the first time on 30th July 2015. However, one may create a certain amount of public awareness by celebrating such a day once a year, but that cannot be the valid evidence on the basis of which it can be said Rasagola belongs to Odisha.

No sooner than the debate got stirred about whether Rasagola belonged to Odisha or Bengal, Haripada Bhowmik, a Bengali scholar who researches culture, wrote a book *Rasagola Banglar Jagatmatano Abiskar* (Rasagola which enthral all is an invention of Bengal) and published it in August 2015. It has been published by Gangchil, Kolkata.

There is no doubt about the fact that Chena has its root in the Sanskrit word 'chhina' (Literally, which has been cut). In Odia, the phrase used for this is, 'Chena chhindiba'. Pandit Gopinath Nandasharma has also said that Chena is derived from the word chhina. In his view, it is an aberration of milk.

On the other hand, Bhowmik has used it in a negative sense. The apt meaning of 'bikara' is transformation. In that sense, yoghurt, butter, clarified butter—all these are new forms of milk. So, the

immemorial.

In Lord Jagannatha's 'Anasara' (when Lord Jagannath falls ill) and 'MahaAnasara' during the



'Nabakalebara' (the year in which Lord Jagannath takes a new wooden form), chhena is part of many food delicacies at these secret rituals. Besides, chhena is a main ingredient during the car festival, at Mausima temple's poda pitha (pancake made by roasting a batter of rice and black gram mixed with chhena and grated coconut), and in other such pancakes during the Chandan Yatra festival.

Even in the mid-day offering, chhena is put in condensed milk. Therefore, it is absolutely clear that Indians knew the preparation of cottage cheese even before the Portuguese or the French arrived in India. In any other part of India, it may be regarded as a 'perverted form of milk' and not offered at temples, but it was not prohibited in temples in Odisha.

It was used in the preparation of various food offerings at Lord Jagannath temple since time immemorial. In Sri Mandira Sattwalipi (Record of Rites, Lord Jagannath Temple, Puri), many delicacies made with chhena have been mentioned.

It is clear from the discussion of earlier topics, the impure chhena did not become pure because of Sri Chaitanya nor did it come to Odisha from Bengal courtesy. Chhena was always a favourite delicacy in Odisha, and it has been regarded as a pure ingredient in food offerings made to deities.

It is an interesting history in itself—how Chhena became Gola (balls of cottage cheese) and acquired rasa (syrup) and became Rasagola (balls of cottage cheese put in syrup).

It is clear from the above-mentioned stories that be it Phulia or Shantipur or Bagh bazaar, the Rasagola produced during that time was known as dela Rasagola. Because it was not soft like it is now. It was crude as a slab of earth. Later, Navin Chandra Das, who had started his career as an apprentice at Kali Indra shop, gave this hard sweet its present soft form. That is referred to as 'Sponge Rasagola' in Kolkata.

There is a story prevalent in Kolkata that Chhena Bada is the ancestral form of Rasagola. From the description of its recipe found in books on food in Bengal, it can be compared with Chhena Jhili of Nimapara or Rasabali of Kendrapara, Odisha. It is also sweet like Rasagola. It is one of the items in the chhapan bhog (fifty-six items of food) at Lord Jagannath temple, Puri. There is no doubt about the fact that Jhilli or Rasabali was prevalent much before Chhena-bara of Kolkata.

So, if Chhena-Bada of Bengal is an older form of Rasagola, the same variety of sweets such as chhena jhili and Rasabali of Odisha are even much older forms of Rasagola. In this context, it can be mentioned that there is a long tradition of preparing another sweet of the same variety called Rasa bara which is found in western Odisha. The Purnachandra Odia Bhasakosa confirms it as a

sweet of Odisha.

Jaggery was the sweetener used in Rasagola before the use of sugar. In this context, we have mentioned the existence of words such as Rasa kora, and chhena-Bada in the Purnachandra Odia Bhashakosa. But all these similar-sounding words don't guarantee confirmation in favour of Rasagola.

The Dandi Ramayana offers confirmation in this regard. In Pundit Surjya Narayan Das' Central Sahitya Akademi award-winning book *Odia Sahitya Itihasa* (History of Odia Literature) Part 1, 28 it is written that there is the mention of Rasagola in Balaram Das' Dandi Ramayana.

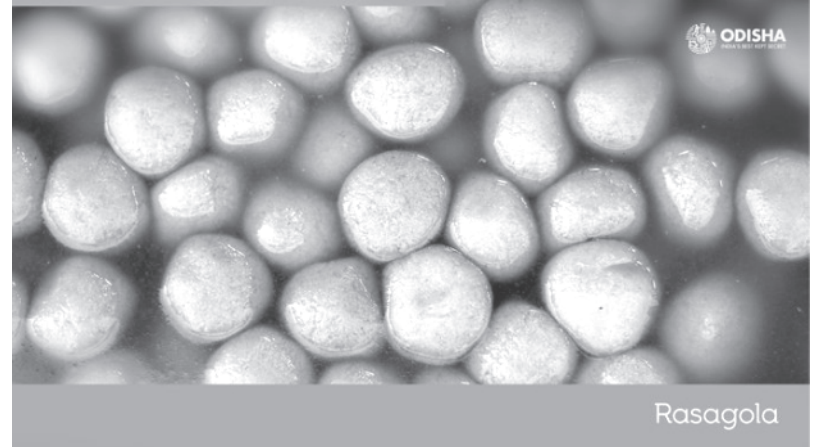
There's no dearth of lore, memoirs and stories centring on Rasagola in Odisha. But unlike in Bengal, literature on Rasagola has not been compiled systematically in Odisha. Starting from Sarala Mahabharata to

day he returns to his abode on the last day of the car festival.

Rasagola has been offered to appease Goddess Lakshmi on the day of NiladriBije for several centuries at Lord Jagannath temple, Puri. But many argue that the use of Rasagola is not mentioned in Satwa Lipi (Record of Rites of Lord Jagannath Temple, Puri). But then, even if there is no mention of Rasagola in particular, there is mention of 'bhoga Bidhi' (manual for food offerings) in the Sattwalipi.

Earlier, this ritual was celebrated on the twelfth day of the full moon phase of the month Aashaadha. Therefore, the procedure has been mentioned in the context of 'Dwadashi-NiladriBije'. In this, it is written "Bada Thakurand Subhadra are brought to the throne. While they were brought to the Suasari temple, Pati Mohapatra offered worship to them. In Jagamohan, the Holy Deities are also offered worship.

Similarly, it is written in the context of Lord Jagannath's 'Niladri Bije': When the door opens, and Lord Jagannath arrives near the place where Lakshmi is already waiting, Bhitarchha Mohapatra Sevak



Rasagola



"swallowed without teeth pressure" and Banglar Rasagola as pure white, spongy ball of "Chhana" dipped in light sugar syrup that had a fluffy smooth texture with less chewiness character.

However, Odisha rejects the Bengal argument that Bengal Rasagolas were derived from Kolkata resident Nobin Chandra Das's invention called "Rasagulla" and were completely different from Odisha Rasagola.

Odisha claims historic and legitimate ownership over the popular delicacy. Rasagola, according to the Odisha government, was served in the 11th century Lord Jagannath temple, much before Bengal knew about it.

Odisha had cited several references to the sweet in historical documents and mythologies like Dandi Ramayana, a version of the epic adapted by Balaram Das in the 16th century. It is said in 'Ajodhya Kanda' of Dandi Ramayana, that there were descriptions of Bharata and Shatrughna going to the forest to bring Lord Rama back and stopping at the abode of sage Bharadwaj, where the sage served them Rasagola among several other sweets.

To buttress its claims, the Odisha

way Bhowmik has made out such a perverted meaning of Chhena on the basis of the word 'chhina' is completely meaningless.

He has said that Chhena (cottage cheese) is prepared by curdling milk. Since it is made by curdling milk with the help of an acidic substance it is almost like a murder! in a complex web of puritanical practices, it becomes na-paka, (something impure and hence not to be eaten) by the non-Bengali Indians.

That is why the main ingredient of sweets is milk all over India except in Bengal. Bengal has not kept 'Chhena' aside as impure. On the other hand, it has prepared a variety of sweets using Chhena. Bhowmik has not restrained himself from saying this. He has gone a step ahead and also said, 'Chhena was regarded as a dead substance'. 'Chhena is dead milk—and hence, it is discarded as a dead form.'

Bhowmik also mentioned in his book that since Chhena is a perverted form of milk it is not worthy of gods, that is why it is prohibited at temples. He has taken the Achaya side. However, many delicacies prepared from Chhena are made as food offerings not only at Lord Jagannath temple, Puri but at numberless temples since time

Dandi Ramayana, Ambika Bilasa, and Bidagdha Chintamani, Odisha food culture is amply described in all these books. In this context, especially notable is in Purnachandra Odia Bhashakosa, there is alien 'Sankalpparamandahela Satya Rasagola' under the entry, Rasagola. In the description, it is mentioned 'Chintamani.'

Tulasi Ojha, an eminent scholar, has written in an essay, 'Odisharalokasahityarechhenarasagolaraullekha' (The mention of chhena Rasgulla in Odisha's Folk literature) that there is a great deal of similarity between suklamanda (delicacy prepared with steamed rice balls with chhena and grated coconut stuffing) and white Rasagola (cottage cheese balls dropped in light sugar syrup) in the traditional brata in Odisha, Sudasha Brata.

Sudasha Brata is worship offered to and fast observed by Odia women to

unties the knot of the ritual of marriage. They are offered worship. After this, Lord Jagannath sits on his throne.

The significance of this procedure is that when Balabhadra and Subhadra are offered different delicacies at this time, Lord Jagannath is offered Rasagola. Though there is no specific mention of the food offered here, it can be said without doubt that it is Rasagola. Traditionally Bhitarchha Mohapatra prepares the Rasagola in a sattvic manner at his home and offers that to Lakshmi on behalf of Lord Jagannath.

In the Bhitarchha practice code in Sattwalipi, this finds a particular mention. Regarding the 'Bhitarchhaseva' on the day of 'Niladri bije', it has been mentioned that 'this servitor offers light manohi at the meeting altar, makes a light offering to garuda, while Lord Jagannath descends from the chariot and goes to sit on the jewelled throne. While the knot of the



appease goddess Lakshmi on a Thursday. According to traditional rules of osha bratas, it is customary to offer goddess Lakshmi balls of chhena mixed with jaggery on this day. According to Ojha, as chhena-manda and chhena gula offerings are very dear to Goddess Lakshmi, Lord Jagannath brings Rasagola with him to appease an angry Lakshmi on the

marriage to Rukmini is untied, he is offered dahi Pati, ghasa, bidiamanohi and Bhog offering. Since only Rasagola has been offered by Bhitarchha Mohapatra for ages, even though it is not written specifically, it is 'Rasagola.' There is no mention of any other food offering nor has any other sweet ever been seen to be offered.

Continued Page 04

SPORTS AFFAIRS

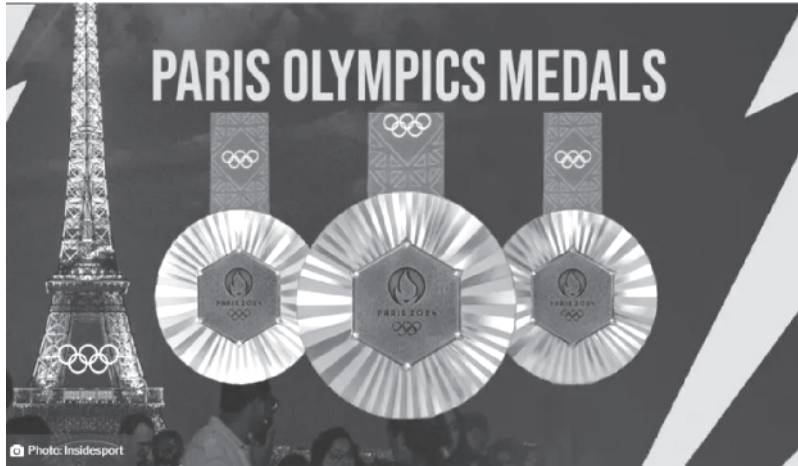
Worth of Olympic Medals

Olympics is the biggest sports extravaganza across the globe. World's best athletes prepare to battle for glory in the marquee event. The ultimate symbol of their achievements is the Olympic medal. They represent years of dedication, gruelling training, and the pinnacle of athletic success.

The iconic Olympic medals are of three categories- gold, silver, and bronze.

While Olympic gold medals appear to be solid gold, the medals are primarily made of silver (92.5 percent). A thin layer of pure gold (approx. 6 gms) is then applied for that distinctive shine.

Meanwhile, a silver medal is the same as a gold medal, minus the



gold plating. Silver medals are crafted from high-quality silver (92.5–1000 grade). The bronze medals are a unique blend of 95% copper and 5% zinc.

As per reports, the gold medals at

the summer games cost around \$750 (approximately ₹51,000). While the silver medal is valued at around \$450 (approximately ₹37,000), a bronze medal's worth is roughly \$5 (₹400-500).

Is leadership door shut for Rahul, Pant and Pandya?

Following the retirement of veteran batsman Rohit Sharma from the shortest format of the game after India's T20 World Cup triumph, vice-captain Hardik Pandya was all set to be appointed as the skipper of the team for the white ball series against Sri Lanka. However, in an unexpected turn of event, the team management preferred aggressive batter Suryakumar Yadav over Pandya and he was dully made the skipper of Team India in the T20 format following recommendations by new Head Coach Gautam Gambhir and chairman of the selection committee Ajit Agarkar.

As per sources, Pandya was not appointed the captain of the team due to his fitness issues. Moreover, Pandya was replaced as the vice-captain by young batter Shubman Gill.

This series also marks the return



Hardik Pandya

of KL Rahul and Shreyas Iyer, who got overlooked in the past few series. Wicketkeeper-batter Rishabh Pant has also found a place in the squad.

