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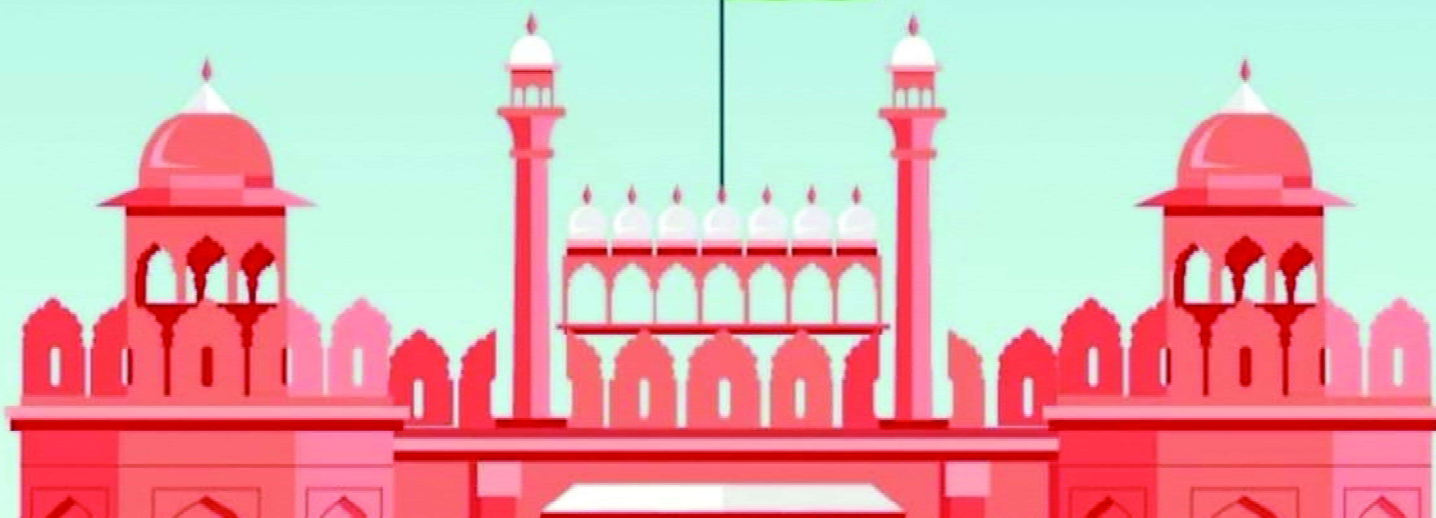
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IAS

Apurva Chandra (IAS: 1988: MH), Secretary, Ministry of Information & Broadcasting, was entrusted with additional charge of Secretary, Department of Telecommunications.

Rajeev Ranjan (IAS: 1989: MP), Secretary, National Commission for Backward Classes, was entrusted with additional charge of the post of Secretary, National Commission for Scheduled Castes.

Rupinder Singh (IAS: 1996: MH), Deputy Director General, UIDAI, was entrusted with additional charge of the post of Chief Executive Officer, Unique Identification Authority of India (UIDAI) with effect from 22.04.2023 till 18.06.2023.

Tenure of Rajeev Topno (IAS: 1996: GJ), Senior Adviser to Executive Director, World Bank, Washington, DC, USA, was extended for a further period up to 31.05.2024.

Niten Chandra (IAS: 1990: OR), Law Secretary, was designated as In-charge, Central Agency Section till his tenure in the Department.

Ravi Shanakar (IAS: 2007: GJ) was appointed as Director in the Department of Food & Public Distribution for a period of five years.

Ajeet K Sahu (IAS:2003: AGMUT) has been appointed as Joint Secretary, Department of Agriculture & Farmers Welfare for a tenure of five years.

Bishwajit Kumar Singh (IFoS: 1989: AGMUT) has been appointed as Joint Secretary, Ministry of AYUSH, for a tenure up to his superannuation on 31/01/2025.

Virendra Mittal (IAS: 2007: AM) has been appointed as Joint Secretary, Cabinet Secretariat for an overall tenure of five years i.e. upto 13/11/2024 by temporarily upgrading the post of Director.

Abhishek Dev (IAS: 2007: AGMUT) has been appointed as Chairman, Agricultural and Processed Food Products Export Development Authority (APEDA) under the Department of Commerce for an overall tenure of five years i.e. up to 08/02/2026.

Alok Tiwari (IAS: 2007: UP) has been appointed as PS to Minister for Defence (Joint Secretary level), on co-terminus basis by temporarily upgrading the post.

Juhi Mukherjee (IAS: 2007: AGMUT) has been appointed as Joint Secretary, Department of Economic Affairs for an overall tenure of five years.

Sanket S Bhondve (IAS: 2007: MP) has been appointed as Joint Secretary in Ministry of Electronics & Information Technology for a combined tenure of seven years.

Tina Soni (IAS: 2007: RJ) has been appointed as Joint Secretary, Department of Fertilizers for a combined tenure of seven years by temporarily upgrading the post of Director.

Parshant Kumar Goyal (IAS: 2007: TR) has been appointed as Joint Secretary, Department of Financial Services for an overall tenure of five years.

Neetu Kumari Prasad (IAS: 2001: TG) has been appointed as Joint Secretary, Department of Fisheries for a tenure of five years.

Vipul Aggarwal (IPS: 2001: GJ) has been as Joint Secretary, Department of Health & Family Welfare for an overall tenure of five years.

Richa Khoda (IRS IT: 1993) has been appointed as Joint Secretary, Department of Health Research for a tenure of five years.

Govind Jaiswal (IAS: 2007: AGMUT) has been appointed as Joint Secretary, Department of Higher Education for an overall tenure of five years.

Pausumi Basu (IAS: 2007: TG) has been appointed as Joint Secretary, Ministry of Home Affairs for an overall tenure of five years.

Anant Kishore Saran (CSS cadre) has been appointed as Joint Secretary, Ministry of Home Affairs for an overall tenure up to his superannuation i.e 31/10/2025.

Jitendra Singh Rajje (IAS: 2007: SK) has been appointed as Joint Secretary, Ministry of Minority Affairs for an overall tenure up to 01/06/2024.

Jayant Singh (IRTS: 1993) has been appointed as Adviser, NITI Aayog for a combined tenure of five years.

Nila Mohanan (IAS: 2007: AGMUT) has been appointed as Joint Secretary, Department of Personnel & Training for an overall tenure of five years.

Shyama Prasad Roy (CSS cadre) has been entrusted with additional charge of the post of Secretary, Capacity Building Commission (CBC), Department of Personnel & Training.

Nita Kejrewal (CSS cadre) has been appointed as Secretary, Public Enterprises Selection Board (PESB) under the Department of Personnel & Training for a tenure up to her superannuation on 31/07/2025.

Asheesh Joshi (IAS: 2006: UD) was appointed as Joint Secretary, Ministry of Petroleum & Natural Gas for an overall tenure of five years.

Ravindra Pratap Singh (IAS: 2007: OD) has been appointed as Joint Secretary, Department of Pharmaceuticals for an overall tenure of five years.

Shashank Misra (IAS: 2007: MP) has been appointed as Joint Secretary, Ministry of Power for an overall tenure of five years.

IPS

K Swarnambika (IPS: 2013: NL) was appointed to DS/ Director level post in Auroville Foundation for a period of three years.

Dr A Srinivas (IPS: 2009: KL) was appointed as Deputy Director (DIG level) in Sardar Vallabhbhai Patel National Police Academy (SVPNPA), Hyderabad for a period of 05 years.

Rajesh Pradhan (IPS: 2003: MH), DIG, CBI was appointed as Joint Director in CBI up to his approved deputation tenure i.e. 30.01 .2027 (5 years in total).

Appointments

Ashish Kumar (IDSE: 1998) Director, Department of Water Resources, River Development & Ganga Rejuvenation, was prematurely repatriated to his parent cadre on personal grounds.

Shivendra Nath recommended for the post of Chairman and Managing Director, Engineering Projects (India) Ltd.

Prabhat Kumar (IFS:1991), presently Special Secretary in the Ministry of External Affairs, has been appointed as the next High Commissioner of India to the Republic of South Africa.

Pratima Gupta (IOFS: 1992), CVO, Solar Energy Corporation of India (SECI), was entrusted with additional charge of CVO, Indian Renewable Energy Development Agency Ltd (IREDA) for a period of six months.

Dr Irshad Ahmad, presently Counsellor in the Embassy of India, Muscat, was appointed as the next Ambassador of India to the Syrian Arab Republic.

Satya Narayana, Jt CEO, KVIC, was ex-post facto entrusted with additional charge of the post of Financial Advisor (JS level), Khadi & Village Industries Commission (KVIC) Mumbai for a period from 31.12.2022 to 30.04.2023.

Deepak Miglani (YOA: 2006) was appointed as the next Ambassador of India to the Democratic Republic of Sao Tome and Principe.

Dr Kalyan Sagar Nippani was recommended for the post of Director (Human Resources), Bharat Sanchar Nigam Limited (BSNL).

