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Appointments

Rajesh Kumar Sahu (ITS: 1999) was appointed as Director in the Ministry of Housing and Urban Affairs, Delhi for Central Vista Project for five years.

Asif Ismail (IOFS: 2012) was appointed as Deputy Secretary in the Department of Economic Affairs, Delhi for a period up to 29.02.2024.

Amrit Agrahari (IRS IT: 2011) was appointed as Deputy Secretary in the Department of Economic Affairs, Delhi for a period up to 29.02.2024.

PESB selected Dr Deepak Tripathi for the post of Director (Technical) in Rail India Technical and Economic Service Limited (RITES). Currently, he is working as Chief Mechanical Engineer in Konkan Railway Corporation Ltd. (KRCL).

Shubhrata Prakash (IRS IT: 2002), Director, NITI Aayog, was prematurely repatriated to her parent cadre to avail the benefit of promotion.

Samarendra Prakash Srivastava (ISS: 2004), Director, NITI Aayog, was prematurely repatriated to his parent cadre to avail the benefit of promotion.

Nitika Gupta (ISS: 2001), Director, Ministry of Defence, was prematurely repatriated to her parent cadre to avail the benefit of promotion.

Navin Kumar Vidyarthi (ISS: 2004), Director, NITI Aayog, was prematurely repatriated to his parent cadre to avail the benefit of promotion.

Alok Kumar Verma (ISS: 2000), Director in the Department of Consumer Affairs, was prematurely repatriated to his parent cadre to avail the benefit of promotion.

Bhakti Prasad Sonowal (CWES: 2008) was re-designated as Regional Director (Deputy Secretary level), in the Staff Selection Commission (SSC), Guwahati for a period up to 15.03.2027. Sonowal counts his central deputation tenure w.e.f. 16.03.2022.

Suneel Kumar Arora, (IDSE: 1988), Director, Department of Water Resources, River Development and Ganga Rejuvenation, was prematurely repatriated to his parent cadre on personal grounds with extended cooling off.

Foreign Secretary Vinay Mohan Kwatra (IFS:1988) gets a 16-month extension beyond superannuation i.e. 31.12.2022.

Rajeev Kumar (IRS:2006:IT) was appointed as Director in the Ministry of Culture for a period of five years.

Ms Niva Singh (IRAS:1988), Joint Secretary, Ministry of Minority Affairs, was prematurely repatriated to her parent cadre on the grounds of availing benefits of promotion in the cadre.

Dr Deepak Mittal (IFS:1998) was appointed as OSD (JS-level) in Prime Minister's Office. He will replace Rudra Gaurav Shresth (IFS:1999) as Jt. Sec. after three weeks of his joining as OSD, PMO.

Dr Vipin Kumar (IFS:2013) was appointed as Deputy Secretary, PMO for a period of three years.

Ms Nidhi Tewari (IFS:2014) was appointed as Under Secretary, PMO for a period of three years.

Abhishek Narang (IRS IT:2008) was appointed as Private Secretary to the Minister of State for Commerce & Industry (Som Prakash) in the Ministry of Commerce & Industry for a period upto 31.12.2025 (i.e. maximum admissible limit of 07 years away from cadre). Currently, he is Deputy Secretary in the Ministry of Culture.

The deputation tenure of Kumar Ravikant Singh (IAS:2008:UP) was extended for a period of 4 months beyond 01.06.2023 or on a co-terminus basis with the Minister. Currently, he is working as a Private Secretary to Pankaj Chaudhary, Union MoS for Finance, under the Department of Revenue. He counts his central deputation tenure w.e.f. 02.06.2018.

The Central deputation tenure of Binod Kumar (IOFS:2001) was extended for a period of two year beyond 20.02.2023 i.e. upto 20.02.2025. He is Director in National Mission for Clean Ganga (NMCG) under the Ministry of Water Resources, River Development & Ganga Rejuvenation. Kumar counts his central deputation tenure w.e.f. 21.02.2018.

The Central deputation tenure of Rajnish Kumar Gupta (IOFS:1999) was extended for a period of six months beyond 29.08.2022. He is Director in the Ministry of Skill Development & Entrepreneurship. He counts his central deputation tenure w.e.f. 30.08.2017.

Manisha Meena (IES:2008), Deputy Secretary, Ministry of Commerce, has been re-designated as Director with effect from the date of assumption of charge for a period up to 02.08.2024 i.e. total five years tenure under the Central Staffing Scheme. Manisha Meena counts her central deputation tenure w.e.f. 02.08.2019.

Jaya Varma Sinha (IRTS: 1986), Additional Member (Traffic), Railway Board, has been entrusted with the additional charge of Secretary, Railway Board. The post fell vacant after RN Singh was on Tuesday appointed as General Manager, Southern Railway, Chennai.

PESB selected Dr Sharad Kumar (ED, AAI) for the post of Director (Operations), Airports Authority of India (AAI). Currently, the post is lying vacant.

Sanjay Malhotra takes charge as Revenue Secretary



Senior bureaucrat Sanjay Malhotra on Thursday took charge as the secretary in Department of Revenue, Ministry of Finance.

Mr. Malhotra replaced Mr. Tarun Bajaj, who superannuated on November 30.

A 1990-batch IAS officer of the Rajasthan cadre, Malhotra was working as an officer on special duty (OSD) in the revenue department since October this year.

Prior to that, he was serving as the secretary in Department of Financial Services (DFS). Malhotra takes over as the top bureaucrat in the revenue department at a time when the government is preparing for the Union Budget 2023-24 to be tabled in Parliament on February 1.

He would be looking into various tax-related proposals for the Budget and would also be the ex-officio Secretary to the GST Council.

IPS

The additional charge of the post of Secretary (Security), Cabinet Secretariat was assigned to Swagat Das (IPS:1987:CG), Special Secretary (Internal Security), Ministry of Home Affairs upon the superannuation of V.S.K. Kaumudi (IPS:1986:AP) on 30.11.2022 and till the appointment of a regular incumbent.

Central deputation of Praveen Vashista (IPS: 1991: BH), Additional Secretary, Ministry of Home Affairs, has been extended for one year beyond 14.01.2023.

Preeti Jain (IPS: 2009: RJ) was appointed as Deputy Secretary in the Department of Economic Affairs, Delhi for a period of four years.

E Sai Charan Tejaswi (IPS:2014:TN) was appointed as Assistant Director in Sardar Vallabhbhai Patel National Police Academy (SVPNPA), Hyderabad for a period of 05 years.

Ms. Soorya Thankappan, (IPS:2001:OD) was appointed as CVO, Fertilizers & Chemicals Travancore Ltd. (FACT), Kochi under the Department of Fertilizers for an initial period of 3 years.

Patil Ketan Baliram (IPS:2010:PB) was appointed as Senior Superintendent of Police (SSP) in National Human Rights Commission (NHRC) on deputation basis for a period of five years.

IAS

Shiv Kumar (IAS: 2008: AGMUT) was appointed as Private Secretary to Nityanand Rai the Minister of State for Home Affairs for a period up to 02.12.2026.

Debajyoti Dutta (IAS: 2010: AM) was appointed to the post of Director of Census Operations (DCO), Assam for a period up to 31.12.2025.

The additional charge of the post of Secretary, Department of Pharmaceuticals was assigned to Arun Baroka (IAS:1990:UT), Secretary, Department of Chemicals & Petrochemicals from 01.12.2022 to 31.12.2022 during the period of absence on leave of Ms. S. Aparna (IAS:1988:GJ).