Responding to the captaincy issue, Agarkar said that the door is not shut for the former deputies like KL Rahul, Rishabh Pant and even Pandya as far as leadership role is concerned.

“We need to get Pant back playing, that's the first thing. He's going to be a key to us as a player; hasn't had a lot of cricket. We'll see what he can do. We don't want to burden somebody again who is just coming back after over a year out of the game. KL has not been part of T20 now for a little while,” said the former pacer.

Bhajji slammed for 'double standard'

Former India off-spinner Harbhajan Singh has voiced his support for the BCCI's decision not to send the Indian team to Pakistan for the upcoming ICC Champions Trophy 2024.

Bhajji (as Harbhajan is popularly known) cited ongoing security concerns, noting that incidents

occur in Pakistan on a regular basis. He stated that the BCCI's priority of ensuring the safety of the players is completely justified.

“Given the significant security concerns in Pakistan, where incidents occur regularly, why should the Indian team travel

there? The BCCI's stance prioritizing the safety of the players is absolutely correct, as their wellbeing must come before any other considerations,” said Harbhajan.

Meanwhile, in response to the comment, former Pakistan cricketer Tanvir Ahmed accused Harbhajan of having double standards.

Ahmed said that the former spinner wants his Indian players to boycott the Champions Trophy in Pakistan, but still interacts with Pakistani players in other tournaments.

Notably, strained political tries have forced the Indian team not to have bilateral cricket ties with Pakistan anymore. The subcontinental rivals now only face off in multi-team events like the Asia Cup and ICC tournaments.



Harbhajan Singh

Dravid all set to return to IPL

Under the expert stewardship of head coach Rahul Dravid, Team India emerged champions in the T20 World Cup 2024. After the end of his tenure, Dravid is reportedly gearing up for a new adventure in the Indian Premier League (IPL).

As per reports published in some sections of media, Dravid is now in talks with his former IPL side Rajasthan Royals. Now, it would be interesting to see on what capacity would the former India head coach work with the franchise.



Dravid has worked as a mentor and coach with IPL franchises in the past. He was the coach of Delhi Daredevils franchise before leaving the job in 2017 over 'conflict of interest'. Since ending his IPL career, Dravid has worked as the coach of India's junior teams, including Under-19 and India A.

Earlier, reports suggested that the former batting great could decide to join Kolkata Knight Riders (KKR), especially as the franchise saw their mentor Gautam Gambhir leave the team to fill the void left by Dravid in the Indian team as head coach. But, now it has been reported that Dravid is in talks with Rajasthan Royals.

Chances of Virat and Rohit in 2027 World Cup

Following the appointment of Gautam Gambhir as the head coach of the Indian team, question mark has been raised over the future of senior batters Virat Kohli and Rohit Sharma. Though both Virat and Rohit have announced their retirement from T20Is, they will continue to play in ODIs and Tests.

Meanwhile, BCCI Secretary Jay Shah has confirmed that Rohit will lead the team during the ICC Champions Trophy and the World Test Championship 2025. However, it remains unclear whether Rohit and Virat will be available for the ODI World Cup 2027.

In response, former India captain Krishnamachari Srikkanth suggested that Virat Kohli, given his high fitness standards, may play till the 2027 tournament. However, the former aggressive opener feels that it would be difficult for Rohit Sharma to continue playing beyond the age of 40.



Virat Kohli and Rohit Sharma

“Ahead of the T20 World Cup, Gautam Gambhir stated that Virat Kohli and Rohit Sharma would not be selected in his team if they failed to perform. However, he has since backtracked on this stance, now saying there is no player like Kohli and Sharma. After becoming the head coach, Gambhir expressed optimism that both veteran players have a significant amount of cricket left in them and are hopeful they will be fit for the World Cup 2027,” said Srikkanth.

“Rohit Sharma is currently 37 years old, and the next ODI World Cup is three years away. At 40 years old, he would be hard-pressed to compete at that level, unless he is an exceptional athlete like MS Dhoni or Sachin Tendulkar. Virat Kohli could possibly stick around till the World Cup 2027. However, the claim that Rohit could do the same sounds unrealistic. Gambhir has exaggerated as Rohit might faint in South Africa,” he added.

SPECIAL SPORTS STORIES

Cricketers who served Armed Forces

Cricketers try to give their best when they take the field with utmost pride to represent their country. Their contributions on the field have helped them get prestigious positions off it as well. Some of the iconic names in Indian cricket have received the

and also took three wickets as a leg-spinner. During World War II, Adhikari served for the Indian Army. He ended his military career as a Lieutenant Colonel.

C K Nayudu

C K Nayudu was the first Indian

later awarded the rank of lieutenant colonel by the army.

Sachin Tendulkar

Legendary batsman Sachin Tendulkar joined the Indian Air Force with the rank of group captain in 2010. Tendulkar



honour to serve their country in the armed forces as well due to their incredible performances on the cricket ground. Let's have a look at some of those cricketers...

Hemu Adhikari

Hemu Adhikari played for the Indian team from 1947 to 1959. Adhikari scored 872 runs at an average of 31.14, including one century and four half-centuries,

Test captain and even before his international debut, Nayudu was conferred as a Colonel in Holkar's Army in 1923. He scored 350 runs at an average of 25, including two half-centuries and took nine wickets with his off-spin.

Kapil Dev

1983 World Cup-winning captain Kapil Dev also joined the Territorial Army in 2008 and was

became the first person without an aviation background to receive this honour.

MS Dhoni

MS Dhoni was awarded the honorary rank of Lieutenant Colonel with the Indian Territorial Army in 2011. He also served the army in 2019, as he was posted in Jammu and Kashmir for a couple of weeks.

Special Request

BCCI is hesitant to send the Indian team to Pakistan for the upcoming Champions Trophy 2025. The board is proposing a hybrid model like last year's Asia Cup.

our wish too. I think the only thing left in Virat's career is to tour Pakistan and perform," said Khan.

After retiring from T20Is, Kohli is now focusing solely on ODIs,

across both white-ball formats in continental (Asia Cup) and global (World Cups) events but is yet to take on the side in the longest format of cricket.

As per the latest report, Pakistan



Meanwhile, former Pakistan captain Younis Khan has urged India to travel to Pakistan, as it is the only thing left in star batsman Virat Kohli's career.

"Kohli should come to Pakistan for 2025 Champions Trophy. It is

Tests, and the IPL.

Kohli has played a bilateral series against Pakistan when the side toured India for a limited-overs tour in December 2012. The star batsman has consistently performed against Pakistan

Cricket Board (PCB) has left it up to the International Cricket Council (ICC) to convince the BCCI to send the Indian to Pakistan for the upcoming Champions Trophy, scheduled to be held in the first quarter of next year.

Pak scared of Sachin Tendulkar!

Master Blaster Sachin Tendulkar is arguably the best batsman that India has ever produced. Cricketers across the globe were in awe of Sachin during his playing days.

Rivalry between India and Pakistan is considered as the greatest rivalry. While India has produced some of the finest batters the game has ever seen, Pakistan has produced some of the greatest pacers.

Recently, former Pakistan batter Basit Ali has made a blunt admission. Speaking in a video on his YouTube channel, Ali admitted that the Pakistan players were scared of India batting maestro Sachin Tendulkar.



"Sachin Tendulkar was a top order batter and I was a middle order batter, so we used to see his batting. In our team meetings, our captain at that time Wasim Akram used to say everywhere, even during practice, even during meals, 'dismiss Sachin and we'll win the match'," said Ali.

"And soon as Sachin used to get out, Pakistan used to win the match. Even though the great Azharuddin was there, but we were not scared of Azharuddin, but definitely scared of Sachin Tendulkar," he added.

Notably, Sachin has scored 2526 runs in 67 innings in 69 ODI matches. He has also scored 1057 runs against Pakistan in Test cricket.

Shami's love for Mutton!

Team India's veteran pacer Mohammed Shami is currently out of action for a long time now due to injury.

After missing major events like the Indian Premier League (IPL) and the T20 World Cup, which India won in his absence, Shami has began his preparations to get up to full speed. The pacer was seen bowling in the nets in full throttle recently.

India chief selector Ajit Agarkar recently expressed hope that Shami will be able to recover in time for the upcoming Test series against Bangladesh, starting September 19.



Meanwhile, Shami's friend Umesh Kumar opened up on the pacer's love for mutton in a recent interaction.

"Shami can bear everything, but Shami cannot survive without mutton. He can tolerate it for one day, you will see him agitated on the second day, and will lose his mind on the third. If he (Shami) doesn't eat 1kg mutton daily, his bowling speed will reduce by up to 15 kmph," said Umesh during an interaction with a YouTube channel.

Notably, Shami played the last ODI World Cup despite carrying an injury. However, he emerged as the leading wicket-taker of the tournament with 24 scalps in seven matches.

LAW

Police will not register FIRs and magistrates cannot: Welcome to the regime of new criminal laws

"Pre-cognizance" hearing under the BNSS, which is unknown to criminal jurisprudence, may likely lead to miscarriage of justice and could become a weapon in the hands of powerful, unscrupulous persons.

The Bhartiya Nagarik Suraksha Sanhita, 2023 (BNSS), replacing the Code of Criminal Procedure, 1973 (CrPC), made certain significant changes regarding taking cognizance of an offence by the magistrate in cases where victims/informants of a crime approach a judicial magistrate.

Under the CrPC, any aggrieved person had a right to approach a jurisdictional court under Sections 190 and 200, and upon inquiry under the prescribed form, the jurisdictional magistrate concerned would order for an inquiry/registration of FIR or would take cognizance of the crime and initiate a trial. Section 156(3) of the old code states that a magistrate who is empowered to take cognizance under Section 190 may order investigation for the cognizable offence. Upon a private complaint, the magistrate would use his judicial mind and discretion to see if a prima facie case is made out and take the next steps. The accused had no right of audience at this stage under the old code.

However, in the new code, a major change is that the accused person shall be given opportunity of being heard before taking cognizance of an offence or directing the police to register FIR and investigate. For lack of a better phrase, I will call it a "pre-cognizance hearing" - a right that is given for the first time to an accused person.

Section 223 of BNSS (corresponding provision is Section 200 CrPC) describes the procedure regarding examination of complainant, where sub-section 1 reads:

"A Magistrate having jurisdiction while taking cognizance of an offence on complaint shall

As a consequence, the magistrate cannot order for an investigation, though empowered under Section 175(3) of the new code [corresponding Section 156(3)] without giving the accused an opportunity of being heard; a right that is granted for the first time ever. Furthermore, magistrates are also statutorily obliged under Section 175(3) to consider submissions made by the police (for not registering an FIR) before ordering an investigation.

In the old code, accused persons were given a chance to be heard after cognizance is taken and before framing of charges. Though the new code appears to protect the interest of an accused person before any action is initiated against them, in confirmation with the principles of natural justice, in my opinion, the principle is not only misapplied at this stage of "pre-cognizance" but is also prone to adverse consequences, given the police's approach to the judicial process in the past. This "pre-cognizance" hearing, which is unknown to criminal jurisprudence, may likely lead to miscarriage of justice and could potentially become a weapon in the hands of powerful, unscrupulous persons.

In the case of a public servant or a judge, the old code effectively provided blanket protection under Section 197 (now 218 BNSS) with a few exceptions. Sub-clause (2) of Section 223 of the BNSS enables any person to file a private complaint, but a pre-cognizance opportunity of being heard is given to the erring public servant along with a report from superior authorities of such public servant who is alleged to have committed an offence 'in course of the discharge of his official functions or duties'. However, Sections 218 and 223 of the BNSS read together leads to a confusion. On one hand, Section 218 BNSS prohibits any court from taking cognizance of such an offence except with previous sanction, while Section

custodial torture cases, that abuse of authority by public servants cannot be called as official duty.

With the new procedure under Section 218 of the BNSS, though sanction is required from the competent

legal counsel for his defence. All of this, even before any investigation is done by the police and before a chargesheet is filed.

My problem with the pre-cognizance hearing of the accused

On the contrary, a pre-cognizance hearing of the accused before the investigation is initiated hampers the criminal justice system and is prone to abuse by powerful criminals who can escape from



authority is required, if the same is not accorded by the authorities within 120 days, sanction is deemed to have been obtained and the public servant or judge can be prosecuted. It is unclear whether sanction is required for complaints made by private persons under Sections 210 and 223(2) of the BNSS, as a 'report containing facts and circumstances of the incident from the officer superior to such public servant' as defined under Section 2(b) of 223 BNSS cannot be equated with 'sanction'. Therefore, there is every possibility that a conflict between the above said provisions may likely hamper the judicial process until the same is settled by constitutional courts.

The doctrine of audi alteram partem (hear the other side) is a sound legal principle whose basic components include issue of a notice; fair hearing; production of evidence; right to cross-examination by the defense; and

in private complaints is mainly two-fold, as it violates the constitutional guarantees explained below:

- 1) Right against Self-Incrimination: That no person shall be compelled to be a witness against himself is a constitutional protection under Article 20(3) of the Constitution of India. What the new BNSS indirectly implies is that an accused person will prosecute the case with evidence on his side, that may later be used against him. Moreover, every person has a constitutional right to remain silent during investigation and even the trial, as the burden to prove a case is on the prosecution.
- 2) State's duty upon individuals: A crime is considered an offence against society in general and not only against an individual. That is essentially the reason why the State acts as the prosecuting party in a criminal court on behalf of the victims and society at large. The State, with all its machinery, will investigate and assist the courts to decide a case and the courts give opportunity of fair trial to the accused. Therefore, a standard presumption is that no person is guilty unless proven otherwise and the burden of proof is always on the prosecution, with exceptions under a few special cases. It is this balance between the State and the accused persons that will ultimately lead to a just and proper judicial process.