A Malviya was recommended for the post of Director (Personnel), Electronics Corporation of India Ltd (ECIL).

Santosh Kumar Mohanty (IRS C&CE: 2005), Director, Ministry of Home Affairs, was prematurely repatriated to his parent cadre to avail the benefit of promotion.

Rajiv Sharma (IDAS: 1993), Financial Advisor, NATGRID (JS level) under the Ministry of Home Affairs, was prematurely repatriated to his parent cadre to avail the benefit of promotion.

Tenure of Shivraj Umakantrao Dhuppe (IA&AS: 2010), Deputy Secretary in the Ministry of Defence, was extended for a period of two years up to 12.08.2025. He counts his central deputation tenure w.e.f 13.08.2019.

Leyaqat Ali Aafaqui (IRS IT: 2008) was appointed as Director in the Ministry of Minority Affairs for a period of five years.

Kaustubh Sandip Giri (IRS IT: 2013) was appointed as Deputy Secretary in the Department of Health & Family Welfare for a period of four years.

Sandeep Chakravorty (IFS: 1996) was appointed as the next Ambassador of India to the Republic of Indonesia.

Namgya C Khampa (IFS: 2000) was concurrently accredited as the next Ambassador of India to the Federal Republic of Somalia.

Tenure of A R Sule (IDAS: 1993), Additional Secretary, Department of Atomic Energy, was extended till the date of his superannuation i.e. 28.02.2025.

Tenure of Rajesh Nandan Srivastava (IRS C&IT: 1992) was extended as Precursor Expert in the Precursor Control Section (PRE) of the Secretariat of the International Narcotics Control Board (SINCB) in the Division for Treaty Affairs (DTA), United Nations Office on Drugs and Crime (UNODC), Vienna, Austria for a period up to 30/06/2024.

Rakesh Kumar Meena (IRSS: 2010) was appointed as Deputy Secretary in the Department of Promotion of Industry & Internal Trade (TSU) for a tenure up to 31.03.2025.

Ramesh Kumar Verma (ITradeS: 2013) was appointed as Deputy Secretary in the office of Promotion of Industry & Internal Trade (TSU) for a tenure up to 31.03.2025.

Subhash Chandra Karol (ITS: 1999) was appointed as Director in the Department of Promotion of Industry & Internal Trade (TSU) for a tenure up to 31 .03.2025.

Ravi Kiran (IDAS: 2013) was appointed as Deputy Secretary in the Department of Promotion of Industry & Internal Trade(TSU) for a tenure up to 31.03.2025.

Biswaranjan Sasmal (IRS IT: 1993) has been appointed as Joint Secretary, Department of Social Justice & Empowerment for a tenure up to his superannuation on 28/02/2026.

Shantanu Roy took charge as CMD of BEML Limited



Shantanu Roy has assumed charge as the next Chairman & Managing Director (CMD) of BEML Limited, a Schedule 'A' company under the Ministry of Defence. Mr. Roy was holding the position of Director (Mining & Construction Business) and has over 30 years of extensive experience in capital goods sectors for defense, mining & construction, transportation, transmission, renewable, and large power projects.

Top Rajasthan Officers, Including Police Chief, Shuffled In Late Night Move

Three IAS and two IPS officers, including the Jaipur police commissioner, have been transferred in Rajasthan.

The department of personnel issued the transfer orders late Monday night.

According to the order, IAS officers Bhanu Prakash, V Saravan Kumar and Urmila Rajoria and IPS officers Anand Srivastava and Biju George Joseph have been transferred.


Bikaner Divisional Commissioner Bhanu Prakash was transferred to Jaipur on the post of secretary, home department in place of V Saravan Kumar, who has been made commissioner - departmental inquiry.

Urmila Rajoria, who was MD- Rajasthan State Cooperative Federation Ltd (Rajfed), will be the new Bikaner divisional commissioner, the order stated.

Registrar-cooperative department Meghraj Singh Ratnu was given the additional charge of MD Rajfed.

Three officers from Telangana appointed to Indian Police Services

The union Ministry of Home Affairs appointed three officers working in Telangana to the Indian Police Services on promotion. The officers are R Venkateshwarlu, Ch. Srinivas and D Muralidhar. The three officers will remain on probation for a period of one year and will undergo induction training, the MHA stated.



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Corridors of Power



Justice Dhiraj Singh Thakur sworn in as AP High Court Chief Justice

Justice Dhiraj Singh Thakur was sworn in as Chief Justice of the High Court of Andhra Pradesh at the Tummalapalli Kshetrappa Kalakshetram. Governor S. Abdul Nazeer administered the oath of office to Justice Dhiraj Singh Thakur.

Justice Thakur completed his LLB from Jammu University and joined the legal profession in 1989. He was enrolled as an advocate on the rolls of Bar Council of Delhi. His enrollment was transferred to the Bar Council of Jammu and Kashmir in 2010. He was appointed a judge of the Jammu and Kashmir High Court in 2013. In June 2022, he was transferred to the Bombay High Court where he was the senior-most judge.



Justice Alok Aradhe Sworn In As CJ Of Telangana HC

H.E Governor of Telangana Dr.Tamilisai Soundararajan administered the oath of office to Hon'ble Telangana High Court Chief Justice Alok Aradhe at Raj Bhavan Hyderabad.

Justice Alok Aradhe succeeds justice Ujjal Bhuyan, who has been elevated to the post of judge of the Supreme

Court. Born on April 13, 1964 at Raipur, Alok Aradhe enrolled as lawyer on July 12, 1988. He practiced at the High Court of Madhya Pradesh in Jabalpur, dealing with Civil and Constitutional, Arbitration and Company matters. He was appointed as the Additional judge of the High Court of Madhya Pradesh on December 29, 2009 and Permanent Judge on February 15, 2011.



Shanti Kumari In Action

The lady Chief Secretary Santhi Kumari is very simple and a soft officer. And during the recent heavy rains & floods she has shown her capability and her charisma. July half month was full of rains and floods, totally disaster. In certain areas it was like emergency. So, the CS came into the action. Instructions, observations, monitoring, visits and review meetings on time to time. Rehabilitation, relief camps, food distributions and rescue was done on time and thousands got the shelter and help from the government. Precautions has been taken to prevent the spread of infectious diseases in the flood affected areas. Just superb !



Govinda Govinda !

Jennifer Larson, US Consul General in Hyderabad visited Tirumala and paid respects to Lord Venkateswara. In her post the CG stated "Had a great view of Tirupati on our way to the temple. Truly impressed by the crowd management and facilities offered to the devotees." Yes when it comes to the crowd management TTD is the best, in fact no other group or system can handle like TTD does. Govinda govinda !



Two Chiefs One Frame

What is the story ! Nothing secret , it's purely official one. During the interstate DGP conference on Left Wing Extremism at Hyderabad , the Telangana State DGP Anjani Kuamr welcomed all the Sr.officers and DGs. As per the report , Rajnish Seth DGP Maharashtra, Ashok Juneja DGP Chattisgarh, Rajender Reddy DGP AP, Charu Sinha, CRPF IG Senior officers from the Intelligence Bureau attended the conference. Good to see both Telugu states DG in one frame. Smile please !



Fantastic Visit To FCRI

UK Dy. High Commissioner Gareth Wynn Owen visited FCRI, Hyderabad. He stated in his post "fantastic visit to FCRI, Hyderabad and discussion with the Dean & OSD to CMO Priyanka Varghese, her team and the students about the work of the college, possible links with the UK and Harithaharam, the third largest reforestation programme in the world." Yes very true Harithaharam is a bigger programme and kudos to the versatile officer Priyanka Varghese for the continues planning and endless efforts.



Sab Thik-Thak Hai !

Sab thik-thak hai, is the one line answer for the question what's happening in city police ? Yes this is true. In the regime of C.V.Anand, the chief of Hyderabad police things will be always cool and calm. News is bonalu and muharram concluded peacefully. If not wrong after Mr.Anand took over SHOs, Sis & HCs transfers jumbo list is been seen in the media. Not a easy task ! To accommodate officers at one time, jigar wala kaam hai and that too according to their performance and sincerity. All record making decisions. Aur kya - Anand ke daur mein sab thik-thak chal raha hai aur chalte rahega.....! Koi shak !!



Commemoration Event Organised

Turkiye Consulate organized a commemoration event on the occasion of Democracy and National Unity Day of Türkiye. Turkiye Consul General Orhan Yalman Okan stated "We commemorate our martyrs who sacrificed their lives on 15th of July, 2016, with great respect and gratitude." Many known personalities from the town participated in the event.



PP 'On Screen'

Andhra Pradesh Sr. IAS officer Praveen Prakash is on screen. Since he took over as Principal Secretary Education Dept. he is in news because of his ideas and vision. In a new initiative he has started corroborating with school students to understand their preparedness for a formative assessment through 'Video Call With Students'.

Prakash said, "It was a great feeling to start the new programme 'Video Call with Students', to understand the efforts made by their teachers for preparing them for their upcoming Unit Test (Formative Assessment)." He added that the cases that came across via the video calls were mostly negative, and this time, proof could be captured through these calls and thereby, issues could easily be addressed.




