

# MIDNIGHT REPORTER

**Bureaucracy, Public Sector, Corporate, Real Estate & Tourism**

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## IAS

Arun Baroka (IAS: 1990: UT), Secretary, Department of Chemicals and Petro-Chemicals, was entrusted with additional charge of Secretary, Department of Pharmaceuticals from 23.06.2023 to 29.06.2023.

The tenure of Brajendra Navnit (IAS: 1999: TN) as Ambassador & Permanent Representative of India to the WTO, Geneva (JS level) was extended for the period upto 31.03.2024.

## Appointments

Milind K Deuskar, IRSS, was appointed as Secretary, Railway Board

Archana Joshi, General Manager, South Eastern Railway (lateral transfer) was appointed as General Manager, Rail Wheel Factory, Yelahanka.

Anil Kumar Mishra, IRSSE, was appointed as General Manager, South Eastern Railway, Kolkata.

Deputation tenure of A Neeraja (IFoS: 1990: UP), Additional Secretary, Department of Fertilizers, was extended till her superannuation i.e. 31.05.2025.

Deputation tenure of Amit Gunvant Bhole (ICAS: 2010), Deputy Secretary, in the Department of Revenue, was extended for a period of one year up to 06.06.2024. He counts his central deputation tenure w.e.f 07.06.2017.

Deputation tenure of Raj Kumar (IPoS: 2001), Additional Secretary (JS level), Union Public Service Commission (UPSC), was extended for a period of one year.

Deputation tenure of Naval Jit Kapoor (IRS IT: 1992), Joint Secretary, Ministry of Tribal Affairs, was extended till his superannuation i.e. up to 31.12.2024.

C Meenakshi (IFoS: 2009: KL), Director (Finance), Central Silk Board, was entrusted with additional charge of Member Secretary (JS level), Central Silk Board, Bengaluru for a period three months.

Deputation tenure of Brajendra Navnit (IAS: 1999: TN) as Ambassador & Permanent Representative of India to the WTO, Geneva (JS level), was extended for the period up to 31.03.2024.

Aman Jain (IOFS: 2009) was re-designated as Director in the Department of Consumer Affairs for a period up to 17.09.2025. He counts his central deputation tenure w.e.f. 18.09.2020.

Deputation tenure of Vjay Kumar Siddappa Bhavikatti (IAS: 2011: HY), DCorocR, Kamataka, was extended for a period up to 31.12.2025. He counts his central deputation tenure w.e.f.14.08.2019.

Gurmeet Singh (IRAS: 1998), Joint Secretary, Ministry of Culture, was entrusted with additional charge of the post of Additional Director General (Admn) (JS level), Archaeological Survey of India, Ministry of Culture for a period of six months.

Milind K Deuskar, IRSS, was appointed as Secretary, Railway Board

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Deputation tenure of Brajendra Navnit (IAS: 1999: TN) as Ambassador & Permanent Representative of India to the WTO, Geneva (JS level), was extended for the period up to 31.03.2024.

· Ajay Bhatnagar (IPS: 1989: JH) was appointed as Special Director up to his superannuation i.e. 30.11.2024.

· Anurag (IPS: 1994: TR) was elevated as Additional Director for a period up to 24.07.2023.

· Manoj Sashidhar (IPS: 1994: GJ) was appointed as Additional Director for a period of three years.

· Deputation tenure of Sharad Agarwal (IPS: 1997: AGMUT), Joint Director, was extended for one year from 01.06.2023 to 31.05.2024.

## IPS

Deputation tenure of Rakesh Aggarwal (IPS: 1994: HP), Joint Director, CBI was extended for a period of three months i.e. from 03.03.2023 to 02.06.2023.

Deputation tenure of Viplav Kumar Choudhry (IPS: 1997: AGMUT), Joint Director, CBI was extended for a period of one year and six months from 28.03.2023 to 27.09.2024.

Deputation tenure of Pankaj Kumar Srivastava (IPS: 1992: MP), Joint Director, CBI was extended for a period from 19.02.2023 to 24.11.2023.

Himanshu Kumar Verma (IPS: 2018: UK) was transferred from Uttarakhand cadre to Gujarat cadre on the grounds of his marriage with Vishakha Dabral (IFS: 2018: GJ).

Deputation tenure of Paresh Saxena (IPS: 1994: BH), IG, Shashtra Seema Bal, was extended for a period of 2 years up to 04.07.2025.

Binod Kumar Singh (IPS: 1994: UP) was appointed as Additional Director General in Central Reserve Police Force (CRPF) for a period of four years.

Deepak Kumar (IPS: 2004: RJ), DIG, BPR&D, was appointed as DIG SSB on lateral shift basis up to his balance tenure of deputation i.e. 26.02.2025. He counts his deputation tenure w.e.f. 27.02.2020.

Mainul Islam Mondal (IPS: 2005: AM) DIG, BPR&D, was appointed as DIG CRPF on lateral shift basis up to his balance tenure of deputation i.e. 13.07.2027. He counts his deputation tenure w.e.f 14.07.2022

Ajay Bhatnagar (IPS: 1989: JH) was appointed as Special Director up to his superannuation i.e. 30.11.2024.

Anurag (IPS: 1994: TR) was elevated as Additional Director for a period up to 24.07.2023.

Manoj Sashidhar (IPS: 1994: GJ) was appointed as Additional Director for a period of three years.

Deputation tenure of Sharad Agarwal (IPS: 1997: AGMUT), Joint Director, was extended for one year from 01.06.2023 to 31.05.2024.

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Himanshu Kumar Verma (IPS: 2018: UK) was transferred from Uttarakhand cadre to Gujarat cadre on the grounds of his marriage with Vishakha Dabral (IFS: 2018: GJ).

Nitin Agarwal (IPS: 1989: KL) was appointed as Director General, Border Security Force (BSF) up to 31.07.2026 i.e. the date of his superannuation.

Yuvraj (IPS: 2013: AM) was appointed as SSP in National Human Rights Commission (NHRC) for a period of five years.

Rajesh Duggal (IPS: 2010: HY) was appointed as SSP in National Human Rights Commission (NHRC) for a period up to 31.05.2026.

Abu Sufian (IPS: 2005: AM) was appointed as Dy Inspector General in Indo-Tibetan Border Police (ITBP) against existing vacancy on deputation basis for a period of five years.

## CBI: Bhatnagar is Special Director, Anurag elevated with a catch

The Centre appointed one Special Director by promotion, two Additional Directors and a Joint Director was given extension. The incumbent Additional Director Ajay Bhatnagar (IPS: 1989: JH) was promoted and appointed to the post of Special Director up to his superannuation i.e. 30.11.2024.

Interestingly, weeks ahead of completion of Central Deputation tenure the incumbent Joint Director Anurag (IPS: 1994: TR) was elevated as Additional Director. He will serve as Additional Director for a period ending 24.07.2023 i.e. completion of his 7 years tenure. To formalise the promotion of Anurag a Special Director rank post was downgraded (temporarily) to Additional Director-level for a period of three years.

In addition to Anurag, Joint Director Manoj Sashidhar (IPS: 1994: GJ) was appointed to the post of Additional Director for a period of three years. He will complete his five years tenure in CBI in January 2025 but now he will continue to the elevated post upto June 2026.


Further, the deputation tenure of Sharad Agarwal (IPS: 1997: AGMUT), Joint Director, CBI was extended for one year from 01.06.2023 to 31.05.2024 i.e. 8 years in total in relaxation of IPS Tenure Policy.

In a separate notification the Centre also extended the tenure of three Joint Directors. Accordingly, Viplav Kumar Choudhry (IPS: 1997: AGMUT) will continue for another 18 months i.e. up to 27.09.2024 whereas Pankaj Kumar Srivastava (IPS: 1992: MP) will continue as Joint Director till 24.11.2023.

Rajender Kumar Meena (IPS: 2011: HY) was appointed as Superintendent of Police (SP) in Bureau of Police Research and Development (BPR&D) for a period of five years.

