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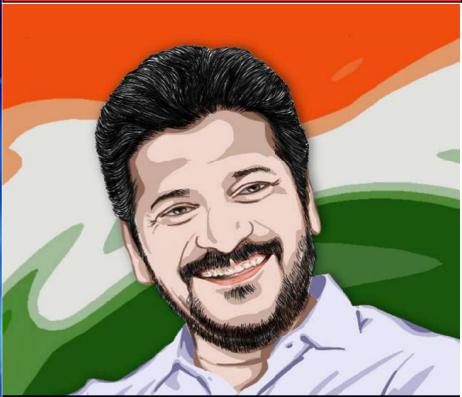
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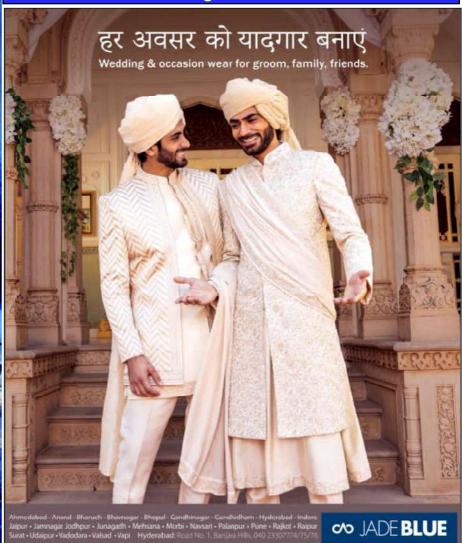
Monthly



The History Maker



A. Revanth Reddy the new **Chief Minister of Telangana State**





Appointments

Sumit Kumar (ISupplyS: 2012) was appointed as Deputy Secretary in the Department of Heavy Industries for a period of four years.

Parveen Kumar (IRS IT: 2004), Director, Department of Economic Affairs, prematurely repatriated to his parent cadre to avail the benefit of promotion.

Vikram Singh (CPES: 2001), Director, Ministry of Ayush, prematurely repatriated to his parent cadre to avail the benefit of promotion.

Rajesh Kumar Singh (IDSE:1995) Director, Department of Land Resources, prematurely repatriated to his parent cadre on personal grounds.

Anita Meena (IRS IT: 2008) was appointed as Director in the Ministry of Housing and Urban Affairs for a period of five years.

Swapna Devireddy (IRS IT: 2010) was appointed as Deputy Secretary in the Department of Drinking Water and Sanitation for a period of four.

Virendra Kumar Yadav (IRSEE: 2011), Deputy Secretary, Ministry of Heavy Industries, was prematurely repatriated to his parent cadre.

Nazeem Ahmed A (IOFS: 2011) was appointed as Deputy Secretary, Ministry of Minority Affairs for a period of four years.

Tanu Singh (ITradeS: 2012) was appointed as Deputy Secretary in the Department of Justice for a period of four years.

Abhishek Anand (IRS C&CE: 2013) was appointed as Deputy Secretary in the Ministry of Women & Child Development for a period of four years.

Yashasvi Mund (ITS: 2011) was appointed as Deputy Secretary in the Department of Promotion of Industry & Internal Trade (TSU) for a tenure up to 31 .03.2025.

Ashok Kumar Sharma (IDSE: 1994) was appointed as Director the Ministry of Micro, Small & Medium Enterprises for a period of five years.

Tenure of Rakesh Kumar Singh (IDAS: 1993), Additional Secretary, Ministry of Home Affairs, was extended for a period of one year beyond 08.12.2023.

Tenure of Prakash Mirani (IRSS: 1989), Addl. CEO, GeM SPV under the Department of Commerce, was extended till his superannuation i.e. up to 31.12.2024.

Additional charge of Shiv Nandan Kumar, CWES, Chairman, Krishna River Management Board (KRMB), Hyderabad, to the post of Chief Executive Officer (CEO), Polavaram Project Authority, Hyderabad was extended for a period of six months w.e.f. 28.11.2023.

Tenure of A Asholi Chalai, CSS, Joint Secretary, National Commission for Women (NCW) under the Ministry of Women & Child Development, was extended till his superannuation i.e. up to 28.02.2025.

Anand Mohan (IFoS: 1996: RJ), JS, NRCD, was entrusted with additional charge of the post of Director (JS level), National Water Informatics Centre (NWIC) for a period from 01.01.2023 till the assignment of additional charge to SD Sharma (CWES: 1993), Chief Engineer, Central Water Commission.

S D Sharma (CWES: 1993), Chief Engineer, Central Water Commission, was entrusted with additional charge of the post of Director (JS level), National Water Informatics Centre (NWIC) for a period of three months from the date of assumption of charge of the post

Abhay Sharma (IRTS: 2012), Deputy Secretary, Department of Health and Family Welfare, was prematurely repatriated to his parent cadre.

Mayank Mishra (IRS IT: 2009) was appointed as Director in the Ministry of Home Affairs for a period of five years.

Pradeep Kumar Pal (IRSSE: 2009) was appointed as Director in the Union Public Service Commission for a period of five years.

Monica Thind (IES: 2008) was appointed as Director in the Ministry of Statistics & Programme implementation for a period of five years

Ankit Dugar (IRSSE: 2009) was appointed as Director in the Ministry of Road, Transport & Highways for a period of five years.

Aswani Srivastava (IRTS: 1998) was appointed as Joint Secretary, Department of Food & Public Distribution for a tenure of five years.

Hara Prasad Nayak (IRAS: 1995) was appointed as Joint Secretary & Financial Advisor, NATGRID under the Ministry of Home Affairs for a tenure of five years.

Amit Katoch (IP&TA&FS: 1998) was appointed as Additional CPFC (HQrs), Employees' Provident Fund Organisation under the Ministry of Labour & Employment for a tenure of five years.

Pankaj Hazarika (IDAS: 2000) was appointed as Additional Secretary (JS level), Union Public Service Commission (UPSC) under the Dpt. of Personnel & Training for a tenure of five years.

IAS

*Union Home Secretary A K Bhalla (IAS: 1984: AM) gets additional charge of the post of Secretary, Department of Border Management (MHA) after the repatriation of Atal Dulloo (IAS: 1989: UT) to J&K as Chief Secretary.

Mohamed Ashraf (IA&AS: 2014) was appointment as Deputy Secretary in the Department of Financial Services for a period of four years

Rupanjali Karthik (IAS: 2008: PB) was appointed as Director in the Department of Commerce for a period of five years.

Lalit Jain (IAS: 2011: HP) was appointed as DCO/DCR, Haryana for a period up to 31.12.2025.

Zasekuolie Chusi (IAS: 2011: NL) was appointed as Director of Census Operations (DCO)/ Director of Citizen Registration (DCR) (Deputy Secretary Level), Nagaland on additional charge basis for a period up to 31.12.2025.

Post of Sanjay Bandopadhyay (IAS: 1988: MP), Chairman, Inland Waterways Authority of India, Ministry of Ports, Shipping and Waterways, was upgraded to the level of Secretary and term extended up to 31.08.2024.

Post of Tanmay Kumar (IAS: 1993: RJ) was upgraded from Joint Secretary to Additional Secretary in Ministry of Environment, Forest & Climate Change and term was extended up to 03.12.2024.

Post of Rakesh Kumar Verma (IAS: 1993: PB) was upgraded from Joint Secretary to Additional Secretary in Ministry of Tourism and term was extended up to 05.12.2024.

Post of Nagaraju Maddirala (IAS: 1993: TR) was upgraded from Joint Secretary to Additional Secretary in Ministry of Coal and tenure was extended up to 02.11.2024.

Post of Roli Singh (IAS: 1994: RJ) was upgraded from Joint Secretary to Additional Secretary in Department of Health & Family Welfare and tenure was extended up to 26.12.2024.