Dr.Mir Nasir Ali Khan Invited To British Parliament

Dr.Nawab Mir Nasir Ali Khan Honorary Consul of Republic of Kazakhstan for Telangana and Andhra Pradesh India visited UK Parliament. He stated 'It was my pleasure and honour to be invited to the British Parliament House of Lords United Kingdom by Lord Waverley attend the session at the House of Lords and House of Commons UK Parliament.' The House of Lords is the second chamber of UK Parliament. It plays a crucial role in examining bills, questioning government action and investigating public policy.



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Let's Empower Women In The True Sense'

TEDx Hyderabad Salon event on Women's Safety was incredible. The enlightening conversations explored the issue of women's safety, fostering a strong sense of community & collaboration. During the event happening IPS officer, Women Safety Wing Add.DG Shikha Goel stated that "Workplaces are an amplified reflection of the society we live in. It is not just workplace safety that keeps women in their jobs, it's the ability of the job to meet her aspirational value. More power to organisations that believe in equity & empower women in the true sense. Kudos to TEDx for having a conversation on women safety.



Soumya Mishra

IPS Officers Transferred In Telangana

The state government issued an order transferring and posting five senior IPS officers. Accordingly, Soumya Mishra was posted as Additional Director General of Police (Personnel), VB Kamalasan Reddy as Director General (Drugs Control), Telangana, AR Srinivas as Director, Anti-Corruption Bureau, Ambar Kishore Jha was posted as Deputy Inspector General of Police, Home Guards and Technical Services, and P Shabarish was posted as Deputy Commissioner of Police, Medchal.



Dr Shashank Goel

IAS Officers Transferred In Telangana

Dr Shashank Goel, senior IAS officer was posted as Director General, Dr MCR HRD Institute and ex officio Special Chief Secretary to the government relieving Benhur Mahesh Dutt Ekka. Shailaja Ramaier.

Shailaja Ramaier in turn got posted as Principal Secretary to the government, YAT&C Department duly relieving Sandeep Kumar Sultania.

Harichandana Dasari was posted as Director, AYUSH relieving M Prashanti. Alagu Varsini VS, who was posted as Director, Handlooms, and Textiles and placed in full additional charge (FAC) of the post of VC & MD, TS Handicrafts Development Corporation Ltd relieving Dr Jyoti Buddha Prakash.

Dr Korra Lakshmi, Director, State Art Gallery was transferred and posted as Director, Sports and placed in FAC of the post of Director, State Art Gallery. K Hymavathi. Hymavathi was posted as Director of the AIDS Society in the existing vacancy.]

K.Haritha, Addl. Commissioner (ST), Punjagutta division was transferred and posted as Joint Secretary to Government, Finance Department.

K Swarnalatha, Joint Collector, Jayashankar Bhupalapally was transferred.

K.Nikhila, awaiting posting, was posted as Director, Tourism duly relieving Sandeep Kumar Sultania. M Satya Sarada Devi, who was posted as Deputy Secretary to Government, Agriculture & Cooperation Department.

Priyanka Ala, Additional Commissioner, GHMC was transferred and posted as Collector & District Magistrate, Bhadradi Kothagudem, duly relieving Anudeep Durishetty.

Ila Tripathi, Additional Collector (Local Bodies), Mulugu was transferred and posted as Collector and District Magistrate, Mulugu Vice S.Krishna Aditya, who was posted as Member Secretary, TS Pollution Control Board relieving Neetu Kumari Prasad.

Muzammil Khan, Additional Collector (Local Bodies), Siddipet was transferred and posted as Collector & District Magistrate, Peddapalli Vice S.Sangeetha Satyanarayana, who was posted as MD, TS Foods relieving Dr.Christina Z.Chongthu.

Prateek Jain, Additional Collector (Local Bodies), Rangareddy was transferred and posted as Project Officer, ITDA, Bhadrachalam vice Gowtham Potru, who was posted as CEO, SERP, relieving Sandeep Kumar Sultania from FAC.

Venkatesh Dhotre, Additional Collector (Local Bodies), Kamareddy was transferred and posted as Additional Collector (Local Bodies), Mahabubnagar in the existing vacancy.

Abhilasha Abhinav, Additional Collector (local bodies), Mahabubabad was transferred and posted as Additional Collector (local bodies), Khammam vice Sneha Shabarish, who has been placed at the disposal of MA & UD Department for posting as Additional Commissioner, GHMC.



Ronald In Action Mode

The new commissioner of GHMC Ronald Rose is in action mode. Since the recent heavy rains and floods, the officer made all his endless efforts to help the people in rain affected areas. It was a challenging task, but finally the commissioner and his team succeed in handling the situation. Kudos to the team. In the picture Mr.Ronald is inspecting the progress of Charminar Pedestrianisation Project, Iconic Gulzar Hauz and Six Kamans. Good happening !



Anudeep Took Over as Hyderabad DM Youngest-Ever Collector

Hyderabad district has got its youngest-ever Collector. The State government posted Anudeep Durishetty, a 2018 batch IAS officer, as Hyderabad district Collector. Durishetty was an all-India topper in the 2018 Civil Services examinations and had been invited along with his parents by Chief Minister K Chandrasekhar Rao for lunch at Pragathi Bhavan in 2018. KCR had hailed Anudeep as a role model for many youths in the State. This is perhaps the first time that an IAS officer with just five years of service is being posted as Collector of the Hyderabad district. Anudeep Durishetty, who is presently Additional Collector (Local Bodies), Bhadradi Kothagudem is transferred and posted as Hyderabad District Collector. Amoy Kumar has been relieved of the full additional charge, Hyderabad Collector.



Road Safety First

Sircilla District SP Akhil Mahajan is on screen. Good to see the young officer who is participating in the road safety awareness programme .“RSE- Road Safety Education- a initiative started in Sircilla district along with NGO where khakis are will cover all schools and colleges to teach traffic rules, laws, signs and create awareness on road safety and conduct test. Our aim to decrease accidents. Like this initiative !



Appreciations for SP Sharat

Mahabubabad district SP Sharat Chandra Pawar is the best officer, said one old man who met SP during grievance day , praja vani programme. He told the SP with patience heard my problem and assure that it will be solved as soon. Good to see the senior officers in the department who hears the grievances' in personal and direct the lower officers to look into the case and solve it. Good one !



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Public Sector

REC Q1 Results: Net profit rises 21% to 2,968 cr



REC (Rural Electrification Corporation) announced its April-June quarter results for fiscal 2023-24 (Q1FY24) on July 26, reporting a growth of 21 per cent in consolidated net profit at ₹ 2,968.05 crore, compared to ₹ 2,454.16 crore in the corresponding period last year. The Maharatna company's revenue from operations in the first quarter of current fiscal stood at ₹ 11,087.56 crore, registering a rise of 16.7 per cent, compared to ₹ 9,497.45 crore in the year-ago period.

The company's board declared an interim dividend of ₹ 3 per equity share of ₹ 10 each for fiscal 2023-24. The record date for the dividend is set as August 14, 2023. 'Declaration of interim dividend @ ₹ 3 per equity share of ₹ 10/- each for the financial year 2023-24.'

GAIL clocks Revenue of Rs. 32,227 crore, PAT of Rs. 1,412 crore in Q1 FY24



GAIL (India) Limited reported Revenue from Operations of Rs. 32,227 crore in Q1 FY24 as against Rs. 37,572 crore in Q1 FY23. Profit before Tax (PBT) in Q1 FY24 stood at Rs. 1,889 crore as against Rs. 3,894 crore in Q1 FY23. Profit after Tax (PAT) in Q1 FY24 stood at Rs. 1,412 crore as against Rs. 2,915 crore in Q1 FY23. Quarter on Quarter basis, Revenue from Operations was reported at Rs. 32,227 crore in Q1 FY24 as against Rs. 32,858 crore in Q4 FY23. PBT registered a robust growth of 220% to Rs. 1,889

crore in Q1 FY24 as against Rs. 591 crore during Q4 FY23. PAT increased by 134% to Rs. 1,412 crore in Q1 FY24 as against Rs. 604 crore in Q4 FY23 mainly on account of increased Gas Marketing and Transmission volumes & increased Transmission tariff realisation. During the quarter, Natural gas transmission volume registered a growth of 7% to 116.33 MMSCMD in Q1 FY24 as against 108.23 MMSCMD in Q4 FY23. Gas marketing volume increased by 2% to 98.84 MMSCMD as against 96.46 MMSCMD in previous quarter. LHC sales increased by 7% to 247 TMT as against 230 TMT & Polymer sales also increased by 37% to 162 TMT as against 118 TMT in comparison to previous quarter. On Consolidated basis, Revenue from Operations stood at Rs. 32,849 crore in Q1 FY24 as against Rs. 33,264 crore during Q4 FY23. PBT in Q1 FY24 stood at Rs. 2,283 crore as against Rs. 689 crore in Q4 FY23. PAT (excluding Non-controlling interest) was Rs. 1,792 crore in Q1 FY24 as against Rs. 634 crore in Q4 FY23.