Ms. Tanvi Garg (IAS:2009:AGMUT) was appointed as Deputy Secretary in the Ministry of Housing and Urban Affairs (MoHUA) for Central Vista Project for a period of four years.

Dr Niruparna Dange (IAS: 2007: MH) was appointed Director of Census Operations (DCO)/Director of Citizen Registration(DCR), Maharashtra for a period up to 31.12.2025.

Navjot Khosa (IAS: 2002: KL) was appointed to the post of Director of Census Operations (DCO)/Director of Citizen Registration (DCR), Punjab & Chandigarh for a period up to 31.12.2025.

The Central Deputation tenure of Manoj Kumar Singh (IAS:2009:BH), Private Secretary to the Minister for Power and New and Renewable Energy (Raj Kumar Singh), was extended for a period of one year beyond 19.12.2022 i.e. upto 19.12.2023, in relaxation of the upper limit of 5 years of working as PS/OSD in a Minister's staff or on co-terminus basis with the Minister. MK Singh counts his central deputation tenure w.e.f. 20.12.2017.

Over a week after retirement (31.10.2022) as Union Secretary, Department of Food & Public Distribution Sudhanshu Panday (Retd IAS:1987:JK) was on Wednesday appointed as the common Election Commissioner for the Union territories of the Andaman and Nicobar Islands, Lakshadweep and Dadra and Nagar Haveli and Daman and Diu.

Shiv Kumar IAS PS To MoS For Home Affairs


Shiv Kumar (IAS) has been selected for the appointment as Deputy Secretary in the Ministry of Home Affairs (MHA). According to an order from the Department of Personnel & Training, he has been selected for the appointed under the Central Staffing Scheme for a period of four years from the date of taking over charge of the post or until further orders, whichever is earlier. Shiv Kumar is a 2008-batch Indian Administrative Service (IAS) officer of the AGMUT cadre. He is currently serving as Secretary of Education, Tourism and MD (LTDC) in the UT Administration of Lakshadweep. He was recommended for Central deputation by the Ministry of Home Affairs. "He may kindly be relieved of his duties immediately with instructions to take up his new assignment in the Ministry of Home Affairs," the order added.

Arun Goel takes over as new Election Commissioner

Retired IAS officer Arun Goel, has assumed charge as the new Election Commissioner (EC) of India on Monday. He has joined Chief Election Commissioner Rajiv Kumar and Election Commissioner Anup Chandra Pandey.

Goel is a 1985-batch Indian Administrative Service (IAS) officer of the Punjab cadre. He had taken voluntary retirement from the post of Secretary of the Ministry of Heavy Industries. Chief Election Commissioner Rajiv Kumar, who is currently in Nepal as International Observer for their ongoing national elections, personally called and congratulated Arun Goel on his appointment. Welcoming him to the Election Commission, Kumar said that the vast & diverse administrative experience of Goel will further strengthen the Commission's endeavours in ensuring the electoral process is more inclusive, accessible and participative.

Harish Chandra Chaudhary (IFoS: 1992: AM:), Joint Secretary, National Human Rights Commission (NHRC), Ministry of Home Affairs, was prematurely repatriated to his parent cadre on the grounds of availing benefits of promotion in the cadre on the grounds of availing promotion in the cadre.



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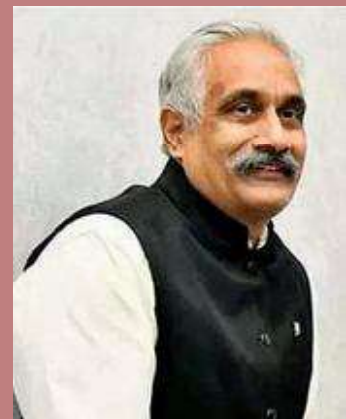
Bigger & Higher

A high level Malaysian delegation met Chief Secretary Somesh Kumar & team and off course bigger & higher partnerships will turn up in coming days in various sector especially in palm oil and collaborations with Malaysian companies. Apart from state officers , MPOC Promotions and Communications Division, Ms Razita Razak, MPOC member Ms Ruchi Srivastava, MPOCC member Muhammed Haris Bin Abdullah were part of the high level delegation. So, what else ! When officer like Somesh Kumar is the CS, then things will sure be in professional manner & result oriented. Inauguration of newly built secretariat is going to be the bigger happening in the new year. Excited to move around the corridors !



Jackpot For Jawahar Reddy

Sr. officer K.S.Jawahar Reddy, a 1990 batch IAS officer who holds a master's degree in veterinary science, took over as Chief Secretary of Andhra Pradesh. He took over the reins from Sameer Sharma, who retired after having his term extended twice since November 2021. Before becoming the Chief Secretary, Mr. Jawahar Reddy was Special Chief Secretary in the Chief Minister's Office, and had served in various capacities in Andhra Pradesh and Telangana. He had started his career as Narsapuram Sub-Collector in 1992-94.



Double Bonanza For Sameer Sharma

The state government has appointed Sameer Sharma, a 1985-batch officer, as Chief Executive to Chief Minister, a specially created post in the rank of ex-officio Chief Secretary.

Simultaneously, he was appointed as Chairman of the AP Pollution Control Board as well. Do remember that all this has come on top of the two extensions he was given after his scheduled retirement last year.

Earlier, Aditya Nath Das, a 1987 batch IAS officer & Nilam Sawhney was also posted on various postings soon after their retirement.



Dr.Poonam Enters CMO, AP

IAS officer Dr.Poonam Malakondaiah took over as the Special Chief Secretary to the Chief Minister of Andhra Pradesh. She will head administration in the Chief Minister's Office. Dr.Poonam was brought into CMO subsequently to the appointment of Jawahar Reddy as Chief Secretary. Infact, Dr Poonam , a 1988 batch IAS officer is senior to Jawahar Reddy. Earlier to the posting she was serving as special chief secretary for agriculture department. One of the most sincere officer in the officers fraternity.



What Next & Who's Next !

Telangana DGP Mahender Reddy set to retire on 31st of December, the first buzz in the power of corridors is, what next ! After serving as 2nd DGP of Telangana state and for a long period Mr.Reddy is going to retire in this month. It's a sure that he will not be sent back home with empty hands, as per the sources he will be having a term of second inning in the government as a advisor at least ! Another buzz in the circles in about the next DGP, koun banega ! Let's see which 'A' will get the hot seat. Picture abi baki hai mere dost !



Govind Singh's Second Inning

Director General, CID Govind Singh who attained superannuation after serving with the police department for about 32 years has been appointed as Commissioner of Enquires. Congrats for the second inning !

Speaking at the farewell function, DGP Mahender Reddy said Govind Singh excelled in all his assignments throughout his career and is recognized as an outstanding official. "Govind Singh greatest contribution is the vertical functions concept introduced to guide and streamlines the policing in Telangana," he said.



Govinda Govinda !

Telangana Governor Dr. Tamilisai Soundararajan offered prayers to Lord Venkateswara Swami at the Tirumala hills in Tirupati. Prayed for the nation. Aur kya chahiye H.E offered prayers for us ! Thanks a lot.



Great Initiative

USAID India supported the launch of the Mitr Clinic, India's first comprehensive clinic for the transgender community. Jennifer Larson, US , CG in Hyderabad visited for World Aids Day to learn about the critical services- including HIV services - they provide in Hyderabad. A great initiative to be part of.