Atul Vikas Kulkarni (IPS: 2015: MH) was appointed as Superintendent of Police (SP) in Bureau of Police Research and Development (BPR&D) for a period of five years.

Neeraj Sinha (IPS: BH: 1990), Additional Director General, Bureau of Police Research & Development, was appointed as Additional Director General, Central Reserve Police Force on lateral shift basis for the period up to 31.12.2023 i.e. date of superannuation.



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## Corridors of Power



### TSiPASS & TSbPASS are path breaking initiatives

Chief Secretary Smt. Santhi Kumari recalled that the government has brought in path breaking initiatives such as TSiPASS and TSbPASS to help the industry in getting the clearances expeditiously. Chief Secretary said that the government wants to work closely with the builders fraternity to create a good ecosystem in the state. The endeavour of the government will be to see that the real estate sector conducts its business in a smooth manner. The existing IT infrastructure in TSbPASS has to be enhanced to accommodate current and future system loads to avoid regular system failure.



### Proud Moment

Applauds to DGP Anjani Kumar, who always stands and encourages the children of police personals. "Congratulations to Thogaru Surya Teja, shining example of excellence, on securing the 66th rank in the Indian Forest Service. Your achievement brings immense pride to the police fraternity and your family, especially your father T.Karunakar, Additional Deputy Commissioner of Police. Wishing you a successful journey in the Indian Forest Service."

### Big Boundary

Five prestigious "Green Apple Awards"! "Honored to represent the state Government of Telangana to receive the prestigious "Green Apple awards" at St Paul Cathedral, London in 5 different categories - the most by any state followed by CBRE UK & Qatar." Said Spl. Chief Secretary Arvind Kumar.

"Telangana secured five 'Green Apple Awards' for 'International Beautiful Buildings' from London-based independent non-profit 'The Green Organization'. Recognizing Telangana's remarkable achievements in building design and restoration, five notable landmarks have received prestigious awards: Yadagirigutta Temple, Dr B. R. Ambedkar Telangana State Secretariat Building, Durgam Cheruvu Cable Bridge, Integrated Command Control Centre, and Mozam Jahi Market."



### What An Idea Sir Ji !

Superb initiative by Hyderabad Police Commissioner C.V.Anand. On the occasion of Olympic Day the officer posted his physical activity clip and throw the challenge to do the same to encourage the people for fitness. Sports star VVS.Laxman, PV.Sindhu and many others also posted their activity clip in response. "Most worrying is that children and younger people are so hooked onto their cell phones and digital gadgets, and barely move at all. It's time to reverse this trend by making physical activity a priority." Said the officer. Ek dum sahi baat ! This pledge picture if from anti drug campaign planned on International Anti Narcotics Day.

### RR New Boss Of GHMC

Vibrant IAS officer D. Ronald Rose, a 2006 cadre IAS officer took over as Hyderabad Municipal Corporation (GHMC) in place of D. S. Lokesh Kumar, who has been recently transferred and posted as Additional Chief Electoral Officer. For Mr. Rose, who had earlier served as zonal commissioner of Khairatabad and Serilingampally zones and as Additional Commissioner, Planning in GHMC, this is sort of home coming.

He had also served as Collector of Medak, Nizamabad, and Mahabubnagar districts later, and was holding additional charge as the Secretary of the Telangana Social Welfare Residential Educational Institutions Society. During the orders, Mr. Rose was serving as Secretary, Finance Department. The orders also mentioned posting of Md. Musharraf Ali Faruqui as Director, Prohibition & Excise in place of Sarfaraz Ahmed who was recently posted as Joint Chief Electoral Officer.



### Blood Donors Are Real HERO

On the occasion of World Blood Donors day HE Dr. Tamilisai Soundararajan, Governor of Telangana & Pondicherry felicitated active blood donor Dr.Yogesh Raj Srivastava for donating highest number blood donation for 133 times.

"I would appeal to all the youth to go ahead and donate blood and save lives." Said Mr.Srivastava. On the occasion Mr.Ajay Mishra ji IAS (retd ) Hon, Chairman, K.Surendra Mohan, Principle secretary to Governor & Vice chairman of IRCS K.Madan Mohan Rao, General Secretary IRCS, T.S were also present.



### Student Visa Day Celebrated

US CG in Hyderabad Jennifer Larson encouraged the students who are all travelling to US for further higher studies. "We celebrated Student Visa Day & honored the long-standing US India relationship built on educational ties, mutual respect, and cultural exchange. Consular officers & I congratulated students traveling to the U.S. and presented them with their U.S. visas."



### Meeting Time !

It's meeting time ! UK Dy.High Commissioner Gareth Wynn Owen met M. Raghunandan Rao, IAS, Secretary to Government, Agriculture and Co-operation. Well-timed meeting followed by important discussion. "Learnt about TS rapid growth in agricultural production. Discussed potential research collab, student exchanges & tech transfer."



### Productive Meeting

Turkey Consul General Orhan Yalman Okam met Sr. IAS officer Sandeep Kumar Sultania, Secretary to Government, AH, DD and Fisheries. Productive meeting !



### Appreciations For MAK Projects



Dr. Nawab Mir Nasir Ali Khan, Honorary Consul of Republic of Kazakhstan for Telangana and Andhra Pradesh had a meeting with His Excellency Dr.T.V.Nagender Prasad Ambassador of India to Kazakhstan.

Another news is, MAK Projects is proud to receive appreciation Certificate from Government of India Ministry of Finance for the year 2023 substantially contributing to building strong and resilient Nation. Great happening !




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### Bhagwat's Vani At Akashvani

Versatile IPS officer Mahesh Bhagwat ,ADGP,CID interview at Akashvani , Hyderabad was in talk. Interview was in connection with International Day against Drug Abuse & Illicit Trafficking. News is Mr.Bhagwat and team mentored Candidates Excel in Indian Forest Services Exam. 14 candidates in the top 20 including third ranker Anuradha Mishra.

Over 30 candidates mentored by Mr.Bhagwat for the personality test of the Central Armed Police Forces (Assistant Commandants) vacancies have been selected for the final appointment. In

the recently announced Civil Services 2022 results, around 150 candidates mentored by Bhagwat and his team of mentors for the personality test have come out with flying colours. That's why endorsed officer as versatile !!



### Chauhan Ka Charisma...!

Hardcore IPS officer Devendra Singh Chauhan, Addl DGP, the Commissioner of Rachakonda is in talk. After showing his charisma at Hyderabad City Police, now the officer is making rounds at Rachakonda. The recent efficient operation ! The cops successfully rescued a four-year-old girl who had been kidnapped from near her house on during the night time.Within a remarkable span of just 12 hours, the police apprehended the kidnapper and restored the four-year-old Krishnaveni to her relieved parents.Commissioner Mr.Chauhan visited personally handed over the rescued child to her grateful parents, accompanied by other officials.It was like a big celebration at the area, the family thanked the CP & his team for their endless efforts. Kudos to Boss Mr.Chauhan.



### Additional Duties for Mittal

In a major re jig, IAS officer Navin Mittal, previously serving as the commissioner of collegiate education, has been relieved of his duties, while Vakati Karuna, the secretary of the education department, has been assigned the post as additional charges.

Navin Mittal currently holds the position of principal secretary to the government for the land, revenue, and registration department, with additional duties as the commissioner and inspector general for registration and stamps, as well as the commissioner and director for survey and settlements. Rahul Bojja has been relieved from the latter role. Furthermore, Vakati Karuna, who currently serves as the education secretary, has been appointed as the additional charge of the commissioner of collegiate and technical education.

Rahul Bojja has been relieved from the latter role. Furthermore, Vakati Karuna, who currently serves as the education secretary, has been appointed as the additional charge of the commissioner of collegiate and technical education.



### Satyanarayana as chairperson of TS RERA

The Telangana government appointed N.Satyanarayana as the chairperson of the Telangana State Real Estate Regulatory Authority (TS RERA).Satyanarayana, who is currently the Commissioner and Director of Municipal Administration (CDMA), will take the additional charge of TS RERA chairperson for a period of five years, according to the orders issued by the government.

