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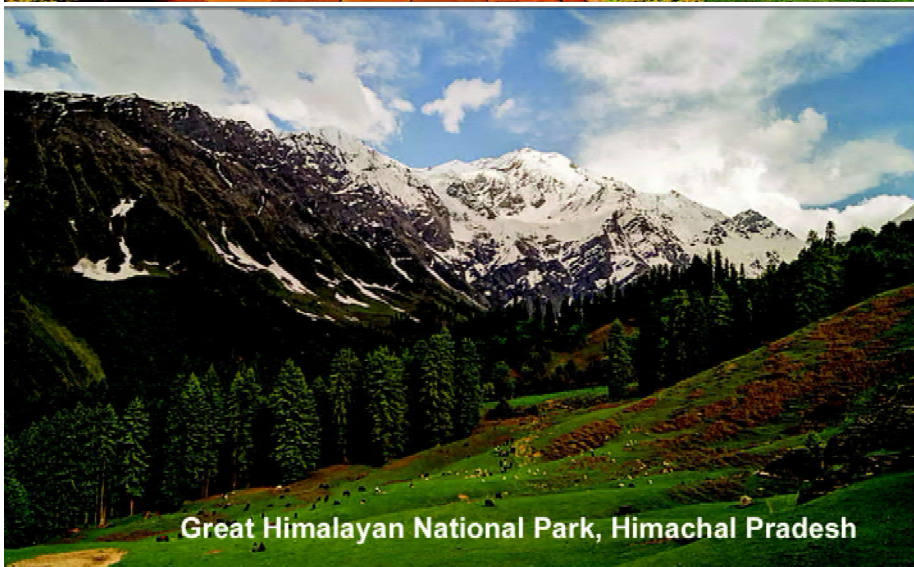
World Heritage Day



Pattadakal Group Of Monuments, Karnataka



Rani ki Vav, Gujarat



Great Himalayan National Park, Himachal Pradesh



Buddhist Monuments At Sanchi, Madhya Pradesh

World Heritage Day : Lesser-Known UNESCO World Heritage Sites In India

Beyond the Taj and Jaipur forts lie India's most intriguing UNESCO World Heritage Sites. From royal burial mounds in Assam to sacred Himalayan forests and forgotten capitals, these lesser-known wonders deserve your 2026 itinerary.

India's UNESCO World Heritage Sites are often reduced to a familiar checklist. Yet beyond the famous mausoleums and monumental temples exists a quieter, richer layer of history shaped by forgotten dynasties, sacred landscapes, military ingenuity, and human life stretching back tens of thousands of years. These ten sites are not just destinations, they are immersive experiences where architecture, belief systems, and geography intertwine, making them ideal for travellers seeking depth rather than crowds in 2026.

- *Moidams, The Mound Burial System Of The Ahom Dynasty, Assam
- *Champaner Pavagadh Archaeological Park, Gujarat
- *Rock Shelters Of Bhimbetka, Madhya Pradesh
- *Pattadakal Group Of Monuments, Karnataka
- *Rani ki Vav, Gujarat
- *Sacred Ensembles Of The Hoysalas, Karnataka
- *Maratha Military Landscapes Of India
- *Khangchendzonga National Park, Sikkim

- *Great Himalayan National Park, Himachal Pradesh
- *Buddhist Monuments At Sanchi, Madhya Pradesh

1. What are lesser-known UNESCO World Heritage Sites in India?

These are UNESCO-recognised sites that receive fewer visitors compared to popular landmarks like the Taj Mahal, offering quieter and more immersive heritage experiences.

2. Why should travellers explore lesser-known UNESCO sites in 2026?

They allow deeper engagement with history, culture and nature while avoiding crowds, making them ideal for thoughtful and responsible travel.

3. Are UNESCO World Heritage Sites in India only historical monuments?

No. India's UNESCO list includes archaeological sites, living cultural landscapes, sacred forests and biodiverse national parks.

4. Do these sites require special permits or planning?

Some natural heritage sites, such as national parks in the Himalayas, require permits and advance planning, while most cultural sites are easily accessible.

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Appointments

Appointments Committee of the Cabinet approved several key bureaucratic appointments

Appointments Committee of the Cabinet (ACC) in India approved several key bureaucratic appointments, tenure extensions, and lateral shifts to ensure continuity and leadership in various ministries and public sector undertakings.

Key Appointments & Extensions (March 2026):

Ministry of Petroleum and Natural Gas: Tenure of Ms. Esha Srivastava (IFS: 2004) as Joint Secretary was extended for one month beyond March 19, 2026.

Department of Posts: Shri Subrat Das (IPoS: 1991) was appointed as Secretary, Department of Posts, replacing Ms. Vandita Kaul.

Prime Minister's Office (PMO): Ravi Mittal (IAS: 2016) was appointed as Deputy Secretary in the PMO, effective March 19, 2026.

Ministry of Home Affairs (MHA):

Tenure of Rajeev Kumar (IOFS: 2000) as Joint Secretary was extended for one year beyond March 5, 2026.

Tenure of Nitesh Kumar Vyas (IAS: 1996) as Additional Secretary extended until May 30, 2028.

CBI: Ganga Ram Punia (IPS: 2013) was inducted as SP for five years.

Public Sector Undertakings (Recommendations):

Armoured Vehicles Nigam Limited (AVNL): Satyabrata Mukherjee recommended for CMD.

Hindustan Copper Limited (HCL): Anupam Misra recommended for CMD.

Empanelment: The ACC approved the empanelment of Shri Yogesh Gupta (IPS: 1993) for holding Director General Equivalent level posts at the Centre.

Piyush Anand, NDRF DG tenure extended by one year



Senior IPS officer Piyush Anand (IPS:1991:UP) has been given a one-year extension as Director General of the National Disaster Response Force. An order issued by the Department of Personnel and Training on Monday (March 16, 2026) said the Appointments Committee of the Cabinet has approved the proposal of the Ministry of Home Affairs. His tenure

has been extended beyond March 30, 2026 for one year or until further orders. Anand is a 1991-batch IPS officer of the Uttar Pradesh cadre. Since April 1, 2024, he has held the position of Director General of the NDRF. He took charge after the retirement of Atul Karwal (IPS:1988:GJ), who demitted office on March 31, 2024.

His two-year term was to end on March 30, 2026. With this extension, he will now continue in the post till March 2027, unless the government decides otherwise.

Subrat Das appointed Secretary, Department of Posts



Senior bureaucrat Subrat Das (IPoS:1991) has been appointed Secretary in the Department of Posts. An order issued by the Department of Personnel and Training on Monday (March 16, 2026) said the Appointments Committee of the Cabinet has approved his appointment.

He will replace Vandita Kaul (IPoS:1989). She is set to retire on reaching the age of superannuation.

Suresh tenure as ADG in SPG extended



The deputation tenure of IPS officer S Suresh (IPS:1995:KL) as Additional Director General (ADG) in the Special Protection Group (SPG) has been extended till December 31, 2026. An order issued by the Department of Personnel and Training on Monday (March 16, 2026) said the Appointments Committee of the Cabinet has approved the proposal of the Office of Secretary (Security), Cabinet Secretariat to his deputation tenure from March 9, 2026 to December 31, 2026. This is the fifth extension of his tenure in the SPG. Suresh is

a 1995-batch IPS officer of the Kerala cadre. He has been serving in the SPG since December 2017. Before that, he was posted as Inspector General (IG) in the Sashastra Seema Bal (SSB). He had taken charge there on March 8, 2017 and was moved to the SPG later the same year.

Ajit Kumar gets MyGov CEO charge; Nand Kumarum's tenure gets ex-post facto approval

IAS officer Ajit Kumar (IAS:2006:KL), currently serving as Joint Secretary in the Ministry of Electronics & Information Technology (MeitY), has been entrusted with the additional charge of Chief Executive Officer (CEO), MyGov.

Ravi Mittal appointed Deputy Secretary in PMO



IAS officer Ravi Mittal (IAS:2016:CG) has been appointed as Deputy Secretary in the Prime Minister's Office (PMO) for a period of four years.

According to an order issued by the Department of Personnel and Training (DoPT) on Thursday (March 19, 2026), the Appointments Committee of the Cabinet has approved his appointment for a tenure of four years from the date of assumption of charge or until further orders, whichever is earlier.

Parameswaran Iyer gets 3-month extension as World Bank Executive Director

Former IAS officer Parameswaran Iyer (Retd. IAS:1981:UP) has been given a three-month extension as Executive Director at the World Bank Headquarters in Washington DC.



An order issued by the Department of Personnel and Training on Wednesday (March 18, 2026) said the Appointments Committee of the Cabinet has approved the extension. His tenure has been extended beyond March 19, 2026 till June 19, 2026.