Impressed

UK Dy. High HYPERLINK "<https://twitter.com/UKinHyderabad>" Commissioner Gareth Wynn Owen visited Chiranjeevi Charitable Trust . Impressed by the brilliant work done by Megha Star Chiranjeevi's team in the area of blood donation over the years. Honoured to meet some of the frequent blood donors and handover the insurance cards.



Pleasant Evening !


Turkey Consul General Orhan Yalman Okan & Aslyhan Ozmen Okan at Trident, Hyderabad had a pleasant evening with Suresh Chukkappalli, Honorary Consul General of South Korea, and Kenan Madripli, Honorary Consul General of Oman in Ystanbul, and his wife Silvia.

Meeting Of The Month



His Excellency Mr. Zulfiqar Ghadiyali Zakir Hussain, Executive Director, Business Management of His Highness Sheikh Hamdan Bin Khalifa Al Nahyan, Abu Dhabi-UAE, visited the sustainable Canadian Wood house in MAK BTR at Hyderabad, to understand the novel and pioneering initiative of MAK Projects. Mr. ZGZ Hussain called on H.E Dr Nawab Mir Nasir Ali Khan, the Promoter and Managing Director of MAK Projects P Ltd, to gain comprehensive conversation of this unique wood



construction in tropical climatic conditions, closer to the climate prevalent in UAE. The sustainable wood project in BTR Greens is a joint venture of MAK Projects P. Ltd. and Forestry Innovations Investment (FI) India, an enterprise of Government of British Columbia, Canada.



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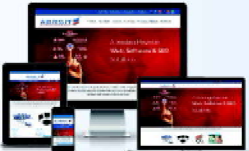
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Proud Moment

“A proud moment, a wonderful memory, onboard Vikrant.” Sr. IPS officer from Kerala B. Sandhya is on screen. Vikrant – naam hi kafi hai. Officer Sandhya is a author, poet and PhD from BITS Pilani & also nature enthusiast. Amazing!



‘Lamho Ki Shabnam’ the bestselling book

‘Lamho Ki Shabnam’ has join the race of bestselling book on Amazon! Dr. Sumita Mishra, a senior IAS officer and currently Additional Chief Secretary in the Government of Haryana has dedicated her 5th new ‘Lamho Ki Shabnam’ book to the people of the country. Dr. Mishra openly expresses her opinion on issues related to women from social issues through her poems. Dr. Sumita Mishra, who has made her unique identity in the literary world, has studied economics. It is astonishing that an economist’s mind turned into a poet’s heart.



Inspiring one!

Meet the 2021 batch IAS officer Sanjaja Joshi. She loves travelling, cycling and yoga. Recently she has posted a picture of preparation for civils and another picture of selection with a caption ‘yaha se yaha tak ka safar’. Inspiring post! Wishes.



Many Feathers

Presenting IAS officer Dr. Syed Sehrish Asgar, who has added many feathers in her career. She is a medical doctor, public speaker, writer and always keen to learn. She is presently serving at Baramulla, J&K as Deputy Commissioner. Baramulla Stresses on 100% Saturation in Flagship Schemes, timely execution & Completion of Development Works.



Best wishes

Mani Arora, PCS, SDM from Moradabad, UP, 2016 batch of officer is on screen! She secured 24th rank in UPPCS and now serving at Moradabad. Can say she is a role model for girl students & aspirants. Best wishes to the lady officer for the future endeavors.



AP Cadre Preeti Sudan takes oath as UPSC Member

Preeti Sudan, former IAS officer from AP Cadre took the oath of office and secrecy as UPSC Member. The oath was administered to her by UPSC Chairman Dr Manoj Soni. Sudan was an IAS Officer from AP cadre 1983 batch. She retired as Union Health Secretary in July 2020. She has also served as Secretary, Department of Food & Public Distribution and Ministry of Women and Child Development and Defence. Sudan pursued MPhil in Economics and MSc in Social Policy and Planning from LSE. Her notable contributions include the launching of two major flagship programmes- Beti Bachao, Beti Padhao and Ayushman Bharat. She has also actively engaged with creating legislations for National Medical Commission, Allied Health Professionals Commission and ban on e-cigarettes. Sudan was also a consultant with the World Bank. She served as Chair of COP-8 of the Framework Convention on Tobacco Control, Vice Chair of Partnership for Maternal, Newborn and Child Health, Chair of Global Digital Health Partnership and as a member of WHO’s Independent Panel for Pandemic Preparedness and Response.



Simplicity

This is called simplicity! On the occasion of World Disable Day the happening IPS officer VC. Sajjanar, MD, TSRTC is seen felicitating one disable by bending his knees. One of the down to earth and soft spoken officer. This kind of act will encourage staff & general public to respect and assist the disable community. Kudos to the officer!

Cheers

Cheers time for diplomat Dr. Andrew & Vanita Fleming! East West Brewing – great to see the place like this and such a selection in HoChiMing City. Sweet couple!



Ranganath Took Over As Warangal CP




AV Ranganath has taken charge as the Warangal Police Commissioner from the outgoing CP Dr Tarun Joshi at the police commissioner’s office in Hanamkonda. A 2006-batch State police officer, Ranganath headed the Hyderabad city traffic wing as joint CP since December last year prior to this posting. Speaking to the media, the new CP said he would work hard to serve the common people as per the norms. “I will ensure that the police services would be available to the common people. The police should serve the interests of the commoners. With the development of Warangal city, the problems of different kinds including the land disputes have also multiplied in the city.

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Public Sector

REC signs MoU with PFC for FY23



REC Limited – A Maharatna CPSE, signed an MoU with PFC on 29th November 2022, as per the DPE Performance Evaluation System for FY 2022-23 for CPSEs. Vivek Kumar Dewangan, CMD, REC signed the MoU with Ravinder Singh Dhillon, CMD, PFC in the presence of Ajoy Choudhury, Director(Finance), REC, V.K. Singh, Director(Technical), REC, Manoj Sharma, Director(Commercial), PFC, R R Jha, Director(Projects), PFC, T.S.C. Bosh, Executive Director, REC and other senior officials from REC & PFC.

BHEL wins record number of CII-EXIM Bank Awards for Business Excellence



Bharat Heavy Electricals Limited (BHEL) has achieved another major milestone in its journey of Business Excellence under its 'Quality First' movement with a record number of prestigious CII-EXIM Bank Awards for Business Excellence 2022.

BHEL is the recipient of CII-Exim Bank's first-ever 'Special Jury Commendation for Adoption and Nurturance of Business Excellence'. The company's Trichy, Haridwar, Bhopal and Hyderabad units have received the Platinum recognition, and Project Engineering Management, Electronics Division – Bengaluru, Power Sector – Northern Region and Ranipet divisions have been awarded the Gold Plus recognition. The awards were received by the divisions in the presence of Dr. Nalin Shinghal, Chairman & Managing Director at the 30th CII Excellence Summit in Bengaluru. These awards are based on the internationally recognised European Foundation for Quality Management (EFQM) excellence model. Notably, BHEL was the first PSU to get the CII-EXIM Bank award in the year 2006.

NTPC Conferred with Prestigious SHRM HR Excellence Awards 2022



NTPC Limited received the "SHRM HR Excellence Awards 2022" in a glittering function held at , New Delhi, on 23rd November, 2022. NTPC has been awarded Winner for both "Excellence in Developing Leaders of Tomorrow" and "Excellence in Community Impact".