Real Estate Regulatory Authorities have been established in different states and union territories of the country for the regulation and promotion of the real estate sector. He will be the first regular chairperson of the body.



### Ee Mulakaat !

AP cadre trainee IAS officers of 2022 batch met Spl. Chief Secretary to Govt. of AP Gopal Krishna Dwivedi, IAS. Good interaction with the trainees in the presence of other HODs of the department. Best wishes to the new officers.



### IPS officer brings electricity to 70-year-old woman's house

Anukriti Sharma, a 2020-batch IPS officer of UP cadre, shared a heart-warming video of the moment they brought electricity to the elderly woman's house. The woman's face lit up as electricity came to her humble dwelling and a bulb turned on. The police personnel present in her home were all smiles as well. They also turned on a fan and explained to her how to use it by plugging it into a socket. Noor Jahan hugged the IPS officer and was also given sweets by the police personnel.



### My Family My Pillars !

IRS officer Rumaiza Fathima ,Asst. Commissioner of Income Tax, Ministry of Finance with dear father and brother. "Happy day at the office as my father and brother drop by. Forever grateful to them for being my pillars of support." Said Fathima.



### For The First Time

Congratulations to Dr.Asima Banu, the covid warrior, on being appointed as the Principal of Bangalore Medical College and Research Institute, the first Muslim woman to hold the position. A well-deserved appointment for a courageous, dedicated and selfless person.

### For Us, Nothing Is Impossible



Let's meet Kalaiarasi & Priya both are electricity engineers posted in field at Coonor & Ooty looking after operation & Ooty looking after maintenance Both are agile, efficient, thoroughly professional in handling their work! Such a pleasure to meet them during a power sector meeting few days back in this part of India! That enforces strong conviction why we need more women in public service! Hats off to two field stars! Posted by IAS officer MV.Rao.

Gorakh Suresh Bhamare (IPS: 2017: MH) was appointed as Superintendent of Police (SP) in National Investigation Agency (NIA) for a period of five years.

Abhishek Jorwal (IPS: 2011: HY) was appointed as Superintendent of Police (SP) in National Investigation Agency (NIA) for a period of five years.

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## Public Sector

### BEL receives orders worth Rs. 2,191 Cr



Navratna Defence PSU Bharat Electronics Limited (BEL) has received new Defence and non-Defence orders worth Rs. 2,191 Cr.

The above orders are for the supply of Long Range Guidance Kit with Warhead, Airborne V/UHF Jammer, Battlefield Surveillance Radar (Short Range) Upgrade, Missile Guidance Radar & Control Centre, Upgraded Radio Relay (F) with Data Modern Encryption Unit Mk II, Identify Friend or Foe Mk XII A, Anti-Submarine Warfare Shallow Water Craft (ASW SWC) Sonar, and Spares. These orders

are in addition to the Rs. 5,900 Cr orders, which are already received. With this, BEL has in all received orders to the tune of Rs. 8,091 Cr till now in the financial year 2023-24.

### NTPC Records Remarkable Growth in Coal Production and Despatch



NTPC has reported a substantial growth of 99% in coal production from its captive mines during the first quarter of the fiscal year 2024, as compared to the corresponding period in the previous year.

The company achieved an impressive coal production of 8.48 million metric tonnes (MMT) during Q1 FY24, as compared to 4.27 MMT in Q1 FY23. In addition, NTPC has also achieved a coal despatch of 8.82 MMT in Q1 FY24, marking a significant 112% increase over the previous year for the same period. This outstanding performance reflects NTPC's relentless commitment to enhancing coal production from its captive mines and ensuring efficient supply to meet the nation's energy needs. To achieve sustained growth in coal production, NTPC has implemented a range of strategies and technologies.

These include the adoption of rigorous safety measures, improved mine planning, equipment automation, workforce training, and the implementation of continuous monitoring and analysis systems. These initiatives have played a vital role in optimizing operations, enhancing productivity, and ensuring the safety of the workforce.

### NCL CMD put assumption of achievements in front of stakeholders at 38th AGM

38th Annual General Meeting of Company Northern Coalfields Limited (NCL) in accordance with the Government of India Miniratna and Coal India Limited was held on Friday at the company's headquarters in Singrauli through VC.



Mr. Pramod Agarwal, CMD of NCL's Holding Company Coal India Ltd at Annual General Meeting, Mr. Bhola Singh, Director of Coal India (Project) Mr. Vinay Ranjan, Director of NCL (Technical/Operations) Dr. Anindya Sinha, Director (Projects) Mr. Manish Kumar, Director (Finance) Mr. Rajneesh Narayan, Director (Technology/Project & Planning) Mr. Jitendra Malik, Independent Director of NCL Mrs. Subina Bansal and Anchor Gan joined.

NCL CMD Shri Bhola Singh addressing the 38th Annual General Meeting, stated that NCL has performed superbly in 2022-23 on all scales.

The NCL has produced 131.17 million tonnes of coal with a 7.14% growth in the fiscal year 2022-23 surpassing various challenges. The country's leading powerhouses have dispatched 133.51 million tonnes of coal to its consumers with a 6.25% rise.

The NCL has removed an overload of 467.54 million cubic meters with a 28.92% annual growth in the fiscal year 2022-23, performing its best in overload removal, he said.

### MOIL Record quarterly sales of 3.96 lakh MT registered Q1 FY 2023-24

Maintaining the production tempo, MOIL has achieved its best-ever quarterly manganese ore production of 4.36 lakh MT in the first quarter of FY'24, thereby registering a substantial growth of 35% over the corresponding period last year (CPLY). Production of 1.5 lakh MT in the month of June is also its best-ever production for any June month, since inception.

On the sales front, MOIL has also recorded its best-ever first-quarter sales performance and registered sales of 3.96 lakh MT in the first quarter of the current financial year, with a growth of 39% per cent over CPLY. Continuing its thrust on exploration activities, MOIL has carried out its best-ever quarterly exploratory core drilling of 20,086 metres in the first quarter of FY'24, which is 3.8 times that of CPLY. This will not only form the basis of enhanced production from its existing mines but will also provide the foundation for opening new Manganese mines in the country. MOIL has also recorded the highest production of Electrolytic Manganese Dioxide (EMD) during this quarter. EMD is a 100% import substitution product, used mostly for pharmaceuticals and the manufacturing of batteries.

Shri Ajit Kumar Saxena, CMD MOIL, congratulated the MOIL collective for this thumping performance and the spirit demonstrated to perform as per the clarion call of 'making each month March'.

### NMDC Records Best Ever June Month and Q1 Performance



State Miner NMDC produced 3.48 MnT and sold 4.1 MnT of iron ore in the third month of FY24, recording the highest ever June month and Q1 production and sales in company history.

Registering an upswing of 35% in production over MoM, Country's largest iron ore producer has achieved its best ever monthly production for April, May and June performances since inception.

Registering an upswing of 115% in sales over MoM, NMDC has achieved its best ever monthly sales for any June since inception. NMDC's cumulative production and sales in Q1 of FY24 witnessed a 20% and 45% growth respectively. In the first quarter of the financial year, the company produced 10.70 MnT and sold 11.15 MnT iron ore with an ever best Q1 physical performance.

Commenting on NMDC's outstanding performance, Shri Amitava Mukherjee, CMD (Addl. Charge) said, "NMDC's contribution to the country's economy continues to make massive headway in meeting the increase in the demand for iron ore. Our record of highest ever Q1 and June production and sales since inception resonates with our agile and diligent investments in mine planning, expansion and very efficient human assets."

### World class facilities need to be provided to players to win olympic medal, says REC CMD



As the Indian junior squad is all set to leave for Badminton Asia Junior Championships, Shri Vivek Kumar Dewangan, CMD, REC said on Sunday, "The target is to groom and nurture our young players right from sub-junior level. We have to identify the talent and provide them world-class training facilities and environment so that they can bring medals under Target Olympic Podium Scheme (TOPS)." He was speaking in Tau Devial Stadium in Panchkula where Indian junior shuttlers were training for last 2 weeks to get ready to leave for the Badminton Asia Junior Championships, to be held in Indonesia from July 7-16.