As largely claimed in Parliament, the government's intention behind the new criminal laws is to do away with colonial laws and to administer justice, not punishments. It was expected that the State machinery will become more robust and the criminal procedure will reduce the burden on citizens and victims. However, with the above provisions where the State's burden is shifted to accused persons in a private complaint, it cannot be seen how the claimed intention can become a possibility.

prosecution. It is common knowledge that the police in India refuse to register FIRs even in serious offences. With the above changes, we only must wait and watch if the police and administration will abuse the new code or put it to proper use. The pre-cognizance hearing will only overburden the district judiciary as it could lead to multiplicity of proceedings before the charges are framed. It could also overburden the High Courts with quashing petitions under Section 528, BNSS (482 CrPC).

In the landmark case of Lalitha Kumari v. State of UP & Ors, the Supreme Court held that registration of an FIR is mandatory if the information discloses a cognizable offense and a preliminary inquiry is not mandatory. However, preliminary inquiry was permitted in specific circumstances such as matrimonial disputes, commercial offences, medical negligence cases, corruption cases and cases with abnormal delay in reporting. But the preliminary inquiry by the police should not be misunderstood as preliminary investigation and appreciation of evidence. The scope of inquiry was only limited to know whether a cognizable case is prima facie made out or not. With the new code, it is not yet known what is the scope of preliminary inquiry by the police and what is the scope of inquiry by a magistrate in a pre-cognizance hearing stage.

In conclusion, a fair reading of Sections 173(4) and 175(3) read with Sections 210 and 223 of the BNSS makes it clear that if a police officer refuses to register an FIR, the person aggrieved can approach the higher authorities or a jurisdictional magistrate. But the said magistrate cannot order an investigation without considering the reasons of the police for non-registration of FIR and without hearing the accused persons. In short, more powers are given to the police officers and the powers of magistrates are limited at a pre-cognizance state. It is hoped that judicial pronouncements with respect to the above discussed aspects will resolve and rectify the adverse consequences, if any.



examine upon oath the complainant and the witnesses present, if any, and the substance of such examination shall be reduced to writing and shall be signed by the complainant and the witnesses, and also by the Magistrate:

Provided that no cognizance of an offence shall be taken by the Magistrate without giving the accused an opportunity of being heard."

223 BNSS enables even a private person to prosecute a public servant as stated above.

It is well-settled that the procedure under Section 197 CrPC does not extend its protective cover to every act or omission of a public servant while in service, due to which several cases were earlier filed against public servants under the Indian Penal Code (IPC). Constitutional courts ruled in many landmark cases such as

right to engage a legal counsel.

If one must apply the above components in the light of the language used by the legislature under Section 223 BNSS in saying "no cognizance of an offence shall be taken by the magistrate without giving the accused an opportunity of being heard," the accused person shall also have a fair chance of hearing by producing evidence and having the right to cross-examine witnesses by engaging a

PSYCHOLOGICAL SCIENCE

NO DISCRIMINATION IN LOVE – DIFFERS VARNA-SANKARAH

In a world that constantly evolves, so do our perceptions of love. As society progresses towards inclusivity and acceptance, it becomes increasingly evident that love transcends traditional boundaries. One of the most beautiful aspects of love is its ability to exist beyond the constraints of gender.

Once the nephew of the Writer argued about his love to a higher caste and clan with an example of saying of the Lord Krishna in Bhagabat Gita that it is the verse of Krishna i.e. "No Discrimination in Love". The Writer tried to convince that the said Lord Krishna said about Varnashankar in Gita 1:40. No Discrimination in Love and Varnasankara are two separate things. No discrimination in love does not mean passionate love intermixing the several castes means caste corruption.

A love that does not discriminate seems to me forfeit a part of its own value, by doing an injustice to its object, and secondly, not all men are worthy of love. Most people do not really want freedom because freedom involves responsibility and most people are frightened of responsibility. Unexpressed emotions will come forth later in uglier ways.

We will explore the profound idea that love is indeed genderless, celebrating the diversity and boundless nature of human connections. Historically, societal norms have often confined individuals within rigid gender roles, dictating whom they should love and how those relationships should unfold. However, as we challenge and break down these stereotypes, we discover that love is not bound by the binaries of male and female. It flows freely, unencumbered by societal expectations or preconceived notions.

The concept of love being genderless invites us to embrace the entire spectrum of human identity. Love is not limited to heterosexual relationships; it encompasses the vast array of sexual orientations and gender identities. Recognizing and celebrating this diversity fosters an environment of acceptance, allowing everyone to experience love authentically and without judgment. An example of true love:

"Love is what I feel, but can not express.

What I do, but can not define."

In a world obsessed with labels, love remains a force that defies categorization. It is not confined to the checkboxes of societal norms. Love flourishes in the authenticity of connection, recognizing the person beyond the gender they identify with. By letting go of the need for labels, we create space for profound connections that are based on shared values, understanding, and mutual respect.

Love, in its purest form, knows no boundaries, no limitations, and no gender. It is a force that transcends societal expectations and flourishes in the diversity of human experience. Embracing the genderless essence of love allows us to celebrate the uniqueness of each individual and their right to love freely and authentically. As we continue to evolve as a society, let us strive to create a world where love is celebrated in all its forms, breaking down the barriers that have confined it for far too long. Love is, and always will be, a beautiful and genderless force that unites us all.

The Holy Quran says,

O'Mankind! We have created you from a male and female, and made you into peoples and tribes, so that you might come to know each other. The noblest of you in God's sight is the one who fears God most. God is all-knowing and all-aware." (49:13)

According to this verse, the Quran believes in global brotherhood and

Prabhu Prasad Gadnayak

consciousness of the parents at the time of giving birth to the offspring will have different impact on his/her upbringing.

Varna Sankar means caste corruption. The rule of marriage is that women can marry someone of the same caste or higher but not lower. The status of women can increase, but not decrease, because we believe that women are the

father and mother, but children born illegitimately mainly become varGa-saEkara.

The varGa-saEkara population is irresponsible to the family, community and even to themselves. Formerly the varGa-saEkara population was checked by the observation of the reformatory method (Dasabidha Arya Sanskar) called

aggressive nature he still attained moksha due to his satkarma.

A mixed caste or race; one proceeding from the promiscuous intercourse of the four tribes in the first instance; and again from their commerce with the descendants of such a connection, or the indiscriminate cohabitation of those descendants amongst one another. Confusion of castes thus arising.

According to Bhagawan Shri Krishn is Shrimad Bhagawad Geeta, Varn is your form of your Aatma. This is not based on your birth but also based on qualities and actions. The true form of Aatma is Paramaatma. Everyone needs to do Niyat Karm (prescribed action) to attain this pure form. Niyat Karm (prescribed action) for each human being is only One Eshwar Chintan with no desires. The capacity and level of each human being is different for doing One Eshwar Chintan.

Bhagavad-Gītā (4.13) says:

chātur-varGyaA mayā s'jichmaA guGa-karma-vibhāgaśha%

tasya kartāram api māA vidhyakartāram avyayam

The four categories of occupations were created by Me according to people's qualities and activities. Although I am the Creator of this system, know Me to be the Non-doer and Eternal.

Ancient sages divided the travelers on the eternal path of the Self into four classes, Shudra, Vaishya, Kshatriya, and Brahmin, according to their innate abilities. In the primary stage of accomplishment every seeker is a Shudra, meaning one who is deficient in knowledge. He spends hours on worship and adoration of God, and yet fails to render even ten minutes of his time truly beneficial to his spiritual quest. He is unable to cut through the illusory facade of the material world. Sitting devoutly at the feet of a realized Sage, an accomplished teacher, at this stage helps in the cultivation of virtues in his nature. With this he is promoted to the level of a seeker of the Vaishya class. Gradually realizing that accomplishments of the Self are the only true accomplishments, he becomes adept in seizing and protecting his senses. Passion and wrath are fatal to the senses, whereas discrimination and renunciation protect them, but they are by themselves incapable of annihilating seeds of the material world. Gradually, then, as the worshipper progresses further, his heart and mind grow strong enough to carve their way through the three properties of nature. This is the inborn quality of a Kshatriya. At this point the worshipper acquires the ability to destroy the world of nature and its perversions. So this is the point of commencement of the war. By further refinement after this, the worshipper is slowly elevated to the category of a Brahmin. Some of the virtues that now grow in the seeker are control of the mind and senses, incessant contemplation, simplicity, perception, and knowledge. By slowly perfecting these qualities, then, he ultimately attains to God, and at this stage he ceases to be even a Brahmin.

However, Arjun's understanding of Varn was based on birth. He considered the castes set by birth as Varn and he was afraid that after war women from one caste will marry other and that will cause Varn Sankar (micing of castes). Let us study how Bhagawan Shri Krishn explains him that **when man deviates from path of One Eshwar attainment and mixes with the worldly tendencies then it is Varn Sankar.**



not just Muslim brotherhood. In fact in all matters, the Quran adopts a universal rather than any kind of sectarian approach. There are many verses in the Quran that denote that the readers of the Quran are al-nas (mankind) and not merely a community. It is a fact that there are differences between peoples in terms colour, etc. But these differences have nothing to do with the superiority or inferiority of different individuals or groups. They are natural differences that exist for the sole purpose of people being able to recognize each other easily. According to the verse, the importance of a man or group will be judged solely on merit. **Merit based classification cannot be termed discrimination.**

It is a sound method of categorizing people. It is a source of motivation and creates an atmosphere of healthy competition. It is a guarantee of social development on a real basis.

Discrimination on the basis of colour, etc., is a negative practice, while classification on the basis of merit promotes love and respect among people. It ensures that no member of society will be denied justice. It creates an atmosphere conducive to development that gives everyone the chance to contribute in a positive way to society.

Varna Sankar (Micing of Castes)

The Varnasankara which refers to intermixing of several castes, tribes into the Varna system is mentioned in the Dharmaśāstra. The word appears in the Baudhayana Shutra. Anuloma (Hypergamy) and Pratiloma (Hypogamy) type of marriages was also mentioned in the Dharmaśāstra. Varnasankara happens there exists conflicts between the couples. Even psychology says, the

backbone of spirituality. The opinions of the dharmashastras themselves vary.

Bhagavad-Gītā (1.40) also declares,

adharmābhivhavāt k'jichGa praduchyanti kula-striya%

strīchu duchmāsu vārchGeya jāyate varGa-saEkara%

when women are polluted, varGa-saEkara, unqualified children, are generated, and when the varGa-saEkara population increases, the entire world becomes hellish.

Therefore, according to Manu-ahitā, a woman needs a great deal of protection in order to remain pure and chaste so that her children can be fully engaged for the benefit of human society. Women occupied a very high status in Vedic society. For families to be religious, and societies to be moral, it is necessary that their women be virtuous. According to the Manu Sm[iti: yatra nāryas tu pūjyante ramante tatra devatā% (3.56) "Societies where women are worshiped, for they are chaste and virtuous, the celestial gods are joyous."

Arjun became concerned and started comprehending, "What would happen to the society in the absence of guidance and protection of elders? The women of the family may get misled." Therefore, Arjun said to Shree Krishna that if the women of the family turn towards immorality, and commit adultery, they would bear illegitimate children. This would not only destroy peace and happiness of the future generations but also deprive the ancestors of their Vedic rites. Family traditions will be abandoned and the welfare of society will be at stake.

Children begotten under the rules and regulations of the scriptures generally become as good as the

garbhādhāna-saAskāra, a child-begetting religious ceremony. In this verse we find that although King Purañjana had begotten so many children, they were not varGa-saEkara. All of them were good, well-behaved children, and they had good qualities like their father and mother.

The basic flaw in modern civilization is that boys and girls are given freedom during school and college to enjoy sex life. Most of the children are varGa-saEkara, meaning "born of undesirable fathers and mothers." Consequently, the whole world is in chaos.

Varna Sankar is caused when the children were not wanted by their parents and grow up to be a nuisance in the world. Manusmriti 10.24 defines that it occurs whenever there exists indiscretion between couples of same or different varnas.

For example, if a child is born to a couple who has predominantly aggression (Rajas) & ignorance (Tamas) respectively, then that particular offspring would develop those qualities which are combination of aggression & ignorance. It's because, usually it is the parents who teach the behavior & morals to the children, parents mentality has a lot of influence on the child upbringing. Suppose if a child is raised by a father who is aggressive (rajas) and mother who is ignorant (Tamas) then that child probably will get accumulated to those gunas i.e aggressive at speaking & ignorant or lazy at actions and may become nuisance to the society. Such offspring is called as Mleccha but that need not be the case always, there are few offsprings who were born to such parents but progressed to the highest position due to their good conduct & karma. Ex :- Prahallad, even though his parents were of

SPIRITUALITY

How to Begin a Conscious Lifestyle

By Deepak Chopra

Becoming more conscious will make you more successful in every area of life. This is an area that is vastly neglected by most people. They approach life on a day-to-day basis doing three things: 1. Following a set routine

for distraction. When the fulfillment of desire comes, it sinks deeper and gives you more satisfaction.

The way to start arises from what you want to achieve.

To escape the mindlessness of

My coping skills – Look at how you deal with everyday challenges. Bad coping mechanisms range from denial and avoidance to rationalization, procrastination, blaming others, and digging in your heels. Good coping skills include taking



come up and 3. fulfilling short-term desire.

These three things fill everyone's day is roughly the order listed. Routine dominates. Even the thoughts we have today are generally the same thoughts we had yesterday. Next come the everyday obligations and duties of life, punctuated by challenges, big or small. Last comes desire, which usually means eating when you're hungry, looking for a little bonding with someone else, whether as love, companionship, or sex, and

routine, you need to break your routine.

To keep daily challenges from overwhelming you, you need new coping mechanisms.

To fulfill more of your desires, you need a vision that includes those things that would truly fulfill your existence.

Stand back and consider these three things carefully, because that is how you bring awareness to a situation that is running on automatic pilot. Sit down with the following lists:

responsibility, listening to others, asking for help, consulting wise advice, standing back and becoming objective, controlling emotional impulses, and making a sound plan to follow. Look at where you are weak in these areas and write down alternatives to your present coping pattern.

My desires – Write down what you want to achieve, not as a goal in your career, but for yourself as a person. You might want to be more loved and able to love, to be of service, to appreciate and be appreciated, to be rid of anxiety,



distracting yourself in order to wind down.

