



Junior Red Cross Unit formed at Mayabharhi High School

2



Tahir Hussain's Life Term Exposes AAP's Criminal Face: Delhi BJP Chief

3



CWG 2026: Asmita Dey Wins Women's 48kg Judo Gold, Adds Another Title To India's Tally

7



Is eco-friendly eating healthy? Debunking 5 common myths

6

Odisha Flood Situation Improves; Mahanadi Water Level Under Close Watch

Bhubaneswar (correspondent): The flood situation in Odisha showed signs of improvement on Friday with water levels receding in several rivers, even as the state government continued to maintain a high alert and kept a close watch on the Mahanadi river amid the discharge of water from the Hirakud reservoir. Revenue and Disaster Management Minister Suresh Pujari reviewed the flood situation with senior officials of various departments and District Collectors at Lok Seva Bhawan in Bhubaneswar and directed the administration to ensure the safety of people through coordinated relief, rescue and



rehabilitation measures.

The Minister said the flood situation was gradually improving in several districts due to reduced rainfall and dry weather conditions. However, he directed officials in the Mahanadi catchment areas and coastal districts to remain fully alert and monitor the river's water level closely. "Ensuring the safety of people remains the top priority. All

departments, rescue agencies and district administrations must work in close coordination until the situation returns to normal," Pujari told officials during the review meeting.

According to official data, 15 out of the 30 districts in Odisha are currently free from flood impact, while the remaining 15 districts have been affected to varying degrees. A total

of 1,362 villages under 446 Gram Panchayats in 57 blocks and 174 wards of 11 urban local bodies have been affected by the floods. Around 7.91 lakh people have been impacted by the flood situation, while 2.68 lakh people have been affected due to waterlogging. Nearly 21,380 hectares of agricultural land have also suffered damage due to floodwaters. The Minister said district administrations, in coordination with the Revenue and Disaster Management Department and the Special Relief Commissioner (SRC), are working round the clock to provide assistance to affected people.

Odisha CM To Conduct Aerial Survey Of Flood-Hit Districts Today

Bhubaneswar (correspondent): Odisha Chief Minister Mohan Charan Majhi will undertake an aerial survey of flood-affected areas in Jajpur, Bhadrak, Baleshwar and Kendujhar districts at 10 am on Saturday to review the extent of damage and assess the ongoing rescue and relief operations. Revenue and Disaster Management Minister Suresh Pujari and Special Relief Commissioner (SRC) Rajesh Prabhakar Patil will accompany the Chief Minister during the aerial inspection. The visit comes as the flood situation continues to remain severe across several parts of the state. Earlier on Thursday, Pujari conducted an aerial assessment of the affected regions in



Jajpur, Bhadrak, Balasore and Kendujhar along with Additional Chief Secretary of the Revenue and Disaster Management Department Dr Arabinda Kumar Padhee and SRC Rajesh Prabhakar Patil. Following a review of the situation, the minister on Friday said floodwaters have affected 57 blocks across 15 districts. According to the latest assessment, 446 gram

panchayats, 1,362 villages and 174 wards under 11 urban local bodies have been impacted. A total of 7,91,846 people have been affected by the floods, with 2,68,943 people still stranded in inundated areas. Rescue and relief operations are continuing on a war footing, the minister said. The state government has opened 647 relief centres to accommodate displaced residents. Both cooked meals and

dry rations are being provided to those affected, and the assistance will continue until floodwaters recede. The government has also arranged cattle fodder at 20 locations to support livestock in the flood-hit regions. Preliminary estimates indicate that standing crops over 21,380 hectares of agricultural land have been damaged. The floods have also caused damage to around 700 houses, according to the initial assessment. The state administration is continuing to monitor the situation closely while deploying personnel and resources to ensure relief reaches affected communities and to expedite restoration efforts in the worst-hit areas.

PM Modi, Burnham Vow To Take India-UK Comprehensive Strategic Partnership To New Heights

London/New Delhi: Prime Minister Narendra Modi on Friday spoke with his counterpart from the United Kingdom, Andy Burnham, as both leaders vowed to enhance the ongoing cooperation between both countries across key sectors. "Delighted to speak with Prime Minister of the United Kingdom Andy Burnham. Congratulated him on assuming office and conveyed my best wishes for a successful tenure. We agreed to work together across sectors such as technology, innovation, defence, security, clean energy, education and people-to-people ties and take the India-UK Comprehensive Strategic Partnership to new heights," PM Modi



wrote on X after the phone call. "We will also collaborate closely to fully harness the trade and investment opportunities presented by the recently operationalised India-UK Comprehensive Economic and Trade Agreement, for the shared prosperity and well-being of both our people," he added. According to the