REC Limited provided support to the Indian team for preparing for the Championship, as a part of its CSR assistance of ₹100 Crore to the National Sports Development Fund.

Speaking on the occasion, Shri Sanjay Mishra, General Secretary, the Badminton Association of India (BAI) expressed his gratitude towards REC Limited and said, "We at BAI are extremely delighted to welcome REC Limited and Shri Vivek Kumar Dewangan (REC CMD) to the badminton family." As part of this partnership with REC Limited, BAI aims to boost development and training programmes that will help in achieving excellence while driving grassroots projects and necessary support systems for badminton in India.

### LCA Tejas Completes 7 Yrs of Service



The indigenous Light Combat Aircraft (LCA) completes seven years of service in the Indian Air Force today on 01 July 2023. Christened Tejas in 2003, the aircraft is a multi-role platform that ranks amongst the best in its class.

It has been designed to undertake Air Defence, Maritime Reconnaissance and Strike roles. The inherently unstable Tejas offer carefree handling and enhanced manoeuvrability. This capability is further enhanced with its Multi-Mode Airborne radar, Helmet Mounted Display, Self-protection suite and Laser Designation Pod. The first IAF Squadron to induct the Tejas was No 45 Squadron,

the 'Flying Daggers'. Over the years, the squadron progressed from Vampires to Gnats and then onto the MiG-21 Bis, before being equipped with its current steed.

Each of the aircraft flown by the Flying Daggers has been manufactured in India - either under license production or having been designed and developed in India. In May 2020, No 18 Squadron became the second IAF unit to operate the Tejas. The IAF has showcased India's indigenous aerospace capabilities by displaying the aircraft at various international events, including LIMA-2019 at Malaysia, Dubai Air Show-2021, Sri Lanka Air Force anniversary celebrations in 2021, Singapore Air Show- 2022 and Aero India Shows from 2017 to 2023.

Whilst it had already participated in exercises with foreign air forces domestically, Ex-Desert Flag in the United Arab Emirates in March 2023 was the Tejas' maiden exercise on foreign soil.

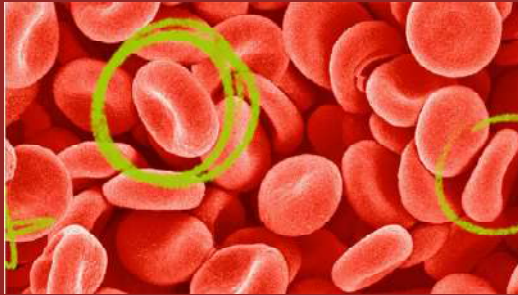
### CIL's performance hits record high in Q1 FY'24

Coal India Limited, a state-owned coal mining corporate recorded its high performance in the first quarter of the current financial year 23-24. Coal India Limited (CIL) has recorded an impressive growth of 9.85%, with production reaching 175.35MT in FY 2023-24 as compared to 159.63 MT during the same period the previous year. Captive mines /others also attained a growth of 4.74 % touching 30.48 MT in FY 23-24 as compared to 29.10 MT in FY 22-23 during the same period. These accomplishments have contributed to the overall positive momentum in the sector. Simultaneously, cumulative coal dispatch has shown an upward trend, reaching 239.69 MT (Provisional) in Q1 of FY 2023-24, as compared to 224.08 MT in Q1 of FY 2022-23 with a growth of 6.97%. Coal India Limited (CIL) registered 186.21 MT production in Q1 of FY 2023-24 as compared to 176.81 MT in Q1 of FY 2022-23 with a growth of 5.32%.

At the same time, SCCL, & captive/others have recorded 18.07 MT and 35.41 MT in Q1 of FY 2023-24 as compared to 17.30 MT and 29.97 MT in Q1 of FY 2022-23, with a growth of 4.45% and 18.16% respectively. These figures highlight the efficiency of the coal supply chain in ensuring smooth distribution across the country.



## How to naturally lose weight fast



While there are endless diets, supplements, and meal replacement plans claiming to ensure rapid weight loss, most lack any scientific evidence. There are, however, some strategies backed by science that do have an impact on weight management.

These strategies include exercising, keeping track of calorie intake, intermittent fasting, and reducing the number of carbohydrates in the diet. In this article, we consider nine effective methods of weight loss.

Science-backed ways to lose weight-

Methods of weight loss that scientific research supports include the following:

1. Trying intermittent fasting- Intermittent fasting (IF) is a pattern of eating that involves regular short-term fasts and consuming meals within a shorter time period during the day. Several studies have indicated that short-term intermittent fasting, which is up to 24 weeks in duration, leads to weight loss in overweight individuals. The most common intermittent fasting methods include the following:

Alternate day fasting (ADF): Fast every other day and eat a typical diet on non-fasting days. The modified version involves eating just 25–30% of the body's energy needs on fasting days. The 5:2 Diet: Fast on 2 out of every 7 days. On fasting days eat 500–600 calories. The 16/8 method: Fast for 16 hours and eat only during an 8-hour window. For most people, the 8-hour window would be around noon to 8 p.m. A study on this method found that eating during a restricted period resulted in the participants consuming fewer calories and losing weight. It is best to begin healthy eating pattern on non-fasting days and to avoid overeating.

2. Tracking your diet and exercise- If someone wants to lose weight, they should be aware of what they eat and drink each day. The most effective way to do this is to log these items in either a journal or an online food tracker. Researchers estimated in 2017 that there would be 3.7 billion health app downloads by the end of the year. Research suggests that tracking diet, physical activity, and weight loss progress on the go can be an effective way of managing weight. One study found that consistent tracking of physical activity helped with weight loss. Meanwhile, a review study found a positive correlation between weight loss and the frequency of monitoring food intake and exercise. Even a device as simple as a pedometer can be a useful weight-loss tool.

3. Eating mindfully- Mindful eating is a practice where people pay attention to how and where they eat food. This practice can enable people to enjoy the food they eat and maintain a healthy weight. As most people lead busy lives, they often tend to eat quickly on the run, in the car, working at their desks, and watching TV. As a result, many people are barely aware of the food they are eating. Techniques for mindful eating include:

Sitting down to eat, preferably at a table: Pay attention to the food and enjoy the experience. Avoiding distractions while eating: Do not turn on the TV, or a laptop or phone. Eating slowly: Take time to chew and savor the food. This technique helps with weight loss, as it gives a person's brain enough time to recognize the signals that they are full, which can help to prevent over-eating. Making considered food choices: Choose foods that are full of nourishing nutrients and those that will satisfy for hours rather than minutes.

4. Eating protein for breakfast- Protein can regulate appetite hormones to help people feel full. This is mostly due to a decrease in the hunger hormone ghrelin and a rise in the satiety hormones peptide YY, GLP-1. Research on young adults has also demonstrated that the hormonal effects of eating a high protein breakfast can last for several hours. Good choices for a high protein breakfast include eggs, oats, nut and seed butters, quinoa porridge, sardines, and chia seed pudding.

5. Cutting back on sugar and refined carbohydrates- The Western diet is increasingly high in added sugars, which has definite links to obesity even when the sugar occurs in beverages other than food. Refined carbohydrates are heavily processed foods that no longer contain fiber and other nutrients. These include white rice, bread, and pasta. These foods are quick to digest, and they convert to glucose rapidly. Excess glucose enters the blood and provokes the hormone insulin, which promotes fat storage in the adipose tissue. This contributes to weight gain. Where possible, people should swap processed and sugary foods for more healthful options. Good food swaps include:

whole-grain rice, bread, and pasta instead of the white versions, fruit, nuts, and seeds instead of high sugar snacks, herb teas and fruit-infused water instead of high sugar sodas, smoothies with water or milk instead of fruit juice

6. Eating plenty of fiber- Dietary fiber describes plant-based carbohydrates that are impossible to digest in the small intestine, unlike sugar and starch. Including plenty of fiber in the diet can increase the feeling of fullness, potentially leading to weight loss.