If your day follows this profile, there's nothing bad going on (one hopes), but not much consciousness is involved. The hidden potential that doesn't get expressed lies in only one place: your awareness. As you open your awareness, life opens its possibilities at the same time. Routine is replaced by new input into the brain. There is less need

My Routine – Write down the parts of your daily that are the most boring, unsatisfying, and mechanical. Now think of three specific ways to improve those areas. The key here is inertia. Routines cramp your life by creeping in over time. Announce to yourself that you welcome something new and unknown, then pursue it, no matter how small a change you might manage at first.

to benefit everyone around you, to earn respect, or to become more spiritual. The key is to tune in to your core self. The core self is where deep fulfillment arises, not from distractions and momentary desires. Write down the qualities of the core self that you want to tune into: love, compassion, strength, truth, power, focused attention, wisdom, and so on. Make these your priority from today onward.

Mind Is Like Water

By Sri Sri Ravi Shankar

Your body is like a hard shell. And your mind, the inner self is like water. You are like water inside. Nature of water is cooling and flowing. But when the innermost, which is like water, is burning with jealousy, anger, frustration and all the fires you put inside, then the



water boils and its cooling nature disappears.

Then how does one cool the water? Just imagine a pot and underneath are all these burning sticks. To cool the water you have to remove these sticks. All emotions are linked with people, objects and events. Catching on to objects, people or relationships hinders freedom, liberation. You are hankering for some greater joy that is not there, not going to be there. I will have greater joy if I have a better companion or if I have lot of money or if I have lot of freedom.

Money gives you a hallucination that you have better freedom. Your mind tells you that with more money one could have more freedom; could travel anywhere; do whatever you wanted; these illusory ideas come into the mind. And when this idea comes in the mind, it binds you. When you feel bound, you feel very stiff and there is no freedom. The moment you become soft and non-resisting inside, the stiffness



drops, the feeling of being bound leaves you and everything else including wealth, comfort and prosperity follow.

So, remove all this firewood and the water will become cooler. Because "cool" is the nature of water. When all these other negative stresses, burning sticks are removed, water will possess all its natural qualities — humility and naturalness — just like the nature of water which flows down. Don't ever think deep inside you is any negativity, sorrow, anger or jealousy.

In the Bhagavad Gita Lord Krishna talks about all the good qualities. And then He adds that they are already in you. Just like in an atom, the core is positive and the negativity is peripheral. Your nature is calmness and coolness. If it wasn't your nature, you would never feel at home in it.

When you meditate, you get off the influence of the mind and go into the self. The mantra of knowledge is: In this world there is no other. The mantra of love is — there is no one who doesn't belong to me. When the mind is free from all impressions and concepts, you are liberated.

When you know that everything is changing — all relationships, people, body, feelings — suddenly the mind, which clings on to misery, comes back to you. The return from mine to me, gives you contentment and freedom from misery. A fulfilment, centredness, a subtle solid strength comes from within. Then if fame comes, money comes, it doesn't touch you. It comes or doesn't come; it doesn't matter to you.

SUSTAINABLE DEVELOPMENT GOALS

India Accelerates Progress towards the SDGs

Pradeep Kumar Panda, Economist, Bhubaneswar

NITI Aayog has released SDG India Index 2023-24, the fourth edition of the country's principal tool for measuring national and subnational progress on the Sustainable Development Goals (SDG). The composite score for India improved from 57 in 2018 to 66 in 2020-21 to further to 71 in 2023-24

SDG India Index 2023-24 measures and tracks national progress of all States and UTs on 113 indicators aligned to the Ministry of Statistics and Programme Implementation's (MoSPI) National Indicator Framework (NIF). The SDG India Index computes goal-wise scores on the 16 SDGs for each State and UT. Overall State and UT scores or Composite Scores are generated from goal-wise scores to measure the aggregate performance of the sub-national unit based on its performance across the 16 SDGs. These scores range between 0-100, and if a State/UT achieves a score of 100, it signifies it has achieved the targets. The higher the score of a State/UT, the greater the distance covered to the target.

India's commitment to the SDGs since adopting the 2030 Agenda on Sustainable development is reflected in concerted efforts on SDG localisation spearheaded by NITI Aayog, which works closely with States and UTs. NITI Aayog has the twin mandate to oversee the adoption and monitoring of the SDGs in the country and promote competitive and cooperative federalism among States and UTs. Together with States and UTs, NITI Aayog has focused on the institutionalisation of the SDGs – not only to look at sustainable development as a standalone or parallel framework, but also to make them an integral part of national and subnational thinking about development through institutional ownership,

collaborative competition, capacity development, and following a whole-of- society approach.

The launch of the SDG India Index in 2018 provided the impetus for the localisation push, reaffirming States and UTs as key stakeholders in this transformative journey. The SDG India Index has been consistently improved over the years to provide a comprehensive and comparative analysis of progress on the goals. By fostering collaborative competition, the Index not only highlights achievements, but also encourages States and UTs to learn from each other to close outcome-based gaps. Grounded in the globally accepted SDSN methodology, the development of the Index followed extensive consultations with the States and UTs (the primary stakeholders); MoSPI; Union Ministries; and UN agencies. The Index represents the articulation of the comprehensive nature of the Global Goals under the 2030 Agenda while being attuned to the national priorities.

India has taken significant strides in accelerating progress on the SDGs between the 2020-21 and 2023-24 editions of the Index. Noteworthy advancements have been A graph showing the

number of the country's score observed in Goals 1 (No Poverty), 8 (Decent Work and Economic Growth), 13 (Climate Action). These are now in the 'Front Runner' category (a score between 65-99). Among these, Goal 13 (Climate

Jal Jeevan Mission, Over 30 crore beneficiaries under Ayushman Bharat -Pradhan Mantri Jan Arogya Yojana, Coverage of over 80 crore people under the National Food Security Act (NFSA), Access to 150,000 Ayushman Arogya Mandir which offer primary medical care and

edition. Notably, there are 10 new States and UTs in the Front Runner category. These include Arunachal Pradesh, Assam, Chhattisgarh, Madhya Pradesh, Manipur, Odisha, Rajasthan, Uttar Pradesh, West Bengal, and Dadra and Nagar Haveli and Daman and Diu.

The SDG India Index 2023-24 demonstrates the increase in composite scores across all States, with improvements ranging from 1 to 8 points. Leading the way in terms of score improvement are Assam, Manipur, Punjab, West Bengal, and Jammu and Kashmir, each achieving a positive change of 8 points since the 2020-21 edition.

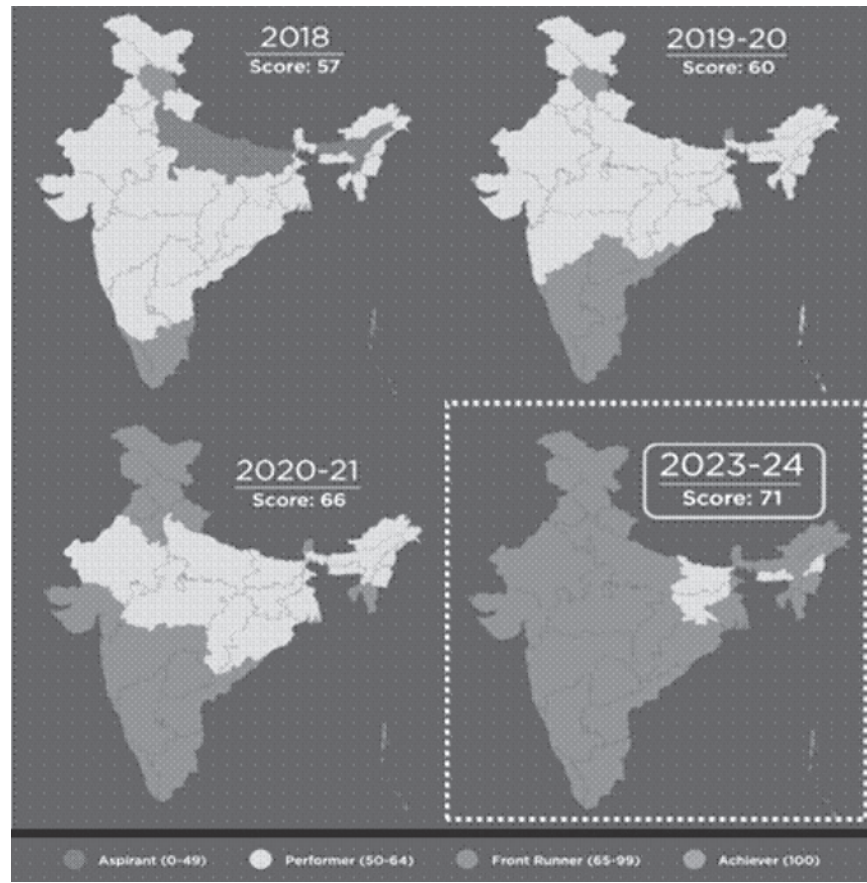
provide affordable generic medicines, Direct Benefit Transfer (DBT) of ₹34 lakh crore made through PM-Jan Dhan accounts.

The Skill India Mission has led to over 1.4 crore youth being trained and upskilled and has reskilled 54 lakh youth. PM Mudra Yojana

The methodology of the Index involves a series of steps. The first step consists of compiling raw data for the selected indicators and identifying data gaps (if any). Subsequently, target values for 2030 are established for each indicator, providing clear benchmarks for evaluating progress. The raw data is then normalised, transforming it into a score ranging from 0 to 100. The Goal score for each SDG is computed by taking the arithmetic mean of the normalized scores of its relevant indicators. The composite SDG India Index score is derived as an average of all Goal scores. The index and indicators are updated incorporating the latest developments in data availability. Goal 14 has not been included in the calculation of the Composite Score for the Index as it solely pertains to the nine coastal States.

NITI Aayog has the mandate for coordinating the adoption and monitoring of SDGs at the national and sub-national levels. The results demonstrated in the Index are not only significant at the national and subnational levels, but have the potential to inform other countries in their pursuit of accelerating progress on the SDGs. This is due to the sheer scale of transformation brought forth through focused interventions and schemes in India which provide valuable lessons for the rest of the world.

India is committed to localisation and acceleration of SDGs, an important barometer to measure progress towards Viksit Bharat @ 2047. The SDG India Index stands as a key milestone for measuring our progress and will help steer discussions, deliberations, and decisions in the journey ahead.



Action) has shown the most substantial improvement, with its score increasing from 54 to 67. Goal 1 (No Poverty) follows closely, with its score rising significantly from 60 to 72. The progress underscores the effects of the focused programmatic interventions and schemes of the Union and State Governments in improving the lives of citizens.

Since 2018, India has witnessed substantial progress in several key SDGs. Significant progress has been made in Goals 1 (No Poverty), 3 (Good Health and Well-being), 6 (Clean Water and Sanitation), 7 (Affordable and Clean Energy), 9 (Industry, Innovation and Infrastructure) and 11 (Sustainable Cities and Communities).

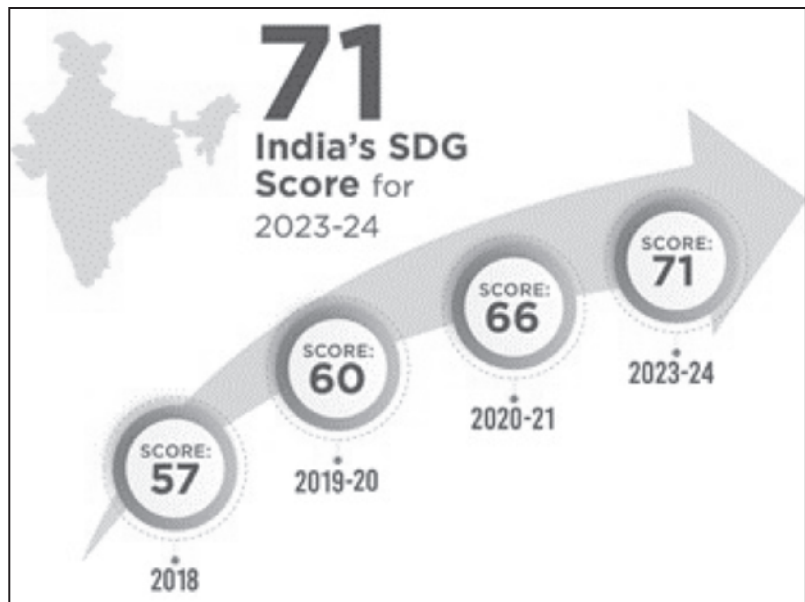
Government's focus on ensuring food & nutrition security, health, education, electrification, housing for all, sanitation, clean cooking fuel & energy has significantly contributed to the improvements.

Key interventions facilitating SDG achievements include: Over 4 crore houses under the PM Awas Yojana (PMAY), 11 crore Toilets & 2.23 lakh Community Sanitary Complexes in rural areas, 10 crore LPG connections under PM Ujjwala Yojana, Tap water connections in over 14.9 crore households under

sanctioned 43 crore loans aggregating to ₹22.5 lakh crore for entrepreneurial aspirations of the youth besides Funds of Funds. Start Up India and Start Up Guarantee schemes assisting the youth. The Saubhagya scheme for access to electricity. Emphasis on renewable energy resulted in an increase in solar power capacity from 2.82 GW to 73.32 GW in the past decade. Between 2017 and 2023, India has added around 100 GW of installed electric capacity, of which around 80% is attributed to non-fossil fuel-based resource. Improvement in digital infrastructure with reduced internet data costs by 97% which has in turn positively affected and fostered financial inclusion

The SDG India Index 2023-24 reports a positive trend in the performance of States and UTs in their SDG journey. The scores for States now range from 57 to 79, while UTs score between 65 and 77. This represents an improvement over the 2020-21 scores, where the range was 52 to 75 for States and 62 to 79 for UTs.