Post of Ashutosh Jindal (IAS: 1995: TR) was upgraded from Joint Secretary to Additional Secretary in Cabinet Secretariat and tenure was extended up to 16.02.2024.

Post of Sajjan Singh Yadav (IAS: 1995: AGMUT) was upgraded from Joint Secretary to Additional Secretary in Department of Expenditure and tenure was extended up to 05.12.2024.

Post of R Jaya (IAS: 1995: TN) was upgraded from Joint Secretary to Additional Secretary in Ministry of Tribal Affairs and tenure was extended up to 05.12.2024.

Post of Varsha Joshi (IAS: 1995: AGMUT) was upgraded from Joint Secretary to Additional Secretary in Department of Animal Husbandry & Dairying, Ministry of Fisheries, Animal Husbandry and Dairying and tenure was extended up to 05.12.2024.

Post of D Thara (IAS: 1995: GJ) was upgraded from Joint Secretary to Additional Secretary in Ministry of Housing & Urban Affairs and tenure was extended up to 05.12.2024.

Sunil Kumar Gupta (IAS: 1987: WB) was re-employed as Secretary to Vice President of India on contract basis with effect from 01.01.2024, i.e. after his superannuation on 31.12.2023, in the rank and pay of Secretary to Government of India, on co-terminus basis.

Tenure of Harmit Singh Pahuja (IAS: 2010: MN), Deputy Secretary, Department of Personnel & Training, was extended for a period of one year i. e. up to 17.11.2024.

Ankita Chakravarty (IAS: 2013: AGMUT) was appointed as Deputy Secretary in the Ministry of Home Affairs for a period of four years.

Himani Pande (IAS: 1998: JH), JS, DPIIT, named CPO Ranchi (Jharkhand).

Satya Prakash Vashishth, IFoS, Executive Director, Department of Water Resources, River Development & Ganga Rejuvenation, names as CPO Dhubri (Assam).

Indra Mallo (IAS: 1999: MH), JS, Ministry of Women & Child Development, named CPO Washim (Maharashtra).

Amit Kumar Ghosh (IAS: 1994: UP), AS, Department of Social Justice & Empowerment, named CPO Fatehpur (Uttar Pradesh).

IPS

 * ITBP DG Anish Dayal Singh (IPS: 1988: AM) was entrusted with additional charge of DG, CRPF.

* Three IPS officers have been inducted in the Central Bureau of Investigation (CBI) as Superintendent of Police for a period of five years. The names of these officers are as follows:Dr Gagandeep Singla (IPS: 2010: RJ), C Kalaichelvan (IPS: 2012: TN) and Gaurav Abhijit Dilip (IPS: 2014: AM.

* Tenure of Solomon Yash Kumar Minz (IPS: 1997: MP), IG, BSF, was extended up to January 6, 2026 in relaxation of the IPS tenure policy.

Khiangte appointed new Jharkhand Chief Secretary



Jharkhand Chief Minister Hemant Soren appointed L Khiangte (IAS: 1988: JH) as the state's new CS, replacing Shukhdeo Singh (IAS: 1987: JH). Khiangte was currently serving as the director general of the administrative training institute (ATI) besides holding the additional charge of additional chief

secretary, forest, environment and climate change department. Singh was appointed chief secretary by CM Hemant Soren in March 2020, around three months after he came to power. Singh was said to retire in March 2024 and was tipped to complete his term as CS of the state.

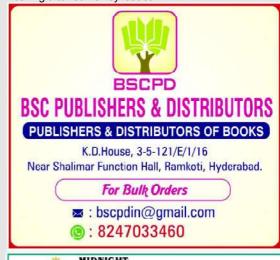
Finance Commission: Will Watal be next Chairman?



If well-placed sources are to be believed, the name of former Union Finance Secretary (Expenditure) Ratan P Watal (Retd IAS: 1978: TG) is under consideration for the post of Chairman, Finance Commission.

Under the Chairmanship of former top bureaucrat N K Singh, the Fifteenth Finance Commission completed its term which was constituted in November 2017, in the back-

drop of the abolition of Planning Commission (as also of the distinction between Plan and non-Plan expenditure) and the introduction of GST, which has primarily redefined federal fiscal relations. As sources say, Watal is the foremost choice of the New Delhi establishment for the key constitutional position to succeed N K Singh. It may be recalled that after his retirement as Union Finance Secretary (Expenditure Secretary), Watal was picked as Principal Adviser for social sector in NITI Aayog (up to October 2021) and simultaneously became instrumental into the revival of PM's Economic Advisory Council. Currently, he is working as Board of Directors with TB Alliance, a New York-based global not-for-profit organization. It may be underlined that he still remains a confidante of New Delhi establishment while looking after some key issues.





Corridors of Power



Chief Secretary is likely to continue

The new government took over ,but the previous Chief Secretary Shanti Kumari is likely to continue the term till the further new appointment. As it's a trend that as soon new government comes into the action, they appoint new chief secretary and DGP in the state. In Telangan state, the credits goes to the Shanti Kumari's alertness and commitment. As new govt. came into the power she started working as per the need and demand positively. Her experience and instant response has impressed the government , hence chances are more that she will continue as chief secretary. Amazing lady officer !!



Ravi Gupta Is The Boss

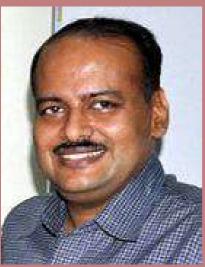
In the very surprising move Sr. IPS officer Ravi Gupta took over as the Director-General of Police for the State. The officer sincere services brought this luck for him and since he took over he came into the action and started his work aggressively. Hard work always pays back! Best wishes. Mr.Gupta is an IPS officer from the 1990 batch, Mr. Gupta took charge as the Director-General of Anti-Corruption Bureau (ACB) in December 2022 and also held the additional charge of Director General (Vigilance and Enforcement).



Meet The New IB Chief

Senior IPS officer B.Shivadhar Reddy have been appointed as the Telangana intelligence chief. The fresh order came soon after Revanth Reddy took charge as the chief minister of Telangana. Sincerity & hard work always wins

B Shivadhar Reddy, a 1994-batch IPS officer, served as the first intelligence chief of Telangana. He used to hold positions such as the commissioner of police (CP) in Visakhapatnam and the director of the Anti-Corruption Bureau (ACB) in united Andhra Pradesh. Reddy also served as the assistant director general of police (ADGP) for railways and road safety.



Sincerity, Simplicity & Seshadri

The 1999-batch IAS officer, V.Seshadri appointed as the secretary to the chief minister. V Sheshadri earlier served at PMO for over five years. Now he will head the crucial CMO. He joined the Telangana CMO in 2020 and was appointed the secretary with additional charge of Stamps and

By picking an officer known for his integrity and enormous knowledge over land matters, the new CM has sent strong message that he would cleanse the land management system. Mr.Seshadri handled the petroleum department and judicial appointments in the PMO.He as joint collector and collector of erstwhile Rangareddy district was credited with protecting government land parcels from encroachment.



Grand Farewell To Mr.Chauhan

Rachakonda Police Commissioner, 1997 batch IPS officer DS.Chauhan gets a big farewell by the staff and police personals.As a commissioner he served nearly one year and in his short term he worked wonder with zeal and commitment & sincerity. Earlier as the additional commissioner of police (Law and Order), Hyderabad city police the officer performed tremendously. Remarkable services!



Meeting of the month

Ms.J.Snehaja,IFS,Regional Passport Officer & Head of MEA Branch Secretariat,Hyderabad paid a Courtesy call at Rajbhavan,Hyderabad to greet Governor Dr. Tamilisai Soundararajan. The RPO discussed about the new initiatives with the Governor.