UK Prime Minister's office, Andy Burnham began by reflecting on the strength of the UK-India partnership and the significant impact it has had on local communities across the UK. "The Prime Minister set out his ambitions to further enhance the UK-India relationship, including through the UK-India Vision 2035 framework

and strong people-to-people links. The Prime Minister praised the contribution Indian communities in the UK make to the fabric of UK society, with Prime Minister Modi noting the links between the two leaders' own home cities of Manchester and Ahmedabad, in Gujarat, which he called the Manchester of India," read a statement issued

by 10 Downing Street. Turning to trade, Burnham underlined the value of the recently introduced Free Trade Agreement between the UK and India, which will create opportunities for people across both countries. "The Prime Minister set out his personal commitment to the UK-India Technology Security Initiative, and both leaders noted the potential to work together on cutting edge technology, such as AI. The two leaders then discussed the situation in the Middle East, agreeing to continue to work closely together towards deescalation and the reopening of the Strait of Hormuz. Both leaders look forward to speaking again soon and meeting in person at the earliest opportunity," the statement added.

Lok Sabha Adjourned Till Monday; Registration Of Births And Deaths (Amendment) Bill Cleared

New Delhi: The Lok Sabha cleared the Registration of Births and Deaths (Amendment) Bill on Friday, amid noisy protests and constant sloganeering by the Opposition. The Bill, presented by the Minister of State for Home Affairs, Nityanand Rai, was passed through voice vote amid intense chaos and ruckus, as the Opposition Benches amped up pressure on the NDA government for a debate on the Ram Temple donation theft controversy and also chanted slogans demanding accountability from Home Minister Amit Shah over alleged police brutality during the students stir in the

national Capital over the NEET paper leak. While the Chair made repeated requests for smooth functioning of the House, the Opposition members trooped into the Well of the House raising slogans and waving placards. 'Sadan mein aao (Come to Parliament)' chants reverberated in the House even as Dilip Saikia, presiding over the House proceedings, sought to conduct the legislative business. When the House reconvened at 12 noon, many members made their submissions. Nityanand Rai sought the House's consent for the Births and Deaths (Amendment) Bill and it was passed within minutes without any

discussion, amid the din. The Bill provides that if a birth or death is reported to the Registrar more than one year but within two years after its occurrence, it may be registered only with the approval of the District Magistrate, SDM or Executive Magistrate authorised by the District Magistrate. The amendments have been brought to make provisions for delayed registration more stringent and to encourage timely reporting of births and deaths. Parliamentary Affairs Minister, Kiren Rijiju, stood up to denounce the Opposition's conduct, cautioning them against disruptive tactics when Bills of national importance are being brought in the House.

H1N1 cases rise in Delhi-NCR amid monsoon, seasonal transition: Doctors

New Delhi: Delhi-NCR has witnessed a rise in H1N1 influenza cases over the past few weeks amid monsoon rains and seasonal changes, with doctors reporting an increase in patients experiencing fever, cough, cold and other respiratory symptoms. Dr Satish Koul, Principal Director and Unit Head of Internal Medicine at Fortis Memorial Research Institute, Gurugram, said hospitals have witnessed an increase in patients with respiratory symptoms over the past three to four weeks. "Over the past 3-4 weeks, hospitals have witnessed a rise in patients presenting with cough, cold and high fever. Testing has revealed a significant increase in H1N1 (swine flu) cases, with doctors reporting that they are seeing around 7-10 such patients daily in the OPD. There has also been a slight increase in COVID-19 cases," he said. However, doctors said that most H1N1 infections are generally mild, with fever typically subsiding within three to five days.

Majhi, Amit Shah review Odisha's progress and future development plans

New Delhi: Odisha Chief Minister Mohan Charan Majhi on Friday met Union Home Minister Amit Shah and held extensive discussions on the state's development agenda, internal security, industrial growth, cooperative sector development, and the implementation of welfare schemes. During the meeting, the Chief Minister stated that under the visionary leadership of Prime Minister Narendra Modi and the continuous guidance of Union Home Minister



Amit Shah, Odisha is progressing rapidly on a new path of development, prosperity, and inclusive growth. Majhi briefed the Union Home

Minister on the state's key developmental initiatives, law and order situation, internal security, and the implementation of various ongoing welfare

and development programmes. He also sought the Centre's continued support to further strengthen Odisha's development journey. A

major focus of the discussion was Odisha's achievement of being recognised as a Naxal-free state. The Chief Minister expressed his gratitude to Amit Shah for his strong leadership in the fight against Left Wing Extremism, noting that the success has created a favourable environment for the state's socio-economic development. He informed the Home Minister that the Odisha Government is implementing the Gramodaya Yojana to ensure that all Central and State welfare schemes reach the erstwhile

Naxal-affected regions, thereby accelerating their overall development. Majhi also highlighted that proactive policing has helped maintain law and order across the state. Referring to Odisha's rapid industrialisation over the past two years, he requested the Union Home Minister's support in strengthening industrial security to sustain and accelerate industrial growth. The Chief Minister further acknowledged the Centre's support in promoting the cooperative sector in Odisha.