Arunita Phukan Yadav gets one-year extension as Tea Board ED



IRS Officer Arunita Phukan Yadav (IRS-C&CE:2011) has been given a one-year extension in her deputation. She is serving as Executive Director in the Tea Board at Guwahati under the Department of Commerce. An order issued by the Department of Personnel and Training on Tuesday (March 17, 2026)

said the Appointments Committee of the Cabinet has approved the extension.

Simmi Chaudhary gets 6-month extension as KVIC Financial Adviser



Simmi Chaudhary (IES:1996), currently serving as Economic Advisor in the Ministry of Micro, Small and Medium Enterprises (MSME), has been granted an extension to continue holding additional charge as Financial Adviser (FA) at Joint Secretary level in the Khadi & Village Industries Commission (KVIC), Mumbai. According to an order issued by the Department of Personnel and Training (DoPT) on Tuesday (March 17, 2026), the Appointments Committee of the Cabinet (ACC) has approved the proposal of the Ministry of MSME to extend her additional charge for a further period of six months.

Vimal Anand gets addl. charge as Noida SEZ Development Commissioner



IRS Officer Vimal Anand (IRS-IT:2003), currently serving as Joint Secretary in the Department of Commerce, has been given additional charge of Development Commissioner of Noida Special Economic Zone.

An order issued by the Department of Personnel and Training on Tuesday (March 17, 2026) said the Appointments Committee of the Cabinet has approved the decision. He will hold this charge for six months from the date he takes over. It may end earlier if a regular officer is appointed or if further orders are issued.

Nidhi Kesarwani gets 2-year extension as DPIIT Jt. Secy.



IAS officer Nidhi Kesarwani (IAS:2004:MN) has been given a two-year extension in her central deputation as Joint Secretary in the Department for Promotion of Industry and Internal Trade (DPIIT).

An order issued by the Department of Personnel and Training on Tuesday (March 17, 2026) said the Appointments Committee of the Cabinet has approved the extension. She will continue in the post beyond June 6, 2026 for two more years or until further orders.

Amit Mohan Govil gets 6-month extension as FIU-India Director

Senior IRS officer Amit Mohan Govil (IRS-IT:1990), Director General of the Central Economic Intelligence Bureau (CEIB) under the Department of Revenue, has been given an extension to continue holding additional charge as Director of the Financial Intelligence Unit-India (FIU-India).



An order issued by the Department of Personnel and Training on Tuesday (March 17, 2026) said the Appointments Committee of the Cabinet has approved the extension.

Meherda gets extension as Addl. Secretary in Dept. of Agriculture



IAS officer Pramod Kumar Meherda (IAS:1997:OR) has been given a two-year extension in his central deputation as Additional Secretary in the Department of Agriculture & Farmers Welfare. An order issued by the Department of Personnel and Training on Monday (March 16, 2026) said the Appointments Committee of the Cabinet has approved the extension. His tenure has

been extended beyond September 2, 2026. He will now continue till September 2, 2028 or until further orders.

Meherda has been working as Additional Secretary in the department since November 2022. Before this, he was Managing Director (MD) of the National Food Security Mission (NFSM) in the same department.

Amarnath appointed OSD in Petroleum Ministry

IFS Officer A Amarnath (IFS:2006) has been appointed as Officer on Special Duty (Joint Secretary level) in the Ministry of Petroleum & Natural Gas for a period of three years. According to an order issued by the Department of Personnel and Training (DoPT) on Saturday (March 14, 2026), the Appointments Committee of the Cabinet has approved his appointment to the post for three years from the date of assuming charge of the post or until further orders, whichever is earlier.

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Corridors of Power

Sai Prasad takes over as CS of AP



Senior IAS officer G. Sai Prasad assumed charge as Chief Secretary of Andhra Pradesh at the State Secretariat, succeeding K. Vijayanand, who retired from services. Mr. Sai Prasad took over the reins at 11.33 a.m. after a special religious ceremony and blessings from priests of the Tirumala Tirupati Devasthanams and Sri Durga Malleswara Swamy Devasthanam. Senior officials, including Special Chief Secretaries S.S. Rawat and M.T. Krishna Babu, Ex Officio Special Chief Secretary B. Rajasekhar,

and Principal Secretaries Syamala Rao, Mukesh Kumar Meena and Kanthilal Dande, were present on the occasion. A 1991-batch IAS officer of the Andhra Pradesh cadre, Mr. Sai Prasad is an M.Tech graduate. He began his career as Assistant Collector in Warangal and later served in key positions, including Assistant Collector in Paderu, Commissioner of Guntur Municipal Corporation, Joint Collector of Kadapa, and Collector of Kurnool and Chittoor districts.

Telangana CS gets extension for 3 more months



The Central Government has approved a three-month extension for Telangana Chief Secretary K. Ramakrishna Rao, a 1991-batch IAS officer, extending his tenure from April 1, 2026, to June 30, 2026. This follows a request from the state government to ensure administrative continuity, marking his second extension after a previous seven-month extension. Previously, he had received a seven-month extension that was set to expire on March 31, 2026.

Another news is, A batch of officers team to study on economic security & governance from National Defence College met Chief Secretary. Chief Secretary gave a comprehensive overview of Telangana's growth trajectory across various sectors to the visiting team.



A Major Step Towards Lasting Peace in Telangana

In a significant development towards ensuring enduring peace and stability, four senior leaders of the Communist Party of India (Maoist) have laid down arms and joined the mainstream. Their decision marks a courageous shift, reflecting a conscious choice to embrace peace, dignity, and development over violence.

Addressing the occasion, Director General of Police B. Shivdhar Reddy lauded the efforts behind this achievement. He stated, "I appreciate the dedicated efforts of our Telangana Police, especially the Special Intelligence Branch (SIB), in making this possible. We assure full support and rehabilitation to those who choose to return. To those still underground, the doors are open—reunite with your families and be part of Telangana's progress." Over the past two years, as many as 591 cadres have returned to the mainstream, choosing democracy over violence. The Hon'ble Chief Minister has reiterated the government's commitment to providing full security and comprehensive rehabilitation support to all those who surrender. Senior police officials present on the occasion included Mahesh Muralidhar Bhagwat, Additional DGP (Law & Order), Vijay Kumar, Additional DGP (Intelligence), and Dr. Anil Kumar, ADGP (Operations), Greyhounds and OCTOPUS. Also seen in the picture was B. Sumathi, who heads the Special Intelligence Branch, playing a key role in facilitating such surrenders.

Dr. Soumya Mishra Receives Prestigious World Book of Records Honour



Dr. Soumya Mishra, IPS, Director General of Prisons & Correctional Services, Telangana, was honoured by the World Book of Records, London for her matchless contributions to police services and welfare reforms, reflecting exemplary leadership and dedication to public service. The honour acknowledges her transformative initiatives in policing and correctional administration, particularly in modernizing prison systems and promoting welfare-oriented and reformative practices.

On the same occasion, C. Vamsi Mohan Reddy, Deputy Superintendent of Police, received a Certificate of Appreciation from the World Book of Records, London for his multifaceted contributions to sports, religious service, public administration, and social welfare. The award was presented by Vikram Trivedi, Director General, World Book of Records and Shakti Tiwari, Adjudicator & Secretary, World Book of Records, London.

K.Vijayanand Second Inning



K Vijayanand (Retd IAS: 1992: AP), former Chief Secretary of Andhra Pradesh whose extended tenure came to an end, has been appointed as Ex-Officio Special Chief Secretary to the Chief Minister and Special Chief Secretary (Energy) by Chief Minister N.Chandrababu Naidu. He had handed over the charge to new Chief Secretary G Sai Prasad

(IAS: 1991: AP). Vijayanand will also serve as Chairman and Managing Director (CMD) of the Andhra Pradesh Transmission Corporation (APTRANSCO) for a period of one year. The AP government clarified that in his new role overseeing the Energy Department, Vijayanand will report directly to the chief minister, without intermediary administrative reporting structures.

Shri Shiv Pratap Shukla Sworn in as 5th Governor of Telangana



Shri Shiv Pratap Shukla was sworn in as the 5th Governor of Telangana in a dignified ceremony held at Lok Bhavan. The oath of office was administered by Aparesh Kumar Singh, Chief Justice of the Telangana High Court.

The ceremony witnessed the presence of A. Revanth Reddy, along with state ministers, Members of Parliament, former Governors, legislators, senior government officials, and distinguished guests. Family members of the Governor and several dignitaries also attended the occasion, adding to the grandeur of the event. The swearing-in marks a significant moment in the constitutional and administrative framework of the state, ushering in a new chapter under the leadership of the Governor.