The Index records a significant increase in the number of States and UTs achieving Front Runner status. This year, 32 States/UTs have scored between 65 and 99, up from 22 in the 2020-21



ENTERTAINMENT

Amitabh Bachchan says 'KBC' makers have introduced 'interesting changes' in season 16

Megastar Amitabh Bachchan, who is set to host the 16th season of "Kaun Banega Crorepati" (KBC), on Sunday said that the new chapter of the popular quiz show will introduce "interesting changes" in the game.

The latest instalment of "KBC"

"Some fresh new interesting changes in the game and the impact it will have and the learnings, but above all the 'emotions' that overcome us all when the outcome of the contestant before us narrates his or her story. The dire

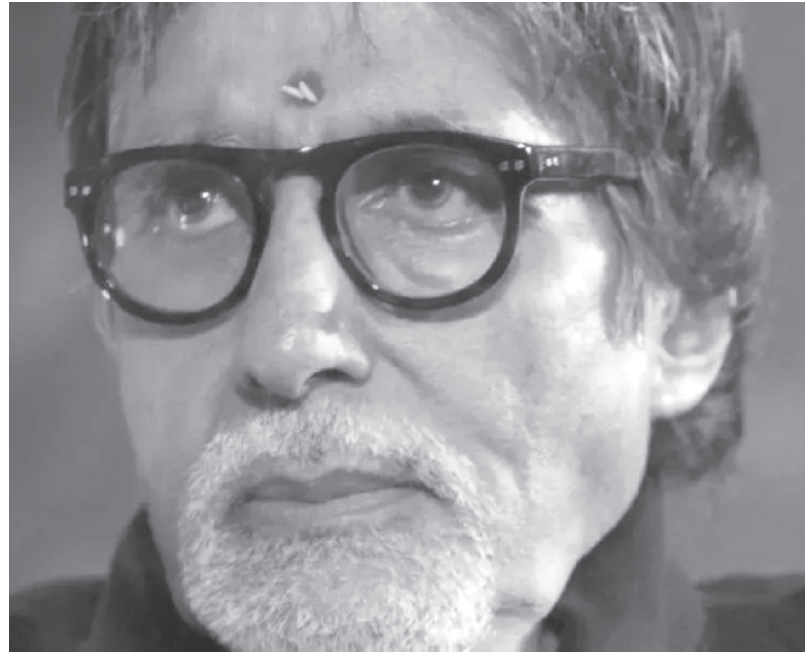
amount won by the contestant would be doubled after they correctly answer the 'super sawaal'. The catch is that the contestant would have no options to choose the right answer from, according to a video shared by the channel on social media.

Bachchan, who is currently shooting for "KBC", said that listening to the contestants talk about their struggles in front of millions of audience members in the past few days has been a "moving" experience.

"But with that most endearing smile which just melts us for the past few days the contestants and their lives that come before us have been most emotional and moving and we sit in the wonder of their narratives and try to extend helping hands for their needs and to try and overcome their harsh lives. May they be given all the strength that the Almighty can ever bestow upon those that struggle and set examples and teach a lesson to these," he added.

The cinema icon has hosted "KBC" since its inaugural season in 2000, except the third chapter in 2007, which was hosted by superstar Shah Rukh Khan.

Bachchan most recently starred in "Kalki 2898 AD". The film, directed by Nag Ashwin, has crossed the Rs 1000 crore-mark at the global box office.



will air on 'Sony Entertainment Television' from August 12. It will premiere on the channel weekdays at 9 pm.

In a lengthy post on his personal blog, Bachchan wrote the show offers a platform to the contestants to not only win a handsome cash prize but also share their personal stories.

circumstances they exist in and then the volume of their years of distress and suddenly they find themselves here on the 'garam kursi' (hot seat) and they get taken up by the emotion of the moment," the 81-year-old actor said.

One of those new changes is 'Dugnaastra', through which the

From Page 15 (Why does Terrorism....)

Until we change the basic grounds of humanity, terrorism is going to become more and more a normal, everyday affair. It will happen in the airplanes, it will happen in the buses. It will start happening in the cars. It will start happening to strangers. Somebody will suddenly come and shoot you – not that you have done anything to him, but just, the hunter is back.

The hunter was satisfied in the war. Now the war has stopped and perhaps there is no possibility for it.

The hunter is back; now we cannot fight collectively. Each individual has to do something to release his own steam.

Things are interconnected. The first thing that has to be changed is that man should be made more rejoicing – which all the religions have killed. The real criminals are not caught. These are the victims, the terrorists and other criminals.

It is all the religions who are the real criminals, because they have destroyed all possibilities of rejoicing. They have destroyed the possibility of enjoying small things of life; they have condemned everything that nature provides you to make you happy, to make you feel excited, feel pleasant.

They have taken everything away; and if they have not been able to take a few things away because they are so ingrained in your biology – like sex – they have at least been able to poison them.

Friedrich Nietzsche, according to me, is one of the greatest seers of the Western world; his eyes really go penetrating to the very root of a problem. But because others could not see it – their eyes were not so penetrating, nor was their intelligence so sharp – the man lived alone, abandoned, isolated, unloved, unrespected.

He says in one of his statements that man has been taught by religions to condemn sex, to renounce sex. Religion has not been able to manage it; and man has tried hard but has

failed, because it is so deeply rooted in his biology – it constitutes his whole body. He is born out of sex – how can he get rid of it except by committing suicide?

So man has tried, and religions have helped him to get rid of it – thousands of disciplines and strategies have been used. The total result is that sex is there, but poisoned. That word poisoned is a tremendous insight. Religions have not been able to take it away, but they have been certainly successful in poisoning it.

And the same is the situation about other things: religions are condemning your living in comfort. Now, a man who is living in comfort and luxury cannot become a terrorist. Religions have condemned riches, praised poverty; now, a man who is rich cannot be a terrorist. Only the "blessed ones" who are poor can be terrorists – because they have nothing to lose, and they are boiling up against the whole of society because others have things they don't have.

Religions have been trying to console them. But then came communism – a materialist religion – which provoked people and said to them, "Your old religions are all opium to the people, and it is not because of your evil actions in this life or in past lives that you are suffering poverty. It is because of the evil exploitation of the bourgeois, the super-rich that you are suffering."

The last sentence in Karl Marx's Communist Manifesto is: 'Proletariats of the whole world unite; you have nothing to lose and you have the whole world to gain.'

'You are already poor, hungry, naked – so what can you lose? Your death will not make you more miserable than your life is making you. So why not take a chance and destroy those people who have taken everything away from you. And take those things back, distribute them.'

What religions have somehow been consoling people with – although it was wrong and it was cunning and it was a lie, but it kept people in a state of being half asleep – communism suddenly made them aware of. That means this

world is now never going to be peaceful if we don't withdraw all the rotten ideas that have been implanted in man.

The first are the religions – their values should be removed so that man can smile again, can laugh again, can rejoice again, can be natural again.

'Second, what communism is saying has to be put clearly before the people – that it is psychologically wrong. You are falling from one trap into another. No two men are equal; hence the idea of equality is nonsense. And if you decide to be equal then you have to accept a dictatorship of the proletariat. That means you have to lose your freedom.'

First the church took away your freedom, the God took away your freedom. Now communism replaces your church, and it will take away your freedom.

And without freedom you cannot rejoice.

You live in fear, not in joy. If we can clean the basement of the human mind's unconscious... and that's what my work is. It can be cleaned away.

The terrorism is not in the bombs, in your hands; the terrorism is in your unconscious.

Otherwise, this state of affairs is going to grow more bitter. And it seems all kinds of blind people have bombs in their hands and are throwing them at random.

The third world war would have released people for ten or, fifteen years. But the third world war cannot happen because if it happens it won't relieve people, it will only destroy people.

So individual violence will increase – it is increasing. And all your governments and all your religions will go on perpetuating the old strategies without understanding the new situation.

The new situation is that every human being needs to go through therapies, needs to understand his unconscious intentions, needs to go through meditations so that he can calm down, become cool – and look towards the world with a new perspective, of silence."

"Hum Aapke Hain Koun" turns 30 : Salman Madhuri's timeless Bollywood legacy

Celebrating its 30th anniversary, the timeless classic 'Hum Aapke Hain Koun..!' continues to hold a special place in the hearts of Bollywood fans worldwide.

Directed by Sooraj Barjatya, this iconic film not only redefined success in Indian cinema but also left an indelible mark on the cultural landscape.

At its core, "Hum Aapke Hain Koun..!" is a celebration of love, family, and Indian traditions, beautifully portrayed through the lives of its characters, including Salman Khan's charismatic portrayal of Prem and Madhuri Dixit's enchanting role as Nisha. Their on-screen chemistry became the stuff of legend, captivating audiences with every scene they shared.

The film's narrative, centered around a large joint family and the intricate dynamics within, struck a chord with audiences across generations. It wasn't just a movie; it became a cultural phenomenon, influencing wedding ceremonies with its joyful song sequences and festive spirit. The 14-song soundtrack, featuring hits like "Didi Tera Devar Deewana" and "Pehla Pehla Pyar," became anthems of its time, resonating with millions.



Upon its release, "Hum Aapke Hain Koun..!" shattered box office records, becoming the highest-grossing Indian film of its era. It surpassed the ₹. 100 crore mark in India alone—a milestone achievement at that time, paving the way for a new era in Bollywood filmmaking. Its success also ushered in a trend towards family-centric, feel-good cinema, marking a departure from the violent narratives prevalent until then.

Recognized with two National Awards, including Best Popular Film Providing Wholesome Entertainment, the film's impact extended beyond the silver screen. It influenced fashion trends, dialogue delivery, and even wedding customs, making it a cultural touchstone.

Salman Khan's portrayal of Prem remains one of his most iconic roles, showcasing his versatility as an actor. His effortless charm and infectious energy complemented Madhuri Dixit's grace, creating moments that continue to evoke nostalgia among fans.

Three decades later, "Hum Aapke Hain Koun..!" stands as a testament to the enduring power of storytelling in cinema. Its ability to blend laughter and tears, romance and family values, has secured its place not just in Bollywood history but in the hearts of millions worldwide.

As we celebrate this milestone, we reflect on the magic of "Hum Aapke Hain Koun..!"—a film that continues to inspire, entertain, and remind us of the timeless beauty of love and family bonds. Whether you're revisiting it for the umpteenth time or discovering it anew, its appeal remains undiminished—a true masterpiece of Indian cinema that transcends generations.

INTROSPECTION

Why Does Terrorism Happen?

By OSHO



Everything is deeply related with everything else that happens.

The event of terrorism is certainly related with what is happening in the society. The society is falling apart. Its old order, discipline, morality, religion, everything has been found to be wrongly based. It has lost its power over people's conscience.

Terrorism simply symbolizes that to destroy human beings does not matter, that there is nothing in human beings which is indestructible, that it is all matter – and you cannot kill matter, you can only change its form. Once man is taken to be only a combination of matter, and no place is given for a spiritual being inside him, then to kill becomes just play.

The nations are irrelevant because of nuclear weapons. If the whole world can be destroyed together within minutes the alternative can only be that the whole world should be together. Now it cannot remain divided; its division is dangerous, because division can become war any moment. The division cannot be tolerated. Only one war is enough to destroy everything, and there is not much time left for man to understand that we should create a world where the very possibility of war does not exist.

Terrorism has many undercurrents. One is that because of nuclear weapons, the nations are pouring their energy into that field, thinking that the old weapons are out of date. They are out of date, but individuals can start using them. And you cannot use nuclear weapons against individuals – that would be simply stupid. One individual terrorist throws a bomb – it does not justify that a nuclear missile should be sent.

What I want to emphasize is that the nuclear weapon has given individual people a certain freedom to use old weapons, a freedom which was not possible in the old days because the governments were also using the same weapons.

Now the governments are concentrated on destroying the old weapons, throwing them in the ocean, selling them to countries which are poor and cannot afford nuclear weapons. And all those terrorists are coming from these poor countries, with the same weapons that have been sold to

their countries. And they have a strange protection: you cannot use nuclear weapons against them, you cannot throw atom bombs at them.

They can throw bombs at you and you are suddenly impotent. You have a vast amount of atomic bombs, nuclear bombs in your hands – but sometimes where a needle is useful, a sword may not be of any use. You may have the sword; that does not mean that you are necessarily in a superior position to the man who has a needle, because there are purposes in which only the needle will work -- the sword will not be of any use.

Those small weapons from the old times were piling up, and the big powers had to dispose of them – either drown them in the ocean... That meant so much money, so much manpower, so much energy had gone to waste; economically it was disastrous. But just to go on piling them up was also economically impossible. How many weapons can you gather? There is a limit. And when you get a new way of killing people more efficiently, then the old simply has to be got rid of.

It was thought that it would be better to sell them to poor countries. Poor countries cannot create nuclear weapons – it costs too much. And these weapons were coming cheap – as help; they accepted it, but these weapons cannot be used in a war. In a war these weapons are already useless. But nobody has seen the possibility that these weapons can be used individually, and a new phenomenon – terrorism – can come out of it.

Now, a terrorist has a strange power, even over the greatest powers. He can throw bombs at the White House without any fear, because what you have is too big and you cannot throw it at him. And these are the weapons sold by you! But the phenomenon was not conceived of, because human psychology is not understood.

My understanding is that the way he has lived, man needs every ten to twelve years – a war. He accumulates so much anger, so much rage, so much violence, that nothing short of a war will give

him release. So, war after war... There is a gap of only ten to fifteen years. That gap is a kind of relaxation. But again you start accumulating, because the same psychology is working – the same jealousy, the same violence

And man is basically a hunter; he is not by nature vegetarian. First he became a hunter, and for thousands of years he was just a meat-eater, and cannibalism was prevalent everywhere. To eat human beings caught from the opposing tribe you were fighting with was perfectly ethical. All that is carried in the unconscious of humanity.

Religions have imposed things on man very superficially; his unconscious is not in agreement. Every man is living in a disagreement with himself. So whenever he can find a chance – for a beautiful cause; freedom, democracy, socialism – any beautiful word can become an umbrella to hide his ugly unconscious, which simply wants to destroy and enjoys destruction.