NTPC – Q1 FY24 Unaudited Results: PAT up by 9.39% (Standalone) & 23.36% (Consolidated)



The Country's largest power generator – NTPC Ltd., with a present group installed capacity of more than 73 GW, declared unaudited financial results for Q1 FY24 on 29 July 2023. NTPC Group generated 103.98 Billion Units in Q1 FY24 as compared to 104.42 Billion Units in Q1 FY23. NTPC's standalone gross generation in Q1 FY24 is 88.55 billion Units as compared to

90.49 Billion Units in the corresponding previous period. NTPC Coal stations achieved a Plant Load Factor of 77.43% as against the National Average of 70.38% during Q1 FY24.

On standalone basis, the Total Income of NTPC for Q1 FY24 is ₹ 39,681 crore as against the corresponding previous period total income of ₹ 40,726 crore. Profit After Tax (PAT) for Q1 FY24 is ₹ 4,066 crore as against ₹ 3,717 crore in Q1 FY23, registering an increase of 9.39%.

On consolidated basis, the Total Income of the group for Q1 FY24 is ₹ 43,390 crore as against the corresponding previous period total income of ₹ 43,561 crore. Profit After Tax (PAT) of the group for Q1 FY24 is ₹ 4,907 crore as against the corresponding previous period PAT of ₹ 3,978 crore, registering an increase of 23.36%.

IOC logs Rs 13,750 crore Q1 PAT



Oil marketing major Indian Oil Corporation Ltd (IOC) on Friday said it closed the first quarter of FY24 with a net profit of Rs 13,750.44 crore.

In a regulatory filing, the company said during Q1FY24, it had earned a total income of Rs 221,833.89 crore (against Q1FY23's Rs 252,616.54 crore) and a net profit of Rs 13,750.44 crore (net loss of Rs 1,992.53 crore).

According to IOC, the average Gross Refining Margin (GRM) for the period April-June 2023 is \$8.34 per bbl (April-June 2022: \$31.81 per bbl).

The core GRM or the current price GRM for the period April-June 2023 after offsetting inventory loss/gain comes to \$9.05 per bbl.

MRPL posts 1,908 cr. profit after tax in Q4 of 2022-23 as against 3,008 cr. in Q4 of 2021-22



The Board of Directors of Mangalore Refinery and Petrochemicals Limited (MRPL), a subsidiary company of ONGC and Schedule "A" Mini Ratna Category I Company during its 257th Meeting held on July 28, 2023, approved its Standalone and Consolidated unaudited Financial Results for the First Quarter (Q1 FY 2023-24) ended June 30, 2023.

Major Highlights for the First Quarter (Q1 FY 2023-24):

- Ever highest Refinery Net Throughput during first quarter: 4.36 MMT. Ever highest Capacity Utilization during first quarter: 116.26 % (installed capacity of 15.00 MMTPA). Highest ever MS (BSVI and Non BSVI) production per month at 229.9 TMT per month. Highest MS-VI Domestic Dispatch – 178 TMT, in the month of June-2023. · Retail expansion plan is put in place. As on June 30, 2023, 68 retail outlets have been commissioned. Financial Highlights for the First quarter Q1 FY 2023-24 (Q1 FY 2022-23):
- Gross revenue from operations 24,832 Crore (Q1 FY 2022-23 35,915 Crore).
- Profit before Tax 1,559 Crore (Q1 FY 2022-23 Profit before tax 4,153 Crore).
- Profit after Tax of 1,013 Crore (Q1 FY 2022-23 Profit after tax 2,707 Crore).
- GRM of 9.81 \$/bbl (Q1 FY 2022-23 GRM of 24.45 \$/bbl).
- Total reduction in interest bearing Borrowings: 1,557 Crore (i.e. from 16,550 Crore as on March 31, 2023 to 14,993 Crore as on June 30, 2023). Page 2 of 2 · Total reduction in interest bearing Borrowings: 3,538 Crore (i.e. from 18,531 Crore as on June 30, 2022 to 14,993 Crore as on June 30, 2023). The Gross Revenue from operations and Profit for Q1 FY 2023-24 are lower than corresponding figures for Q1 FY 2022-23 as the product prices in Q1 FY 2023-24 were much lower than those for Q1 FY 2022-23.

PFC signs MoU worth 2.37 Lakh Crore with 20 Companies in Clean Energy Space



As part of its plan to position itself as the focal funding agency for energy transition, the Power Finance Corporation Ltd (PFC), executed various Memoranda of Understanding (MoU) of more than ₹ 2.37 Lakh Crore with 20 companies both in public and private sector.

These MoU were signed with Solar, Wind Power, Green Hydrogen, Battery Storage, Electric Vehicle companies as well as the manufacturers of green energy equipment among others in the clean energy space. Adani, Greenco, ReNew, Continuum, Avaada, JBM Auto, Megha Engineering & Infrastructure Limited, Rajasthan Renewable Energy were some of the companies with whom PFC signed the MoU.

PFC is a leading financier of Energy Transition in India and these MoU highlight PFC's commitment to consistently increase its energy transition portfolio and steer Nation's drive of Energy Transition Goals. The MoU assume significance in the backdrop of ongoing deliberations on energy transition under India's G20 presidency.

PFC enjoys the unique advantage of providing funds for longer tenure at competitive rates and taking larger exposures. PFC is looking to fund projects like offshore wind, pumped hydro storage, solar modules and cells, among others in the clean energy space.

The MoU were exchanged in the presence of Parminder Chopra, Director (Finance) & CMD (Addl. Charge), PFC, Rajiv Ranjan Jha, Director (Projects) and Manoj Sharma, Director (Commercial) at an event held on the side lines of G20 summit in Goa. PFC recently diversified its loan portfolio by foraying into infrastructure projects such as refineries, ports, roads, metro, biofuels, waste to energy etc

RailTel posts Consolidated Income of Rs 483 Crore in Q1 of FY 23-24

RailTel announced its consolidated Operating Income of Rs. 468 Crore in Q1 of FY 23-24 with YOY growth of 24% in its 141st Board Meeting held on 27th July 2023. The Company has posted a YOY growth of 25% in total consolidated revenue with Rs. 483 Crores in Q1 of FY 24 as against Rs 385 Cr in Q1 of FY 23.

The Profit Before Tax (PBT) in Q1 of FY24 is Rs. 51 Crores as against Rs. 35 crores in Q1 of FY23., registering a YOY growth of 46%. Total Profit After Tax for Q1 of FY24 stands at Rs. 38 crores as against Rs. 26 Crore PAT of Q1 of FY23.



BPCL logs Rs 10,550 crore PAT for Q1

Oil marketing company Bharat Petroleum Corporation Ltd (BPCL) on Wednesday said it closed the first quarter of the current fiscal with a net profit of Rs 10,550.88 crore.

In a regulatory filing, the company said during the first quarter of FY24, it had earned a total income of Rs 1,28,748.65 crore (against Q1FY23's Rs 1,38,831.25 crore) and a net profit of Rs 10,550.88 crore (against a net loss Rs 6,263.05 crore). The company said for the period under review, it had sold 12.75 million tons up from 11.75 million tons of fuel sold during previous year's corresponding period. The market sales of the corporation for the quarter ended June, 30, 2023 is 12.75 MMT as compared to 11.76 MMT for the quarter ended June 30, 2022. The increase is mainly in MS-Retail (6.12 per cent), HSD-Retail (5.95 per cent) and ATF (14.18 per cent).

According to BPCL, the Average Gross Refining Margin (GRM) for quarter ended June 30, 2023 was \$12.64 per barrel (April-June 2022: \$ 27.51 per barrel).



How much fat and carbs should you consume, as per new WHO guidelines?



The WHO has updated its nutrition guidelines on carbohydrate and fat consumption. Catherine Falls Commercial/Getty Images

The World Health Organization has released new publications presenting the latest scientific thinking regarding the role of fats and carbohydrates in a healthy diet, particularly among children.

For adults, the WHO still recommends limiting fat consumption to 30% or less of daily calories.

For carbs, the new guidelines place emphasis on the source over its quantity.

The new guidelines also present new information for parents hoping to set their children on a healthy lifelong relationship with eating and nutrition.

The World Health Organization (WHO) has just released updated dietary guidance based on the most recent research and evidence.

The new guidance comes in the form of several documents, including:

Total fat intake for the prevention of unhealthy weight gain in adults and children: WHO guideline

Saturated fatty acid and trans-fatty acid intake for adults and children: WHO guideline

Carbohydrate intake for adults and children: WHO guideline

In general, the WHO is focusing less on fat and carbohydrate quantity than it might have in the past and looking more closely at quality.

Not everything the WHO has to say is new. For example, the organization continues to recommend that adults should limit their consumption of fats to 30% or less of their daily calories.

A person's energy intake is measured as calories provided by carbohydrates, proteins, fats, and alcohol.

However, worldwide obesity has nearly tripled since 1975, and overweight or obesity affects over 340 million children and adolescents from 5 to 19 — with 39 million children under the age of 5 being overweight or having obesity in 2020. The WHO documents reflect a new emphasis on lifelong healthy nutrition.