US Envoy Hosts get-together with Central Asian Ambassadors



Sergio Gor, the United States Ambassador to India, hosted an exclusive get-together for Ambassadors from key Central Asian nations, fostering dialogue and strengthening diplomatic ties. The evening brought together envoys from Uzbekistan, Kazakhstan, Kyrgyzstan,

Tajikistan, and Turkmenistan for a cordial dinner interaction. The gathering provided an opportunity to exchange views on strengthening regional partnerships and enhancing cooperation across multiple sectors. The discussions were described as highly productive, focusing on areas of mutual interest, collaboration, and strategic cooperation, reflecting a shared commitment to deeper international engagement and regional stability.

UK Dy. High Commissioner Highlights AI-Driven Health Collaboration



UK Dy. High Commissioner Gareth Wynn Owen underscored a significant milestone in UK-India health-tech cooperation, as Asika and Manentia AI announced a strategic collaboration. The partnership aims to leverage artificial intelligence to enhance healthcare delivery in India and improve the overall patient journey. The initiative

reflects growing momentum in United Kingdom-India healthcare innovation under the #UKIndiaHealthcare framework.

Cambridge Roundtable Highlights UK-Central Asia Cooperation & Shared Vision



University of Cambridge hosted a significant roundtable bringing together Ambassadors and senior diplomats from Central Asia and the Caucasus, alongside leading scholars, fostering meaningful dialogue on regional cooperation.

The opening address was delivered by the Embassy of Kazakhstan in the United Kingdom, which highlighted historic ties, noting that British investors were among the pioneers in Kazakhstan's mining sector, with ventures such as the Spassky Copper Mine Limited symbolizing early UK-Kazakh economic engagement.

Building on this legacy, discussions focused on expanding collaboration in critical minerals, green technology, and digitalization. The gathering also marked the spirit of Nauryz, emphasizing unity and regional cooperation with the message that collective strength lies in shared purpose and aligned direction. The event concluded with an engaging Q&A session, sparking insightful exchanges and reinforcing the commitment to deeper partnerships across the region.

Turkish Education Fair Held in Hyderabad with Strong Participation



Orhan Yalman Okan, Consul General of Türkiye in Hyderabad, participated in the Turkish Education Fair held at Vivanta Hyderabad.

The fair witnessed enthusiastic participation from 12 leading colleges from Türkiye, showcasing diverse academic opportunities for aspiring students. The event highlighted Türkiye's growing prominence as a global education hub, currently hosting over 3.5 lakh international students from 198 countries and ranking among the top 10 study destinations worldwide.

The initiative aimed to strengthen educational ties and promote international academic exchange between India and Türkiye.



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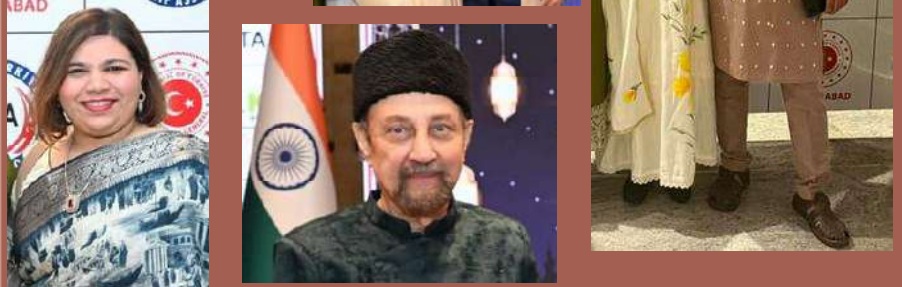
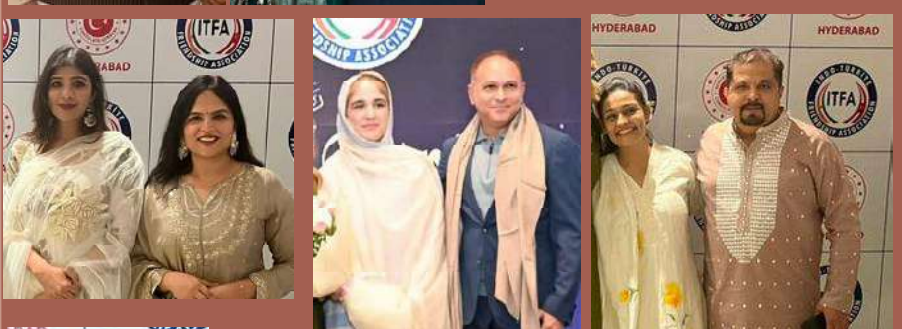


A Grand Iftar Evening Strengthening Indo-Türkiye Ties

The spirit of harmony, cultural exchange, and warm hospitality came alive as the Turkish Consulate General, in collaboration with the Indo Türkiye Friendship Association (ITFA), hosted a gracious Iftar gathering at Hotel Avasa, Hitech City.

The evening was elegantly hosted by Orhan Yalman Okan, the Consul General of Türkiye, along with Aslihan Özmen Okan, who warmly welcomed an array of distinguished guests from diplomatic, social, and cultural circles. Their personal engagement and gracious presence set the tone for an evening marked by camaraderie and goodwill.

The Iftar gathering witnessed the participation of several prominent personalities, reflecting the growing bonds of friendship and mutual respect between India and Türkiye. Guests were treated to an exquisite spread of authentic and specially curated Iftar delicacies, offering a rich culinary experience that highlighted the essence of Turkish hospitality. The thoughtfully prepared menu added a festive charm to the occasion, making it a memorable gastronomic experience for all attendees.



V.Sheshadri Prl.Sec. to the CM Calls on Governor



Sr. IAS officer V. Sheshadri, Principal Secretary to the Chief Minister, Government of Telangana, called on the Hon'ble Governor Shiv Pratap Shukla at Lok Bhavan.

The meeting, held in Hyderabad, reflects the ongoing coordination between the state administration and the Governor's office on key governance and administrative matters. Principal Secretary to the Governor Dana Kishore can also be seen in the picture.



Click of the Month: A Moment of Grace at Iftar

The Hyderabad City Police hosted a grand and memorable Iftar gathering at the iconic Chowmahalla Palace, bringing together senior officials, dignitaries, and public representatives for an evening of unity and goodwill. The historic venue, known for its regal charm, provided a perfect backdrop for the occasion, reflecting the spirit of togetherness that defines the holy month of

Ramadan. Among the many highlights of the evening, a heartwarming moment stood out — V. C. Sajjanar, Commissioner of Police, was seen offering dates to Tafseer Iqbal, Addl. Commissioner of Police (L&O), South Zone. This simple yet symbolic gesture captured the essence of humility, respect, and camaraderie within the force.

Graced by senior IPS officers and esteemed guests, the event showcased not just administrative leadership but also the human side of policing — fostering harmony, inclusiveness, and cultural respect.

This touching frame, embodying dignity and shared values, is truly deserving of being celebrated as the "Click of the Month."

Hyderabad Police Crack Down on QNet MLM Scam

In a decisive move to safeguard citizens from financial fraud, the Hyderabad City Police, under the leadership of V. C. Sajjanar, has intensified its crack-down on illegal money circulation schemes. Demonstrating proactive policing and a strong commitment to public safety, the department has taken firm action against the notorious QNet MLM scam.

A Special Investigation Team (SIT) of the Hyderabad Police has successfully busted a massive multi-crore illegal operation run under the guise of Vihaan Direct Selling. In a coordinated effort spanning Telangana, Andhra Pradesh, and Karnataka, authorities have arrested 32 individuals involved in orchestrating the fraudulent network.

The scam primarily targeted IT professionals and unemployed youth, enticing them with unrealistic promises of high returns and financial independence. Victims were manipulated into investing large sums under a "get-rich-quick" model, which ultimately collapsed, leaving many in financial distress.

Police officials have strongly cautioned the public against falling prey to such deceptive schemes. It is important to note that promoting or participating in these activities is a punishable offense under the Prize Chits and Money Circulation Schemes (Banning) Act, 1978.

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Spreading Happiness

Public Sector

REC Limited, National Test House Ink MoU to Boost Quality Standards under RDSS



REC Limited, a 'Maharatna' PSU under the Ministry of Power, has signed a Memorandum of Understanding (MoU) with National Test House (NTH), operating under the Department of Consumer Affairs, to strengthen quality testing and assurance mechanisms for materials used under the Revamped Distribution Sector Scheme (RDSS).

The agreement, signed at Krishi Bhavan, aims to address quality gaps in procurement and deployment of power distribution infrastructure. It was formalised by Prabhat Kumar Singh, Executive Director (RDSS), REC Limited, and Dr Alok Kumar Srivastava, Director General, NTH, in the presence of senior government officials including Nidhi Khar, Secretary, Department of Consumer Affairs. Under the partnership, the two organisations will collaborate on third-party quality testing of RDSS materials through NTH's NABL-accredited laboratories, ensuring higher reliability and safety standards. The initiative also includes joint technical workshops, training programmes, and the development of robust quality assurance frameworks.

The move is expected to strengthen execution standards under RDSS, enhance infrastructure durability, and support efficient power distribution across India.