D. K. Patel, Director (HR), along with other senior officials received the Award on behalf of NTPC. SHRM is a Global Professional HR Association known for promoting role of HR as a profession. The SHRM HR Awards have been instituted as an exemplary platform to recognize organizations that put people first, deliver in future focused excellence in the field of People Management and understand the importance of human capital as a key contributor to business outcomes. These awards recognize the pioneering and innovative people management practices that impact not just organizations but also business, society and the profession as a whole. In this Award, all Applications are put through a three – level rigorous evaluation process.

SAIL becomes the first Maharatna PSU to get ABMS Certification

Steel Authority of India Limited (SAIL) has achieved the distinction of becoming the first Maharatna Public Sector Unit to have implemented the Anti-Bribery Management System (ABMS). ABMS is a Management System which is designed in line with the ISO 37001:2016 to help an organization prevent, detect and respond to bribery.

In the recently held concluding ceremony of the Vigilance Awareness Week on 5th November 2022, the Bureau of Indian Standards (BIS) awarded the ABMS Certificate as per IS/ISO 37001:2016 to SAIL in the august presence of P K Srivastava, Vigilance Commissioner, CVC; Soma Mondal, Chairman, SAIL; Vineet Pandey, CVO, SAIL and other senior officers of CVC, BIS and SAIL.

POWERGRID bestowed International Award for CSR



Power Grid Corporation of India Ltd. (POWERGRID), a Maharatna CPSE under Ministry of Power, Govt. of India has been conferred the "CSR World Leader 2022" Award at a carbon-neutral presentation ceremony at the Houses of Parliament, Palace of Westminster, London on 21st November, 2022. The award was received by Shri V. K. Singh, Director (Personnel).

The honor was bestowed upon POWERGRID in appreciation of its commitment to a successful Corporate Social Responsibility program that has its credentials as A Company that Cares about its community, colleagues, clients, suppliers and the environment. POWERGRID is the only Indian entity to have been honored with this international recognition competing against 500 Global nominees. Earlier, on May 30, 2022 POWERGRID was honored with International CSR Excellence Award 2022 at The Waldorf, London.

Corporate Social Responsibility is embedded into POWERGRID's business model. Much before the CSR Act 2013 was enacted, POWERGRID had been consistently contributing in the field of social development in and around its business establishments spread all across the country. Adopting a 360-degree approach towards implementation of CSR interventions, the Company consults and engages with all its stakeholders. With well-defined and customized Exit Policy for the implemented CSR projects this state utility emphasizes on Community Participation by way of effective Collaboration, Capacity Building and Sustainability aligned to the UN Sustainable Development Goals.

NLC India reports 111.6% rise in Q2 profit to Rs 417 cr on higher revenues



Revenue from operation for the half year ended 30.09.2022 is Rs. 5847.21 crore as against Rs. 4853.63 crore in the corresponding period of the previous year, registering a growth of 20.47%. The Total Income of the Company for the half year ended 30.09.2022 is Rs. 5997.68 crore as against Rs. 5377.11 crore in the corresponding period of the previous year, registering a growth of 11.54%. Profit for the period (PAT) for the half year ended 30.09.2022 is Rs. 873.29 crore as against Rs. 567.43 crore in the corresponding period of the previous year, registering a growth of 53.90%.

CONSOLIDATED

Revenue from operation of the Group for the half year ended 30.09.2022 is Rs. 7352.19 crore as against Rs. 6130.26 crore in the corresponding period of the previous year, registering a growth of 19.93%.

The Total Income of the Group for the half year ended 30.09.2022 is Rs. 7545.16 crore as against Rs. 6535.52 crore in the corresponding period of the previous year, registering a growth of 15.45%. Profit / (Loss) before Exceptional Item and tax of the Group for the half year ended 30.09.2022 is Rs. 1469.93 crore as against Rs. 1395.83 crore in the corresponding period of the previous year, registering a growth of 5.31%.

MRPL wins prize in MoPNG Swachhta Pakhwada -2022 Awards



Swachh Bharat Pakhwada 2022 was observed and various activities involving local schools and people in nearby towns were organised by MRPL during July 2022. MoPNG recognised the efforts and contributions of MRPL during Swachhta Pakhwada – 2022 and conferred 4th prize in the category Central Public Sector Enterprises (CPSEs) with Internal and Extra Budgetary Resources (I&EBR) target of Less than 1000 Crore plus all attached organisations under MoPNG. M Venkatesh, Managing Director received the award from Hardeep Singh Puri, Hon'ble Minister for Petroleum and Natural Gas and Minister for Housing and Urban affairs at MoPNG Conference Room, Shastri Bhavan, New Delhi on 21.11.2022 in the presence of Rameswar Teli, Minister of State in the MoPNG, GOI and other CMDs, Heads of various PSUs.

IndianOil launches 'TB Mukta IndianOil Parivar Program'

S M Vaidya, Chairman, IndianOil, launched the 'TB Mukta IndianOil Parivar' program today that aims to eradicate the menace of Tuberculosis from the IndianOil family by 2025. This pledge is in line with the Hon'ble Prime Minister of India, Narendra Modi's clarion call to end TB in India by 2025, five years ahead of the Sustainable Development Goal (SDG) target of 2030.

The announcement was made by Vaidya in the presence of IndianOil Functional Directors at the company's Corporate Office today. The program will reach out to almost 7 lakh IndianOil stakeholders & family members. The stakeholders include employees, contractual workers, Fuel Station Customer attendants, LPG delivery personnel and Tank Truck Crew.

IndianOil will thus be implementing a tuberculosis elimination workplace policy at its locations across the country, by screening the entire workforce for Tuberculosis, creating awareness and capacity building of IndianOil's in-house medical doctors and paramedical staff. This is aimed at accelerating the National Tuberculosis Elimination Program. During the event, a 'TB Mukta IndianOil Parivar' Application was also launched to facilitate monitoring and screening of IndianOil employees.



Raw Honey: Study Finds This Sweetener May Help Lower Blood Sugar and Cholesterol Levels



Honey is a natural sweetener that never goes bad when it's properly collected and stored—and according to a new review of research, it may also have benefits for cardiometabolic health. Nutrition Reviews recently published a systematic review and meta-analysis that evaluated the effects of honey, especially raw and clover honey, on risk factors for cardiovascular disease and diabetes.

The authors found that honey consumption was linked to lower fasting blood sugar levels, as well as lower levels of total cholesterol and triglycerides. This may help reduce the risk of cardiovascular disease and diabetes.

"I think the message from this study is that there may be some benefits in replacing some of the added refined sugars that you're already consuming with honey," Jamie Pope, MS, RDN, LDN, FAND, an adjunct assistant professor of nutritional sciences at Vanderbilt University School of Nursing in Nashville, Tennessee, told Healthline.

"A teaspoon of honey isn't going to do a dang thing. However, habitual replacement of refined sugars with honey over time may have some positive impacts for people," she said. Clover honey and unprocessed raw honey appeared to be particularly beneficial for improving blood sugar control and lipid levels. Robinia honey, which is made from the pollen of the black locust tree, was also particularly beneficial for improving lipid levels.

The quality of evidence varied

The authors of the new review used the Grading of Recommendations, Assessment, Development, and Evaluation (GRADE) system to evaluate and synthesize past studies on honey. "Over 100 organizations worldwide officially endorse the GRADE system," Stephanie Schiff, RDN, CDN, CDCES, a registered dietitian and certified diabetes care and education specialist at Huntington Hospital in Huntington, New York, told Healthline. "This seems to be a robust, comprehensive meta-analysis with a large sample size."