Memorable Trip

US Consul General in Hyderabad Jennifer Larson visited Odisha, the visit was adventures. In her post she stated "Explored the incredible wildlife of Odisha in the legendary Similipal Tiger Reserve. The elephants and other wildlife made the trip memorable".



With Little Stars

UK Dy.High Commissioner Gareth Wynn Owen had a wonderful time with school students. In his recent post he said "wonderful to be the chief guest at the Model UN simulation event at Little Flower High School. The students represented the UK, Uzbekistan and Benin, spoke about the contribution of their countries towards the Sustainable Development Goals and discussed topical global issues."



Award Time

The Turkey Consul General Orhan Yalman Okan endorsed the best dressed winners. In his post he mentioned "I presented awards to the best dressed man and woman at the Turkish-themed event. Congratulations Seemasood Hussain and Muqtadar Ishq B. Mr. Okan is a wonderful diplomat who is committed to develop the relations and trade among Turkey and both Telugu states.



Best Hospitality

Gentlemen Dr. Nawab Nasir Ali Khan, Hon. Consul General Kazakhstan in Hyderabad for both Telugu states hosted a dinner in Honor of the Deputy Prime Minister Mr. Emil Baisaliv at Damac Hill's Trump International Golf Club, Dubai. Mr. Khan thanked the Dy. PM for joining the get together. Digital Marketing * E-Commerce Portals * Web Solutions









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Top Brass 'Casts The Vote'

Elections: The festival of Democracy! So, the top brass is on the screen. The officers, who were quite hectic in the arrangement of elections, anyhow spared some time to casts the vote. This shows their commitment, this act also motivated the staff and other employees. Presenting the pictures of the officers after casting the vote. The right to vote is not just a privilege, but a basic human right. It is protected by the Universal Declaration of Human Rights (1948) and the International Covenant on Civil and Political Rights (1966). In many countries, the right to vote is also protected by national constitutions vote is also protected by national constitutions.



Shanti Kumari



Shikha Goel





CV.Anand







Ashok Reddy



Hari Chandana Dasari



B.Sumathi







New Police Chiefs 'On The Screen'

New government and new police commissioners! Yes the government has appointed new police commissioners for Hyderabad, Rachakonda and Cyberabad police commissionrates. Many predictions were in the air, but finally the new CM has taken a call and come up with a new names. In fact all three chiefs names were in the race, but should appreciate the government for bringing good officers on hot seats. Should say it's a best choice and rightly selected

rightly selected.

Kothakota Sreenivasa Reddy, a 1994 batch IPS officer, who was holding the position of Additional Director General of Police (ADGP) Organisations and Legal is the new Commissioner of Police in

Hyderabad City.
Sandeep Shandilya, a 1993 batch IPS officer, who was the incumbent Hyderabad City Commissioner, has been posted as the director of the Telangana State Anti-Narcotics Bureau.
G Sudheer Babu, a 2001 batch IPS officer, who was the Additional Commissioner of Police (Traffic) in Hyderabad City is the new Commissioner of Po-

in Hyderabad City is the new Commissioner of Police in Rachakonda, replacing Devendra Singh

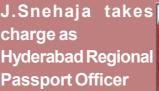
Chauhan.
Chauhan, a 1997 batch IPS officer, has been di-

rected to report to the office of the DGP.

Joint Commissioner of Police (Admin) in
Cyberabad Avinash Mohanty, a 2005 batch officer,
has been transferred and posted as Commissioner
of Police in Cyberabad, replacing M Stephen
Raveendra of the 1999 IPS batch who was has been
directed to report to the office of the DGP.

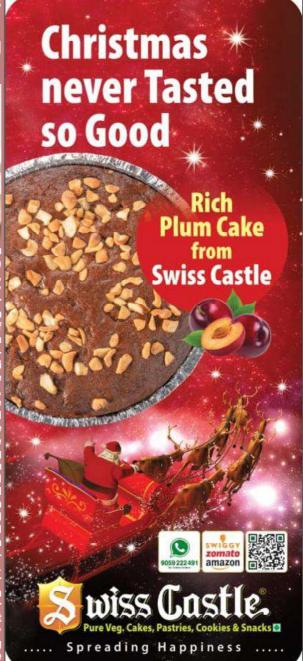
Meanwhile, Shahnwaz Qasim, a 2003 batch IPS
officer has been appointed as the secretary to the

officer, has been appointed as the secretary to the chief minister. He was the Inspector General of Police (IGP) of the Mutli Zone 2 in the state.





ndian Foreign Service (IFS) assumed the role of the new regional passport officer (RPO) and head of office in Hyderabad. A native of , /derabad, Snehaja is also a /alified chartered accoun-. ant. She succeeded Dasari Balaiah, who had taken office as the RPO on 26 November, 2020. Before assuming the position of the Hyderabad RPO, Snehaja served as the secondary secretary at the Embassy of India in Beijing and as an undersecretary in the Bangladesh and Myanmar divisions, as well as in the Vigilance division in the Ministry of External Affairs. She is the second woman to hold the position of the Hyderabad RPO, following Ashwini Sattaru. Chartered Accountancy on her first attempt and, after practising for a period, taught CA to students for nearly two years before dedicating herself to preparing for the Civil Services exam.



MIDNIGHT REPORTER December, 2023

Public Sector

NMDC's Show of Strength, Best Ever **Production Upto Nov'23**



Mining giant NMDC delivers its best ever November month performance in company history, producing 3.83 MnT and selling 3.79 MnT of iron ore in November 2023. With these figures, the company recorded a 6% growth in production and 24.7% upswing in sales over CPLY. Continuing to deliver exceptional volumes, NMDC's cumulative iron ore production has now touched 27.31 MnT and cumulative sales stand at 27.78 MnTupto November 2023. A stellar growth year for NMDC, this is the company's highest ever cumulative production and sales uptoNovemeber 2023. Over CPLY, the cumulative production is 17.11% higher while sales have grown by 23.55%

Speaking on NMDC's booming volumes, Shri Amitava Mukherjee, CMD (Additional Charge) said, "NMDC's performances month after month signal a future where the company stands at the forefront of transformation in the mining sector. We are targeting not only a vol-

ume shift but preparing for a paradigm shift in how we conduct business to go from owning 1/6th to more than a quarter of the domestic market share by 2030."

SAIL distributes Assistive Devices for Persons BHEL wins CII-EXIM Bank Award for Business with Disabilities under CSR



The public sector Maharatna - Steel Authority of India Limited (SAIL) distributed assistive devices to a cross section of persons with disabilities (divyangjans) in a program held at its Corporate Office in New Delhi in collaboration with Artificial Limbs Manufacturing Corporation of India (ALIMCO). Under the corporate social responsibility, the Company organized this priority program marking the second consecutive year of this endeavour. SAIL simultaneously distributed assistive devices to a large number of Divyangjans at its various Plant and Unit locations spread across the country. The range of assistive aids provided included tricycles, motorized tricycles, smart canes, smart phones, knee braces and hearing aids among others. Speaking or the occasion, Chairman, SAIL, Shri Amarendu Prakash noted a positive shift in societal aware ness towards disability over the years and reiterated the company's commitment to provide support and succour to persons with disabilities. Currently, SAIL supports various focused facilities dedicated for Divyangjans at its plant locations viz. 'School for Blind, Deaf and Mentally Challenged Children' and 'Home and Hope' at Rourkela, 'Ashalata Kendra' at Bokaro, 'Handicapped Oriented Education Program' and 'Durgapur Handicapped Happy Home' at Durgapur and 'Cheshire Home' at Burnpur among others.