Fiber-rich foods include: whole-grain breakfast cereals, whole-wheat pasta, whole-grain bread, oats, barley, and rye, fruit and vegetables, peas, beans, and pulses, nuts and seeds

7. Balancing gut bacteria- One emerging area of research is focusing on the role of bacteria in the gut on weight management. The human gut hosts a vast number and variety of microorganisms, including around 37 trillion bacteria. Every individual has different varieties and amounts of bacteria in their gut. Some types can increase the amount of energy the person harvests from food, leading to fat deposition and weight gain.

Some foods can increase the number of good bacteria in the gut, including:

A wide variety of plants: Increasing the number of fruits, vegetables, and grains in the diet will result in an increased fiber uptake and a more diverse set of gut bacteria. People should try to ensure that vegetables and other plant-based foods comprise 75 percent of their meal.

Fermented foods: These enhance the function of good bacteria while inhibiting the growth of bad bacteria. Sauerkraut, kimchi, kefir, yogurt, tempeh, and miso all contain good amounts of probiotics, which help to increase good bacteria. Researchers have studied kimchi widely, and study results suggest that it has anti-obesity effects. Similarly, studies have shown that kefir may help to promote weight loss in overweight women.

Prebiotic foods: These stimulate the growth and activity of some of the good bacteria that aid weight control. Prebiotic fiber occurs in many fruits and vegetables, especially chicory root, artichoke, onion, garlic, asparagus, leeks, banana, and avocado. It is also in grains, such as oats and barley.

## Vitamin D Supplements May Cut Heart Attack Risk



High-dose vitamin D supplements taken once a month may lower the likelihood of heart attack or other major cardiac events in people ages 60 and up, according to a large new study published this week in *The BMJ*. Although the level of risk reduction was small, researchers discovered

that vitamin D supplementation may cut the incidence of heart attack and the need for coronary revascularization (procedures which restore blood flow to areas of your heart that aren't getting enough blood). Does Vitamin D Actually Offer Any Heart-Protective Benefits?

So far, research on the heart benefits of vitamin D have been mixed. Study authors mentioned that some previous trials have indicated that supplementation does not prevent heart trouble.

A analysis published in 2019 in *JAMA Cardiology*, which included 21 clinical trials and more than 83,000 participants, concluded that vitamin D supplements do not reduce the risk of having or dying from a heart attack or stroke. "These [latest] findings suggest that conclusions that vitamin D supplementation does not alter the risk of cardiovascular disease are premature," wrote Rachel Neale, PhD, deputy coordinator of the population health department at the QIMR Berghofer Medical Research Institute in Queensland, Australia, and her study coauthors.

"These findings could prompt further evaluation of the role of vitamin D supplementation, particularly in people taking drugs for prevention or treatment of cardiovascular disease," they added.

Large Trial Suggests Some Heart Benefits From Vitamin D

The analysis involved more than 21,000 people ages 60 to 84 who were divided into two groups: one receiving a monthly capsule of 60,000 IU (international units) of vitamin D and one receiving a placebo.

The study excluded those already taking more than 500 IU of vitamin D per day, as well as individuals with a history of high calcium levels, hyperparathyroidism, kidney stones, soft bones osteomalacia, and sarcoidosis (a disease characterized by the growth of tiny collections of inflammatory cells).

## What Are the Different Types of Alopecia Areata?

On average, treatment lasted for five years and more than 80 percent of participants reported taking at least 80 percent of the study tablets. During the trial, 1,336 participants experienced a major heart problem (6.6 percent in the placebo group versus 6 percent in the vitamin D group). While the difference between the two groups was relatively small, the rate of major cardiovascular events was 9 percent lower for those taking vitamin D compared with those getting a placebo (equivalent to 5.8 fewer events per 1,000 participants).

How to increase hemoglobin: Home remedies- Hemoglobin is a protein found in the red blood cells. These cells are responsible for carrying oxygen around the body. Dietary measures and supplements may help boost hemoglobin levels at home. In addition to transporting oxygen, hemoglobin carries carbon dioxide out of the cells and into the lungs. Carbon dioxide is then released as a person exhales. Having low hemoglobin can make it difficult for the body to perform these functions. In this article, learn how to increase hemoglobin levels naturally. We also look at methods of testing and what the results show.

A person can raise their hemoglobin levels at home by:

1. Increasing iron intake- A person with reduced levels of hemoglobin may benefit from eating more iron-rich foods. Iron works to boost the production of hemoglobin, which also helps to form more red blood cells. Iron-rich foods include: meat and fish, soy products, including tofu and edamame, eggs, dried fruits, such as dates and figs, broccoli, green leafy vegetables, such as kale and spinach, green beans, nuts and seeds, peanut butter

2. Increasing folate intake- Folate is a type of vitamin B that plays an essential part in hemoglobin production. The body uses folate to produce heme, a component of hemoglobin that helps to carry oxygen. If a person does not get enough folate their red blood cells will not be able to mature, which could lead to folate-deficiency anemia and low hemoglobin levels. Good sources of folate include: beef, spinach, rice, peanuts, black-eyed peas, kidney beans, avocados, lettuce.

3. Maximizing iron absorption- Consuming iron in foods or supplements is important, but a person should also help their body to absorb that iron. Foods rich in vitamin C, such as citrus fruits, strawberries, and leafy green vegetables, can boost the amount of iron absorbed. Taking a vitamin C supplement may also help. Vitamin A and beta-carotene can aid the body in absorbing and using iron.

Foods rich in vitamin A include: fish, liver, squash, sweet potatoes, kale and collards, Foods high in beta-carotene include yellow, red, and orange fruits and vegetables, such as: carrots, sweet potatoes, squash, cantaloupes, mangoes, While vitamin A supplements can help the body to process iron, the vitamin is dangerous if too much is consumed.

Excess vitamin A may lead to a condition known as hypervitaminosis A. This can cause symptoms such as bone and joint pain, severe headaches, and increased pressure within the brain.



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### Samanvy Installation Ceremony Held

Samanvy Ladies Club Installation Ceremony 2023-24 held at Park Hyatt, Hyderabad. SAMANVAY ladies club is a platform for creative women who wants to make Society a better place !! Best wishes to the new team.



### Midnight Reporter's June Edition Is Released

Midnight Reporter's Jackpot June edition is out with a bang released by a happening diplomat and Consul General of UAE in Hyderabad Mr. Aaref Alnuaim !! Click the link for epaper : <http://midnightreporter.com/June-23.pdf>



### Red Rhino Microbrewery Launched

Hyderabad witnessed the launch of Red Rhino Microbrewery and their award-winning craft beers on their first-anniversary celebrations this week.

Speaking on the occasion, Mr. Kishore Pallamreddy, Founder and Managing Director, Red Rhino said, "There has been a great response to Red Rhino, the ONLY premium Brew Pub in Hyderabad city, since its launch a year ago. We are super excited to launch our microbrewery and award-winning craft beers on our first-anniversary celebration this week. Red Rhino is a 6+ years California-based 'craft brewery and inspired kitchen', bringing in our experience as one of the top breweries in Bangalore. We are inspired by this opportunity to elevate craft beers cognizance

in Hyderabad through our talented teams led by - master brewer Mr Dan Satterthwaite and celeb chef Sabyasachi Gorai (@sabygorai) to provide an enriched experience in an inclusive manner accommodating all demographics!"



### Change Maker Awards Presented

La Winspire International Trust Change Maker Awards were presented to two distinguished personalities Mrs. R. Shoba IFS, Advisor to the Government on Environment and Forestry & Mr. RSV Badrinath, former DCP State Excise Dept, for their unique contributions to their professions and the society. The awards were presented by Dr. P. Chinnappa Reddy, Chief Patron NAFESS, who himself has been a phenomenal achiever and contributor to the field of Sports, and has been empanelled by the Govt of India on several bodies at a senior level. Also seen in the picture is Dr. P Madhurima Reddy, the founder of La Winspire Trust, who has been creating ripples across the globe with her absolutely revolutionary concepts in Life Coaching, Wealth & Abundance, Emotional Intelligence and Clinical Psychology.