RailTel Honoured with Two Awards at Governance Now 12th PSU Awards



RailTel Corporation of India Limited, a Navratna CPSE under the Ministry of Railways, has received two honours at the Governance Now PSU Awards.

The company was recognised for Excellence in Infrastructure Development and Best Overall Financial Performance, reflecting its role in expanding telecom and digital infrastructure across the country. The infrastructure award acknowledges RailTel's efforts in strengthening connectivity through its extensive optical fibre network and digital platforms that support e-governance, enterprise services and communication for government institutions.

The financial performance award highlights RailTel's operational efficiency, steady revenue growth and disciplined capital management. The company said its strategy focuses on balancing business diversification with financial sustainability to deliver long-term value.

RailTel said the recognitions reinforce its commitment to strengthening India's digital infrastructure and supporting the vision of a digitally connected nation.

NLCIL Marks International Women's Day with Women 'Solopreneurship' Programme



Marking International Women's Day 2026, NLC India Limited Chairman and Managing Director Prasanna Kumar Motupalli distributed tailoring machines to 20 women beneficiaries who completed a 90-day skill development programme in tailoring and Aari embroidery.

The initiative, organised by the Neyveli Automobile Association at Sneha Opportunity School, aims to promote women entrepreneurship and sustainable livelihoods in the Neyveli region.

The event was attended by Samir Swarup, Director (HR), NLCIL; B. Govindarajan, Chief General Manager, NLCIL and President of the Neyveli Automobile Association; B. Vaidyanathan, Chief General Manager, NLCIL and Vice President of Sneha Opportunity Services; and T. V. Sivaprasad, Secretary of the association. Speaking on the occasion, Prasanna Kumar Motupalli appreciated the initiative for creating livelihood opportunities for women, particularly those from project-affected families and economically vulnerable backgrounds.

The programme, launched on Vishwakarma Diwas, provided intensive training to women including 12 from project-affected families, five from nearby villages and three widowed women, enabling them to start independent income-generating activities.

As part of the event, the CMD also laid the foundation stone for the renovation of the Sneha School open auditorium, a project estimated at ₹ 23 lakh, which will include a 100-seat hall, stage, green room and upgraded facilities.

MRPL Celebrates National Safety Day 2026 with Safety Awareness Initiatives



Mangalore Refinery and Petrochemicals Limited (MRPL) observed National Safety Day at its Training Centre, aligning with this year's theme, "Engage, Educate and Empower People to Enhance Safety," and reiterating its focus on operational safety and risk mitigation.

Director (Refinery) Nandakumar V. Pillai underscored safety as the core mission of refinery operations, calling for strict adherence to standard operating procedures. Director (Finance) & CFO Devendra Kumar reaffirmed management's commitment to backing all safety-led decisions and empowering employees at every level. Senior leadership highlighted continuous engagement, training and accountability as critical to preventing incidents and safeguarding people, assets and the environment. The programme included a multilingual Safety Pledge, presentation of the Annual Fire & Safety Activity Report, and recognition of safety excellence awardees.

NTPC Bongaigaon Team Shines at Kokrajhar NCC Marathon with Full Marathon Finish



Three employees of NTPC Bongaigaon successfully completed the 42-km Full Marathon at the 2nd Kokrajhar NCC Full Marathon, organised in association with the Bodoland Territorial Region Government under the theme "City of Peace."

Shaik Muneer Basha (AGM-EMD), Jitendra Kumar Mohanty (DGM-Mechanical Maintenance), and Yadagiri Kurukondalu (Senior Manager-Planning & Services) finished the endurance race, under-

scoring the organisation's focus on employee fitness and resilience. Over 30 employees and family members also participated across 5 km, 10 km and 21 km categories. Anurag Gupta, GM (O&M), flagged off the Half Marathon and completed the 5 km run. The event saw participation from more than 2,000 athletes and NCC cadets across Assam. The achievement reflects NTPC Bongaigaon's continued emphasis on wellness, community engagement and the Fit India movement.

GAIL Lays Foundation for Upcoming R&D Centre



The groundbreaking ceremony for the upcoming R&D Centre of GAIL (India) Limited was held in Sector 22, Industrial Model Township (IMT), Sohna, Haryana.

The ceremony was led by Chairman & Managing Director Sandeep Kumar Gupta in the presence of Director (BD) Rajeev Kumar Singhal and other senior officials.

Spread across 30 acres with a built-up area of 85,000 square metres, the state-of-the-art facility is envisioned as a future-ready innovation hub to strengthen GAIL's technological capabilities in both core operations and emerging clean energy domains.

The Centre will host seven major research verticals, including Natural Gas Pipeline Integrity & Asset Management, Natural Gas Applications & NG/CO, Valorisation, Petrochemicals & Polymers, Renewables, Biotechnology, Nanotechnology and Advanced Analytical Sciences.

It will also feature advanced pilot-scale infrastructure such as closed-loop pipeline testing systems, pull-through rigs, and pilot reactors for polymer and gas valorisation research.

The R&D Centre aims to bridge laboratory research with field deployment, foster collaboration with academia and startups, and accelerate indigenous technology development. It is expected to play a key role in supporting India's energy transition and advancing the vision of Atmanirbhar Bharat.

Krishna Kumar Thakur takes charge as Director (Personnel), NMDC



Krishna Kumar Thakur, a 1998 batch officer of the Indian Railway Personnel Service (IRPS), has assumed charge as Director (Personnel) at NMDC Limited, India's largest iron ore producer.

In his two-and-a-half decades of service with Indian Railways and CPSUs, Shri Thakur brings extensive experience in human resource management and administration. He has handled key HR functions across major railway divisions including Solapur, Bhopal and Mumbai, and has led large-scale recruitment as Chairman, Railway Recruitment Cell, Western Railway, overseeing induction of around 12,000 employees. His leadership has been instrumental in handling large-scale recruitments, managing complex industrial relations, and introducing progressive HR initiatives aimed at enhancing productivity and employee welfare.

During his tenure with RITES, he was associated with an international train operations project in Saudi Arabia. He has also headed the HR function at Konkan Railway Corporation Limited (KRCL), where he played a key role in streamlining HR policies and procedures.

NHPC Celebrates Vasant Utsav 2026 with Enthusiasm

NHPC Limited, India's leading hydropower PSU and a 100% renewable energy company, organised Vasant Utsav 2026 on February 22 at its Residential Complex in Faridabad, reaffirming its commitment to fostering cultural engagement alongside organisational growth.

The event was inaugurated by Bhupender Gupta, Chairman and Managing Director, NHPC, in the presence of Smt. Shikha Gupta, Chairperson, NHPC Mahila Kalyan Samiti. The annual celebration of the spring season is aimed at promoting India's cultural diversity while strengthening employee engagement within the organisation.



Is sleep the missing piece in mental health?



Think about the last time you couldn't sleep well. The next day, you might have felt that everything was harder. Your mood was lower, your patience grew thinner, and your thoughts less clear. That wasn't just in your head. Sleep affects how we feel, think, and function, and is more interconnected with our mental health than people assume.

This relationship goes both ways. Studies have linked poor sleep to depression and anxiety, yet for some, sleep prob-

lems may be the first sign that mental health is shifting.

In this episode, we break down what happens in the sleep-deprived brain, why emotions feel harder to regulate when we are tired, and why some people with depression sleep too much while others can't sleep at all. We will also unpack where the sleep quantity matters more than timing, what broken sleep really means and what practical steps can genuinely improve our sleep.

Joining us today to discuss these and more is Dr. Lauren Waterman. Dr. Waterman is a consultant psychiatrist at North London NHS Foundation Trust and she specializes in insomnia.

Understanding sleep deprivation vs. insomnia

María Cohut: Welcome Dr. Waterman. Thank you for joining us in this episode. If you don't mind, I'll get straight to the heart of the matter. Perhaps we can start with what actually happens in the human brain when we're sleep deprived. Could you explain what happens in the body when we have a night of poor sleep?

Dr. Lauren Waterman: First of all, think it's really important to clearly differentiate between what we mean by insomnia and what we mean by sleep deprivation, because quite commonly they actually get mixed up in places like in the media, and even in scientific articles some of the time. That leads to a lot of confusion and to conclusions about one that might not be to do with that. Sleep deprivation is what happens when your brain is ready to sleep. Your brain wants to sleep, it's going to sleep, but something from the outside is actually preventing you from sleeping. So, for example, you're a new parent, and there's a screaming baby waking up all night, or you're being tortured, and a form of torture is to sleep-deprive and to keep someone awake, make a loud noise when someone is about to sleep so that they do not fall asleep. And sometimes it might be to do with having very, very lousy neighbors, which can affect sleep, things like that, in a very noisy environment, urban environment, for example.