REC signs 200 million euro loan with German Bank KfW to propel distribution sector reforms



REC Limited, a Maharatna CPSE under the Ministry of Power, signed a 200 million Euro loar agreement with the German bank KfW. This marks REC's sixth line of credit under the Indo-German Development Cooperation and demonstrates the commitment to enhance the distribution infrastructure of DISCOMs in line with the Revamped Distribution Sector Scheme (RDSS) of the Government of India (GoI). The signing event was graced by the presence of key dignitaries including Wolf Muth, Country Director (India); Ms. Carolin Gassner, Director (South Asia); and Dr Juergen Welschof, Head of the Division from KfW along with the officials from the German Embassy. T.S.C. Bosh, ED (BDM, I&L) along with Smt. Valli Natarajan, ED(SOP) and Saurabh Rastogi, CGM (BDM) attended the event on behalf of REC Ltd. This occasion marks a significant step in REC's ongoing commitment to reform the distribution sector in the country. REC is the nodal agency to implement the RDSS scheme. The government launched the Revamped Distribution Sector Scheme RDSS) to help DISCOMs improve their operational efficiencies and financial sustainability by providing result linked financial assistance to DISCOMs to strengthen supply infrastructure based on meeting pre-qualifying criterial and achieving basis minimum benchmarks.

NLCIL INKS TRIPARTITE MoU WITH TNSDC & NTTF

NLC India Limited, a NavratnaPublic Sector Undertaking under the Ministry of Coal, has entered into a tripartite Memorandum of Understanding with Tamil Nadu Skill Development Corporation (TNSDC), the State Nodal Agency of Government of Tamil Nadu for Skill Development and M/ s Nettur Technical Training Foundation (NTTF), Bengaluru, a pioneer institution on providing Skill Training to the unemployed youth to meet the present industry demands. In the august presence of Minister for Youth Welfare and Sports Development, Special Program Implementation Department Udhayanidhi Stalin,the MoU was signed on 01.12.2023 at KalaivanarArangam, Chennai by PrabhuKishore.K, Executive Director, NLCIL, Smt. Innocent Divya, IAS., Managing Director, TNSDC and Suresh.N, Skill Vertical Head, NTTF.P Senthil Kumar, Principal Secretary, Department of Rural Development and Panchayat Raj, Dr. Taresh Ahmed, Secretary, Special Program Implementation Department were also present. Senior Officials from NLCIL, TNSDC and NTTF graced the occasion. This collaboration of NLCIL, TNSDC & NTTF will impart job-oriented Skill Development training for 540 wards of Project Affected Families (PAFs') of NLCIL's operating areas in Neyveli. NLCIL has committed to spend Rs.1.12 lakhs per candidate for this free residential program under its budget for Rehabilitation and Resettlement.

MRPL bags 3 PRSI National Awards



Mangalore Refinery and Petrochemicals Ltd MRPL havewon the prestigious Public Relations Society of India (PRSI) National Awards in three categories. These Awards were given away during the International Public Relations Festival 2023 held at Dr B R Ambedkar International Convention Center, New Delhi.

MRPL bagged awards in the following categories: Social

Media for PR & Branding, Best CSR Project for Childcare and Best Skill Development Program PSU. Awards were presented by Bernd Andersson, Deputy Commissioner of the Austrian Embassy, Prof Druba Jyothi Pati (Dean and Director India Today media institute), Rajiv Ranjan Mishra, Senior Energy Consultant World Bank AND Ajith Pathak, National president PRSI. Dr Rudolph Noronha, GM (CC) received the awards on behalf of MRPL.

Excellence – 2023



In a landmark achievement, Bharat Heavy Electricals Limited (BHEL) has won the prestigious CII EXIM Bank Award for Business Excellence 2023.

This award is a testament to the company's unwavering commitment to excellence, resilience and its ability to adapt to the dynamic business landscape. The CII-EXIM Bank Award is based on the internationally recognized European Foundation for Quality Management (EFQM) excellence model. While BHEL's Trichy unit has bagged the coveted award; its Haridwar, Bhopal, Hyderabad, Electronics Division Bengaluru, Jhansi, Ranipet and Project Engineering Management units/divisions have won the Platinum recognition. In addition, the company's Northern Region and Eastern Region construction divisions have received the Gold Plus recognition.

The awards were received by J.P. Srivastava, Director (E, R&D) and Finance - Addl. Charge along with the teams from Corporate Quality and the respective divisions during the 31st CII Excellence Summit at Bengaluru.

POWERGRID honoured with International CSR Recognition



Power Grid Corporation of India Limited (POWERGRID) a Maharatna CPSU under Ministry of Power, has been conferred awards of "CSR World Leader 2023" and "International

CSR Excellence-2023" in a carbon neutral presentation ceremony by the Green Organization at theHouses of Parliament, Palace of Westminster, London held on 20th November, 2023.

The prestigious award was received by Dr. Yatindra Dwivedi, Director (Personnel) POWERGRID.The honour was bestowed POWERGRID in appreciation of POWERGRID's commitment to Corporate

to have been honoured with this international recognition, competing against more than 500 global nominees. Corporate Social Responsibility is embedded into POWERGRID's business model. POWERGRID is aligned towards UN Sustainable Development Goals and has been consistently contributing in the field of economic and social development across the country

with its CSR initiatives. Adopting a multi-facet approach implementation of CSR interventions, the company consults and engages with all its stakeholders. The corporation is proud to be acknowledged for its contribution to the society and looks forward to continuing its efforts to make a positive difference in the world.

NTPC Bongaigaon bags 1st Runners-up for **Best Health Care Services Award**



NTPC Bongaigaon has been honored with the 1st Runner up position in the Best Health Care Services Award for small hospitals with fewer than 30 beds. The prestigious award was presented during the CMO Administrative Meet held at CC EOC, New Delhi.

Gurdeep Singh, CMD, NTPC Bongaigaon, presented the award to Dr. Ela Chakraborty, CMO, NTPC Bongaigaon Hospital, in the presence of D.K. Patel, Director (HR) Sital Kumar, CEO (UPL) & ED (HR), and Sangita Risbood, CMO, Corporate Centre, along with other se-

nior officials, graced the award ceremony with their presence.

The award recognizes NTPC Bongaigaon Hospital's unwavering commitment to providing quality healthcare services to its patients. The hospital has consistently demonstrated its dedication to excellence through its innovative and humane approach to healthcare outcomes. NTPC Bongaigaon Hospital is committed to continuous improvement and innovation



Eating a Bowl of Yogurt May Help Reduce Your Risk of Depression, Anxiety



Mental health is complex, but new research suggests that a bacteria found in fermented foods and yogurt may help prevent depression and anxiety.

Researchers at the University of Virginia School of Medicine have discovered that the bacterium Lactobacillus helps the body manage stress, potentially preventing the onset of mental health conditions like depression and anxiety.

Earlier research suggested that the bacterium could reverse depression in mice. To understand why this happens, the researchers used a collection of bacteria, known as Altered Schaedler Flora, which included two strains of Lactobacillus and six other bacterial strains.

The transfer of gut bacteria from stressed mice to germ-free mice was shown to lead to lead to depression and anxiety-related behaviors. Mice without Lactobacillus in particular were shown to exhibit elevated stress responses and lower levels of an immune factor called interferon-gamma, which is involved in regulating stress response.

The study's authors say, "These results provide a novel framework to understand the roles of the bacterial gut microbiome and the immune system in mood disorders

This research could lead to the development of new methods to treat and prevent mental health conditions. For example, in the future people who are at risk of depression could take a probiotic supplement that contains Lactobacillus.

Sas Parsad, nutritionist at The Gut Co says this study adds "valuable insights" to the connection between gut health and mental well-being, a growing area of interest in the field of nutrition.

"The fact that *Lactobacillus*, commonly found in fermented foods and yogurt, is linked to stress management and potential prevention of depression and anxiety opens up exciting possibilities for holistic approaches to mental health," he notes.