Now the world war has become almost impossible; otherwise there would have been no terrorism. Enough time has passed since the second world war; the third world war should have happened nearabout 1960. It has not happened. This has been the routine for the whole of history, and man is programmed for it.

It has been observed by psychologists that in wartime people are more happy than in peacetime. In wartime their life has a thrill; in peacetime they look bored. In wartime, early in the morning they are searching for the newspaper, listening to the radio. Things may be happening far away, but they are excited. Something in them feels an affinity.

A war that should have happened somewhere between 1955 and 1960 has not happened, and man is burdened with the desire to kill, with the desire to destroy. It is just that he wants good names for it.

Terrorism is going to become bigger and bigger, because the third world war is almost impossible. And the stupid politicians have no other alternative. Terrorism simply means that what was being done on a social scale now has to be done individually. It will grow. It can only be prevented if we change the very base of human understanding – which is a Himalayan task; more so because these same people whom you want to change will fight you; they won't allow you to change them easily.

In fact they love bloodshed; they don't have the courage to say so. In one of the existentialist's novels, there is a beautiful incident which can almost be said to be true. A man is presented before the court because he has killed a stranger

who was sitting on the beach. He had never seen the stranger. He did not kill him for money. He does not yet know how that man looked, because he killed him from the back, just with a big knife.

They had never met – there was no question of enmity. They were not even familiar; they had not even seen each other's faces.

The magistrate could not figure it out, and he asked the murderer, 'Why did you do it?'

He said, 'When I stabbed that man with a knife, and a fountain of blood came out of his back, that was one of the most beautiful moments I have ever known. I know that the price will be my death, but I am ready to pay for it; it was worth it. My whole life I have lived in boredom – no excitement, no adventure. Finally I had to decide to do something. And this act has made me world famous; my picture is in every newspaper. And I am perfectly happy that I did it.'

There was no need for any evidence. The man was not denying – on the contrary, he was glorifying it. But the court has its own routine way – witnesses still have to be produced; just his word cannot be accepted. He may have been lying, he may not have killed the man. Nobody saw him – there was not a single eyewitness – so circumstantial evidences had to be presented by the police.

One of them was that possibly this man has killed according to his past life and his background. When he was young, his mother died.



And when he heard that his mother had died, he said, 'Shit! That woman will not leave me even while dying! It is Sunday, and I have booked tickets for the theater with my girlfriend. But I knew she would do something to destroy my whole day – and she has destroyed it.'

His mother has died and he is saying that she has destroyed his Sunday! He was going to the theater with his girlfriend, and now he has to go to the funeral. And the people who heard his reaction were shocked. They said, 'This is not right, what are you saying?'

He said, 'What? What is right and what is wrong? Couldn't she die on any other day? There are seven days in the week – from Monday to Saturday, she could have died any day. But you don't know my mother – I know her. She is a bitch! She did it on purpose.'

The second evidence was that he attended the funeral, and in the evening he was found dancing with his girlfriend in a disco. And somebody asked, 'What! What are you doing? Your mother has just died.'

He said, 'So what? Do you mean now I can never dance again? My mother is never going to be alive, she will remain dead; so what does it matter whether I dance after six hours, eight hours, eight months, eight years? What does it matter? – she is dead. And I have to dance and I have to live and I have to love, in spite of her death. If everybody stopped living with the death of their mother, with the death of their father, then there would be no dance in the world, no song in the world.'

His logic is very right. He is saying, 'Where do you draw the demarcation line? After how many hours can I dance? – twelve hours, fourteen hours, six weeks? Where will you draw the line? on what grounds? What is the criterion? So it doesn't matter. One thing is certain: whenever I dance I will be dancing after the death of my mother, so I decided to dance today. Why wait for tomorrow?'

Such circumstantial evidences are presented to the court – that this man is strange, he can do such an act. But if you look closely at this poor man, you will not feel angry at him; you will feel very compassionate. Now, it is not his fault that his mother has died; and anyway, he has to dance some day, so it makes no difference. You cannot blame this man for saying ugly things: 'She deliberately died on Sunday to spoil my joy,' because his whole experience of life must have been that she was

again and again spoiling any possibility of joy. This was the last conclusion: 'Even in death she will not leave me.'

And you cannot condemn the man for killing a stranger... because he is not a thief; he did not take anything from him. He is not an enemy; he did not even see who was the man he was killing. He was simply bored with life and he wanted to do something that made him feel significant, important. He is happy that all the newspapers have his photo. If they had published his photo before, he would not have killed; but they waited – until he kills they will not publish his photo. And he wanted to be a celebrity... just ordinary human desires. And he was ready to pay with his life to become, at least for one day, known to the whole world, recognized by everybody.

Continued Page 14



EDUCATION

IIT-L empowers have - not girls through quality education

Every Sunday, the sprawling lush green campus of the Indian Institute of Information Technology Lucknow (IIIT-L) turns into a Masti Ki Pathshala, full of joy and learning for around 100 minor girls from weaker sections of society, who get acquainted with computers and technology and get their mathematical concepts clear in a joyful manner.

Some volunteer students host the girls and teach them the basics of mathematics and computers. These poor girls, for whom IIIT-L is like a second home, have access to the same classroom where IIIT students attend their classes on regular week days, use their computer labs and enjoy a sumptuous lunch in the college canteen.

Air-conditioned classes and digital blackboard, next generation computers and smart furniture are among the many things which these girls had only heard about or seen in movies.

Nidhi Singh, 14, and Sanjana Rawat, 17, both students of Aadarsh High School, Ahimamau were overjoyed as they and 90 other have-not girls were greeted and welcomed on the campus by IIIT students who are in the role of teachers for these kids and earn stipend for the number of hours they put in.

Apoorva Kakkar and Mukul Aggarwal, who are students of M Sc Data Sciences, teach these 100 girls mathematics to help them overcome the maths phobia. The session commenced with an introduction to the mathematics syllabus that will be

covered throughout the initiative. The primary focus of the class was to establish a foundational understanding of the basic number system.

The project: Vidya Samridhhi Initiative

In a pioneering effort to bridge the educational divide for underprivileged girls, the Indian



Institute of Information Technology Lucknow (IIIT-L) has launched the Vidya Samridhhi Initiative. "This programme is designed to uplift underprivileged girls by providing quality education and essential skills, thereby empowering them to achieve self-sufficiency," said Dr Arun Mohan Sherry, director of the institute.

Targeting girls aged 11-18 from lower-income families, the Vidya Samridhhi Initiative aims to enhance their foundational technical and mathematical knowledge. Aligned with Sustainable Development Goal

4, which focuses on inclusive and equitable quality education, the initiative leverages IIIT-Lucknow's advanced infrastructure and dedicated volunteer resources.

"The programme offers regular classes, practical sessions and awareness campaigns on critical issues such as safety, hygiene, women's health and

empowerment. Additionally, the initiative includes field trips and excursions to broaden the participants' horizons and experiential learning," said Mary Samuel and Deepshikha Agarwal, the two faculties.

Funded with a budget of ₹43.90 lakh

Funded with a budget of ₹43.90 lakh and spanning a duration of three years, the Vidya Samridhhi Initiative is sponsored by the Higher Education Financing Agency (HEFA). HEFA is an organisation committed to providing financial support for the creation of capital assets in premier educational institutions

in India. The project is spearheaded by principal investigator Deepshikha Agarwal, assistant professor and head, dept of information technology, IIIT Lucknow with co-principal investigator Mary Samuel, assistant professor and head, mathematics department, IIIT Lucknow and Bindu Singh, assistant professor, department of management and humanities, IIIT Lucknow.

The curriculum

The curriculum focuses on skill development in computer science and mathematics, providing comprehensive support and growth for the participants. Students will gain both basic and advanced skills in computer science, with hands-on experience using software in the institute's well-equipped labs.

The students are being taught mathematics through an innovative and playful approach, involving activities while promoting creativity as a key element of practice and offering ideas to help them develop knowledge, good footing and enjoyment of the subject. Under the guidance of the project investigators, there will be a team comprising project associates, teaching volunteers and a project staff where the project associates will bridge the gap between the volunteer students and the target group. The volunteer teachers are students of IIIT Lucknow who are good at academics and have a flair for teaching whereas the project staff provide necessary assistance to the project team and investigators.

As part of IIIT-Lucknow's broader corporate social responsibility efforts, the course is offered free of charge to all students. This initiative underscores the institute's commitment to accessible education and the empowerment of girls, enhancing their socio-economic independence and self-confidence.

Feedback from underprivileged girls

Aarushi, 11, eagerly looks forward to the weekend classes, enjoying the company of friends and the engaging lessons. With aspirations of becoming an engineer, Aarushi's excitement is a testament to the programme's positive impact on young minds.

Neha from Priyadarshini Public Inter College is grateful for the clean classrooms and courteous staff, elements that have made her experience truly enjoyable.

Shivanshi, 17, is excited about the first maths class on the number system and using a computer for the first time. Her uncle, a painter in the institute, introduced her to the programme, and she's eager to see where this new learning will take her.

Anjali enjoys coming to the campus on every Sunday and eating meals with her friends in the institution's mess.

These kids will be an integral part of IIIT-L and shall visit the campus to attend classes on every Sundays for three years. The first day of the batch was on July 27 and August 4 was the second day. After successful completion of the course, they will get a certificate enlisting their proficiency and various skills in computer know-how.

Empathy and Technology : Future of Education in India under NEP 2020

One of the greatest apprehensions that looms over most parents at every teacher meeting is the label around the

The one-size-fits-all approach has left many students struggling and contributed significantly to learning and skill gaps -

factors: economic and regulatory influences, content and learning strategies, and technological advancements in education. Let's discuss some of the insights shared by Anish Raghunandan, CEO of Tata ClassEdge.

ECONOMIC AND REGULATORY INFLUENCE

One of the goals of the NEP 2020 is bridging the social category gaps in access, participation, and learning outcomes. Good quality teaching-learning resources are vital to ensure that learning outcomes are met. In regions with minimal access, which lack adequate infrastructure and have a dearth of teaching talent, Edtech emerges as the panacea.

This will play a crucial role in making EdTech solutions accessible across segments, with affordability and scalability being paramount.

EVOLVING CONTENT AND LEARNING STRATEGIES

Content and learning strategies will evolve significantly with the implementation of visible learning concepts aided by technology. Solutions that graduate learning concepts to skilling needs will become prevalent in classrooms in India as the dialogue evolves to competency and application

rather than just the ability to reproduce knowledge.

With teachers adopting microlearning via blended learning approaches, the teaching-learning paradigm is set to transition from curriculum coverage to human development.

TECHNOLOGICAL ADVANCEMENTS IN EDUCATION

The introduction of Smart Boards and Interactive Panels in

systems can identify areas where students are struggling and provide targeted interventions to help them improve. With further democratisation of content and ubiquitous access to tools and forums, classrooms in India will see teachers, AI and students turn to collaborators to deliver the right combination of content for the teaching-learning process.

The ongoing technological transformation in education will go beyond merely incorporating



learning capabilities of their child.

The discourse often centres on 'good learner' versus 'bad learner'. This binary classification oversimplifies the diverse learning styles and individual affinities for different types of learning.

Despite insulated pockets of excellence and some passionate educators, classrooms have been mainly static environments where teachers employ a singular style of teaching, lacking pedagogical support to address individual differences.

highlighting the urgent need for a more nuanced understanding of educational needs and a more empathetic approach to teaching.

India's education sector is seeing unprecedented changes; increasing internet penetration and smart device adoption, coupled with a growing demand for quality education. Integrating digital tools, interactive smart boards, unlimited content resources, and engaging learning environments are all rewriting the grammar of schooling.

The future of classrooms in India is set to be shaped by three key



classrooms has enabled the teaching-learning process to get access to content that enables multi-modal learning and compliments teaching styles.

Personalisation in one-to-many scenarios is impossible to achieve without technology. AI-powered adaptive learning

gadgets in the classroom. It will represent a holistic reimagining of teaching and learning processes to optimise the educational experience in every context and deliver a learning continuum, making students confident learners without labels.

SPECIAL REPORTS

Odisha CM Kisan Yojana List 2024-25: Online Search Farmer Name

The Government of Odisha state released the Odisha CM Kisan Yojana List 2024-25. All the citizens of Odisha state who have applied for the Odisha CM Kisan scheme can now visit the official website to check the beneficiary list released by the authorities. With the help of the online system of checking the beneficiary list the applicants and the government can both save a lot of time and effort. To check the list online on the official website the applicants just need to enter their district, block, and Gram Panchayat. All the citizens of Odisha state who will get selected under the scheme will find their name in the Odisha CM Kisan Yojana List 2024-25.

What is Odisha CM Kisan Yojana 2024?

The Odisha state government announce the Odisha CM Kisan Yojana 2024 to provide financial assistance to the farmers of the Odisha state. Under this scheme, the Odisha state government will provide financial help of INR 4000 to all the farmers of Odisha state in two different installments. Not only this the Odisha state government will also provide financial assistance to the landless farmers of Odisha state. All the landless agriculture households who work in agriculture-aligned activities will receive financial help of INR 12500. This scheme will help the farmers to focus on their cultivation without worrying about financial trouble.

Key Highlights of Odisha CM Kisan Yojana List

Name of the scheme	Odisha CM Kisan Yojana List
Introduced by	Odisha state government
Objective	Check beneficiary list
Beneficiaries	Odisha state citizens
Official website	https://kalia.odisha.gov.in/index1.html



Eligibility Criteria

- The applicant must be a permanent resident of Odisha state.
- The applicant must be a small and marginal farmer in the Odisha state.