And then you've got insomnia and insomnia is where you've got the adequate opportunity to sleep, but something inside your brain is stopping you from sleeping. So that's two very different things. And what happens in the brain is quite different when there's something from inside that stops you from sleeping within your own brain, and something from the outside that's stopping you from sleeping. Now, sleep deprivation, where something from the outside is stopping you from sleeping, that's harmful to human health. That can cause heart attacks, premature death, things like that, especially if sustained for a long time or if very severe. I don't want to worry people about a bad night's sleep with a screaming child is going to cause those things, but we're talking at the most extreme end of the spectrum here.

With insomnia, actually, what happens is there's a problem within the brain, within someone's mind that is affecting their ability to sleep naturally. And that usually happens gradually over a period of time. And what happens is the brain actually adapts. So someone who sleeps four hours a night because they've got chronic insomnia will not actually have the same long-term adverse effects as someone who is having long-term sleep deprivation because the brain has actually adapted to be able to sleep less and to consolidate that sleep, that high quality sleep into a shorter space of time. So I think that's the first thing that's really important to actually define.

The science of sleep cycles

Yasemin Nicola Sakay: What does it mean when we wake up at night at a particular time, let's say all the time, or we always experience disrupted sleep? Does this mean our sleep is any good?

Dr. Lauren Waterman: So it's really interesting and most people, including experts outside of sleep, know this, but experts even in mental health, in psychiatry and medicine are quite shocked when I tell them this. Actually, we wake up about 10 to 15 times an hour, everyone. So this is an evolutionary thing. It's so because our brains have changed very little over the last several thousand years, tens of thousands of years. So our brains are still adapted to if we were sleeping in caves, and we needed to be on the lookout; they're not adapted to living in places with locked doors.

So we would wake up many times, check our surroundings, make sure we were safe, and then we would go back to sleep. The same happens now. So many times an hour, you will wake up, check your surroundings very quickly, and then you go straight back to sleep. And that's one of the reasons we never fall out of bed, because you're constantly waking up aware of where the edge of the bed is and slightly readjusting your position. So during sleep, we go through these sleep cycles. We go from being in very light sleep to going down into deep sleep. We call that stage three or stage four sleep. And then we come back up to light sleep again. That usually takes about an hour and a half. Then we go into REM sleep, which is the lightest stage of sleep where we're dreaming. And then we go down again. The second time we don't go down into the deep sleep for as long. So the most deep sleep you have is in the first hour and a half of the night.

The second hour and a half of the night you get some deep sleep and usually after that there's no more deep sleep. So you're just cycling between the very lightest asleep and stage two, which is still quite light and REM sleep. So that's why you dream the most in the second half of the night and you're in your deepest sleep in the first three hours. That's one reason why people with insomnia, they don't experience a lot of sleepiness because their brains have adapted to condense that good quality sleep into the first period of the night. So, actually, they can sleep a lot less than you or I.

Maybe they can even sleep for three or five hours. And you might think, gosh, how are you functioning? I would be on the floor with that amount of sleep. It's because their brains have adapted. We're just going back to this waking up many times an hour. So every time in the cycle, you go up to the lightest sleep, which especially in the last half of the night, you do a lot. You actually go into light sleep and then you wake up and you go into light sleep and you wake up and you're waking up, waking up, waking up. Why don't you remember this? So you can use the example of the confident versus the anxious driver. So if you are a confident driver and I say to you, how did you get here today? You say, well, I got in my car, I left my house, drove along the A road and then I got here. And if you say to an anxious driver, how did you get here today in your car? They say, well, I came out my house, then there was a, almost walked in front of me and then there was a stop sign and I stopped there and then the lights went green and then I went and you would sort of, you would remember all these bits of the drive because you're focusing on it.

Which types of physical activity may help prolong life span?



A mix of healthy lifestyle choices, such as getting enough physical activity, can help people live a longer, healthier life.

However, the types of physical activity best for longevity remain underexplored.

A new study says that regularly participat-

ing in a variety of different types of physical activity, such as running, cycling, and swimming, may be the best way to help prolong your lifespan.

Research so far has suggested that a mix of healthy lifestyle choices — like eating a healthy diet, not smoking, managing stress, getting enough sleep, and getting enough physical activity — can help us all live longer, healthier lives.

What can be confusing is knowing what types of physical activity are best for longevity.

A recent study published in *BMJ Medicine* helps answer that question by finding that regularly engaging in a variety of physical activities may be the best way to prolong your life span.

For this study, researchers analyzed data from two large studies — the Nurses' Health Study and the Health Professionals Follow-Up Study — comprising more than 173,000 participants. The current study analyzed data from over 111,000 participants.

During these two studies, participants had their physical activity assessed over more than 30 years. Study participants were asked about their involvement in certain activities, including:

- Cardio activities like walking, jogging, running, cycling, rowing, tennis, and swimming.
- Lower-intensity exercises like yoga, stretching, and toning.
- Weight or resistance training
- Vigorous activities like mowing the lawn.
- Moderate-intensity outdoor work, such as gardening.
- High-intensity outdoor work, like digging and chopping.

Yang Hu, ScD, research scientist in the Department of Nutrition at the Harvard T.H. Chan School of Public Health in Massachusetts, and corresponding author of this study, told *Medical News Today* that he and his team decided to examine physical activity and its potential impact on life span because it's a modifiable lifestyle factor to prevent premature death.

"Unlike genetic makeup that you cannot change, people can choose to exercise more to prevent disease and live longer," Hu explained. "Accumulative research has shown that most chronic diseases are largely preventable from adopting a good diet and lifestyle. As public health researchers, it's our mission to keep figuring out the ways to prevent diseases and improve life quality, which makes people live longer."

No extra benefits from beyond a certain amount of exercise

At the study's conclusion, researchers found that the total physical activity and most individual types of physical activity, except for swimming, were linked to a lower risk of death from any cause.

However, scientists said, these associations weren't linear — the associations for total physical activity leveled off after reaching a certain number of hours.

"It's common to see a limit of benefits for healthy lifestyle factors such as physical activity because you can't expect the risk (to) go down to zero with increasing exercise level," Hu explained.

"We found that all activities included in this study have such limits, meaning that no additional benefits may be gained beyond certain amounts of exercise. So, combining different activities together may be more effective to receive health benefits as long as the total activity level is maintained."

— Yang Hu, ScD

More physical activity variety, lower mortality risk

Additionally, scientists discovered that participants who engaged in a greater variety of physical activities had a lower mortality risk. Those with the broadest range of physical activities had a 19% lower risk of death from all causes, and a 13-14% lower risk of death from heart disease, respiratory disease, cancer, and other causes.

"It's a pretty novel finding that engaging in more types of activities at a given total activity level may offer additional health benefits toward longevity," Hu said. "It means that although maintaining a high level of total physical activity is still most important, mixing up different types of activities that have complementary health benefits may be more helpful to prevent premature death."

"Habitual engagement of almost all commonly practiced physical activities is beneficial to prevent premature death and achieve longevity," he added. "It's important to keep a high level of total physical activity, and on top of that, diversifying the types of activities may be more beneficial."

Exercise variety just as important as volume

"This gives us a new tool when counseling our patients. Unable to run? OK, we can try chair exercises and swimming. My hope is that this study will make the discussion between the patient and their doctor more of a conversation as opposed to being one-sided, viewed as an exercise prescription with a portfolio of activities that can be utilized."

— Zeeshan Khan, MD

MNT spoke with Zeeshan Khan, MD, chief of geriatrics at Hackensack Meridian Jersey Shore University Medical Center in New Jersey, about this study, who commented that his first reaction to its findings as a geriatrician is one of validation and excitement.

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Telangana Gaddar Film Awards 'On Screen'

A Dazzling Celebration of Cinema witnessed an electrifying and unforgettable night at Telangana Gaddar Film Awards-2025, unfolded in a spectacular and grand setting at HITEX. The prestigious ceremony was graced by Chief Minister A.Revanth Reddy, who presented the awards to the winners, marking a proud moment of recognition for excellence in cinema.

Adding musical brilliance of Shreya Ghoshal, as she delivered a breathtaking rendition that captivated the audience, blending melody with emotion and leaving the entire ceremony was spellbound.

The event turned into a galaxy of stars with some of the biggest icons of the film industry, including Actor Chiranjeevi, Kamal Haasan, Naga Chaitanya, Rashmika, Madhuri Deekshit, Khushboo, Genelia, Ritesh Deshmuk along with Dy.CM Bhatti Vikramarka, Minister Jupally Krishna Rao, TFDC Chairman Dil Raju and others.

MD TGFDC were also present, making it a truly prestigious gathering. The ceremony stood out not just for its scale, but for its spirit honouring cinema that entertains, inspires, and drives social change. Colourful dance performances, seamless, and a charged audience created an atmosphere of celebration that echoed the legacy of Gaddar.