### Kuch Shub-Shub Hone Wala Hai !

Click of the month ! Shaniya Mishra & Fuhung Singh. Posted with the line "Vitaly important. Time is of the essence with the boom project". The confidence and the grace shows that something great is going to be happen. Good luck beauties.



### Birthday Wishes Komal

Komal Jain, Founder & Chief Designer at K Design Studio celebrated her birthday. The young and vibrant interior designer of the town is very popular in the interior industry. Did several projects and received many appreciations for the creative work. Amazing friends, lovely wishes & full on blessings. Wishes Komal !



# Presenting Artist Rangoli Garg - Paintings Depict The Beauty & Strength Of Indian Women



Rangoli Garg

Rangoli Garg is a self-taught artist from the city of Lucknow and is now settled in Hyderabad, India since 17 years. Though she did her Masters in Business Administration, she found her passion in Fine Arts and her love for it never made her look back. Rangoli has done many Solo and group shows at the prestigious art fairs and galleries in India and abroad including World Art Dubai, Singapore Art fair,

Nehru Art Centre, Mumbai and India Habitat Centre Delhi. She has also been awarded for her work in the field of empowerment of women in the country.

The artist was always mesmerized by the beauty and strength of Indian women and the same is portrayed in her paintings. Her works speak of the various aspects of women's lives – their childhood, adolescence, motherhood, sisterhood and also their roles as a friend or companion.

Rangoli's palette is very vibrant and the hues resonate with the bright colors that our country represents. Her paintings depict the strength of Indian women and have a message to convey. The boldness with which the artist conveys her thoughts, can be read in the eyes of her women figures.

In her new series of works, we can see that the artist is deeply inspired by the various Indian art forms and has effortlessly blended them into her paintings. The artist turns back the wheels of time through her new Ramayana series, where she takes us into the 'Treta yuga'. The works are

inspired by Rangoli's childhood memories of her grandmother's narrative of Ramayana tales. Here she depicts an even more powerful form of women. The paintings share a dialogue with the onlookers, with the power of narration of an Indian tale. The works are intricate and culture – rich. The paintings usher artist's creative bent in connecting her stories with the Indian mythological tales. The colors she has used are again conducive to her idea of bringing out the rich Indian cultural ethos.

In her plans to take her career forward in the field of arts, the artist is doing a series of sculptures to give her women a new dimension. She says " It will take me few months to complete my new works before I can exhibit them for general viewing. I want to put all my dreams into existence and expand my theme of work as much as I can by devoting my life to arts and creativity "



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## सैटेलाइट लॉन्चिंग मार्केट में तेजी से उभर रहा भारत



अंतरिक्ष के क्षेत्र में भारत के 140 स्टार्टअप काम कर रहे, इनमें हर साल तीन गुना बढ़ रहा है निवेश। जब भारत ने 1963 में अपना पहला रॉकेट लॉन्च किया, तो दुनिया की सबसे अत्याधुनिक तकनीक का पीछा करने वाला एक गरीब देश था। एक साइकिल पर रॉकेट को लॉन्चपैड तक ले जाकर भारत ने चुनौतियों से भरी अंतरिक्ष तकनीक में अपने कदम रखे थे। आज इस दौड़ में भारत ने बहुत अधिक मजबूती हासिल कर ली है। इस समय भारत में अंतरिक्ष तकनीक पर कम से कम 140 पंजीकृत स्टार्ट-अप है। कोरोना काल शुरू होने से पहले ये सिर्फ पांच थे। इनमें एक अनुसंधान क्षेत्र भी शामिल है। अंतरिक्ष तकनीक से जुड़ा क्षेत्र पूंजी निवेशकों के लिए भारत में सबसे अधिक मांग वाले क्षेत्रों में से एक है।

2022 में अंतरिक्ष स्टार्ट-अप ने 980 करोड़ रुपए जुटाए- 2022 में अंतरिक्ष स्टार्ट-अप ने नए निवेश में लगभग 980 करोड़ रुपए जुटाए। ये हर साल दोगुना या तिगुना हो रहा है। इसरो इन स्टार्ट-अप के लिए अपनी लाभदायक विरासत साझा करता है। श्रीहरिकोटा के तटीय द्वीप पर लॉन्चिंग स्टेशन, भूमध्य रेखा के पास है और विभिन्न ओर्बिट लेवल में उपकरण भेजने के लिए उपयुक्त है।

लगभग 95 प्रतिशत की सफलता दर वाला वर्कहॉर्स रॉकेट हेवी लोड के लिए दुनिया के सबसे विश्वसनीय रॉकेटों में से एक है। इसने एक सैटेलाइट की लॉन्चिंग की लागत को आधा कर दिया है। वहीं, अंतरिक्ष में उपकरण भेजने के मार्केट का आकार लगभग 49 हजार करोड़ रुपए जो 2025 तक तीन गुना हो सकता है।

अंतरिक्ष व्यवसाय में एलन मस्क की साख- अंतरिक्ष व्यवसाय में एलन मस्क सबसे आगे हैं। उनकी कंपनी, स्पेसएक्स ने हेवी लोड को ऑर्बिट में भेजने की लागत को इतना कम कर दिया है कि इस समय उनसे कोई भी प्रतिस्पर्धा नहीं कर सकता है। पांच लाख रुपए प्रति किलोग्राम की दर पर, स्पेसएक्स के लॉन्च विश्व में सबसे सस्ते हैं।

## अमेरिकी कंपनी ने बनाई AI एस्ट्रोलांजी मशीन



अमेरिका में पढ़ने वाले जर्मनी के छात्र टिम विडमैन बीते हफ्ते न्यूयॉर्क के चर्चित आइकॉनिक बुक स्टोर घूमने गए थे। वहां एक मशीन के पास बड़ी संख्या में युवा कतार में खड़े थे। मशीन की ऊंचाई एक वॉशर-ड्रायर जितनी होगी। फ्रंट वाले सफेद हिस्से पर कुछ बटन और चमकती हुई लाइट की कई लेयर्स, स्वगोलीय पिंड के अलावा सूर्य, चंद्रमा समेत आठ ग्रहों के लेबल वाले ऑइकन बने हुए थे। 27 साल के टिम को लगा ये

नासा से जुड़ी कोई चीज है। मशीन ने टिम को 'सितारों' से सवाल पूछने के लिए कहा। नाब दबाने पर सैकड़ों सवालों की फेहरिस्त खुल गई। इनमें करियर, जॉब, शहर बदलने जैसे विषयों पर सवाल थे। तब टिम को समझ आया कि यह भविष्य बताने वाली मशीन है। एक सवाल चुनने के बाद टिम ने जन्मतिथि, समय और स्थान दर्ज किया। स्क्रीन पर संदेश प्लेश हुआ। जिसमें लिखा था कि सभी जवाब ज्योतिषीय गणनाओं पर आधारित हैं।

मशीन ने इन बिल्ट कैमरा से टिम की तस्वीर ली। कुछ पल बाद मशीन से एक स्लिप निकली। जिसमें टिम का डॉटेड फोटो और उसके सवाल का जवाब था। टिम ने भविष्य में आने वाली समस्याओं के बारे में पूछा था। टिम समेत वहां मौजूद लोगों में से किसी को पता नहीं था कि जवाब तैयार करने में चैट जीपीटी (एआई) की मदद ली गई थी।