The WHO guidelines find, for example, that children under the age of 2 should ingest mostly unsaturated fats. WHO strongly recommends that they should consume no more than 10% of their total calories from saturated fats, with 1% or less being trans-fatty acids.

The importance of healthy carbs and fiber

For carbohydrates, a similar shift in perspective is evident in the new WHO guidelines.

"We're more specific about where are the [nutrients] coming from. We're more specifically interested in fibers that have more complex carbs," Routhenstein said.

"We're looking at dietary fiber primarily from whole grains and fruits and vegetables, which we know have a protective cardiovascular effect."

The WHO now emphasizes eating foods containing natural fiber such as whole grains, pulses, and vegetables.

Which fats are unhealthy?

Nutritionist Michelle Routhenstein, who was not involved in the WHO publications, said, "before, it was just generally 'limit fat to 30% of energy intake.'"

"And now, we're really looking at saturated fat being a culprit in cardiovascular disease development because it's directly correlated with an increase in LDL and an increase in insulin resistance, which are cardiometabolic risk factors," she said.

The WHO calls out the unhealthiness of saturated fatty acids consumed in dairy foods and fatty meat. Butter, ghee, lard, palm oil, and coconut oil also contain saturated fats.

Trans-fatty acids come primarily from industrially produced sources and animals such as cows, sheep, and goats. Other such ruminant animals include deer, moose, camels, giraffes, and buffalo.

The new publications offer guidance on ways in which people can replace unhealthy saturated fats and trans-fatty acids with polyunsaturated fatty acids and monounsaturated fatty acids from plant sources. New recommendations for children

While the WHO has long recommended that adults eat 400 grams a day of vegetables and fruits, for the first time, the publications add guidelines for children as well.

Children 2 to 5 years old should eat at least 250 grams of vegetables and fruits daily.

Children 6 to 9 years old should eat at least 350 grams of vegetables and fruits daily.

Children 10 or older should eat at least 400 grams of vegetables and fruits daily.

Similarly, the WHO now addresses children's need for fiber. It has previously advised adults to consume 25 grams daily. Now:

Children 2 to 5 years old should consume at least 15 grams of fiber daily.

Children 6 to 9 years old should consume at least 21 grams of fiber daily.

Children 10 or older should consume at least 25 grams of fiber daily.

Fiber is found in foods ranging from broccoli to bananas and apples to avocados.

Low Impact Isometric Exercises May Help Lower Blood Pressure



New research suggests that low-impact, isometric exercises may help lower blood pressure better than other forms of exercise.

In the study, five different forms of exercise were compared: aerobic, resistance training (weight-lifting), combined training (utilizing both weight-lifting and aerobic exercise together), high-intensity interval training, and isometric exercise. While all forms of exercise showed positive gains in lowering blood pressure, isometric exercises demonstrated the most encouraging results.

To lower or manage blood pressure, doctors generally recommend a combination of lifestyle and diet changes in addition to exercise. For cardiovascular health and controlling blood pressure, the traditional guidance for prevention and management has always highlighted aerobic exercise (activities like biking or jogging) as the gold standard. But, a growing body of research supports a new conclusion. Isometric exercises (static, low-impact exercises like wall-sitting and planks may be even more effective for lowering both systolic and diastolic blood pressure.

Is low-impact exercise as effective as medication?

A meta-analysis, recently published in the British Journal of Sports Medicine, systematically reviewed existing research on a variety of exercise programs and found that isometric exercise had the most pronounced effect. "While various different forms of exercise reduce blood pressure, isometric appears superior. This work encapsulates a body of isometric exercise training literature that has been building over the last two decades," Dr. Jamie O'Driscoll, a Professor in cardiovascular physiology at Canterbury Christ Church University and senior author of the study, told Healthline. O'Driscoll and his team took a deep dive into the literature about the effects of different exercise programs on blood pressure: reviewing 270 randomized controlled trials, with nearly 16,000 participants, published between 1990 and 2023. The study looks at five different modes of exercise: aerobic exercise training, dynamic resistance training (weight-lifting), combined training (utilizing both weight-lifting and aerobic exercise together), high-intensity interval training, and isometric exercise. While all exercises improve blood pressure, some are clearly more effective than others.

"[The study] demonstrates a potential superiority in blood pressure lowering effects with isometric versus the 'traditional' recommendation of aerobic exercise. The authors continue to find that exercise is about as effective as a single blood pressure pill to lower high blood pressure," Dr. John Osborne, MD, Ph.D., volunteer expert for the American Heart Association and Founder and Director of State of the Heart Cardiology, told Healthline. Dr. Osborne was not affiliated with the research. Different forms of exercise had varied effects on blood pressure—

The study looked at the effects of exercise on both systolic blood pressure — the "top" number of a blood pressure reading, which refers to the amount of pressure exerted when the heart is contracted, and diastolic blood pressure, the "bottom" number, when the heart is relaxed. Categorically, isometric exercises were most effective at reducing systolic blood pressure, lowering it by 8.24 mmHg; followed by combined training (6.04 mmHg). HIIT, while still significant, was the least effective at 4.08 mmHg; aerobic exercise and resistance training landed in the middle of the pack with 4.49 mmHg and 4.55 mmHg respectively.

For diastolic blood pressure, isometric exercise remained the most effective (4.0 mmHg), this time followed by resistance training (3.04 mmHg), combined training (2.54 mmHg), aerobic exercise (2.53 mmHg), and finally HIIT (2.50 mmHg).

Choice of exercise activity also played a significant role in affecting blood pressure. Walking was the least effective aerobic exercise, compared to running and biking. Isometric wall-sitting was not only the most effective isometric exercise but by far the most effective exercise of all those observed for improving both diastolic and systolic blood pressure.

How isometric exercise fits into heart disease prevention

The American Heart Association and the Centers for Disease Control and Prevention both recommend 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity aerobic physical activity per week for adults. They also recommend two days or more per week of strength training.

However, according to O'Driscoll, it may be time to update these recommendations with more specifics about other forms of exercise that people should consider to lower blood pressure. "The findings of this study should encourage future guidelines to provide support of isometric exercise training, complementary to other modes of exercise, in the management of resting blood pressure," he told Healthline. As far as exercise science goes, both HIIT and isometric exercise are relatively novel, compared to things like aerobic exercise and weight-lifting. Therefore, there's just not that much data available on them. Fitness and exercise habits change too, so it's important that guidelines reflect new science and new trends. "I think this is a very important study that further lends credence to the idea that other forms of exercise, beyond the usually recommended aerobic exercise promulgated in prior guidelines, have significant value for blood pressure lowering, and, potentially, may offer ever greater benefits for lowering of blood pressure and controlling hypertension," said Osborne.



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“How To Fact-Check - From Cheap Fakes to Deep Fakes” Book Telugu Version Released

Telangana High Court Judge Justice B. Vijaysen Reddy, released a book titled 'Fact Check Cheyadama Ela- Cheap Fake Nunchi.. Deep Fake Dhaka' (How to fact-check - from Cheap Fakes to Deep Fakes) in an event held at the High Court premises. Senior Journalist, fact-check trainer Sudhakar Reddy Udumula, Factchecker and online researcher Satya Priya B N, authored the book. Fact-Check Cheyadam Ela? is the first verification

Professor K Stevenson, the Dean of Social Sciences and Head of the Department of Journalism at Osmania University also present at the occasion. Sudhakar Reddy Udumula had earlier authored the book 'Blood Sanders - The Great Forest Heist,' an investigative work on Red Sanders smuggling. BN Satya Priya leads the fact-checking unit of a portal, an International Fact-Checking Network signatory. The book is available on Amazon for purchase.



Niharika Reddy – You Are The Best

Happy to see the update on social media. One young lady put many efforts to provide food and essential commodities to the flood effected families and also appealed to the public to come forward to help the needy. The said one and only lady is Niharika Reddy, founder of Niharika Foundation. Whereas most of people sat at home during rainfalls in town and Niharika was busy in arrangement and distribution with the team. Great ! Niharika- you are the best.



Dreamline Luxurio Now @ Banjara Hills

Dreamline Luxurio's second showroom inaugurated at Rd. No.12 Banjara Hills by Home Minister Md.Mahmood Ali. Dreamline Group Managing Director Mubeen Akter welcomed the guests and stated Dreamline Luxurio presents luxury, affordable, creative furniture which brings an extraordinary tale of extravagant furniture products to the city of pearls.

The Mega Luxurious showroom presents the best and most sophisticated furniture & furnishing line featuring extraordinary designed "Italian Furniture", Creatively Carved "Dinning Range, Wardrobes, Kitchens Ware, Office Furniture & other modules of lifestyle, haute couture furniture & furnishing, specified customized redefining the essence of luxury not as an emotion but as a remarkable rejuvenating experience like no other.