Sanskriti Ladies Club Wraps Up the Year in Style

Sanskriti Ladies Club, a prominent women's social organization in Hyderabad, hosted the grand "Finale - Closing of the Year" event at Jalpaan. The event marked a celebratory conclusion to a year filled with engaging activities, social initiatives, and cultural gatherings. Members came together for an elegant evening featuring entertainment, camaraderie, and reflections on the club's achievements. The finale was a vibrant affair, highlighting the spirit of togetherness and the dynamic presence of the club in the city's social landscape.



Gangaur- the festival of devotion & prosperity

The Maheshwari Banjara Mahila Samiti celebrated the vibrant festival of Gangaur with great devotion and traditional fervour. The event brought together women from the community, who participated in customary rituals, dressed in colorful attire, and offered prayers to Goddess Gauri for marital bliss and prosperity. The celebrations were marked by cultural performances, folk songs, and a strong display of Rajasthani heritage, creating a festive and spiritual atmosphere. The gathering not only upheld age-old traditions but also strengthened community bonding among members.



Builders Association of India 4th National Meet Held

Minister for Irrigation, N. Uttam Kumar Reddy, emphasized the decisive role of builders and contractors as "true partners in development". Addressing the Builders' Day Celebrations and the 2-day, Fourth National Managing Committee and General Council Meeting 2026 of the Builders Association of India (BAI) held at Hyderabad. The Minister highlighted the association's eight-decade legacy, noting its role as a bridge between builders and the government.

"For more than eight decades, BAI has been representing the interests of work contractors and has been playing a vital role contributing immensely to nation-building," he said, underscoring the organization's enduring impact on India's infrastructure landscape.

The minister emphasised the significance of infrastructure, describing it as the "backbone of economic growth." He elaborated that roads, bridges, irrigation projects, housing, and public infrastructure are not just physical constructs but "symbols of progress and public service."

He also commended the organizing committee, advisory board, and BAI's leadership, including K Lakshma Reddy, former MLA, S. N. Reddy (past National President), D. V. N. Reddy (National Vice President), and S. Krishna Rao (Organizing Chairman). He also hailed the success of the BIA under leaders like its National President, Rajendra Singh Kambhoj.

Builders Association of India National President Rajendra Singh Kamboh, along with IFAWPC Board Member, S. N. Reddy, BAI National Vice President D. V. N. Reddy were also present at the occasion.



Midnight Reporter's Feb Edition Released

Midnight Reporter Fabulous February edition is out with a bang released by Mr. Vikram Jain, Trade Commissioner, Govt. Of Canada, High Commission of Canada.

Click the link for epaper : https://midnightreporter.com/February_2026.pdf



Jashn-e-Eid Milap – A Grand Celebration of Unity & Togetherness

The spirit of Eid came alive at the elegant Trails Villas, Manikonda, as Dr. Nawab Shaik Ibrahim, NSI Global Council hosted a spectacular Jashn-e-Eid Milap alongside Council Chief Advisor Kabeer Khan, bringing together an inspiring gathering of leaders, dignitaries, and changemakers.

The evening was graced by eminent personalities including Speaker Gaddam Prasad Kumar, Minister Ponnam Prabhakar, G. Vivekanand, A.Laxman, Tareq Ansari, Chairman Minority Commission and several distinguished figures from political, corporate, and social spheres — reflecting a powerful blend of influence and harmony.

A mesmerizing Sufi performance by Imran Khan added soulful charm to the evening, while Syed Akheel Hashmi kept the celebration vibrant and engaging. Guests enjoyed the lavish delicious dinner.



Arabic-Themed Event Steals The Spotlight

The Glam Squad Ladies Club, led by Shazia Bakal, hosted a vibrant Arabic-themed event at Arabian Affairs in Jubilee Hills, bringing together members for an evening of cultural elegance, themed décor, and lively celebrations. The event featured traditional Arabic ambience, curated cuisine, and engaging interactions, making it a memorable social gathering for the club's members.



Uncover the beauty of responsible forestry through these handcrafted rattan pieces

On the occasion of World Forestry Day (March 21), luxury lifestyle brand Pantai Pura highlights the importance of sustainable materials and responsible forestry through its thoughtfully crafted rattan furniture collections. As conversations around eco-conscious living continue to grow, the brand advocates for mindful consumption and the use of renewable, plant-based materials in home decor. With rattan at the heart of its designs, Pantai Pura encourages consumers to choose furniture that not only enhances living spaces but also supports environmentally responsible practices.

Rattan, a fast-growing and renewable material, plays a vital role in sustainable furniture design as it can be harvested without harming forest ecosystems. Pantai Pura's philosophy of slow design focuses on creating timeless, durable pieces that move away from fast, disposable furniture trends. Each product is handcrafted by skilled artisans using responsibly sourced materials, ensuring longevity while supporting traditional craftsmanship. Signature pieces such as the Dreamcatcher Lounge Chair, the intricately designed Lady Peacock Chair, and the elegant Garden Genome Chair reflect the brand's commitment to blending functionality with nature-inspired aesthetics.

The brand's collection also extends to versatile lifestyle pieces that seamlessly integrate sustainability into modern homes. The Swivel Swing, crafted from natural rattan, offers a relaxing retreat for indoor or balcony spaces while embracing organic materials and artisanal techniques. Complementing these larger pieces are thoughtfully designed accents like the Tripod Planter Stand, which allows homeowners to incorporate greenery and natural textures into their interiors while staying aligned with eco-friendly design choices.

"At Pantai Pura, sustainability is not just a design direction but a responsibility. Rattan allows us to create furniture that celebrates nature while supporting responsible forestry and artisanal communities," says Rupika Harshwardhan – Founder of Pantai Pura. "Through our designs, we hope to inspire consumers to make mindful choices and understand the value of renewable materials in shaping a more sustainable future."



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पश्चिम एशिया में जारी सैन्य संघर्ष के बीच स्विट्जरलैंड ने अपनी पारंपरिक तटस्थता नीति को बरकरार रखते हुए अमेरिका को हथियारों के निर्यात पर अस्थायी रोक लगा दी है। इस कदम से अमेरिकी रक्षा आपूर्ति श्रृंखला पर असर पड़ने की संभावना जताई जा रही है।

तटस्थता नीति का हवाला

स्विस सरकार ने स्पष्ट किया है कि किसी भी ऐसे देश को, जो मौजूदा युद्ध में शामिल है, हथियारों के निर्यात की अनुमति नहीं दी जा सकती। सरकार के अनुसार, ईरान से जुड़े संघर्ष में शामिल देशों को युद्ध के दौरान हथियार निर्यात के लिए लाइसेंस जारी करना उनकी तटस्थता नीति के खिलाफ होगा। इसी वजह से अमेरिका को भी फिलहाल नए निर्यात लाइसेंस नहीं दिए जा रहे हैं।

28 फरवरी के बाद से कोई नया लाइसेंस नहीं

सरकार ने जानकारी दी कि 28 फरवरी को ईरान पर अमेरिका और इजरायल की ओर से हुए हमलों के बाद से अब तक अमेरिका को हथियार निर्यात के लिए कोई नया परमिट जारी नहीं किया गया है। यह कदम क्षेत्र में बढ़ते तनाव के बीच उठाया गया है, ताकि स्विट्जरलैंड अपनी निष्पक्ष भूमिका बनाए रख सके।

विशेषज्ञ समूह करेगा समीक्षा

स्विस प्रशासन ने यह भी बताया कि रक्षा क्षेत्र के विशेषज्ञों की एक टीम इस फैसले और इसके प्रभावों की समीक्षा करेगी। साथ ही यह भी परखा जाएगा कि देश के 'तटस्थता कानून' के तहत आगे और क्या कदम उठाने की जरूरत है।

पहले भी उठा चुका है ऐसा कदम

यह पहला मौका नहीं है जब स्विट्जरलैंड ने इस तरह का निर्णय लिया हो। इससे पहले 2003 में इराक युद्ध के दौरान भी उसने अमेरिका समेत युद्ध में शामिल देशों को हथियारों के निर्यात पर रोक लगा दी थी और अपने हवाई क्षेत्र के उपयोग पर भी प्रतिबंध लगाया था। बाद में हालात सामान्य होने पर इन प्रतिबंधों को हटा लिया गया था।

वैश्विक असर की आशंका

विशेषज्ञों का मानना है कि स्विट्जरलैंड के इस फैसले से अंतरराष्ट्रीय रक्षा बाजार और सहयोग पर असर पड़ सकता है। साथ ही, इससे यह संकेत भी मिलता है कि यूरोपीय देश मौजूदा संघर्ष को लेकर सतर्क रुख अपना रहे हैं।

विदेशों में अपने नागरिकों की सुरक्षा में भारत नंबर वन, युद्ध और संकट में विदेशियों का भी बना सबसे बड़ा सहारा