टेक कंपनी को-स्टार ने बनाई मशीन-

यह मशीन टेक कंपनी को-स्टार और बर्जी एप ने मिलकर बनाई है। जिस तरह सदियों से ज्योतिषी गणना और राशिफल की जानकारी देने के लिए ग्रह-नक्षत्रों की गति और स्थिति का उल्लेख करते रहे हैं। को-स्टार भी यही तरीका अपनाता है। पर इसकी गणना रोजाना AI द्वारा तैयार करवाई जाती है। जो ज्योतिषियों की टीम द्वारा लिखे गए डेटाबेस की मदद लेता है। को-स्टार की फाउंडर बानू गुलेर बताती हैं- मशीन में सोवियत युग के कंप्यूटर, नासा द्वारा इस्तेमाल किए जाने वाले उपकरण और फोटो बूथ लगाए गए हैं। फिलहाल इसकी सेवाएं मुफ्त हैं। मशीन से ओपन एंडेड सवाल पूछ सकते हैं। जानकारी भी स्लिप फॉर्म में मिलती है। इसे घर के फ्रिज, कंप्यूटर कहीं पर भी लगाकर रख सकते हैं। यानी हमेशा साथ रखने की सहूलियत भी है।

## टेक्सास में 10 हजार लोगों ने किया गीता पाठ, गुरु पूर्णिमा के मौके पर हुआ कार्यक्रम



अमेरिका के टेक्सास में सोमवार 10 हजार लोगों ने एक साथ गीता का पाठ किया। गुरु पूर्णिमा के मौके पर एलन ईस्ट सेंटर में 4 साल से लेकर 84 साल तक के लोगों ने पाठ किया। ये कार्यक्रम योग संगीता और एसजीएस गीता फाउंडेशन ने किया था।

मैसूर के अवधूत दत्त पीठम आश्रम ने बताया कि आध्यात्मिक संत गणपति सच्चिदानंद जी की मौजूदगी लोगों ने पाठ किया। ये सभी 10 हजार लोग सच्चिदानंद स्वामी से पिछले 8 सालों से जुड़े हुए हैं। स्वामी पिछले कई सालों से अमेरिका में इस तरह के कार्यक्रमों का आयोजन कर रहे हैं।

1966 में अवधूत दत्त पीठम बना, गीता का प्रचार करता है-

अवधूत दत्त पीठम को 1966 में गणपति सच्चिदानंद जी स्वामी ने स्थापित किया था। ये एक इंटरनेशनल स्पिरिटुअल, कल्चरल और सोशल वेलफेयर संगठन है। सच्चिदानंद जी स्वामी भगवद गीता का प्रचार करने और सनातन हिंदू धर्म के मूल्यों को फैलाने के लिए जाने जाते हैं।

14 जून को हुआ था हिन्दू-अमेरिकन सम्मेलन-

तस्वीर अमेरिकन फॉर हिंदू सम्मेलन में बोलते हुए अमेरिकी सांसद रिचर्ड मैकोर्मिक की है। 14 जून को अमेरिकी संसद कैपिटल हिल में पहला हिंदू-अमेरिकन सम्मेलन हुआ था। इस सम्मेलन को अमेरिकन फॉर हिंदू का नाम दिया गया था। सम्मेलन की शुरुआत वैदिक मंत्रोच्चार और प्रार्थना के साथ हुई थी। इस सम्मेलन को 20 हिंदू संस्थाओं के समर्थन से कराया गया था।

अमेरिका के कैपिटल हिल में हुए अमेरिकन-हिंदू सम्मेलन में फ्लोरिडा, न्यूयॉर्क, बोस्टन, टेक्सास, शिकागो, कैलिफोर्निया जैसे शहरों से करीब 130 भारतीय अमेरिकी नेता शामिल हुए थे।

US सांसद ने कहा था- भारतीयों के पास देश का अगला राष्ट्रपति चुनने की ताकत- इस सम्मेलन के आयोजक रोमेश जापरा ने कहा था- हमारे समुदाय ने हर एक क्षेत्र में बेहतरीन काम किया है। इस सम्मेलन के जरिए हम सभी संस्थाओं को एक साथ लाना चाहते हैं।

इस दौरान एक अमेरिकी सांसद रिचर्ड मैकोर्मिक ने कहा था कि अमेरिकी हिंदुओं के पास अगला राष्ट्रपति चुनने की ताकत है। एक बार आप सही नेताओं से तालमेल करेंगे तो आपको अपनी ताकत का अंदाजा होगा। आप अमेरिका के लिए कानून लिखेंगे, जो हमारे देश को कई दशकों तक तरक्की के रास्ते पर ले जाएंगे।

## बच्चे पैदा करने पर वर्क्स को पैसे देगी

### चीनी कंपनी



चीन की सबसे बड़ी ऑनलाइन ट्रेवल एजेंसी ट्रिप.कॉम अपने कर्मचारियों को बच्चे पैदा करने के लिए पैसे देगी। कंपनी यह कदम देश की बढ़ती बुजुर्ग आबादी और कम होती जन्मदर को ठीक करने के लिए उठा रही है। कंपनी एक जुलाई से कर्मचारियों को बच्चा पैदा करने पर 5.6 लाख रुपए (50 हजार युआन) देगी। इस योजना के तहत कंपनी कुल 1,128 करोड़ रुपए (1 बिलियन युआन) बाटेगी।

ट्रिप.कॉम को दुनिया की सबसे बड़ी ट्रेवल एजेंसियों में गिना जाता है। इसके दुनियाभर में 40 करोड़ से ज्यादा यूजर्स हैं।

चेयरमैन बोले- सरकार को भी देने चाहिए पैसे-

कंपनी के एग्जीक्यूटिव चेयरमैन जेम्स लिआंग ने एक बयान में कहा- मेरा हमेशा से मानना रहा है कि सरकार को बच्चों वाले परिवारों को रकम देनी चाहिए। खासकर ऐसे परिवारों को जिनमें एक से ज्यादा बच्चे हैं। इससे ज्यादा युवा बच्चा करने की अपनी इच्छा पूरी कर पाएंगे। इस मामले में कंपनी भी एक अहम भूमिका निभा सकती है।

बच्चों के चलते महिलाओं को छोड़नी पड़ती है नौकरी-

चीन की कम होती जन्मदर सरकार और नीति बनाने वालों के लिए चिंता का सबब बन चुकी है। चीन में कई महिलाएं एक से ज्यादा बच्चा नहीं चाहतीं। कई ऐसी भी हैं जो एक भी बच्चा नहीं चाहतीं। इसके पीछे कई वजहें हैं।

चीन में बच्चे की परवरिश पर अच्छी-खासी रकम खर्च हो जाती है। बच्चे की देखभाल की ज्यादातर जिम्मेदारी महिलाओं पर आ जाती है, इसके चलते महिलाओं को अपनी नौकरी भी छोड़नी पड़ती है।

सरकार के राजनीतिक सलाहकारों ने मार्च में प्रस्ताव रखा था कि अविवाहित महिलाओं के लिए फर्टिलिटी सेंटर खोलकर जन्मदर बढ़ाई जा सकती है।

वन चाइल्ड पॉलिसी से घटी युवाओं की आबादी-

चीन में 1980 से लेकर 2015 तक वन चाइल्ड पॉलिसी लागू थी। इसके तहत एक कपल एक ही बच्चा पैदा कर सकता था। इसके चलते चीन में बुजुर्गों की आबादी बढ़ी और युवाओं की आबादी कम हुई। 2021 में सरकार ने लोगों से कहा कि वे 3 बच्चे तक पैदा कर सकते हैं। फिर भी देश में बर्थ रेट नहीं बढ़ रही है।

## Tourism



### All You Need To Know About India's First International Cruise

Now Indians no longer need to travel abroad to board a ship to get international cruise experience- Cruise tourism has seen an immense surge in recent years in India and worldwide. Seeing the potential of this sector, India, on June 5, inaugurated its first international cruise vessel, MV Empress. Flagged off from Chennai to Sri Lanka, the cruise will cover three ports during the 5-day cruise. This also means that Indians no longer need to go abroad to board a ship to get international cruise experience.

Inaugurating the cruise from Chennai, Union Minister of Ports, Shipping & Waterways Sarbananda Sonowal called it a historic step for the maritime sector, adding that the initiative will further boost tourism and generate employment. Given an overwhelming response, the opening of the international circuit is expected to boost cruise tourism further. Official numbers suggest that 85,000 passengers have availed of the cruise through 37 vessels for the domestic course.