The review included 18 controlled trials, with a total of 1105 participants. Different trials compared increased honey consumption to participants' usual diets, sucrose consumption, or high-fructose corn syrup consumption.

Honey contains vitamins, minerals, antioxidants

More research is also needed to learn why honey affects fasting blood sugar and lipid levels. Although honey is primarily made up of unrefined glucose and fructose sugars, it also contains other compounds that may have cardiometabolic effects.

"Honey also contains water and trace amounts of pollen, vitamins, minerals, like potassium and magnesium, and antioxidants. It also [contains] some phytochemicals like flavonoids, which may play a role in its positive cardiometabolic impacts," said Pope.

Honey also has prebiotic properties, which means it provides a source of food for beneficial bacteria in your gut. Healthy levels of beneficial bacteria may help reduce inflammation in your body, which might lower the risk of certain health conditions.



Dr.Sreekanth Inaugurates Federal Bank Mehdiapatnam Branch

Federal Bank , Mehdiapatnam Branch has been inaugurated by Guest Dr.Sreekanth K, Sr.Consultant Surgical Oncologist, Yashoda Hospitals, Somajiguda and Karwan MLA Kausar Mohiuddin. During the inauguration Dr.Sreekanth conveyed wishes to the bank officers & staff. Good one !

Ayurvedic home remedies for dry cough

DRY COUGH REMEDIES

Natural Suppressants



If you are suffering from Dry cough, try out these effective Ayurvedic home remedies: Before bedtime, take warm milk with turmeric and honey. This works as a natural

antibiotic.

Consume turmeric powder mixed with honey three times a day.

Licorice (Mulethi) lozenges to reduce inflammation.

Use the decoction of Sauf (Ani seeds) as the base water to make coffee or tea.

Sooth your infected throat pipe with natural cough syrup made by mixing ginger and honey. Boil a piece of ginger (peeled) in water. Filter and mix 1 tsp of honey and consume. You can even chew small pieces of ginger sprinkled with water for its anti-inflammatory properties

Add a pinch of cinnamon powder in warm water or tea for relief from throat irritability

Drink tea made of Tulsi (Basil leaves), ginger and honey

You can chew Tulsi leaves throughout the day for faster recovery

Don't forget to make some important lifestyle changes like:

Avoid interaction with allergens (pollution, dust, pollen etc.)

Abstain from junk, dry or spicy food

A nourishing diet should be taken in small quantities (preferably as soups) until the digestive Agni becomes strong

Have plenty of rest

Consume clean, room temperature/warm water

Do Pranayama for building lung's health

Avoid irritants like smoke from mosquito coils, incense etc

Follow strict food and sleep schedule. Have dinner before sunset

Install humidifier in the bedroom

Consume food rich in Vitamin C to strengthen the immune system

10 winter superfoods to keep your immunity strong



All set for winter season with your warm clothes and blankets out? Your winter checklist would be incomplete without a diet plan that keeps you warm from inside and your immunity strong. The advent of winter can exacerbate certain health conditions like arthritis and skin conditions like dryness, eczema and psoriasis.

"A strong immunity in winter is not just to prevent us from falling sick but also to maintain our skin, hair, and joint health. Individuals with arthritis dread winters because as the temperatures dip, their joint pains increase. Similarly, skin dryness, eczema, and psoriasis breakouts get worse during winters," says Luke Coutinho, Holistic Lifestyle Coach - Integrative and Lifestyle Medicine and Founder of YouCare - All about YOU by Luke Coutinho.

Foods like amla, ghee, bajra, dates, millets, nuts, mustard, cruciferous vegetables make sure to keep such health problems at bay during winter season.

Ghee. Ghee(Shutterstock), Sweet potatoes. Shakarkandi or sweet potato, Amla, Dates, Jaggery, Millets, Cruciferous vegetables. Root vegetables, Nuts, Mustard leaves or Sarso ka saag

Telangana govt declares creation of 3897 posts in 9 medical colleges



Telangana health minister T Harish Rao on declared that the state government has accorded sanction for creation of 3897 posts in nine medical colleges, government hospitals across the state.

"433 posts have been created per college in 9 new Medical Colleges and attached Government General Hospitals at Rajanna Sircilla, Kamareddy, Vikarabad, Khammam, Karimnagar, Jayashankar Bhupalapally, Komarambeem Asifabad, Janagoan and Nirmal," he further said.

The number of MBBS seats in government colleges was 850 in 2014, which has increased to 2,790 this year. With the aim to build one medical college in every district, the government is taking steps to establish nine more medical colleges next year. As part of this, the Finance department has issued orders sanctioning 3,897 posts.

"This step is taken with the goal of providing quality healthcare and medicine accessible to people from all sections of society. Under the leadership of Chief Minister K Chandrasekhar Rao, the State is taking steps towards a healthy Telangana. Due to the establishment of new medical colleges, quality medicine and medical education is reaching the people of the State," Health Minister T Harish Rao said.



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Deepika's Autobiography 'UNSTOPPABLE' Is In Talk

Deepika Maheshwari's autobiography 'UNSTOPPABLE' is in talk. Meeting with market leaders and sharing her autobiography with them was such an ahaa moment for her, including Alok Bansal (Co-Founder Policy Bazaar), Pavan Guntupalli (Co-Founder, Rapido) and Pawan Kumar Chandana (Co-Founder SkyRoot Aerospace). "People often dream about success or spend sleepless nights hustling for their dreams, that they forget to live in the moment. My mantra for a fulfilling life is - "Celebrate small wins, big days, every single day." She added. Dive Into The World Of Life Of Deepika Maheshwari – UNSTOPPABLE One where one thing remains constant all throughout the journey – BELIEF IN MYSELF & THE UNIVERSE. You can Grad your Copy From <https://deepikamaheshwari.com/>



BNI Sets World Record

'Chapter Bharath' is on screen
Good Morning, Sanjana Shah, who dreamt and turned this into a reality. She has launched 9 new BNI chapters in one single day and there were 1000 people who joined in one single day.
It was a rare and unique feeling when Neeru mohan heard and was called for being part of the world record. It was Neeru mohan who has started the 'Chapter BHARAT.' So it's definitely the greatest of all feelings.
So far she has formed a CHAPTER BHARATH, on the name of late Sri. Bharath shah ji, and the family has grown and is sailing along with 75 members.
TITANIUM chapter! Her debut chapter launch was undoubtedly successful because of the dynamic ED. Sanjana shah, and the regional team's support. Support Of Mr Ayush Bansal Ed Vapi wasad and the members of 1st chapter Artha I would also like to present my gratitude to the late Mr. Bharat, who began this and is still continuing and touching greater heights. Let Josh be high always!



Handloom First !

Happening feminine Krupa Rajgor is on screen ! Promoting & propagating Handloom saree. This is the need and one has to add handloom to their fashion. The government and the many public representatives are putting all their efforts to encourage weavers. Good one Krupa, keep going.



Shrimad Bhagwat Katha from 15th December

Soni family, Hyderabad is organising Shrimad Bhagwat Katha by "Ramesh Bhai Ojha" at Goshamahal Ground, Hyderabad from 15 to 22 December, 2022. Soni family cordially invites everyone to attend this katha along with their families. Ramesh bhai is a renowned spiritual speaker, who has lakhs of followers all around the world. In the picture Shradha Soni is holding the poster of the said event. So, don't miss the event.