Big Boundary : National Award For Mr.Mohtesham Ali

It's a big boundary from Mr.World Mir Mohtesham Ali Khan. The news is he has been honored with "Bharat Ke Anmol" National Award by Padma Shree Awardee Dr.Vijay Kumar at New Delhi, Dr.Ambekar International Center. Several groups and individual friends in large number honored and felicitate Mr.Mohtesham, the person who is known for his soft nature, humbleness and sincerity in the town. He is into body building training and thousands of youth is been trained under him, who has represented in many competitions in state and national level. As per his services he deserves the award. Best wishes.

'Feed The Hungry' Says Ridaya, Inspiring Drive

Sharing is caring...! If you can't feed a hundred people, then feed just one. Ridaya Sree all of 6 from Jain's heritage international school believes in, no one ever has ever become poor by giving, she served 400+ people in two locations in Hyderabad in exchange of pure love and urging everyone to serve the needy. Be the change you wish to see in the world. 'Feed the hungry' drive was quite successful and this episode will surely inspire the youth and school going childrens. Ridaya is a proud daughter of Rupa Sree. Great going Ridaya ! Best wishes.



Midnight Reporter's July Edition Released By Mr.Orhan

Midnight Reporter's Joyous July edition is out with a bang released by happening diplomat Turkey Consul General Mr. Orhan Yalman Okan. Click the link for epaper : http://midnightreporter.com/july_2023.pdf



Tu Hai Toh Mujhe Phir Aur Kya Chahiye...!

Above song is quite popular, the wordings and the meaning is just beautiful, can say close to the heart. With the same feeling Isha Khanuja dedicated the song to the dearest bestie Sonia Sobti on her birthday. Happy birthday SS....! It's not yet over ! As per the little bird 'Shehar mein dono ke dosti ki charche hai'. Isha says the one who understands and stands for all the time is a real friend and I am lucky to have special friend like Sonia in my life. Rabba shukriya !





Introducing Prakash Garg : Self Made Artist & Interior Designer



Prakash Garg is a self-taught artist and interior designer who initially chose IT Engineering as his field of study. But, owing to his incessant urge to create art, he later found his silver lining and currently, continues to climb the steps in the world of art. His roots emerge from the small town of Batauli, Chhattisgarh, India but to pursue his higher education, Prakash later moved to Bilaspur, Chhattisgarh. It goes without saying that he has a knack for pouring his soul into his work and strives to create something with a metaphysical element every time, to portray something which transcends the world. Coming from humble beginnings, he lives by the quote, "Lack of resources is just an excuse, if you are severe towards it, you can find a way." Similar philosophies have shaped and embellished Prakash's path till now and these beliefs have also undoubtedly changed his life. It was five years back when Prakash unravelled the creative prowess of a paint brush and canvas. Since then, his love for art hasn't let him sit ideal.

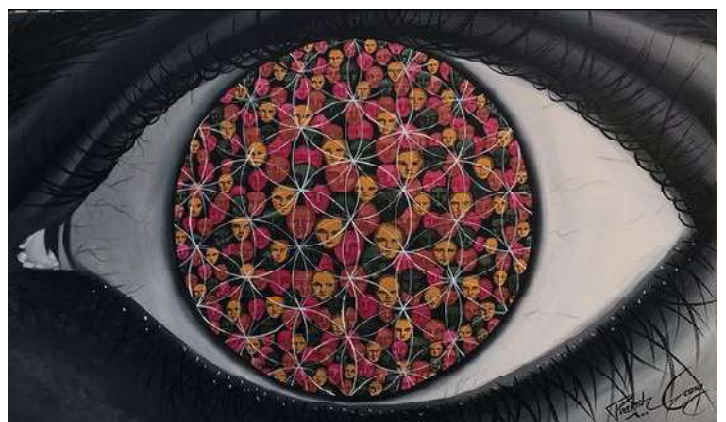
Prakash has done some remarkable work in the following fields as well:
 1. Creative Painting Works 2. Interior Designing 3. Installation 4. Wall art 5. Paper Carving

Prakash's paintings enjoy quite a lot of limelight, not only from India but also from abroad. He also has many feather to his caps, a lot of them through national and international awards. Throughout his career, Prakash has been honoured with the following awards:

1. NBH international youth creativity award Bahrain 2016.
2. Agra gaurav award sarguja, India 2016
3. TOYIO Award by JCI Raipur, 2018.
4. Achiever's award for innovative art, Goa 2018.
5. Shorong International Art Award, Srilanka 2018.

Not only this, but to share his creative mind set and to project the spark of optimism into the world, he has also been a part of many exhibits in various states and abroad including Manama Bahrain, Colombo and Dubai.

He started an NGO "PROJECT BATAULI" that deals with the promotion and conservation of folk artforms. This NGO is slowly growing and now consists of volunteers from various parts of India who teach the kids and women (tribal and rural) various aspects that they were never exposed to and would help them in their day to day life.



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केंद्र में पहली गठबंधन सरकार जनता पार्टी के नेतृत्व में बनी थी, जिसमें मोरारजी देसाई को प्रधानमंत्री बनाया गया था। इसके बाद गठबंधन सरकारें बनने का जो सिलसिला शुरू हुआ, वह आज भी जारी है। आइए, जानते हैं कि अब तक केंद्र में कितनी बार गठबंधन सरकार बनी और देश का सियासी मिजाज इस समय बदला हुआ है। एक तरफ भारतीय राष्ट्रीय कांग्रेस तो दूसरी तरफ भारतीय जनता पार्टी अपने सहयोगियों का कुनबा बढ़ाने में जुटी हुई है। कांग्रेस ने जहां 26 दलों के अपने साथ होने की बात कही है, वहीं भाजपा ने 38 दलों के समर्थन का दावा किया है। आइए, जानते हैं कि केंद्र में पहली गठबंधन सरकार कब बनी, कौन थे प्रधानमंत्री और अब तक देश में कितनी बार गठबंधन की सरकार बन चुकी है।

केंद्र में गठबंधन सरकार की शुरुआत कब हुई?

केंद्र में गठबंधन सरकार के इतिहास की बात करें तो इसकी शुरुआत 1977 में जनता पार्टी की सरकार से हुई, जिसके प्रधानमंत्री मोरारजी देसाई थे। जनता पार्टी में कुल 13 दल शामिल थे। यह पहली गैर-कांग्रेसी सरकार थी। हालांकि, अटल बिहारी वाजपेयी के समर्थन लेने के चलते जनता पार्टी की सरकार गिर गई और जनता दल (सेक्युलर) के चौधरी चरण सिंह देश के प्रधानमंत्री बने। हालांकि, वे 1980 तक ही पद पर बने रह सके।

चौधरी चरण सिंह की सरकार अल्पमत में थी। उसे कांग्रेस का समर्थन मिला हुआ था, लेकिन जब लोकसभा में विश्वास मत हासिल करने की बारी आई तो कांग्रेस ने अपना समर्थन वापस ले लिया, जिससे सरकार गिर गई।

1989 में केंद्र में किसकी सरकार बनी?

साल 1989 में कांग्रेस की हार के बाद जनता दल और अन्य क्षेत्रीय दलों से मिलकर बनी राष्ट्रीय मोर्चा की सरकार अस्तित्व में आई और विश्वनाथ प्रताप सिंह यानी वीपी सिंह प्रधानमंत्री बने। इस दौरान जो सबसे हैरान कर देने वाली बात सामने आई, वह थी धुर-विरोधी भाजपा और वाम दलों का साथ आना।

दरअसल, 1987 में रक्षा मंत्री पद से हटाने के बाद वीपी सिंह ने जन मोर्चा का गठन किया था। यह मोर्चा लगातार राजीव गांधी की सरकार के खिलाफ भ्रष्टाचार को लेकर हमला बोल रहा था।

1989 के लोकसभा चुनाव से पहले वीपी सिंह ने जन मोर्चा, लोकदल, जनता पार्टी और कांग्रेस (एस) को मिलाकर जनता पार्टी बनाई। इसके बाद उन्होंने वाम और दक्षिण पंथी कुछ दलों को साथ लेकर रा. द्रीय मोर्चा बनाया। 1989 में राष्ट्रीय मोर्चे की सरकार बनी और वीपी सिंह प्रधानमंत्री बने। हालांकि, मंडल कमीशन की सिफारिश लागू होने पर भाजपा ने समर्थन वापस ले लिया, जिससे सरकार गिर गई। इस चुनाव में कांग्रेस को 197, जनता दल को 143, भाजपा को 85 और वाम दलों को 45 सीटें मिली थीं।

1990-91 में किस गठबंधन की सरकार बनी?

साल 1990-92 में जनता दल (सोशलिस्ट) या भारतीय समाज पार्टी की सरकार बनी और चंद्रशेखर प्रधानमंत्री बने, लेकिन यह सरकार महज कुछ ही महीने (10 नवंबर 1990 से लेकर 21 जून 1991) तक ही चल सकी। इस सरकार को कांग्रेस ने बाहर से समर्थन दिया हुआ था। जनता पार्टी, जनता पार्टी (सेक्युलर), लोक दल, भारतीय राष्ट्रीय कांग्रेस (जगजीवन) और जन मोर्चा से मिलकर जनता दल बना हुआ था।

संयुक्त मोर्चा का गठन कब हुआ?