All About MV Empress Journey- The cruise will depart from Chennai to travel through three Sri Lankan ports: Hambantota, Trincomalee, and Kankesanturei. During its run at sea, MV Empress will be touching these ports before returning to Chennai.

Cost- The tour package reportedly costs INR 86,383 (for two people for three nights). The package varies from two nights to five nights, depending on the number of days one wishes to stay. The maximum a person can remain on the cruise is for five days. There is also the availability of a two & three-night package. The cruise will depart from Chennai's International Cruise Terminal, built for INR 17.21 crores.

More International Cruise Vessels In Pipeline- Union Minister Sonowal said that three new international cruise terminals are expected to be completed and operational by 2024. He also added that the number of cruise ships will be increased from 208 in 2023 to 500 in 2030 and up to 1100 by 2047. With this cruise, the Central government aims to develop world-class infrastructure to boost cruise tourism and maritime trade.

The minister added, "With our rich heritage & culture around our coastal region, the potential of cruise tourism in India is immense. Today, as we launch the maiden cruise service between Chennai and Sri Lanka, it has ushered a new chapter in the cruise tourism sector in the country. As the affordability and access to world-class cruise services become a reality, the people can enjoy & relish luxurious amenities, entertainment, and breathtaking views."

### Himachal to promote lake tourism to attract tourists



The Government of Himachal Pradesh is planning to turn its artificial reservoirs into pretty tourist destinations to attract more travellers. These places will also offer interesting adventure activities including watersports, bird watching and eco-tourism. The news was shared by the Chief Minister Sukhvinder Singh Sukhu himself recently.

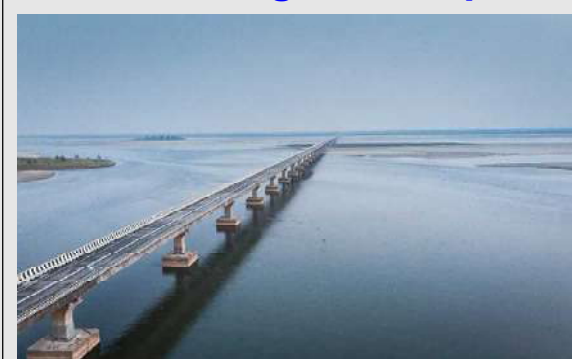
The CM also added that the prime goal of the government is to promote water-based attractions in the region, like houseboats, cruises and yachts. They also plan to start water sports activities in the reservoirs. "The main focus is to start such activities at Pong dam in Kangra, Kol Dam, Bhakra Reservoir in Bilaspur, Larji Reservoir in Kullu, Tattapani near Shimla and Chamera Dam in Chamba," the CM informed. He further added that these attractions would also have art and craft hubs, shopping centres along with food streets. This will offer an overall experience to domestic as well international tourists. The statement issued by the government said that rules are being formulated to govern the operations of these activities currently. "5.75 hectares of land has been identified in Nagrota for setting up a wellness centre and an artificial lake with world-class fountains. The government has allocated ₹ 70 crore for promoting adventure tourism activities in Pong Dam in Kangra district which will attract adventure sports lovers to the state," Sukhu noted. Apparently, Himachal Pradesh is blessed with some very beautiful lakes and reservoirs, with glaciers as prime source. The state government now plans to explore the possibility of lake tourism that will also help the local community. This will also boost home stays, restaurants, resorts and hotels.



### 'Monsoon Trekking' begins in Goa to boost hinterland tourism

Goa Tourism Development Corporation on Sunday launched 'Monsoon Trekking' program from Tambdi Surla-Mollem in South Goa to attract tourists in hinterland areas. GTDC chairman Ganesh Gaonkar speaking on the occasion said that the concept of 'Atithi Devo Bhava' (Guest is equivalent to God) would be made meaningful in the coastal state. "Every tourist visiting here should be safe and enjoy the monsoon trekking," Gaonkar said. Mahadev temple located at Tambdi Surla at Mollem is the most ancient temple in Goa. The temple was built in the Twelfth century. The small, beautifully carved and perfectly proportioned black basalt temple is dedicated to Lord Shiva. Many tourists visit this temple and this area to explore the hinterland. Gaonkar said that this activity will boost the economy and will generate employment. "Locals will get employment through this activity," he said. More than eight million tourists visit Goa every year. Most of them prefer 'sun, sand and sea' (beaches) to enjoy their memorable time. But now, the Goa government is also focusing on hinterland tourism. Gaonkar also advised tourists to do the trekking activities safely. "Your safety is utmost important," he said. The officers present on the site guided the tourists for their safety, who were accompanied with guides.

### Centre, Assam sign MoU to boost riverine tourism along Brahmaputra



The central government and Assam signed a Memorandum of Understanding (MoU) aimed at promoting riverine tourism along the river Brahmaputra.

The project will be implemented through a Special Purpose Vehicle (SPV) and is estimated to require an investment of approximately ₹ 45 crore (\$6 million). It is expected to be completed within 12 months.

The MoU for development of 'Riverine Based Religious Tourism Circuit' was signed by Inland Waterways Authority of India (IWAI),

Sagarmala Development Company Limited (SDCL), Assam Tourism Development Corporation (ATDC) and Department of Inland Waterways Transport (DIWT) of Assam government.

Under the MoU, a "Riverine Based Religious Tourism Circuit" will be developed, covering seven historic religious sites located near Guwahati. The identified sites include Kamakhya, Pandunath, Ashwalknata, Doul Govinda, Umananda, Chakreshwar, and Auniati Satra.

The agreement also includes plans for a modern ferry service operating on a "Hop On Hop Off" model, facilitating convenient access for tourists. Additionally, a state-of-the-art waiting lounge will be established at the ferry terminal, enhancing the overall experience for passengers. According to the Ministry of Ports, Shipping and Waterways, the ferry circuit will commence from Hanuman Ghat, Uzan Bazar, reducing the travel time to complete one full circuit to less than 2 hours. SDCL and IWAI will jointly contribute 55% of the project cost, while ATDC will provide the remaining funding. As part of the agreement, DIWT has agreed to provide the usage of Ghats near the temples free of cost.

Union minister for ports, shipping, waterways and AYUSH Sarbananda Sonowal hailed the MoU, emphasizing its positive impact on the tourism sector in Assam.

### Portugal ranked best for wine tourism



Wine has been a beloved drink across the world for all of recorded History, dating back to ancient Mesopotamians, who are known to have enjoyed it in social settings as far as 5000 years ago.

It should come as no surprise then that people flock from all over to countries that offer great wine. From the countryside vineyards covering acres of rolling hills to the chic wine bars deep in historic city centres, wine offers an experience for everyone, and each region have their own taste, history and culture surrounding the beverage.

A reputed magazine has published a report on the best countries for wine tourism, taking into account several factors such as wine production and consumption, number of vineyards and wine tours and the average cost of a bottle of wine in order to determine the best country to visit for a wine holiday. The top spot was bestowed upon Portugal, with a score of 8.83 out of 10. Portugal has an expansive history of winemaking and many different types of grapes in their territory. They're the home of port wine, named after Porto, which is world famous. The average person in Portugal consumed 58 litres of wine a year, there were "25.5 wine tours and tastings per million people, and 2.09% of the nation is covered in vineyards," according to the index.

In second place came Moldova, with a score of 8.16, a small country sandwiched between Romania and Ukraine, but with "a rich winemaking history that stretches back over 5000 years." Moldova's vineyards cover 3.6% of its area, greater than any other country on the list. "The Codru region," Bounce reported, "located in the central part of the country, is one of Moldova's most important and historically significant wine-producing areas. The country holds an extensive network of underground wine cellars, the most famous of which is the Mile'tii Mici."

In third was Italy, scoring 7.86, a nation famous for its wine industry, with a vinicultural history dating back to Roman times. Each region has its own take on the drink, with Tuscany "perhaps the most celebrated," the report says. It's the biggest producer of wine, with 84 litres being made every year per person.