Cake Mixing Ceremony

Much before the cake is baked, it is the energy and enthusiasm of mixing the various ingredients like nuts, cherries, dates, sweet spices with wine & rum that usher's Carol's, dance the cheer's that kick starts the Christmas festivities. In the picture Rupa, Ridaya, Sneha, Mamta, Manju and Namita can be seen. Event at Le Meridian Hyderabad & mix and mingle by Rupa.



Midnight Reporter's Nov edition released

Midnight Reporter's 'No Nonsense November Edition' is out with bang released by the Former Chief Secretary & Former Advisor to the Government of Telangana Dr.S.K.Joshi! Happening bureaucrat & a well-known writer.
Click the link for epaper : <http://midnightreporter.com/november-2022.pdf>



Music, Passion & Coffee !

Coincident meeting ! Happening film director Suresh Kumar met Indian singer & composer Leslee Lewis at Mumbai Airport. Heart to heart talk about passion, music & new trends. And later the talk continued & concluded on the coffee table. This what happens when two persons from same industry meets. Music, Passion & Coffee !



hub n home



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Presenting artist Sarita Mathur from 'Kreative For You'



Sarita Mathur

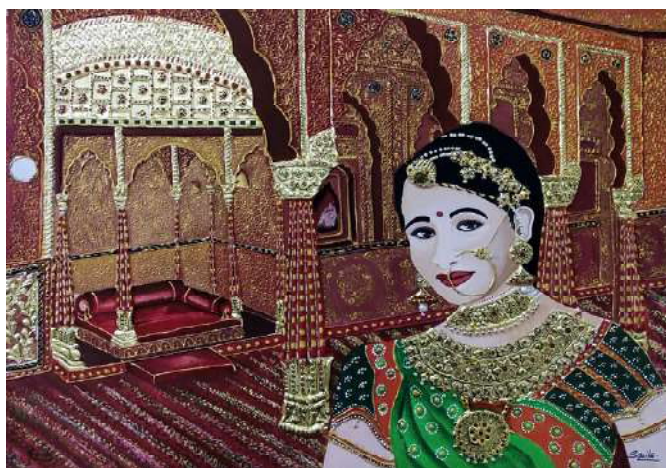
Artist Sarita Mathur is the first artist to make real time architecture and portraiture into Tanjore Paintings and Murals.

"My art is created with all my heart. We as human beings are richly gifted with the inner beauty of Peace, Love and Harmony. I am always delighted to explore the Spectacular world within & outside. I feel there is a beauty in simplicity and beauty in the intricacy of nature. We all have been specially gifted with a smile to express our joy and happiness, I like to share this joy through my Paintings with everyone in this world beyond words, languages and borders." She added.

"Passion to create something new has always driven me to explore new verticals in life. From an Interior Designer to Graphics and then Web Designing, I am understanding of perspectives of spaces and colors help her in customization of paintings today in different mediums like Oils, Acrylics, Waters, Glass, Madhubani, Pichwai, Mandalas, Tanjores and murals."

She has been recognized by the Telangana chamber of events in 2021, she works keeping in mind the concepts and themes of not only residential but commercial places too.

"We all have been specially gifted with a smile to express our joy and happiness, I would like to share this joy through my paintings with everyone in this world beyond words, languages and borders." She added. For more details log on to www.kreative4u.com.



दिल्ली में ऑटो चलाकर ऑफिस जाती हैं अमेरिकी डिप्लोमैट



दिल्ली में स्थित अमेरिकी एम्बेसी की 4 महिला अधिकारी ऑटो चलाकर ऑफिस जाती हैं। खास बात ये है कि इन्होंने सरकार से मिली बुलेट प्रूफ गाड़ियां भी छोड़ दी हैं। एनएल मेसन, रुथ होल्बर्ग, शरीन जे किटरमैन और जेनिफर बायवार्ट्स का कहना है कि ऑटो चलाना मजेदार ही नहीं, बल्कि यह एक मिसाल है कि अमेरिकी अधिकारी भी आम लोगों की तरह ही हैं।

ऑटो को दिया पर्सनल टच, ब्लू टूथ डिवाइस लगवाया-
न्यूज एजेंसी ANI से बातचीत में एनएल मेसन ने कहा- मैंने कभी भी क्लच वाली गाड़ियां नहीं चलाई। मैं हमेशा ऑटोमैटिक कार ही चलाती हूँ, लेकिन भारत आकर ऑटो चलाना एक नया एक्सपीरिंस था। जब मैं पाकिस्तान में थी तब मैं बड़ी और शानदार बुलेटप्रूफ गाड़ी में घूमती थी। उसी से ऑफिस जाती थी, लेकिन जब मैं बाहर ऑटो देखती थी तो लगता था कि एक बार तो इसे चलाना है। इसलिए जैसे ही भारत आई तो एक ऑटो खरीद लिया। मेरे साथ रुथ, शरीन और जेनिफर ने भी ऑटो खरीदे। मेसन ने कहा, मुझे मेरी मां से प्रेरणा मिली। वो हमेशा कुछ नया करती रहती थीं। उन्होंने मुझे हमेशा चांस लेना सिखाया। मेरी बेटी भी ऑटो चलाना सीख रही है। मैंने ऑटो को पर्सनलाइज किया है। इसमें ब्लूटूथ डिवाइस लगा है। इसमें टाइगर प्रिंट वाले पर्दे भी लगे हैं।

मैक्सिकन एम्बेसडर के पास भी था ऑटो- भारतवर्षी अमेरिकी डिप्लोमैट शरीन जे किटरमैन के पास पिंक कलर का ऑटो है। इसके रियर-व्यू मिरर में अमेरिका और भारत के झंडे लगे हैं। उनका जन्म कर्नाटक में हुआ था। बाद में वो अमेरिका में बस गईं। उनके पास US सिटिजनशिप है। उन्होंने कहा, मुझे एक मैक्सिकन एम्बेसडर मेल्बा प्रिआ से यह प्रेरणा मिली। 10 साल पहले उनके पास एक सफेद रंग का ऑटो था। उनका ड्राइवर भी था। जब मैं भारत आई तो देखा मेसन के पास ऑटो है। तभी मैंने भी एक ऑटो खरीद लिया।

अब मशरूम से बनेगी कंप्यूटर चिप



मशरूम का मॉडर्न इस्तेमाल

दुनियाभर में प्लास्टिक वेस्ट की समस्या लगातार बढ़ रही है। इसके साथ ही इलेक्ट्रॉनिक वेस्ट में भी इजाफा हो रहा है। दोनों ही एक दूसरे से रिलेटेड हैं। कई इलेक्ट्रॉनिक डिवाइस में लगने वाली कंप्यूटर चिप्स और बैटरीज में ऐसा प्लास्टिक इस्तेमाल होता है, जिसे रिसाइकिल नहीं किया जा सकता। मगर अब वैज्ञानिकों ने इस प्लास्टिक को बायोडिग्रेडेबल मटेरियल से बदलने का तरीका ढूंढ लिया है।

साइंस एडवांसेज जर्नल में प्रकाशित एक नई रिसर्च में ऑस्ट्रिया की जोहेनस केप्लर यूनिवर्सिटी के वैज्ञानिकों ने मशरूम की स्किन से इलेक्ट्रॉनिक सबस्ट्रेट बनाया है। सर्किट की बेस लेयर को सबस्ट्रेट कहते हैं। यह इलेक्ट्रिसिटी ट्रांसफर करने वाले मेटल को ढंका और इंसुलेट करता है।