दुनिया भर में युद्ध और संकटग्रस्त क्षेत्रों में फंसे नागरिकों को सुरक्षित निकालने के मामले में भारत को सबसे 'प्रोएक्टिव और रिस्पॉन्सिव' देशों में से एक बताया गया है। एक रिपोर्ट के अनुसार भारत ने पिछले कुछ वर्षों में कई बड़े निकासी अभियानों के जरिए हजारों नागरिकों को संघर्ष क्षेत्रों से सुरक्षित बाहर निकाला है। रिपोर्ट में कहा गया है कि भारत ने तेज कूटनीतिक प्रयास, सरकारी एजेंसियों के बीच बेहतर समन्वय और सैन्य लॉजिस्टिक्स के जरिए कई सफल ऑपरेशन चलाए।

विदेशी नागरिकों की भी मदद

रिपोर्ट में यह भी कहा गया कि भारत ने केवल अपने नागरिकों को ही नहीं बल्कि संकट के समय अन्य देशों के नागरिकों को भी सुरक्षित बाहर निकालने में मदद की, जिससे भारत की मानवीय छवि मजबूत हुई। जब मध्य-पूर्व में Iran और अमेरिका के बीच तनाव बढ़ा, तब भारतीय सरकार ने स्थिति पर लगातार नजर रखी और निकासी के लिए तैयारियां तेज कीं। विदेश मंत्रालय ने कहा कि विदेशों में रहने वाले भारतीयों की सुरक्षा सरकार की 'सबसे बड़ी प्राथमिकता' है।

'ऑपरेशन सिंधु' से सुरक्षित वापसी

2025 में पश्चिम एशिया के तनाव के दौरान भारत ने Operation Sindhu शुरू किया। इस अभियान के तहत भारतीय नागरिकों को पहले तटस्थता पड़ोसों में सुरक्षित रखा गया और फिर विशेष विमानों से भारत लाया गया।

रिपोर्ट के अनुसार इस प्रक्रिया को बेहद व्यवस्थित और सुरक्षित बताया गया।

रूस-यूक्रेन युद्ध में सबसे बड़ा मिशन

रूस-यूक्रेन युद्ध के दौरान भारत ने Russia-Ukraine War में फंसे नागरिकों को निकालने के लिए Operation Ganga शुरू किया। इस अभियान में 23,000 से अधिक भारतीय नागरिकों को सुरक्षित निकाला गया। 18 देशों के 147 विदेशी नागरिकों को भी मदद मिली।

पीएम मोदी ने ओमान सुल्तान को ईद की अग्रिम शुभकामनाएं दीं, समुद्र में "सुरक्षित और स्वतंत्र आवाजाही" पर दिया जोर



मिडिल ईस्ट में बढ़ते तनाव के बीच भारत ने कूटनीतिक स्तर पर सक्रियता बढ़ा दी है। प्रधानमंत्री नरेंद्र मोदी ने ओमान के सुल्तान Haitham bin Tariq Al Said से फोन पर बातचीत की। इस बातचीत में दोनों नेताओं ने क्षेत्र में बढ़ते संघर्ष पर चिंता जताई और हालात को शांत करने के लिए संवाद और कूटनीति को सबसे जरूरी बताया। प्रधानमंत्री मोदी ने ओमान और वहां के लोगों को ईद की अग्रिम शुभकामनाएं भी दीं।

भारत ने ओमान की संप्रभुता और क्षेत्रीय अखंडता के उल्लंघन की कड़ी निंदा की। साथ ही, संकट के समय

भारतीय नागरिकों की सुरक्षित वापसी में ओमान की मदद की सराहना की। बातचीत का सबसे अहम मुद्दा Strait of Hormu रहा, जो दुनिया के सबसे महत्वपूर्ण समुद्री तेल मार्गों में से एक है। दोनों देशों ने इस मार्ग में "सुरक्षित और स्वतंत्र आवाजाही" सुनिश्चित करने पर जोर दिया। दरअसल, मिडिल ईस्ट में जारी संघर्ष के कारण यह जलमार्ग प्रभावित हो रहा है, जिससे वैश्विक ऊर्जा सप्लाई और अर्थव्यवस्था पर असर पड़ रहा है। भारत और ओमान ने मिलकर यह संदेश दिया कि क्षेत्र में शांति और स्थिरता बनाए रखने के लिए बातचीत और सहयोग ही एकमात्र रास्ता है।

पाकिस्तान में ईंधन संकट गहराया: सिर्फ 9 दिन की बची LPG और 11 दिन का बचा तेल !



मिडिल ईस्ट में चल रही जंग का असर अब पाकिस्तान की ऊर्जा स्थिति पर साफ दिखाई देने लगा है। रिपोर्ट के अनुसार देश के पास कच्चे तेल का स्टॉक केवल 11 दिनों के लिए बचा है, जबकि स्क्व सिर्फ 9 दिन, डीजल 21 दिन और पेट्रोल 27 दिन तक चल सकता है। इस संकट की मुख्य वजह यह है कि पाकिस्तान

अपनी लगभग 70 प्रतिशत तेल जरूरत मिडिल ईस्ट से पूरी करता है। युद्ध के कारण सप्लाई चैन और खासकर Strait of Hormuz जैसे अहम समुद्री रास्ते प्रभावित हो रहे हैं, जिससे तेल और गैस समय पर नहीं पहुंच पा रहे। गैस की स्थिति भी चिंताजनक है। मार्च में आने वाले LNG कार्गो में से केवल 2 ही पाकिस्तान पहुंच पाए हैं, और अप्रैल में भी सप्लाई बाधित रहने की आशंका है। ऐसे में 14 अप्रैल के बाद देश में गंभीर गैस संकट खड़ा हो सकता है। इस समस्या से निपटने के लिए पाकिस्तान प्द से बातचीत कर रहा है, ताकि होर्मुज के रास्ते तेल की सप्लाई जारी रखी जा सके। अगर अनुमति मिलती है, तो कुछ जहाजों के जरिए कच्चा तेल लाया जा सकता है। तेल की कीमतों में बढ़ोतरी का असर आम लोगों पर भी पड़ रहा है। पेट्रोल और डीजल महंगे हो गए हैं, जिससे महंगाई बढ़ रही है। सरकार ने राहत के तौर पर बाइक और रिक्शा चालकों के लिए सब्सिडी देने का फैसला किया है। स्थिति को संभालने के लिए सरकार रोजाना ईंधन स्टॉक की समीक्षा कर रही है और जरूरत पड़ने पर उद्योगों को गैस सप्लाई कम करके घरेलू उपयोग को प्राथमिकता दी जा सकती है। कुल मिलाकर, अगर मिडिल ईस्ट में हालात जल्द नहीं सुधरे, तो पाकिस्तान को आने वाले दिनों में गंभीर ऊर्जा संकट का सामना करना पड़ सकता है।

तेल संकट पर EU की महा बैठक: होर्मुज पर लिया सख्त फैसला, फ्रांस ने दिया खास सुझाव



पश्चिम एशिया में जारी युद्ध के बीच European Union ने महत्वपूर्ण तेल मार्ग 'जतंपज वी श्वतउत्र' को खुला रखने के लिए संभावित कदमों पर विचार शुरू किया है। ब्रसेल्स में विदेश मंत्रियों की बैठक से पहले यूरोपीय संघ की विदेश नीति प्रमुख जॉर्ज झंसर्स ने कहा कि यह यूरोप के हित में है कि वैश्विक शिपिंग के लिए यह जलमार्ग खुला रहे। रिपोर्ट के अनुसार क्वदंसक जतनउच ने कई देशों से इस जलमार्ग की सुरक्षा के लिए सहयोग मांगा है। इन देशों में France, Japan, South Korea, United Kingdom और China शामिल हैं।

EU की संभावित सैन्य योजना— EU दो विकल्पों पर विचार कर रहा है। मौजूदा ऑपरेशन एस्पिडस: EU नौसैनिक मिशन (Operation Aspides EU naval mission) को विस्तार देकर लाल सागर से फारस की खाड़ी तक जहाजों की सुरक्षा करना। सदस्य देशों के साथ मिलकर "coalition of the willing" बनाना, जिसमें अलग-अलग देश अपनी सैन्य क्षमता से योगदान दें। 28 फरवरी को शुरू हुए युद्ध के बाद वैश्विक ऊर्जा बाजार में बड़ा झटका लगा है। उतमदज बलनकम व्यस की कीमतें लगभग 40 प्रतिशत तक बढ़ चुकी हैं, जिससे दुनिया भर में ऊर्जा और परिवहन लागत बढ़ गई है। युद्ध का असर केवल तेल तक सीमित नहीं है। खाड़ी में कई कार्गो जहाज फंस गए हैं। कुछ जहाजों को अफ्रीका के दक्षिणी सिरे से लंबा रास्ता लेना पड़ रहा है। मिडिल ईस्ट से निकलने वाली एयर कार्गो उड़ानें भी प्रभावित हुई हैं। इससे फार्मास्यूटिकल्स, सेमीकंडक्टर और चर्बरक जैसी वस्तुओं की वैश्विक आपूर्ति पर असर पड़ सकता है। फ्रांस का सुझाव— Emmanuel Macron ने कहा कि यूरोप, भारत और एशिया के साझेदारों के साथ मिलकर जहाजों की सुरक्षा के लिए एक अंतरराष्ट्रीय मिशन पर काम किया जा सकता है। हालांकि उन्होंने स्पष्ट किया कि यह तभी संभव होगा जब क्षेत्र में सैन्य संघर्ष थोड़ा कम हो। उर्सुला वॉन डेर लेयेन (Ursula von der Leyen) ने चेतावनी दी कि अगर युद्ध लंबा खिंचता है तो Iran से बड़े पैमाने पर शरणार्थी संकट पैदा हो सकता है, जो यूरोप के लिए नई चुनौती बन सकता है।