Dr. Bankole Johnson, neuroscientist and founder of Casa Privée in Miami agrees. He says this study highlights the role of gut microbes on stress and anxiety, and in turn, how diet affects our mental wellbeing.

"Microbiota influences brain signaling, and so changes in microbiota alter brain stimulation. This is an important effect and suggests that we really may be what we eat," he says. Lactobacillus's role in supporting mental health can be attributed to its impact on the

gut-brain axis_says Parsad. "The gut is often called the "second brain" due to the bidirectional communication between the gut and the central nervous system," he explains.

"When abundant in the gut, *Lactobac* appears to modulate this communication, influencing the production of neurotransmitters like serotonin and gamma-aminobutyric acid

(GABĀ), which play key roles in mood regulation."

What's more, Lactobacillus seems to lessen inflammation in the gut, which Parsad says may indirectly contribute to improved mental health.

Diet choices and supplements are not a substitutes for treatment

Of course, it would be ludicrous to suggest that simply getting more Lactobacillus into your diet could act as a catch-all prevention tactic for mental health problems.

Eating a healthier diet can certainly improve your mental health and impact how you stress, but *Lactobacillus* is not a substitute for treatment. Rather it can comple ment it.

"These findings could revolutionize mental health treatments in that they suggest that incorporating dietary considerations, including *Lactobacillus*-rich foods, might become a complementary strategy for managing stress, depression, and anxiety," Parsad notes.

Parsad says this holistic, complementary approach aligns with the emerging under-standing that mental and physical health are interconnected. It therefore emphasizes the importance of a well-balanced diet for overall well-being.

The key word there is 'holistic' and it's important to remember that many physical and emotional experiences can contribute to a decline in mental health.

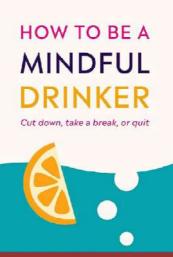
How mentally well we feel can be impacted by everything from experiencing childhood trauma or social disadvantage to genetics, age, lifestyle, and much more.

Parsad concurs. "We must recognize that diet is just one aspect of mental health management and that lifestyle factors, including regular physical activity, adequate sleep, and stress management techniques also play crucial roles," he notes.

When we feel out of balance, we often need to take a multi-faceted approach to improving our mental health.

Lactobacillus is not a substitute for mental health medication prescribed by a healthcare professional or for therapeutic intervention, but it may complement it.

7 Simple Tips for Mindful Drinking This Holiday Season, According to Experts



Health experts say having a plan in place can help you drink more mindfully at holiday celebrations and festivities. Brat Co/Stocksy United

· For those trying to cut back on drinking alcohol, attending holiday gatherings may be challenging.

· But there are simple ways to achieve your goal of drinking alcohol mindfully or going alcohol-free this holiday season.

· From sipping slowly to smaller portions or opting for a higher quality beverage, experts share tips to help you pace yourself at holiday

Alcohol is often a staple at many holiday gatherings and festivities. In many cases, it's viewed as a way to increase holiday cheer.

However, its presence can be a challenge for those looking to cre-

ate a healthy relationship with drinking. "Some of us experience peer pressure from others as society places a lot of importance on including alcohol in celebrations," Leah Young, LCPC, clinical manager at Eating Recovery Center and Pathlight Mood & Anxiety Center, told Healthline.

Others turn to alcohol to help cope with complicated feelings of

loneliness, sadness, or anxiousness around family members who are no longer alive or those they dread seeing at the holidays.

"When people feel sad or anxious, they may find themselves drinking to ease their emotional pain," Sarah Church,PhD, founder and executive direction of Wholeview Wellness Centers, told Healthline.

As you navigate all the gatherings you agreed to this holiday season, there are a few ways you can drink alcohol mindfully.

How can I be more mindful when drinking alcohol?

Whether cutting back on alcohol or abstaining altogether, these expert-backed tips will help you stick to your plan and enjoy the festivities. Savor your beverage-

Rather than gulping down your drink, Church said pay attention to the way the drink tastes, how it smells, and what it looks like.

"Use all your senses to notice the color, aroma, the mouthfeel, and flavor of your drink," she said. For example, if you are having a glass of wine, pretend it is part of a tasting. "You can swirl it in the glass, notice the aroma, watch to see if it has 'legs' as it moves back down the glass. Notice the color of the wine and when you take a sip, pay attention to the taste, see if you notice any particular flavors," said Church.

This will also force you to slow down and give your body and mind time to register the effects of alcohol.

Hydrate with water or a nonalcoholic drink

Alternate alcoholic drinks with water or other non-alcoholic (NA) beverages, such as juice, soda, or NA beer and wine to stay hydrated and to pace yourself.

"Take a moment to check in with yourself between drinks to see if you really want another one," said Church. "The standard advice is to wait at least one hour between alcoholic drinks. This allows your body enough time to process the alcohol and helps prevent excessive consumption." Young noted that there are ways to still feel part of traditions without drinking alcohol.

"If your dad creates a cocktail recipe every winter, challenge him to create a mocktail, too," she said. Choose quality over quantity

Rather than consuming large quantities of lower-quality beverages, Church suggested going with higher-quality drinks, such as premium wine, top-shelf liquor, or craft beer. "Higher-quality drinks often have more nuanced flavors, which can be savored slowly. But, be mindful of alcohol content, some of these drinks may have higher alcohol content, so you have to factor that in when you are trying to keep your drink count down. One craft beer may equal two standard drinks." she

Focus on people and activities

Rather than making alcohol the highlight of events, focus on engaging in meaningful conversations and enjoying activities at the party.

Be the adult who horses around with the kids, get a game or activity going so that the focus is on that instead of sitting around a table drinking, [or] help out the host," said Young.

Before going to an event, Church said think about what else you can engage in other than drinking. "Maybe you want to take some pictures of people so you remember the event, or you want to make sure to introduce certain people to one another," she said. "If there is live music, you can focus on the performers or if there is a DJ, you might want to dance.'

Cut out alcohol before and after events- If you know you're going to a social gathering where you will drink, cutting back on alcohol days before and after the event can help give your body a break. Saying "no" to pre-partying and post-partying that day is also a good strategy.

"If you limit your drinking to the time you spend with others, you'll tend to drink less," said Church.

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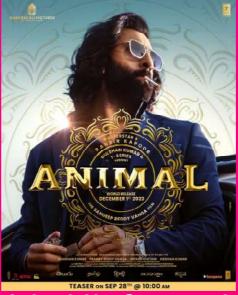
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"83rd Convocation of OU Marks a Grand Celebration of Academic Excellence"

The 83rd Convocation of 106 year old Osmania University was a remarkable milestone in the academic journey of its graduates at Tagore Auditorium, witnessed the Honorable Governor of the State of Telangana and Chancellor of Osmania University Dr. (Shrimati) Tamilisai Soundararajan and Shri Shantanu Narayen, Chairman and CEO of Adobe, gracing the occasion as the Chief Guest. The news is Sr.Journalist and State best journalist award winner Dr.Y.Nageshwar Rao received PhD patta through the guests on this occasion.

Hon'ble Vice-Chancellor of Osmania University, Prof. D. Ravinder welcomed the attendees and shared an overview of the university's accomplishments and future aspirations. Prof. P. Laxminarayana, Registrar of the University, played a pivotal role in the conferral of degrees and honor.



Animal: Not Suggested For Teens

Animal review ! Already topping the box office in India, Sandeep Reddy Vanga's bombastic action film is high on shock tactics and low on substance. His first two features, the Telugu-language Arjun Reddy (2017) and its Hindi remake Kabir Singh (2019) were both megahits – and also attracted criticism for making heroes out of misogynistic, violent men. Far from stepping back from this, Animal sinks even further into regressive depths, resulting in one of the vilest protagonists to have graced the big screen.