खास मशरूम से बनाया सर्किट का बेस-
गैनुडर्मा लूसीडम मशरूम एक प्रकार की फंगस है, जो यूरोप और पूर्वी एशिया के सड़ते हुए पेड़ों पर उगती है। स्टडी में शामिल रिसर्चर्स डॉरिस डैनिंगर और रोलैंड प्रकनर ने पाया कि ये मशरूम अपने सुरक्षित विकास के लिए जड़ जैसे नेटवर्क माइसेलियम से बनी त्वचा बना लेता है। वैज्ञानिकों ने प्लास्टिक की जगह इसी त्वचा को सुखाकर इस्तेमाल करना चाहा।

रिसर्च में मशरूम की त्वचा को निकालकर सुखाया गया। रिसर्चर्स ने देखा कि यह लचीली और अच्छी इंसुलेटर है। यह इलेक्ट्रिकल सर्किट में भी अच्छे से काम करती है और आसानी से 200 डिग्री सेल्सियस तापमान सह लेती है।

ट्विटर पर हो सकती है ट्रंप की वापसी



ट्रंप के अकाउंट बैन की 2 वजह

■ अमेरिकी राष्ट्रपति चुनाव के दौरान हिंसा करने वालों को क्रांतिकारी बताया था।

■ जो बाइडेन की जीत के बाद शपथ ग्रहण में नहीं जाने को लेकर ट्वीट किया था।

अमेरिका के पूर्व राष्ट्रपति डोनाल्ड ट्रंप की ट्विटर पर वापसी हो सकती है। ट्विटर के नए बॉस एलन मस्क ने ट्रंप के अकाउंट को बहाल करने पर एक ट्विटर पोल पोस्ट किया। उन्होंने पूछा, क्या प्रेसिडेंट ट्रंप का अकाउंट बहाल किया जाना चाहिए। हां या ना।

ट्विटर बॉस ने इसके साथ लिखा- वोकस पोपुली, वोकस देई - एक लैटिन फ्रेज जिसका अर्थ है लोगों की आवाज भगवान की आवाज है। मस्क ने कंटेंट मॉडरेशन के अपने प्लान की भी घोषणा की है। उन्होंने कहा, नई ट्विटर पॉलिसी अभिव्यक्ति की स्वतंत्रता (freedom of speech) है, लेकिन पहुंच की स्वतंत्रता (freedom of reach) नहीं है।

हेट वाले ट्वीट्स डीब्लूट होंगे-
मस्क ने ये भी कहा कि हेट वाले ट्वीट्स को डीब्लूट किया जाएगा और उनको डिमोनेटाइज भी किया जाएगा। इसलिए ट्विटर पर कोई ऐड या अन्य आय नहीं होगी। जब तक आप इसे विशेष रूप से नहीं खोजेंगे, तब तक आपको ट्वीट नहीं मिलेगा, जो इंटरनेट के बाकी हिस्सों से अलग नहीं है। उन्होंने स्पष्ट किया कि यह केवल व्यक्तिगत ट्वीट पर लागू होगा, पूरे अकाउंट पर नहीं।

एनएमडीसी ने नवंबर 2022 में अपना अबतक का सर्वश्रेष्ठ उत्पादन दर्ज किया



भारत के सबसे बड़े लौह अयस्क उत्पादक एनएमडीसी ने नवंबर, 2022 के महीने में लौह अयस्क का 3.61 मिलियन टन उत्पादन और 3.04 मिलियन टन बिक्री दर्ज की। कंपनी ने नवंबर 2021 में अपने निष्पादन की तुलना में उत्पादन में 8 प्रतिशत और बिक्री में 5.5 प्रतिशत की वृद्धि दर्ज की है। सितंबर-अक्टूबर-नवंबर, 2022 की अवधि के लिए एनएमडीसी का लौह अयस्क उत्पादन कंपनी के इतिहास में इन महीनों में लगातार सर्वश्रेष्ठ उत्पादन के रूप में दर्ज किया गया है। पिछले तीन महीनों में लौह अयस्क के असाधारण उत्पादन के साथ, खनन क्षेत्र का प्रमुख संगठन वित्त वर्ष 2023 में सभी रिकॉर्डों को पार करने की तैयारी कर रहा है।

कंपनी के सफल प्रदर्शन पर टिप्पणी करते हुए एनएमडीसी के अध्यक्ष एवं प्रबंध निदेशक श्री सुमित देब ने कहा, इस्पात की मांग में वृद्धि के साथ, हम उत्पादन बढ़ाने और लौह अयस्क की निरंतर बड़ी मात्रा में आपूर्ति सुनिश्चित करने के लिए तैयार हैं। पिछले तीन महीनों में हमारे निष्पादन में वृद्धि असाधारण रही है और यह नए बेंचमार्क स्थापित करके आत्मनिर्भर राष्ट्र के प्रति एनएमडीसी की प्रतिबद्धता को प्रदर्शित करता है।

वर्क फ्रॉम होम से बढ़ पीठ-गर्दन दर्द, ब्रिटेन में 62 हजार ने नौकरी छोड़ी



कोरोना के बाद बाजार खुले, लेकिन कर्मचारियों की कमी से अमेरिका और यूरोप के देश जूझ रहे हैं। यहां गर्दन और कमर के दर्द से परेशान हजारों लोगों ने नौकरियां छोड़ दी हैं। इनमें से ज्यादातर को वर्क फ्रॉम होम के दौरान महीनों गलत तरीके से बैठने की वजह से गर्दन और कमर दर्द की परेशानी हो गई। ब्रिटेन के ऑफिस फॉर नेशनल स्टैटिस्टिक्स की रिपोर्ट कहती है कि जहां 3 साल पहले 2019 में बीमारी की वजह से काम न कर सकने वाले लोगों की संख्या 20 लाख थी, वहीं अब यह 25 लाख हो गई है। इनमें से 62 हजार को गर्दन और पीठ दर्द से परेशान होकर नौकरी छोड़नी पड़ी है। ब्रिटेन में मानसिक बीमारियों के बाद नौकरियां छोड़ने की यह दूसरी बड़ी वजह है।

लेपटॉप पर काम करने से गर्दन दर्द बढ़ा- लंदन में बैक्स एंड बियांड क्लीनिक के निदेशक और अस्थिरोग विशेषज्ञ गोविन बर्ट कहते हैं- 25 से 45 साल के बीच के लोगों में पीठ और गर्दन दर्द की समस्या तेजी से बढ़ी है। घंटों लेपटॉप पर झुककर काम करने की वजह से कई इतने ज्यादा पीड़ित हो गए हैं कि बैठकर काम करने की स्थिति में ही नहीं हैं।

वे कहते हैं, दफ्तर में काम करने के लिए खास तरह का डिजाइन होता है, जो हमारे शरीर को सपोर्ट करता है, लेकिन घरों में बिस्तर पर या सोफे पर घंटों काम करने से शरीर में दर्द शुरू हो जाता है। जल्द संभला न जाए तो ये हमेशा के लिए स्थायी दर्द में बदल जाता है।

Tourism



Record 23 lakh tourists visit Kashmir this year

A record 23 lakh tourists visited Kashmir Valley till October this year. The last time, the valley saw tourists in large numbers was in 2012 when about 13 lakh visited.