Required Documents

- Aadhar Card
- Ration card
- Mobile Number
- Electricity bill
- Address Proof
- PAN Card

Silent Features of CM Kisan Yojana

- The CM Kisan Yojana was announced during the presentation of the fiscal budget of the Odisha state for the financial year 2024-25.
- The Odisha CM Kisan Yojana is the new name for the Kalia Yojana that was launched by the previous Odisha state government.
- The financial assistance under the scheme will be transferred directly to the collected applicant's bank account.
- All the landless farmers who are associated with small goat-rearing units, mini-layer units, duckery units, fishery kits for fishermen, mushroom cultivation bee-keeping, etc will receive INR 12,500.

- For the implementation of this scheme, the audition state government has set up a total budget of INR 1935 crores.

Check Odisha CM Kisan Yojana List 2024 Online

STEP 1: All the applicants who have already applied for the scheme can now visit the official CM Kisan website to check the Odisha CM Kisan Yojana List 2024 Online.

STEP 2: Once the applicant reaches the homepage of the official website the applicant must click on the option beneficiary list.

STEP 3: A new page will appear on your desktop screen the applicant must enter their district, block, and gram panchayat.

STEP 4: After entering all the details the applicant must quickly review it and click on the option submit to complete their process.

Detail Covered Under CM Kisan Yojana List

- Kalia ID
- Village Name
- Beneficiary Name
- Father/ Husband Name
- Gender

Q-What is required to check the Odisha CM Kisan Yojana List 2024-25?

The applicants just need to enter their district, block, and gram panchayat to check the Odisha CM Kisan Yojana List 2024-25.

Q-What is the financial assistance to be given under the Odisha CM Kisan Yojana 2024-25?

The financial assistance of INR 4000 in two different installments will be the selected farmers under the Odisha CM Kisan Yojana List 2024-25.

Q-How much financial assistance will be given to the landless farmers under the Odisha CM Kisan Yojana 2024-25?

The financial assistance of INR 12500 will be given to the landless farmers under the Odisha CM Kisan Yojana List 2024-25.

Odisha HC asks LIC to disburse claim, says customer care is key

The Orissa High Court has expressed concern over insurance companies readily accepting premiums from their clients and often adopting practices that result in significant challenges for policyholders at the time of filing claims.

"This dichotomy between the ease of premium collection and the rigorous scrutiny applied during the claims process highlights a critical area of concern in the insurance industry," the high court underscored while directing the Life Insurance Corporation of India to correct the identified error and reassess the claim made in a policy and disburse the amount to the nominee within a week.



In a judgment officially released on Saturday, the single Judge bench of Justice SK Panigrahi observed, the process of paying premiums is streamlined, with multiple options available to ensure timely and hassle-free payments. However, when it comes to the moment of truth -filing a claim -policyholders often encounter a starkly different experience. The claims process can be arduous, marked by extensive documentation requirements, prolonged investigations and meticulous scrutiny of every detail. "Clients may find themselves entangled in bureaucratic red tape, facing delays and denials that can exacerbate their distress, particularly during times of personal loss or crisis," the bench observed.

"It is, thus, strongly suggested that insurance companies critically evaluate their actions and prioritise working for the benefit of their customers. While the primary goal of any business is profitability, the insurance industry must balance this objective with a commitment to fairness and customer satisfaction," Justice Panigrahi further underlined. In the case adjudicated by the high court, the nominee's claim was rejected by LIC and the Insurance Ombudsman, Odisha had confirmed it.

However, Justice Panigrahi ruled it is evident that the insurance company erred in rejecting the petitioner's claim solely on the ground that the deceased insured's date of birth, as recorded in the voter ID/voter list, differed from the date of birth stated in his other documents. "Based on the analysis of both factual and legal aspects of the case, this court concludes that the Insurance Company erred in dismissing and rejecting the rightful claim of nominee," he stated.

While registering the policy, voter ID card was accepted when it is a widely recognised identification document for civic duties and is often deemed to be a non-standard proof of date of birth within the insurance industry, Justice Panigrahi observed.

Man held for cheating four women on pretext of marriage in Odisha

A 34-year-old man who conned four women - illegally married at least two of them - while wooing 49 others on a matrimonial site was arrested by Commissionerate Police which launched an operation called 'Dulhe Raja' to nab him.

Accused Satyajit Managobind Samal of Jajpur district, who would pose as a police officer, and sometimes as a central government employee, had duped one woman of Rs 36 lakh on the pretext of marrying her.



It was basing on the complaint of the woman that Capital police registered a case in February and went after Samal.

The complainant said Samal contacted her on a matrimonial site by impersonating as a police officer and cheated her of Rs 36 lakh. He also had physical relationship with her on the promise of marriage. However, when the woman realised Samal's intentions, she demanded her money. Samal reportedly terrorised her using a gun and fled.

During investigation, police found out that the complainant, a working professional, took loans from at least four banks to give Rs 27 lakh cash to Samal in different phases. She even bought a Maruti Baleno worth Rs 8.15 lakh for Samal.

Police registered a separate case after ascertaining that Samal had cheated another woman after contacting her on a matrimonial site. He took Rs 8.60 lakh and a Royal Enfield Interceptor bike worth Rs 3.50 lakh from her on the pretext of marriage.

Samal was staying on rent in Chandrasekharpur area but would flee to Dubai after cheating the victims. As he frequently went abroad, it was a challenge for Commissionerate Police which decided to turn the tables on Samal using his own game.

"We laid a trap and a woman police officer was assigned the task of chatting with him on the matrimonial site expressing interest to marry him," said Bhubaneswar-Cuttack Police Commissioner, Sanjeeb Panda. When Samal was compelled to return to Bhubaneswar to meet the undercover officer who acted as a 'prospective bride', he was arrested by the police.

Investigation revealed he had married two other women based out of Kolkata and New Delhi and had taken one car each from them. Police recovered marriage certificates from the two women staying outside the state, said sources.

"Samal impersonated as police or central government official to cheat women on matrimonial sites. He mostly targeted separated women and took cash from them on the promise of marriage. He used the ill-gotten wealth to buy cars and motorcycles," said DCP Prateek Singh.

He then rented out those cars to travel agencies and made easy money. Samal, a graduate, told the police that he was employed with Starbucks in Dubai and his claims are being verified, said sources.

Police seized one car and a motorcycle, a gun, Rs 2.10 lakh cash and other articles from him. Samal cheated four women in the last two years. So far, police have established that he was chatting with 49 other women on the matrimonial sites. He will be brought on police remand for further questioning, said sources.

BJP Government in Odisha won't be able to break BJD, claim leaders

The BJD leadership has exuded confidence that the ruling BJP won't be able to break it despite making a hundred attempts. Referring to the surprise resignation



of BJD Rajya Sabha member Mamata Mohanta from the Upper House and the party and joining the saffron party subsequently, the regional party said that the BJP must be daydreaming if it thinks that it can

cause a split by just luring just one of its leaders into the saffron fold.

Soon after Mamata, a Mohanta community leader from tribal-dominated Mayurbhanj joined the BJP, BJD leaders, especially those hailing from Mayurbhanj, reached Naveen Nivas and met party president Naveen Patnaik to express their solidarity with him. They said they would work

for the cause of the party. Her joining party wouldn't affect the party base in Mayurbhanj.

With Mamata jumping the fence, the BJD is now left with 8 Rajya Sabha

members. The total representation in the Rajya Sabha from Odisha is 10. Now the regional party is repenting having backed railway minister Ashwini Vaishnav candidature for the Rajya Sabha the second time in a row. The BJP can easily win the seat vacated by Mohanta as it has 78 MLAs in the 147-member strong Assembly.

Naveen met his party leaders at Naveen Nivas and had just one piece of advice for them. "Be united and go and work for the people. Be with them always in their hard times," said a leader.

The BJP is trying to poach another two or three BJD Rajya Sabha members by either luring them with promises or through coercion by using the threat of raids by central agencies against their business establishments.

REPORTS

Migrant Woes

A total of 197 migrant workers from Odisha have lost their lives while working outside the State in the last five years, the Assembly was recently informed.

Responding to a query, Labour and Employees' State Insurance Minister Ganesh Ram Singhuntia said that 197 migrant workers died within India, while 31 lost their lives abroad up to June 2024.

The Minister further informed that the bodies of only eight migrant workers could be brought back to their villages.

Take the case of 35-year-old Kailash Dharua from Bhirkapada village under the Belpada block



provided to the bereaved family members following proper inquiry," said Bolangir District Labour Officer Sukanta Sethy.

Balaram Pradhan from Maheswarpur village under Khallikote block in Berhampur

Jitendra Pradhan from Khalingir village under Sanakhemundi block in the district was run over by a train near Rajahmundry in Andhra Pradesh while he was returning home from Surat. Without any kind of assistance forthcoming from any quarters, the family members of Jitendra have become completely helpless.

"After losing our son, we are completely clueless on how to survive," said Jitendra's mother.

"We have brought back bodies of some of the migrant workers of our district to their villages in the last five years. With permission from the family members, bodies of some other migrant workers have been cremated outside the State," said Ganjam Divisional Labour Commissioner Babu Charan Patra.

Dikhit Digal from Nuapadara village under Phiringia block in Kandhamal District was working in a hotel in Rajahmundry. He reportedly committed suicide. His body was brought back to the village after a couple of days.



of Bolangir district. Kailash had gone to Andhra Pradesh to work as a migrant worker. However, he lost his life there four days ago. The crestfallen family members had no alternative but to cremate the body in Andhra Pradesh as they didn't have the means to bring back the body to their village.

"We couldn't bring back the body of our son to the village as we are very poor," rued Kailash's mother Shakuni Dharua.

Somehow, the family members of Gajanana Sandha from Amapali village in the district managed to bring back his body by borrowing money.

"We have lost the only earning member of our family. We are clueless now on how to make our living," said Gajanana's wife Jema Sandha.

However, both family members are yet to get any assistance from the administration.

"We take steps to bring back the bodies of migrant workers to their areas from outside the State. Financial assistance is also

passed away while working as a migrant worker in Ethiopia. With much difficulty, the family members managed to bring back the body to their village.

Meanwhile, Balaram's elderly parents, two sons and as many daughters are going through a severe ordeal to eke out a living.



However, they have not yet got any help from the administration.

"It took six days to bring back his body. We don't have any other earning member in our family. How will we live now?" asked Balaram's wife Sarita Pradhan.

Following the development, his sick and elderly parents are crestfallen. Now, they are struggling to make ends meet without having any means.

"We are very poor. After the death of my son, we are finding it hard even to manage two square meals per day," said Dikhit's mother Santoshi Digal.

Notably, Bolangir district, known for mass migration, recorded the highest number of 21 deaths of workers outside the State during the last five years. Among other districts, 19 deceased were reported from Kandhamal during the period. Rayagada, Berhampur and Kalahandi recorded 18, 15 and 10 deaths respectively.



Turning millionaires by playing online game!

The Enforcement Directorate (ED) recently conducted raids on houses of as many as six youths in Sundargarh who have reportedly become millionaires by playing an online game named 'Free Wine'.

As per reports, the ED officials asked the concerned family members about their sources of income and the online game.

In a rags-to-riches story, six youths from Gogua village under Bonai block in the district were tending cows and working as day labourers in their area some days back. However, to the utter dismay of the villagers, they reportedly become millionaires within a very short period of time. They have recently built huge buildings in the village and bought luxurious vehicles.

The truth behind the abrupt increase in their wealth came to the fore following raids by the ED team from West Bengal.

"The youths were tending cattle and working as day labourers some days back. They became millionaires overnight by playing some kind of game," said Sujit Sahu, a villager.

"ED has conducted raids to know the sources of their income. It is expected that crores of rupees will be seized from them," said

Prashant Kumar Dehuri, another villager.

The simultaneous raids were conducted on the houses of Arun Sahu, Alok Kumar Sahu, Narayan Pradhan, Bijay Pradhan and Sisir Pradhan by the ED officials and it



continued for some hours. However, the owners of the house were not present during the raid. The ED officials reportedly asked the family members about their source of income.

However, the ED officials refused to divulge any details about the reason behind the raids. The family members also refused to comment on the development.

As per sources, the Government of India has banned the online game as several persons have fallen victim to online fraud by playing it.

"The online game has been banned as several persons have fallen victim to online fraud. Initially, the persons playing the game get trapped and later they fall prey to cyber fraud," said cyber expert Prashant Sahu.

The online game network has reportedly spread its tentacles in Sundargarh, Deogarh, Rourkela and Bhubaneswar in Odisha.

Trivial incident leads to minor boy's suicide

In an unfortunate turn of events, a trivial incident over playing cricket on a village road in Ganjam district led to the suicide of a minor boy. Multiple cases have been registered against different persons' names in Gangpur police station in connection with the case.

As per reports, a Class X student allegedly committed suicide by consuming pesticide due to humiliation after an FIR was lodged against him and his father by a woman in the village who was hit by the cricket ball.



The deceased has been identified as Chandan Parida from M Nuagada village in the district. He was a student of Odisha Adarsha Vidyalaya in Kshatriyabarapur.

Chandan was reportedly playing cricket with his friends on the village road on June 17. One of his shots allegedly hit a woman in the village while she was passing nearby. Subsequently, the woman lodged an FIR against Chandan and his father Narayan Parida in Gangpur Police Station.

Following the development, Chandan was allegedly under huge mental stress after hearing sarcastic statements from some of the villagers. As a result, the minor boy lost his mental balance and reportedly consumed pesticide. Subsequently, he was admitted to Bhanjanagar hospital in a critical condition. However, doctors declared him brought dead.

After the death of the minor boy, his father Narayan Parida lodged an FIR against three persons of the village.

Gangpur Police has registered cases in connection with both the complaints and started investigations into the cases.

LIFESTYLE

Monsoon Eye Health Tips

The monsoon season has finally brought relief from the summer heat but it has also increased eye infections as the humidity and exposure to rainwater have surged. Therefore, it is important to take extra care of your eyes during this time.

Expert advice on how to keep your eyes healthy and infection-free during the monsoons -

1. Seek Immediate Medical Attention for Eye Infections: Eye infections like conjunctivitis, boils, and styes are very common during the monsoon season. To prevent any complications, consult your eye specialist as soon as you experience any symptoms.
2. Avoid Open Swimming



Swimming in open pools during the rainy season can increase the chances of contracting viral conjunctivitis, so it's best to avoid them.