Dr.Manjula Releases Midnight Reporter's Nov edition

Midnight Reporter's Nourishing November edition is out with a bang released by Padmashree Awardee Dr.Manjula Anagani, Minimal Access & Robotic Surgeon. She is Clinical Director and HOD, Women and Child unit for Care Hospitals, Banjara Hills, Arete Hospitals, Gachibowli and visiting Lap Surgeon, NMC Hospitals, Dubai. She is also a Ted X speaker & an Influencer.

Happening personality !! Click the link for epaper : https://midnightreporter.com/november_2023.pdf



Cake Mixing 'On Screen'

Christmas is round the corner and cake is no longer confined to the traditional Christian household, it has now become a festive event across India and Hyderabad. As every year socialist RUPA SREE Hosted cake mixing for her close page3 friends, Including Sneha Chowdary, Swetha Reddy and Seema Sood along with le Meridien staff. It as was a grand event and yes off course talk of the town.





Inspiring Episode

Celebrating birthday at orphanage homes and distributing sweets and cakes among needy childrens is really a wonderful gesture. On the occasion of Farooq's birthday, he himself with socialist Kabeer Khan went to Anam Vedika Orphanage Home, cut the cake with the orphanage childrens and distributed snacks and cakes. That's wonderful, inspiring episode!

All Set To Celebrate Merry Christmas

Festive season is on!Presenting Celine Patricia, Bina Singh,

Dr Jason Paul , Marilyn Sushmita and off course the beautiful Christmas tree. The town is all set to celebrate the festival, Christmas stars & trees are already attracting the people in the main markets. People and especially the kids are excited to take the trees to their homes. The festival of joy and happiness.



Destination Wedding

Destination weddings are on screen! Recently a happening destination wedding held at Goa, many known guests from the town particiated at Malik's wedding party. In the picture happening feminine Vinnny Singh, Pooja Sethi, Rummy Azad and Raman can be seen in beautiful attire.

hub n home



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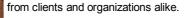


The mere process of birthing a baby, is the process any architectural design / project undergoes. It is a process any architect takes immense pride in collecting this memorabilia of experience, expertise, exposure & amp; execution. It has been a roaring 18 years for RaLife Designs, a rich and incomparable experience that we take great joy in boasting.

Founded in 2007, with experience gathered under the crème-le-da-crème of architects in Malaysia and Singapore, RALife came into being known for it's unique conceptual ideas and executions. Ra Life Designs is conceptualized by ARCHITECT Simran Mayal, who has obtained her Degree from Singapore and is a seasoned and highly experienced professional.

Known for its timely delivery and handover, RALife has over the years collected its' medals from renowned clients from across the country. In the picture a 3000 Sq feet residential bungalow can be seen with the earthy concept. Amazing ! RALife unique approach to design projects is to

consider the layers of physical and cultural archaeologies at each site, not just the obvious contexts and programs of a building and engage ourselves in an artistically un - preconceived way the real conditions of contemporary society, construction, and culture. Rather than pursuing a particular building type RALife Designs specializes in a particular problem type: projects with a complex sitting, programmatic and/or budgetary constraints and of strategic importance to the environment. We lead a firm that integrates the experimentation typical of the academic studio with the demands of the professional practice, synthesizing history and theory with the pragmatics of program and structure to produce singular exciting forms, imbued with a unique sense of place. Over the years, RALife Designs has earned its reputation for

















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पीएम मोदी ग्लोबल लीडर अप्रवल ब्रिटेन में मारतीय डॉक्टरों से इलाज लिस्ट में फिर टॉप पर



76% पीएम मोदी, भारत

66% आंद्रेस मैनुअल, मेक्सिको

58%

एलेन बर्सेट, स्विट्जरलैंड

प्रधानमंत्री नरेंद्र मोदी ग्लोबल लीडर्स की लेटेस्ट अप्रवल रेटिंग लिस्ट में टॉप पर बने हुए हैं। उन्हें लगातार तीसरी बार 76% अप्रवल रेटिंग मिली है।

इससे पहले सितंबर और अप्रैल में जारी आंकड़ों में पीएम मोदी को 76% रेटिंग मिली थी। जबिक फरवरी में पीएम मोदी को 78% अप्रूवल रेटिंग के साथ दुनिया का सबसे लोकप्रिय नेता

ताजा लिस्ट में 66% रेटिंग के साथ दूसरे स्थान पर मेक्सिको के रा ट्रपति आंद्रेस मैनुअल लोपेज ओब्राडोर और तीसरे स्थान पर स्विट्जरलैंड के रा ट्रपति एलेन बर्सेट हैं, उन्हें 58%

इस लिस्ट में 49% रेटिंग के साथ ब्राजील के राष्ट्रपति लुइज इनासियो लूला दा सिल्वा चौथे स्थान पर हैं। वहीं, अमेरिकी राष्ट्रपति 40% रेटिंग के साथ सातवें नंबर पर हैं, जो मार्च के बाद उनकी सर्वोच्च रैंकिंग है।

यह सर्वे अमेरिकी कंसिल्टिंग फर्म मॉर्निंग कंसल्ट की ओर से किया है, जिसमें दुनिया के 22 नेताओं को शामिल किया गया था। इस सर्वे के लिए 6-12 सितंबर 2023 तक आंकड़े जुटाए गए। जिसमें सिर्फ 18% लोगों ने पीएम मोदी को डिसअप्रव किया।

डिसअप्रूव रेटिंग में कनाडा के प्रधानमंत्री जस्टिन टूडो टॉप पर हैं। उन्हें 58% डिसअप्रूव रेटिंग मिली है। इसे खालिस्तानी आतंकवादी निज्जर की हत्या के बाद भारत के साथ कनाडा के कूटनीतिक मतभेद का नतीजा माना जा रहा है। वहीं, इटली की प्रधान मंत्री जियॉर्जिया मेलोनी को 52% डिसअप्रव रेटिंग मिली।

भूटान पर कब्जा जमाने की कोशिश में चीन



चीन तेजी से भूटान के उत्तरी इलाकों के पास इन्फ्रास्ट्रक्चर डेवलप कर रहा है। सैटेलाइट इमेज में सामने आई हैं जब चीन और भूटान सीमा विवाद सुलझाने के लिए बातचीत कर रहे हैं। यूनिवर्सिटी ऑफ लंदन के प्रोफेसर रॉबर्ट बार्नेट का कहना है कि चीन नॉर्थ भूटान पर कब्जा करना चाहता है। आने वाले समय में नॉर्थ

भूटान की जाकरलुंग घाटी चीन के हाथों में जा सकती है।

अमेरिका की मैक्सार टेक्नोलॉजी ने जो सैटेलाइट तस्वीरें जारी की है उनमें जाकरलुंग घाटी में पिछले 2 सालों में हुए चीनी कंस्ट्रक्शन को दिखाया गया है। चीन यहां लोगों के रहने के लिए 129 बिल्डिंग्स बना रहा। थोड़ी दूर पर 62 इमारतों का कंस्ट्रक्शन भी हो रहा है। इससे साफ होता है कि चीन, भूटान में दो बड़े गांव बसा रहा है।

चीन की भूटान पर कब्जा करने की मंथा साफ दिख रही : एक्सपर्ट

एक्सपट डामयन सायमन का कहना है कि चीन की तरफ से हो रही ये गतिविधि महत्वाकांक्षाओं को दर्थाती है। उन्होंने कहा- जाकरलुंग घाटी में जो कंस्ट्रक्शन हो रहा है वो सिर्फ ऑउटपोस्ट नहीं है। चीन यहां लोगों को बसाने चाहता है। लोग जो चीन का समर्थन करते हों और चीन का अभिन्न अंग हों।