Of the 23 lakh tourists who visited Kashmir this year, 3.5 lakh were Amarnath Yatris (pilgrims). The highest grossing months were April when 2.8 lakh tourists visited, May with 3.75 lakh visitors and June with 3.4 lakh tourists. One of the major destinations this spring was the Tulip Garden on the banks of Dal Lake. The garden recorded an all-time high arrival of 3.5 lakh visitors since it was opened in 2007. "Bookings for winter have been encouraging. We expect a bumper tourist season and could cross 25 lakh visitors by December-end. 2022 has been the best-ever year for us in terms of tourism. It has given a fillip to Kashmir's economy in a big way," says secretary, tourism, Sarmad Hafeez.

"There has been an increase in the number of foreign tourists visiting Kashmir, which is an encouraging sign for the industry after many, many years," he says. Around 13,000 foreigners had visited Kashmir till October this year.

Sri Lanka hopes for tourism revival with 1.5 million arrivals next year



Sri Lanka hopes to double tourist arrivals to 1.5 million next year and bring in \$5 billion in vital foreign exchange, the tourism minister said on Thursday, as the island nation seeks ways to tackle its worst financial crisis in seven decades.

The country of 22 million people, famed for its beaches, ancient temples and aromatic tea, has been struggling for months to pay for essential imports of fuel, food and medicine because of a lack of foreign exchange.

"Tourism can play a major role in Sri Lanka's recovery and this is what we are aiming for next year," Tourism Minister Harin Fernando told reporters in Colombo.

Sri Lanka would likely end this calendar year with 750,000 tourist arrivals and about \$2 billion in earnings, Fernando said, adding his ministry would be targeting high end tourists and introducing new products in 2023. The Indian Ocean island is also rolling back night-time power cuts in tourism zones, as the overall electricity situation improves from 13-hour power cuts earlier in the year, Power Minister Kanchana Wijesekera said on Wednesday.

Months of protests, political turmoil, power cuts and fuel queues dampened tourism in Sri Lanka just as it was recovering from the COVID-19 pandemic in mid-2022.

An estimated \$4 billion loss in tourism revenue over the past two years also contributed to tipping Sri Lanka into the financial crisis, according to former ministers.

Sri Lanka signed a preliminary agreement with the International Monetary Fund (IMF) for a \$2.9 bailout in early September but has to get prior financing assurances from private and bilateral creditors, including India, China and Japan before disbursements can begin.

Portugal Tourism : Big jump in tourism revenue



Witnessing a strong rebound in tourism, Portugal has had an amazing summer with a quantum leap in revenue, according to the politician responsible for the sector.

Speaking to Arab News ahead of the World Travel & Tourism Council Global Summit in Riyadh, Rita Marques, Portugal's secretary of state for tourism, said she was optimistic that 2022 would end on a high note for the country.

"We expect to end this year with 10-15 percent more revenue than we did back in 2019 and we are very excited about these numbers," she said. "We are also very happy with the overall resilience that the sector has shown because things had come to a standstill for two years." Talking about competition from neighboring countries and beyond, Marques said that, after the pandemic, there was room for everyone. "There is space for everyone to compete in the world of tourism," she said. "And that's not just because people are traveling more but because people are more and more curious about exploring new emotions and new experiences. Tourists are also getting more curious about discovering new spots."

With regard to tourism opportunities in Portugal, she explained that the country offers a lot for tourists to discover.

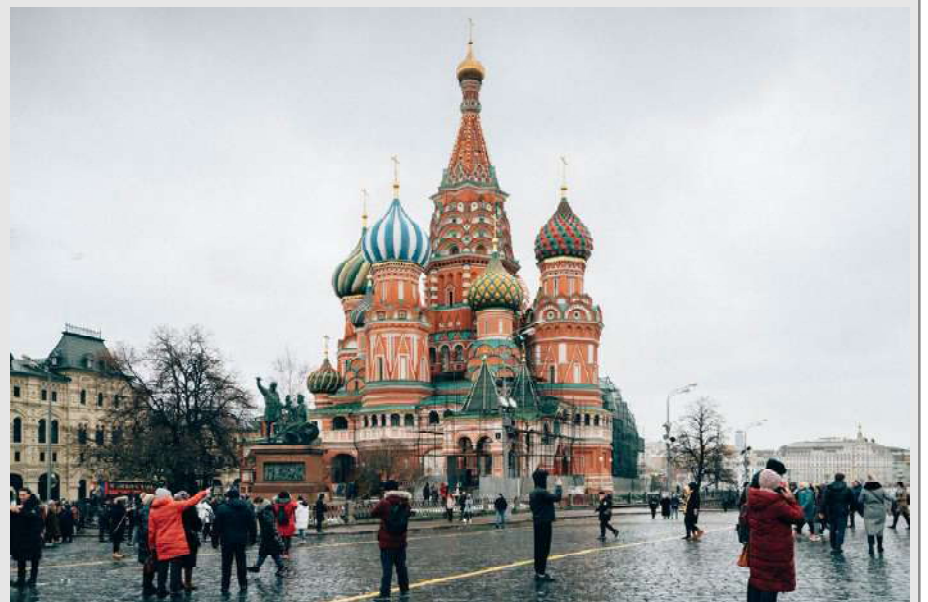
"A couple of years ago, we were known to be a sunny place with beaches and all of that but now people come to Portugal for our golf courses, for our walking and cycling and more. And this allows us to compete with other destinations, not just with regular ones. We offer authentic and emotional experiences when tourists visit the old parts of Lisbon, for instance."

After the revocation of Article 370 in August 2019 and two years of travel restrictions due to the Covid-19 pandemic, the Jammu and Kashmir administration focused on reviving tourism that is now showing results. Only 8.5 lakh tourists visited Kashmir in 2018 and 11 lakh in 2017.

For winter, Hafeez said activities such as skiing and Khelo India Winter Games have been planned. "We are keeping tourist destinations open this winter. Earlier, many of them would close down with the season's first snowfall in Sonmarg, Yousmarg and Dooudhpathri," he says, adding that a ski lift had been installed at Sonmarg to boost winter tourism.

Traditional tourist spots of Gulmarg and Pahalgam were bustling with tourists this summer and are gearing up for winter tourism. Hotels in Gulmarg, an international skiing destination, have got more than usual bookings. Indian Association of Travel and Tourism Experts (IATTE, J&K chapter) president Sheikh Mohammed Sultan says, "After December 15, Gulmarg hotels remain packed till March, while hotels in Pahalgam receive 40 to 50% advanced bookings. Early snowfall also boosts bookings."

Russia Looks to India to Fill Tourism Void



As Russia engages in the worst fighting in Europe since World War II with Ukraine, tourism is one of the worst hit sectors for the country, especially at a time when destinations are charting their way towards recovery post the Covid crisis. Travel to and from Russia continues to be hit by sanctions, as a result the destination is aggressively wooing travelers from what it deems as more "friendly countries" and India seems to be high on the list.

At the recently-held Outbound Travel Mart (OTM) in Mumbai, one of the largest travel trade events in India, the Russian contingent descended in full force as it made a strong bid to sell the destination to Indian travelers.

Representatives from the city of Moscow City Tourism Committee and Saint Petersburg

Convention Bureau addressed the media and spoke about the "abundant tourism opportunities" that the destinations offer for Indian travelers.

Strangely, Russia, a very important tourist destination, does not have a national tourism organization with their office in India, noted Mahendra Vakharia, managing director of India-based Pathfinders Holidays.

However Vakharia noted that St. Petersburg Tourism and Moscow City Tourism Committee have individually done more than their bit since the last few months and have been aggressively engaging with the travel trade through roadshows, presentations, seminars and workshops.

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