जब 1996 में लोकसभा चुनाव हुआ तो न तो भाजपा और न ही कांग्रेस को स्पष्ट बहुमत मिला। अटल बिहारी वाजपेयी प्रधानमंत्री जरूर बनें, लेकिन उनकी सरकार महज 13 दिन ही चल पाई। इसके बाद 13 पार्टियों ने मिलकर संयुक्त मोर्चा बनाया।

संयुक्त मोर्चा ने पहली बार सरकार कब बनाई?

संयुक्त मोर्चा ने 1996 में पहली बार सरकार बनाई, जिसके प्रधानमंत्री एचडी देवेगौड़ा थे, लेकिन यह सरकार एक जून 1996 से लेकर 21 अप्रैल 1997 तक ही चल पाई। इसके बाद 21 अप्रैल 1997 से लेकर 19 मार्च 1998 तक इंद्र कुमार गुजराल प्रधानमंत्री बने। दोनों बार सरकार कांग्रेस के समर्थन वापस लेने की वजह से गिरी।

राष्ट्रीय जनतांत्रिक गठबंधन कब बना?

1998 के आम चुनाव से पहले राष्ट्रीय जनतांत्रिक गठबंधन बना, जिसमें 13 दल शामिल थे। चुनाव बाद एनडीए की सरकार बनी और अटल बिहारी वाजपेयी प्रधानमंत्री बने, लेकिन एआइडीएमके के समर्थन वापसी से 13 दिन में ही यह सरकार गिर गई। इसके बाद 1999 में चुनाव हुआ, जिसमें एनडीए को पूर्ण बहुमत मिला और फिर अटल बिहारी वाजपेयी प्रधानमंत्री बने।

संयुक्त प्रगतिशील गठबंधन (UPA) का गठन कब हुआ?

2004 के लोकसभा चुनाव के बाद संयुक्त प्रगतिशील गठबंधन (UPA) की सरकार बनी और डॉक्टर मनमोहन सिंह (Manmohan Singh) प्रधानमंत्री बने। यूपीए की सरकार को सपा और वाम दलों का भी बाहर से समर्थन प्राप्त था। इस चुनाव में यूपीए को 222 सीटें मिली थीं। बाद में, 2008 में वाम दलों ने यूपीए सरकार से अपना समर्थन वापस ले लिया, तब सपा ने सरकार को गिरने से बचाया था।

इसके बाद 2009 में हुए लोकसभा में फिर से यूपीए की सरकार बनी और मनमोहन सिंह लगातार दूसरी बार प्रधानमंत्री बने। यूपीए को इस चुनाव में 262 सीटें मिली थीं। इसके बाद 2014 में फिर से राजग के नेतृत्व वाले गठबंधन की सरकार आई और नरेन्द्र मोदी प्रधानमंत्री बने। इस गठबंधन की अभी तक सरकार चल रही है।

गठबंधन की सरकार कब बनती है?

जब चुनाव में किसी दल को बहुमत नहीं मिलता, तब गठबंधन की सरकार बनती है। इसकी वजह भारत में बहुदलीय व्यवस्था का होना है। कई दल होने की वजह से किसी एक पार्टी को बहुमत मिलना मुश्किल होता है।

गठबंधन की राजनीति के लाभ

सरकार नहीं होती निरंकुश: गठबंधन की राजनीति का सबसे बड़ा फायदा यह है कि सरकार निरंकुश नहीं हो पाती। उसे न्यूनतम साझा कार्यक्रम के तहत काम करना होता है। इसके साथ ही, उसे गठबंधन में शामिल अन्य दलों को भी ध्यान में रखना होता है।

सशक्त विपक्ष का होता है निर्माण: गठबंधन की राजनीति में सशक्त विपक्ष का निर्माण भी होता है। ताजा उदाहरण कांग्रेस के नेतृत्व में हुई विपक्षी नेताओं की बैठक है, जिसमें 26 दल शामिल हुए हैं। इसकी वजह यह है कि एक अकेला दल सत्ता पक्ष से नहीं लड़ सकता। उसे अन्य सहयोगियों की जरूरत पड़ती ही है।

इमरती की तरह घुमावदार है इसका इतिहास, इस मुगल शहजादे की बोरियत मिटाने के लिए हुआ इसका इजाद



भारत अपने खानपान के लिए पूरी दुनिया में मशहूर है। यहां खानेपीने की कई सारी चीजें मिलती हैं। इमरती इन्हीं व्यंजनों में से एक है जिसे कई लोग बड़े चाव से खाते हैं। जलेबी की ही तरह दिखने की वजह से लोग इसे जलेबी की चचेरी बहन कहते हैं।

शायद ही कोई ऐसा हो जिसे मीठा खाना पसंद न हो। शादी-पार्टी हो या कोई खास

अवसर मिठाई के बिना अक्सर खाना अधूरा रहता है। मीठे की इसी लोकप्रियता की वजह से बाजार में कई तरह की मिठाइयां आसानी से मिल जाती हैं। खीर, हलवा, लड्डू, बर्फी जैसे मीठे व्यंजन लोग अक्सर मिठाई के तौर पर खाना पसंद करते हैं। जलेबी और इमरती भी इन्हीं में से एक है, जो कई लोगों की पसंदीदा मिठाई होती है। हालांकि, ज्यादातर लोग जलेबी और इमरती को एक ही समझते हैं, लेकिन बहुत कम लोग ही यह जानते होंगे कि दोनों में जमीन आसमान का अंतर है। दोनों का न सिर्फ स्वाद अलग है, बल्कि इनको बनाने का तरीका और इनकी बनावट भी एक-दूसरे से काफी अलग होती है। इनकी आकृति एक समान होने की वजह से कई लोग इमरती को जलेबी की चचेरी बहन कहते हैं।

कैसे हुआ इमरती का आविष्कार-इमरती और रबड़ी का स्वाद तो सभी ने चखा होगा, लेकिन क्या आपने कभी यह सोचा है कि आखिर गोल और घुमावदार यह मिठाई कब, कैसे और किसके लिए बनाई गई थी। अगर नहीं तो आज इस आर्टिकल में हम आपको इमरती का ऐसा ही घुमावदार, लेकिन दिलचस्प इतिहास बताने जा रहे हैं।

इस मुगल शहजादे के लिए बनाई गई इमरती- इमरती की बनावट देख और इसके स्वाद को चखने के बाद शायद आप यही सोचते होंगे कि इसे बनाने के लिए काफी मेहनत और समय खर्च किया गया होगा। अगर हम आपसे यह कहें कि इमरती का इजाद महज बोरियत मिटाने की लिए किया गया था, तो क्या आप इस पर यकीन करेंगे? दरअसल, ऐसा कहा जाता है कि मुगल सम्राट अकबर के बेटे सलीम के लिए सबसे पहले इमरती बनाई गई थी, लेकिन इसे बनाने की पीछे की वजह काफी दिलचस्प और मजेदार है।

करीब 2500 साल पुराना है पापड़ का इतिहास, जानें कैसे बना भारतीय थाली का हिस्सा



भारत अपने खान-पान और स्वाद के लिए दुनिया भर में मशहूर है। यहां कई ऐसे व्यंजन मौजूद हैं, जिन का स्वाद दुनिया भर में लोगों का बेहज पसंद है। पापड़ भी ऐसा ही एक व्यंजन है, जिसे भारतीय खानपान का अहम हिस्सा माना जाता है।

भारत अपने खान-पान और स्वाद के लिए दुनिया भर में मशहूर है। यहां कई ऐसे व्यंजन मौजूद हैं, जिन का स्वाद दुनिया भर में लोगों का बेहज पसंद है। पापड़ भी ऐसा ही एक व्यंजन है, जिसे भारतीय खानपान का अहम हिस्सा माना

जाता है। शादी-पार्टी हो या रात का डिनर, पापड़ भारतीय खाने का एक अहम हिस्सा है, जिसे लोग बड़े शौक से खाते हैं। कुरकुरे और मसालेदार इन पापड़ का स्वाद खाने में चार चांद लगा देता है। लेकिन क्या आपने कभी सोचा है कि जिस पापड़ को आप चटकारे लेकर खाते हैं, आखिर उसकी शुरुआत कैसे हुई और यह भारतीय खाने का हिस्सा कैसे बना। अगर आप आज तक पापड़ के दिलचस्प इतिहास से अनजान हैं, तो हम आपको आज इसके दिलचस्प इतिहास के बारे में बताने जा रहे हैं। साथ ही यह भी बताएंगे कि कैसे यह भारत में भोजन का अहम हिस्सा बना। कितना पुराना पापड़ का इतिहास- छोटे से लेकर बड़े तक हर कोई पापड़ को बड़े शौक से खाते हैं। लेकिन आपको जानकर हैरानी होगी कि खाने का स्वाद बढ़ाने वाले इस कुरकुरे पापड़ का इतिहास 500 ईसा पूर्व यानी 2500 साल पुराना है। खाद्य इतिहासकार और लेखक केटी आचार्य की एक किताब 'ए हिस्टोरिकल डिक्शनरी ऑफ इंडियन फूड' में यह जानकारी मिलती है। उनकी इस किताब में उड़द, मसूर और चने की दाल से बने पापड़ का जिक्र किया गया है। वहीं, भारत में इसके इतिहास की बात करें तो यहां पर पापड़ कम से कम 1500 साल पुराने हैं।

पड़ोसी मुल्क से कैसे भारत आया पापड़?