3. Skip Eye Makeup During Infection: Don't use eye makeup if you have an eye infection.
4. Practice Good Hygiene with Contact Lenses: Never touch your eyes or contact lenses with dirty hands. Always wash your hands thoroughly before handling lenses to



prevent infections.

5. Consider LASIK Treatment: For those tired of wiping their foggy and wet spectacles, LASIK treatment

can be a viable option to achieve clear vision without glasses.

Eye-care trends

Adding to the list of eye-care tips for monsoons, Dr Shachi Joshi, an Ophthalmologist in Mumbai, recommended some trends to keep your eyes safe and calm during rains -

1. Do Not Share Personal Items: It is best to avoid sharing your handkerchief, towel, or makeup kit with others, as this can spread infections.

Tea and coffee both offer health benefits due to their caffeine and antioxidants, improving energy levels, and mental alertness, and potentially aiding in weight loss. Tea, rich in L-Theanine, is calming and promotes relaxation and hydration, helping with stress reduction and sleep. Coffee, with more caffeine, provides a quick energy boost, enhances physical performance, reduces the risk of chronic diseases like Type 2 diabetes and Alzheimer's, and boosts metabolism.

Coffee has more caffeine than black tea, which can help reduce the risk of chronic diseases, boost athletic performance, and enhance mood and mental alertness. It also increases calorie burning and fat metabolism. Both drinks are rich in antioxidants: coffee contains flavonoids and chlorogenic acid (CGA), which may inhibit fat cell production, while black tea has polyphenols like theaflavins, thearubigins, and catechins, which aid in fat metabolism and

can alter gut microbiota for better weight management.

The antioxidants in both beverages may protect against cancer and heart disease. Coffee provides an immediate energy boost by increasing dopamine levels and blocking adenosine, while tea's L-theanine promotes a calm yet alert mental state by increasing alpha waves in the brain. It is advisable to restrict coffee consumption to 2 cups per day, with a daily caffeine limit of 400mg, roughly equal to 4 cups. Individuals with specific heart conditions, anxiety, or panic disorders should avoid caffeine. Always consult your doctor to decide if caffeine is appropriate for you.

Both coffee and tea offer unique health benefits and the optimal choice often depends on individual preferences and health goals. Let's break down the key points from a nutritionist's

2. Avoid Rubbing Your Eyes: Rubbing your eyes can introduce bacteria and cause infections. If you have persistent itching, consult your eye doctor instead.
3. Maintain Cleanliness: Washing your eyes 1-2 times a day with clean water can help keep them healthy and free from irritants. During the rainy season, keep washing your eyes with fresh water at regular intervals.
4. Handle Makeup with Care: During the monsoon, be extra cautious with eye makeup. Remove it properly before sleeping and avoid sharing it with others.
5. Use Protective Eyewear: It is important to wear eye protection glasses when riding bikes or walking on the road. They shield your eyes from dust, rain, and other irritants.

This monsoon, be extra cautious about your eyes and stay connected with your ophthalmologist. Regular check-ups and following the above preventive measures can help keep your eyes healthy and infection-free.

Tea vs Coffee

perspective -

Common Ground:

Antioxidants and Caffeine
Antioxidants: Both coffee and tea are rich in antioxidants, compounds that protect your



cells from damage. These antioxidants contribute to overall health and may reduce the risk of chronic diseases.

Caffeine: While the caffeine content varies, both beverages provide a natural energy boost. However, excessive caffeine

Anti-Sex Beds!

Athletes across the globe participated in the 2024 Paris Olympics. Meanwhile, the 'anti-sex' bed was again in the limelight as players share what the bed actually looks like.

The beds were made of cardboard, were reportedly introduced in an attempt by the organisers to prevent intimacy between athletes during their stay in the Olympic Games village. It was first introduced in the 2021 Tokyo Games. There has been criticism of the move in the past. Some athletes suggested that their comfort has been compromised by installing fragile beds in their rooms. But, the move was persisted with by the organisers of the Paris Games too.



Many athletes have actually tried to check the durability of these 'anti-sex' beds and tried to understand how strong they are.

Australian tennis stars, Daria Saville and Ellen Perez, tested the new anti-sex beds themselves, sharing videos on social media where they could be seen doing volley practice, squat jumps, step-ups, etc.

An Irish gymnast, Rhys McClenaghan also tested his bed, rubbishing the anti-sex narrative.

"When I tested them last time, they withstood my testing. Maybe I wasn't rigorous enough," wrote McClenaghan before calling the anti-sex narrative fake news.

Varun Chakravarthy wishes to become a Movie Director

Kolkata Knight Riders (KKR) cricketer Varun Chakravarthy has passion for movie too. He has recently revealed that he has a dream of becoming the director of Tamil Cinema.

Varun has worked as an assistant director and also made small role in Vishnu Vishal-starrer 'Jeeva' in 2014.

Varun recently disclosed that he already has a few scripts ready. Notably, he mentioned writing one of these scripts with Tamil superstar Vijay, affectionately known as 'Thalapathy' to his devoted fans, in mind.



Chakravarthy said he would gladly provide Vijay with a script if the actor-turned-politician wished to make a comeback in films.

"I have written a story specifically for Vijay. If he approves it, I will grant him the chance to make a comeback,"

Chakravarthy told Ravichandran Ashwin.

"As a 25-year-old, I had numerous dreams and aspirations. However, over time, my focus has narrowed to two or three clear goals. Filmmaking has become a central part of my creative pursuits, allowing me to craft stories and characters that captivate me. I enjoy developing narratives, often featuring two or three protagonists navigating distinct scenarios. Channeling this passion, I have written three full-length scripts, complete with detailed dialogue and screenplay elements," said Varun.

intake can lead to anxiety, insomnia, and digestive issues.

Coffee: The Energizing Elixir
Potential benefits: Linked to a reduced risk of type 2 diabetes, Parkinson's disease, liver disease, and certain types of cancer. May also improve physical performance.

Considerations: High caffeine content can be a concern for some individuals. Coffee can also increase acid production in the stomach, potentially aggravating acid reflux.

Tea: The Versatile Brew

Potential benefits: Rich in polyphenols, a type of antioxidant associated with heart health, reduced inflammation, and lower risk of chronic diseases. Certain teas, like green tea, may aid in weight management and brain function.

Considerations: The health benefits can vary widely depending on the type of tea.

Some herbal teas are caffeine-free, making them a suitable option for those sensitive to caffeine.

Key Factors to Consider

Caffeine sensitivity: If you're sensitive to caffeine, tea might be a better choice due to its lower caffeine content.

Health goals: Consider your specific health goals. For example, if you're looking to boost energy levels, coffee might be a good option, while tea could be preferable for relaxation and stress reduction.

Personal preference: Ultimately, the best beverage is the one you enjoy drinking consistently.

In conclusion, both coffee and tea can be part of a healthy diet when consumed in moderation. It is essential to listen to your body and choose the beverage that aligns with your individual needs and preferences. If you have specific health concerns, consult with a clinical dietitian for personalised guidance.

Rau's UPSC Coaching Centre Deaths : A Tragedy that was waiting to happen in The National Capital.

A tragedy hit New Delhi's Old Rajinder Nagar on July 27 evening, when rain-induced floods at a renowned UPSC coaching centre in the National Capital claimed the

tragedy, the authorities (Municipal Corporation of Delhi) have sealed a few libraries which operate from the basements, while a few other owners have shut their libraries, even removed their

MCD on June 26 and had warned of a "possibility of a major accident", according to media reports.

"Despite not having permission, they are running a

inaction," says another demand by the protesting students.

Furthermore, students complained that these buildings do not have a fire or emergency exit and that it is "a systematic problem" in these coaching centres and there is "a lack of interest in safety measures" on the part of the coaching centres. Students have been demanding the closure of such spaces where "students' lives can be in danger." "First there should be a proper investigation and only those buildings which have emergency exits should

be allowed to function so that such tragedies don't happen again," said a student on the condition of anonymity.

In the past, there have been multiple complaints of libraries/classes operating from the basements, waterlogging every year in locations that host most of these coaching centres and poor drainage systems in these localities, but no action has been taken on any of these aspects. Had the concerned authorities taken these complaints seriously, the major tragedy may have been averted and three innocent lives could have been saved.



lives of three civil services aspirants: Tania Soni from Telangana, Shreya Yadav from Uttar Pradesh, and Navin Delvin from Kerala.

The tragedy brought to light the use of unauthorised basements at the coaching centres in Delhi, and Rau's IAS - where the mishap happened - is not the only coaching centre flouting norms, according to the students.

"Most of the coaching centres, if not all, are conducting classes in the basement," a UPSC aspirant told the Free Press Journal requesting anonymity. "There should be a thorough investigation and every institution that is violating the norms and putting the students' lives in danger should face stringent action," the aspirant added.

"In recent years, to lure more students, the coaching institutes have tied up with libraries and they offer free one-year subscriptions to these libraries with new admissions. 90-95% of these libraries function out of the basements in Rajinder Nagar, Mukherjee Nagar, Karol Bagh and Patel Nagar," Avesh Khan, another UPSC aspirant told FPJ. These areas in the national capital have the maximum number of coaching institutes.

Khan added: "After the

hoardings and boards, and have absconded."

Speaking to the FPJ, Prateek Abhimanyu, a family friend of Tania Soni from Telangana who lost her life, said "everyone who is in a position of power is responsible" for the tragic accident. "Only after the tragedy has happened, we are getting to know about institutions flouting norms," he said, asking: "Why was the MCD not taking any action against such coaching institutes? What was the MCD Mayor doing? What were the Delhi Chief Minister, the MLA and the MP of the area doing? What was the Lieutenant Governor, who speaks on every subject and even takes actions, doing?"

At Rau's IAS, the owner of the building had shown that the basement would be used as a store room to acquire the fire department's no objection certificate (NOC), but the owner violated the norms and the basement was being used as a library/classroom, according to the FIR. This phenomenon, however, is "not limited to one or two coaching centres".

In fact, nearly a month before the tragic accident at Rau's IAS, civil services aspirant Kishor Singh Kushwah had filed a complaint against the coaching centres with the

classroom without NOC in the basement; they are running test classes, which are affecting the lives of students and staff. There is a possibility of a major accident. Big UPSC coaching institutes are running classes at illegal places, putting the lives of the students at risk," Kushwah had written in his complaint.

The students are still demanding action against such coaching institutes that have been flouting norms. Protests have been ongoing ever since the news of the tragic incident broke out and one of the several demands by the protesting students reads: "There should be strict actions against all the coaching institutes, buildings and properties that do not follow proper construction and security measures. All the libraries in the basement defying the appropriate safety and security protocols should be closed forever."

Additionally, the waterlogging in Rajinder Nagar and Mukherjee Nagar, the two areas in the National Capital where most of the coaching centres are located, is a norm every year with little being done by the authorities to improve drainage systems in these localities.

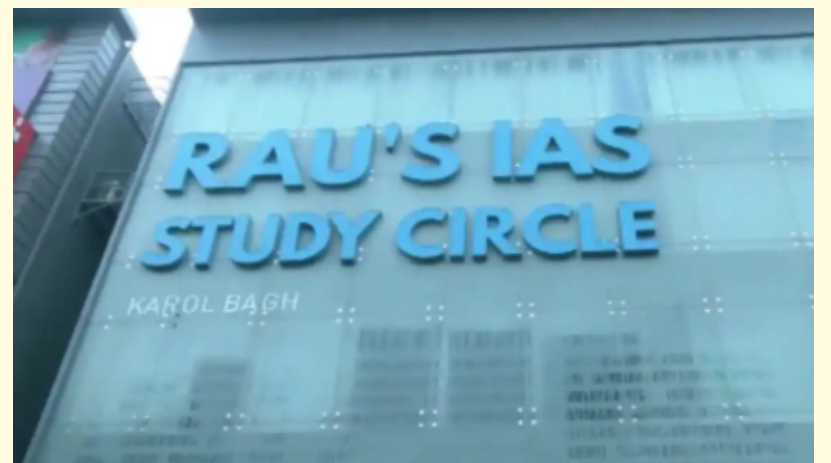
"There should be proper cleaning of the drainage system and MCD should be held responsible for their

Delhi UPSC Tragedy : Supreme Court takes Cognizance, calls City Coaching centers 'Death Chambers'

The Supreme Court of India on Monday (August 5) took suo motu cognizance of UPSC aspirants' deaths in Delhi's Rau's IAS Study Circle and said that such coaching centres have become 'death chambers'.

The top court has sent notices to the central government and Delhi state government asking what safety rules had been laid down to ensure students' safety, adding that coaching centres were 'playing with the lives of children.'

"These places (coaching centres) have become death chambers. Coaching institutes can operate online unless there is full compliance of the safety norms and basic norms for a dignified life. Coaching



centres are playing with the lives of aspirants who come from different parts of the country," said a Supreme Court bench of Justices Surya Kant and Ujjal Bhuyan as quoted by Press Trust of India.

"Safety norms require proper ventilation, safety passage, air and light, fire safety norms and such other requirements prescribed under law," said the bench calling the incident at Rau's IAS Study Centre an 'eye opener' for everyone.

The issue of students' safety at the coaching centres hit national headlines after three students died at Rau's IAS Study Circle on July 27 after water rapidly filled the basement where they were studying. It was revealed that use of the basement as a library violated rules. The building is located in New Delhi's Old Rajinder Nagar area.

UPSC coaching centres in the capital see aspirants from across the country arriving to prepare for the tough exams. These classes charge exorbitant fees. Following the incident at Rau's IAS Study Circle, authorities swooped in on coaching institutes and closed down many which were found to be violating laws and norms.

On Friday last week, the Delhi High Court transferred investigation into Rau's IAS Study Circle incident from Delhi Police to the Central Bureau of Investigation (CBI).