सीमा निर्धारित करने पर हो रही चीन-भूटान के बीच बातचीत

भूटान अपने क्षेत्र में चीनी घ्सपैठ को हमेशा के लिए खत्म करने की कोशिश में चीन के साथ संबंध बढ़ा रहा है। दोनों देश सीमा निर्धारित करने पर बातचीत कर रहे हैं। अक्टूबर 2023 में भूटान के विदेश मंत्री टांडी दोर्जी ने बीजिंग में चीन के विदेश मंत्री से मुलाकात की थी।

भूटान के विदेश मंत्री दोरजी के साथ मुलाकात में चीनी विदेश मंत्री ने कहा था कि चीन सीमा विवाद सुलझाने को तैयार है। भूटान के प्रधानमंत्री लोताय शेरिंग ने भी पिछले दिनों एक इंटरब्यू में चीन के डोकलाम की जमीन की अदला-बदली करने के प्रस्ताव का जिक्र किया था। चीन ने पहले भी भूटान में रोड बनाने की कोशिश की

चीन ने पहले भी भूटान के इलाकों में रोड बनाने की कोशिश की थी। हालांकि, ये ज्यादातर पिचमी भूटान में हो रहा था। 2017 में चीन ने दक्षिण-पिच्चम में डोकलाम में रोड बनाने की कोशिश की। यहां उनकी भारतीय सैनिकों से झड़प हुई। दरअसल, डोकलाम में चीन, भारत और भूटान तीनों देशों की सीमाएं लगती हैं।

नहीं करा रहे मरीज



ब्रिटेन में अधिकांश भारतीय डॉक्टर नस्लवादी और भेदभावपूर्ण व्यवहार का सामना कर रहे हैं। एक रिसर्ट के मुताबिक करीब 40% भारतीय डॉक्टर अपने सहकर्मियों के साथ ही मरीजों से भी ऐसे व्यवहार का शिकार

इसके अलावा सहकर्मियों की झूठी शिकायतों और शारीरिक हमले तक झेल रहे हैं। मरीज तो योग्यता और क्षमता पर संदेह जताकर भारतीय डॉक्टर्स से इलाज कराने से इनकार तक कर

रहे हैं। विदेशों में प्रशिक्षित 2,000 से ज्यादा भारतीय डॉक्टरों पर की गई स्टडी के मुताबिक कार्यस्थल पर नस्लवाद की घटनाएं रोजमर्रा का हिस्सा बन च्की हैं। इससे तंग आकर उन डॉक्टर्स के भी एनएचएस छोड़ने की आशंका बढ़ रही है, जो अहम भूमिका निभा रहे हैं।

भारतीय उच्चायोग ने कहा- मामले को एनएचएस के सामने उठाने की तैयारी कर रहे-संवाददाताओं ने भारतीय उच्चायोग के एक विरुठ अधिकारी ने कहा- हम भारतीय डॉक्टरों के खिलाफ नस्लवाद की शिकायतों को बहुत गंभीरता से लेते हैं। यह हाल ही में हमारे सामने आया है और हम इसे एनएचएस के सर्वोच्च अधिकारियों के समक्ष उठाने की तैयारी कर रहे हैं। नस्लवाद के खिलाफ नियम भी बनावएंगे।

शिकायतों पर कार्रवाई नहीं, खुद को हाथिए पर पा रहे डॉक्टर-

अधिकांश डॉक्टर नस्लवाद के शिकार हुए, पर कार्रवाई न होने की उम्मीद के चलते वह रिपोर्ट करने से बचते हैं। कई मामलों में ऐसा हुआ भी। नस्लवाद के शिकार परेशान, अपमानित, हाशिए पर महस्स कर रहे हैं।

एनएचएस के 123,000 डॉक्टरों- नर्स में से लगभग 40 प्रतिशत गैर ब्रिटिश हैं। ब्रिटिश मेडिकल एसोसिएशन के मृताबिक, काम पर नस्लवाद का सामना करने वाले 70 प्रतिशत से ज्यादा लोगों ने इसके बारे में शिकायत नहीं की।

दुबई में रह रहे भारतीय मूल के नेफ्रोलॉजिस्ट डॉ. जगदीश नंजप्पा ने कहा कि 2012 में UK में जब ट्रेनी डॉक्टर थे, तो पर्यवेक्षक द्वारा उन्हें अक्सर अपमानित किया जाता था। कोर्स के आखिर में उसने ने यह पुष्टि करने से इनकार कर दिया कि ट्रेनिंग पूरी कर ली है। जब इस मुद्दे को उठाया तो किसीं भी काउंटी में उन्हें नौकरी नहीं मिली।

एनएचएस का दावा- नस्लवाद पर जीरो टॉलरेंस, सच्चाई उलट-

ब्रिटिश मेडिकल एसोसिएशन काउंसिल के अध्यक्ष डॉ चंद नागपॉल ने कहा कि एनएचएस ही नस्लवाद से ग्रस्त है। जब भास्कर ने एनएचएस इंग्लैंड से संपर्क किया, तो जवाब मिला-हम'जीरो टॉलरेंस' की नीति अपनाते हैं।

वहीं, एनएचएस से जुड़े डॉक्टरों ने कहा कि ये सच नहीं है। एनएचएस में नस्लवाद जड़ों तक समा चुका है। डॉ. नागपॉल ने कहा– नस्लवाद प्रतिभाथाली लोगों को आगे बढ़ने से तो रोकता ही है। यह मानसिक स्वास्थ्य को प्रभावित कर रहा है। ब्रिटेन में करीब 35 हजार भारतीय डॉक्टर्स- नर्स कार्यरत हैं, जो विदेशी डॉक्टर्स में सबसे बड़ी संख्या है।

अमेरिका का सबसे रहस्यमयी स्पेसक्राफ्ट X&37B 10 साल स्पेस में रहा



अमेरिका आज अपना सबसे रहस्यमयी स्पेसक्राफ्ट X&37B सातवीं बार लॉन्च करने वाला है। अमेरिकी स्पेस फोर्स इससे जुड़ी फाइनल तैयारी कर रहा है। इसे स्पेस X के फैल्कन हेवी रॉकेट पर नासा के केनेडी स्पेस सेंटर से लॉन्च किया जाएगा। वॉशिंगटन पोस्ट के मृताबिक, हैरानी की बात ये है कि अब तक 6 बार लॉन्च होने के बावजूद इस स्पेसक्राफ्ट का क्या काम है, इसकी जानकारी सामने नहीं आई है।

इसे रविवार को रात करीब 8:14 बजे लॉन्च किया जाएगा। पेंटागन ने

इसके पेलोड और बाकी जानकारियों को गुप्त रखा है। इस अंतरिक्ष यान के सभी मिशनों को साथ मिलाकर देखा जाए तो इसने अब तक 209 करोड़ किमी से ज्यादा की उड़ान भरी है और अंतरिक्ष में करीब 3,774 दिन यानी 10 साल बिताए हैं।

X&37B की इस मिथन की समय सीमा की जानकारी नहीं-

स्पेस डॉट कॉम वेबसाइट के मुताबिक, मिलिट्री के अधिकारियों ने कहा है कि X&37B का इस्तेमाल नई तकनीकों को टेस्ट करने के लिए किया जाता है। इसका एक मिथन सीड्स-2 है। इस मिशन के तहत नासा टेस्ट करेगा कि स्पेस रेडिएशन में रहने के बाद बीज पर इसका क्या असर पड़ता है। हालांकि, पेंटागन की तरफ से इस मिशन की पुष्टि नहीं की गई है।