पापड़ का पहला उल्लेख जैन साहित्य में देखने को मिलता है, क्योंकि मारवाड़ के जैन समुदाय में पापड़ काफी समय से प्रचलित है। दरअसल, यहां के लोग अपनी यात्राओं में पापड़ साथ लेकर जाते थे। वहीं, अगर बात करें पापड़ के भारत आने की तो यह पड़ोसी मुल्क पाकिस्तान से हमारे देश पहुंचा था। पापड़ बनाने के लिए सिंध (पाकिस्तान) को काफी सही माना जाता था, क्योंकि यहां की वायु और उच्च तापमान पापड़ बनाने के लिए बिल्कुल सही था। साल 1947 में जब बंटवारा हुआ, तो ज्यादातर सिंधी हिंदू भारत आ गए और अपने साथ पापड़ भी लेकर आए।

पेट पालने का बना जरिया-उस समय यह वहां के लोगों का मुख्य भोजन बन गया था, क्योंकि पापड़ शरीर में पानी की पूर्ति करने के साथ ही तरोताजा बनाए रखने में भी मदद करता था। पापड़ की बढ़ती खपत को देख वहां के लोगों ने पापड़ बनाकर पैसे कमाना शुरू कर दिए। पाकिस्तान से भारत आए इन सिंधियों को अपनी जीविका चलाने के लिए काफी संघर्ष करना पड़ता था। ऐसे में बहुत सी महिलाएं अपने परिवार का भरण-पोषण करने के लिए पापड़ और अचार बेचकर ही पैसे कमाती थीं। पेट भरने और जीविका चलाने के लिए इस्तेमाल में आने वाला पापड़ आज पूरे देश में बड़े चाव से खाया जाता है।

अलग-अलग नाम हैं मशहूर- बदलते समय के साथ ही अब कई तरह के पापड़ का स्वाद चखने को मिलता है। इनमें चावल के पापड़, रागी के पापड़, साबूदाना, आलू, चना दाल, खिचिया के पापड़ आदि शामिल हैं। भारत के अलग-अलग राज्यों में पापड़ खाने का एक अहम हिस्सा है। हालांकि इन विभिन्न देशों में पापड़ को अलग-अलग नामों से जाना जाता है। तमिलनाडु में जहां इसे अप्पलम कहते हैं, तो वहीं कर्नाटक में इसे ह्पला नाम से जाना जाता है। इसके अलावा इसे केरल में पापड़म, उड़ीसा में पम्पाड़ा और उत्तर भारत में पापड़ के नाम से जाना जाता है।

Tourism



As tourism sector picks up, Kerala now has largest number of five-star properties in India

After two years of COVID-19 inflicted downturn, Kerala's tourism sector has bounced back with a new badge of achievement: the state now has the largest number of five-star properties in India.

According to the national database on hotel accommodation units prepared by Maps of India, Kerala now tops the country with 46 five-star hotels, outshining one of India's leading tourism players, Maharashtra which has 40 five-star hotels.

Industry observers point out that Kerala coming on top in the luxury hotel segment also points to the premium image that the state has carefully nurtured for its tourism industry over the past three decades.

Kerala is now expected to improve on its already established foothold in the high-end tourism market with the largest number of five-star properties.

Public-private initiative

Reacting to the feat, Kerala tourism director PB Nooh said: "Kerala has been a frontrunner

in tourism promotion over the last three to four decades. What is to be acknowledged about the latest achievement is that it is a result of joint initiatives by the state government and the private sector. While the government plays a major role in developing infrastructure and amenities, private players have developed new tourism offerings that are attracting tourists from around the world to the state".

This year, Kerala picked among the '52 go to places in 2023'.

The increased number of luxury hotels is also expected to eliminate fears among MICE (meetings, incentives, conferences, exhibitions) tourism operators about lack of sufficient accommodation in Kerala for large-scale events.

Rahul Raj, general manager of the Hyatt Regency in the state capital told Gulf News, "The tag of having the highest number of five-star hotels not only puts us on a pedestal projecting Kerala as a sought-after destination for leisure and MICE, but will also significantly help create more opportunities for career development in the hospitality sector".

Srinagar Tourism : Army hands over 139 acres of Srinagar land for tourism



The Army will completely relocate its troops from Srinagar's Tattoo Ground, which is spread over 139.04 acres, and will be thrown open for tourist activities in the near future.

An official spokesman said the Ministry of Defence signed a Memorandum of Understanding (MoU) with the Ministry of Home Affairs through the Government of UT of Jammu and Kashmir for the transfer of the Tattoo Ground to the Ministry of Home Affairs (MHA) "for the promotion of tourism and other developmental activities in the region".

J&K Lieutenant Governor Manoj Sinha presided over the MoU signing ceremony at Raj Bhawan, the spokesman said.

Number of tourists visiting Turkey up by 17%



The number of tourists visiting Turkey in the first six months of this year has increased by 17 percent compared to the same period last year, according to Culture and Tourism Minister Mehmet Nuri Ersoy. Speaking at a meeting in Istanbul, Ersoy said the number of tourists visiting the country reached 22.9 million in the first half of this year, reports Xinhua news agency.

"Turkey achieved this despite the impact of the earthquake and the election process," Ersoy was quoted as saying by the daily Hurriyet, referring to the massive earthquakes in February and the elections in May.

The country received 51.4 million tourists in 2022, earning it a revenue of more than 46 billion USD. Tourism income reached 21.7 billion USD in the first six months of the year, up by 27 percent compared to last year, which is above the government's expectations, the Minister said. He added that the country aims to make a tourism turnover of 56 billion USD throughout this year.

Hong Kong Luxury Sales Get Boost from Tourism Return



Hong Kong retail sales continued their upward trajectory in June amid a rise in the number of visitors to the municipality and an improvement in consumer sentiment.

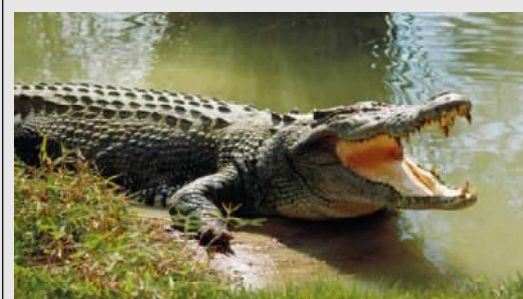
Revenue from jewelry, watches, clocks and valuable gifts jumped 64% year on year to HKD 5.56 billion (\$713 million) for the month, according to data the government's Census and Statistics Department released. Retail sales across all product categories climbed 20% to HKD 33.12 billion (\$4.25 billion).

The growth also reflected a favorable comparison with the same period a year ago, when Hong Kong was still experiencing a lockdown and strict Covid-19 restrictions. Throughout that time, tourism was extremely low. A large percentage of Hong Kong's luxury revenue comes from tourists, primarily from China, who travel to the municipality to purchase goods. Hong Kong reopened its border with the mainland in January.

For the first six months of 2023, proceeds from jewelry, watches, clocks and valuable gifts surged 74% year on year to HKD 30.41 billion (\$3.9 billion). Total Hong Kong retail sales for the period advanced 21% to HKD 205.08 billion (\$26.31 billion).

"The value of total retail sales continued to rise notably in June over a year earlier thanks to the recovery of inbound tourism and positive consumption sentiment," a government spokesperson said. "The outlook for retail sales remained favorable. While visitor arrivals should increase further in the coming months, improved labor market conditions and the government's various measures to boost the momentum of the economic recovery, such as the disbursement of consumption vouchers, should render support to local consumption demand."

Bhitarkanika National Park reopens for tourists



Following a hiatus of three months in view of the breeding season of the estuarine crocodiles, Bhitarkanika National Park has been reopened for visitors on Tuesday.

The tourists have expressed their pleasure over the development.

As per National Park authorities, tourists can enter Bhitarkanika through three routes-Dangamala, Khola and Gupti.

The forest Department has arranged as many as 14 government and 64 private boats for the tourists. To ensure a smooth experience for the visitors, as many as six battery-run vehicles have also been arranged for the convenience of the tourists.

However, identity card has been made mandatory for the entrance of tourists into the National Park.

The tourists have been advised not to disturb the crocodiles. The forest department has also imposed a strict ban on the usage of plastic disposables in the protected areas.

During the mating and nesting season of the crocodiles, the gate of the National Park is closed every year from May 1-July 31 to ensure the safety of the visitors and the aquatic animals. The restrictions are imposed as sound created by boats carrying tourists can disturb the reptiles and make them violent.

As per a recent survey, as many as 1793 crocodiles are currently in the National Park.