Tourism



Egypt Leads the Way in Merging Ancient Wonders with Modern Attractions

Egypt has long been synonymous with its ancient monuments, such as the iconic Pyramids of Giza and the temples of Luxor. However, the country is not just resting on its rich history—it is also embracing a modern transformation that is reshaping its tourism scene. Aiming to offer visitors not only a peek into its past but also a glimpse of its future, Egypt is investing heavily in new attractions, world-class infrastructure, and ambitious projects that have already started drawing increasing numbers of international tourists. From the highly anticipated Grand Egyptian Museum to a bold, new administrative capital, Egypt's tourism sector is experiencing a major renaissance. In 2025, the country witnessed a 21% increase in tourism, with nearly 19 million tourists arriving, marking Egypt as one of the fastest-growing destinations globally. This growth has been fueled by a combination of strategic investments in cultural, business, and leisure tourism, aimed at appealing to a broader audience. With more attractions, new developments, and a renewed focus on showcasing Egypt's unmatched diversity, this vibrant nation is presenting a richer, more diverse tourist experience than ever before.

A New Museum to Honor Egypt's Ancient Legacy

A cornerstone of Egypt's modern tourism effort is the Grand Egyptian Museum, which opened its doors in November 2025 after two decades of planning and construction. Located just outside Cairo, this \$1 billion project is the largest museum in the world dedicated to a single civilization. It houses over 50,000 artifacts, including the full collection of treasures from the tomb of King Tutankhamun, some of which are being displayed to the public for the first time. Set against the backdrop of the Giza Pyramids, the museum is poised to attract millions of visitors each year, providing a sophisticated venue where Egypt's ancient history meets cutting-edge museum practices. The museum is more than just an exhibition space—it's a research and development hub as well as a center for restoration, ensuring the preservation of Egypt's priceless cultural heritage. Its opening has helped redefine Egypt as a global leader in cultural tourism and provides an educational platform that links the past with the present. Visitors now have the opportunity to explore not just the ancient treasures of Egypt, but also the innovative ways in which the country is preserving them for future generations.

Top Destinations in the Northeast US for 2026 Travelers



The Northeastern United States is home to some of the most scenic and iconic road trips in the country. From the coastal beauty of Maine to the majestic peaks of New Hampshire's White Mountains, travelers are increasingly turning to road trips as the perfect way to experience the region's rich natural beauty, historic towns, and vibrant cultural scene. With the rise in domestic tourism in 2026, the best U.S. road trips in the Northeast have become more popular than ever, with increased travel demand for picturesque landscapes and

unique local experiences. Whether you're seeking a relaxing drive through leaf-peeping in the Green Mountains of Vermont or a historic adventure along the Hudson River Valley, the Northeast offers a road trip for every type of traveler. These destinations are more than just picturesque; they offer memorable experiences that make them must-see locations in 2026.

Acadia National Park to Bar Harbor: Maine's Coastal Beauty Awaits

Maine's iconic Acadia National Park and the charming Bar Harbor have long been a favorite for road trip enthusiasts. In 2026, this route remains a top contender for visitors seeking dramatic coastal views and a deep dive into nature. Acadia National Park, known for its rugged coastline, forest trails, and scenic vistas, offers an unforgettable journey for all types of travelers. The drive through Acadia's Mount Desert Island is breathtaking at any time of year but particularly stunning in the fall, with the vibrant autumn foliage.

Türkiye Remains Top Russian Tourist Choice in 2026 Despite Iran War and Regional Shifts



For nearly a decade, the relationship between the Russian traveler and the Turkish coast has been one of the most significant pillars of global tourism. In 2024, 6.7 million Russians visited the country; by 2025, that number rose to 6.9 million. Now, as the 2026 summer season approaches, the industry is witnessing a "geopolitical pivot" that is cementing Türkiye's status as an undisputed leader.

As conflict rages in the Middle East—specifically the joint military strikes involving the U.S., Israel, and Iran—traditional rivals like Dubai and the wider UAE are seeing a cooling of demand. Fears of missile threats and regional instability have turned the "Red Sea and Gulf" itineraries into high-risk zones. In contrast, Türkiye's Mediterranean and Aegean coasts are being viewed as the stable, affordable, and welcoming alternative. The "Dubai Diversion" and the MICE (Meetings, Incentives, Conferences, and Exhibitions) sector is seeing a massive migration toward Istanbul. Cemil Hakan Kiliç, director of the Istanbul Convention and Visitors Bureau, highlights that while Gulf hubs are under pressure, Istanbul's role as a global transit point—supported by the gargantuan network of Turkish Airlines—is flourishing.

Strategic Expansion of Domestic Tourism Initiatives by the Moroccan



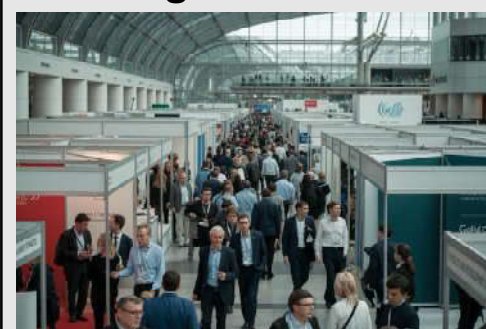
The Moroccan National Tourist Office, widely referred to as the ONMT, has officially introduced a sophisticated new phase of the Ntla9awfladna campaign. This initiative is specifically designed to highlight nature and outdoor experiences throughout the Kingdom of Morocco. In an effort to harmonize the rapid growth of international arrivals with a robust internal market, a 360-degree media strategy and an immersive film have been deployed to encourage local citizens to discover the vast beauty of their own nation. As the spring

season approaches, the focus is being placed on territorial diversity and the promotion of domestic travel as a fundamental pillar of the national economy.

A twin-track strategy is currently being pursued by the Moroccan authorities, where aggressive international expansion is balanced with a sustained push to diversify local exploration. It is noted that a record 19.8 million international tourists were welcomed by the North African country in 2025. This achievement allowed the 2026 target of 17.5 million visitors to be surpassed a full year ahead of schedule. However, the importance of the domestic sector is emphasized by ONMT Director General Achraf Fayda, who asserts that local travel constitutes a primary pillar of the industry.

In the previous year, more than 12.1 million overnight stays were generated by domestic tourists. This figure accounts for approximately 28% of all tourist overnight stays recorded within the country. While regions such as Marrakech-Safi, Souss-Massa, and Tanger-Tetouan-Al Hoceima remain the most frequented by Moroccan travelers, efforts are being made to distribute this traffic more evenly across the calendar year. It is observed that nearly 40% of national overnight stays are concentrated in the month of August, a trend that the new campaign seeks to mitigate by encouraging getaways during the spring and winter periods.

UK & North America Tourism Exhibitions Set The Stage For Tourism



London and major North American cities are developing into two interconnected business centers which create unified travel experiences and tourism exhibitions that combines exhibitions with tourist activities. Industry bodies forecast that travel and tourism will outpace wider economic growth over the next decade, making exhibitions and trade fairs increasingly important gateways for both business networking and visitor spending in host cities. As cultural tourism and creative industries and international business travel continue to grow, large-scale exhibitions now operate as multi-day events which benefit hotels and restaurants and museums and local attractions.

Public agencies and intergovernmental organisations now characterise tourism as a strategic driver of inclusive and sustainable economic development, with events and exhibitions playing a growing role in that story. According to international tourism bodies, travel and tourism are expected to contribute an ever-larger share of global GDP by the mid-2030s, helped by business events that attract highspending visitors and encourage repeat leisure trips. In this context, large exhibition markets in the USA and wider North America are positioned not just as commercial marketplaces but as anchors for destination branding, investment promotion and long-stay tourism.

Researchers and policy experts note that trade fairs and tourism trade shows have long supported the sales functions of companies while also strengthening the competitiveness of destinations through information exchange and networking. These event platforms are now being used more strategically to showcase cultural and natural assets, guide potential investors and link tourism products with other sectors such as energy, transport and creative industries.