कल लॉन्च होने के बाद X&37B की ये OTV-7 (ऑर्बिटल टेस्ट व्हीकल-7) फ्लाइट कब तक स्पेस में रहेगी, इसकी जानकारी नहीं दी गई है। पेंटागन ने अपने बयान में कहा- इस टेस्ट में स्पेसप्लेन को नई ऑर्बिट में दोबारा इस्तेमाल करना शामिल है। इसके अलावा इससे भविष्य में अंतरिक्ष में स्टडी के लिए नई तकनीकों की भी टेस्टिंग की जाएगी।

X&37B स्पेसक्राफ्ट के जरिए लॉन्च हुई कई सैटेलाइट्स-

हालांकि, वॉशिंगटन पोस्ट के मुताबिक, इन नई तकनीकों का अर्थ दूसरी सैटेलाइट और मौजूद खतरों की टेस्टिंग भी हो सकता है। X&37B स्पेसक्राफ्ट को बोइंग ने बनाया है। इसका इस्तेमाल कई छोटी सैटेलाइट्स को अंतरिक्ष में भेजने के लिए भी किया जा चुका है। हालांकि, इन सैटेलाइट्स का मकसद भी एक गृत्थी है। X&37B ने अब तक 6 मिशन पूरे किए हैं। इन सभी मिशन की समय सीमा पिछले मिशन से ज्यादा रही है। आखिरी OTV-6 मिशन पृथ्वी की कक्षा में 908 दिन बिताने के बाद पिछले साल नवंबर में वापस लौटा था। X&37B को पहली बार स्पेस-X के फैल्कन हेवी रॉकेट पर लॉन्च किया जा रहा है। इस रॉकेट के जरिए हाल ही में नासा ने अपना साइक स्पेसक्राफ्ट भी लॉन्च किया था।





Sri Lanka records \$1.8 bn tourism revenue till Nov

Sri Lanka recorded \$1.8 billion tourism revenue till November this year, 78.3 per cent up from the corresponding period previous year, as per Central Bank of Sri Lanka (CBSL) data. The revenue earned from tourism increased to 205.3 million dollars in November 2023, which is over twice the revenue in November 2022, according to the latest data

Minister of Foreign Affairs Ali Sabry told parliament on Thursday that the tourist arrivals will spike in 2024 with more airlines coming into the country, Xinhua news agency reported.

Nagaland's Hornbill Festival attracts more than 78k visitors in first 5 days



The first five days of the Hornbill Festival of Nagaland, an annual tourism event of the state government, has attracted more than 78.000 visitors including 1,621 foreigners, according to official data. The 10-day-long festival that began on December 1 is being held at the picturesque Naga heritage village Kisama. Besides 1,621 foreigners, 20,659 domestic tourists and 56,115 locals have wit-

nessed cultural performances of the 18 Naga tribes till Tuesday, according to data provided by the Tourism Department.

The highest turnout so far was recorded on Sunday, the third day, with 18,002 visitors witnessing the festivities. This includes 12,578 locals, 5,001 domestic tourists and 423 foreigners. Meanwhile, most of the visitors to Hornbill Festival, which has been billed as the Festival of Festivals by the state government, have expressed happiness to witness the programmes while several others also made some constructive suggestions.

"I brought good wishes to the beautiful people of Nagaland from the people of Colombia. Congratulations for such a colourful festival Hornbill," said Victor E from Colombia. It was an extraordinary experience, said Sylvie Ouhdhi from France.

Madrid Could Shut Down Due to Festival Overcrowding



This measure could involve shutting down streets in the city center due to overcrowding.

Madrid has enforced the 'black level' measure because of the overwhelming number of visitors during Christmas. This measure is reserved for exceptional overcrowding in public spaces and transportation to ensure safety and manage city mobility effectively

To manage congestion, police will utilize drones to monitor crowded streets, closing them once capacity is reached, allowing exits but not entries. Around 450 municipal police, with up to 850 more on busy days, will oversee the city. Special measures are anticipated to affect both public and private transportation during the festive season.

Madrid County Council highlights several key areas, including Preciados, El Carmen streets, Plaza del Celenque, Calle Alcalá near Plaza de Cibeles, and Gran Vía, all significantly affected. Sol station of Metro de Madrid and Renfe Cercanías network are closed from 6pm to 9pm until

Skyrocketing Spain Tourism

Tourism in Spain is growing steadily beyond December. In the first 10 months of 2022, there was an 18.2% increase with 74.7 million tourists visiting.

Even in non-typical months like October and November, there were notable increases: 8.17 million and 3.3 million tourists, respectively.

Countries like Germany, France, the UK, Russia, and the Nordic regions contributed signifi-

Spain's Minister of Industry and Tourism, Jordi Hereu, emphasizes a shift towards more sustainable, and less seasonal tourism, marking a transformation in Spain's tourism landscape.

Malaysia, and Japan to boost tourism in the coming season. World international tourism almost back to pre-Covid levels

Sri Lanka welcomed 151,496 international tourists in November, the highest monthly number

of visitors it received in 2023, official data showed. Sri Lanka's cumulative tourist arrivals for the

first 11 months of the year stand at 1.27 million, according to the Sri Lanka Tourism Development Authority. Tourism is one of Sri Lanka's top foreign revenue generators. In late November, the

government waived visa fees for nationals from China, India, Indonesia, Russia. Thailand.



The UNWTO_said that an estimated 975 million tourists travelled internationally between January and September 2023, a 38 per cent increase compared to the same period of last year. This figure represents around 87 per cent of the January-September 2019 period, the

UNWTO said, putting international tourism on course for a 90 per cent recovery by the end of the

Other findings from the latest UNWTO World Tourism Barometer were that international tourist arrivals reached 91 per cent of pre-pandemic levels in Q3. At 92 per cent recovery, July 2023 was the strongest individual month since the pandemic began.

UNWTO Secretary-General Zurab Pololikashvili said, "The latest UNWTO data shows that international tourism has almost completely recovered from the unprecedented crisis of Covid-19 with many destinations reaching or even exceeding pre-pandemic arrivals and receipts. This is critical for destinations, businesses, and communities where the sector is a major lifeline."

The Middle East is the only region to have already exceeded pre-pandemic levels; the number of tourist arrivals up to September this year was 20 per cent above 2019, the UNWTO said, citing visa facilitation measures, destination development, tourist project investment and the hosting of large events as factors.

Europe, the world's largest tourist destination accounting for 56 per cent of all global arrivals, recovered to 96 per cent in the year to September, mostly driven from intra-regional demand as well as tourism from the USA, UNWTO said.

Africa recovered to 92 per cent and arrivals in the Americas were at 88 per cent of 2019

UNWTO highlighted that there were significant differences within Asia, with South Asia recovering to 95 per cent, but North-East Asia only at around half of pre-Covid levels.

'Against this backdrop, international tourism is well on track to fully recover pre-pandemic levels in 2024, despite economic challenges such as high inflation and weaker global output, as well as important geopolitical tensions and conflicts," UNWTO said.

Indonesia eyes visa waivers for 20 countries, including US, China, India



Indonesia is considering granting visa-free entry to nationals of 20 countries, including the United States, China, Australia, India, South Korea, Germany, Britain and France, to boost its tourism and economy, its tourism minister said on Thursday. The government will finalise the list of countries included in the provision within one month, according to a statement.

Minister Sandiaga Uno said the president had instructed the government to consider the visa waiver as a means of boosting the economy, tourism visits and investment. There were more than

16 million foreign arrivals in Indonesia in pre-pandemic 2019, according to official data. From January to October this year, Indonesia received 9.49 million foreign visitors, an

increase of 124.3% from the same period in 2022. Indonesia is the latest country in Southeast Asia to consider waiving visas for China, a major travel market, following Singapore, which said a 30-day mutual visa exemption with China will be implemented early next year.