Beti Bachao Beti Padhao Scheme Helping Address Child Sex Ratio: Savitri Thakur

New Delhi: Union Minister of State for Women and Child Development Savitri Thakur told the Lok Sabha on Friday that the Beti Bachao Beti Padhao (BBBP) scheme helps to address Child Sex Ratio (CSR) across the nation. The Sex Ratio at Birth (SRB) at the national level has increased from 918 in 2014-15 to 929 in 2025-26 (provisional), she said in a reply, citing the latest report of the Health Management Information System (HMIS) of the Ministry of Health and Family Welfare (MoHFW). The Minister said the BBBP scheme tries to create a mindset and behavioural changes towards the girl



child by informing, influencing, motivating, engaging, and empowering various stakeholders. She said that in the 15th Finance Commission Period, BBBP as a component under the SAMBAL vertical of Mission Shakti has been

expanded to cover all the districts of the country through multi-sectoral interventions encouraging greater spend on activities that have on-ground impact. She said BBBP has transformed from a policy initiative into a national movement by

mobilising various stakeholders, including government agencies, media, civil society, and the public at large. Sharing data related to the impact of BBBP in Delhi, the Union minister said that in the Union Territory of Delhi, the Sex Ratio at

Birth (SRB) is showing improving trends and has increased from 901 to 915 during 2014-15 to 2025-26 (provisional). She said as per UDISE data of the Ministry of Education, gross enrolment ratio of girls in the schools at secondary level at national level has increased from 75.51 per cent in 2014-15 to 83.4 per cent in 2025-26. Thakur said that in Delhi, the gross enrolment ratio of girls in the schools at the secondary level has increased from 99.13 per cent in 2014-15 to 108.3 per cent in 2025-26. The Minister highlighted that BBBP focuses on creating social change in the way the girl child is perceived across the country.

Indian Students Face Deportation From Canada: Punjab BJP Leader Jakhar Seeks MEA's Intervention

Chandigarh: Taking the lead, former Punjab BJP president Sunil Jakhar on Friday expressed serious concern over the recent changes made by the Canadian government to the Post-Graduation Work Permit (PGWP) regulations that made hundreds of students, mainly from the state, face chances of deportation despite spending hard-earned money of their parents. He has sought the Indian government's intervention. Jakhar said that these changes have left hundreds of Indian students facing uncertainty and severe mental distress, as many of them are from Punjab. In a statement, BJP's former lawmaker Jakhar said that these students enrolled in Canadian colleges and universities at a time



when the PGWP rules were different. Students and their families invested their future, time, and lakhs of rupees based on the policy that was in effect at the time of admission. The sudden change in regulations has now cast serious doubts over their careers and future. He said that while every country has the sovereign right to make policy changes, such decisions should not adversely affect students who enrolled under the previously

applicable rules. Appropriate relief or a transitional arrangement should be provided for these students to ensure they are not subjected to unfair treatment. Jakhar urged the Ministry of External Affairs of the Government of India to immediately take up the matter with the Canadian government and work through diplomatic channels to find a solution that safeguards the legitimate interests of the affected Indian students.

J&K: Terrorists Kill Non-Local Worker In Kulgam, Another Injured

Srinagar: Terrorists shot and killed one non-local worker and critically injured another in Kellam village of J&K's Kulgam district on Friday. Officials said two brick kiln workers, hailing from Chhattisgarh, were shot at while one died on the spot; the other was shifted in critical condition to the Government Medical College hospital in Anantnag, where doctors are trying to revive him. Sources had earlier told IANS that while one non-local labourer died on the spot, the other had succumbed in the hospital. However, the officials have now confirmed that terrorists fired at the two non-local workers in Kellam village of Kulgam, in which one



died on the spot, and another is under treatment. "One non-local labourer identified as Deepak from Chhattisgarh died on the spot while the other non-local labourer identified as Bhupinder, also from Chhattisgarh, is being treated at Anantnag hospital where he was

admitted in a critical condition," an official said. Lt Governor Manoj Sinha said on X, "I spoke with the DGP, Shri Nalin Prabhat, and top security officials following the brutal terrorist attack in Kulgam in which a labourer from Chhattisgarh was killed. I strongly condemn this cowardly act.

Tahir Hussain's Life Term Exposes AAP's Criminal Face: Delhi BJP Chief

New Delhi: Delhi BJP President Harsh Malhotra on Friday welcomed a city court's decision to sentence the then AAP municipal councillor Tahir Hussain to a life term in a murder case linked to the 2020 communal riots, saying that the verdict has exposed the real criminal face of the Arvind Kejriwal-led party. He stated that the judgment has separated fact from fiction by establishing how AAP-backed miscreants spread riots in East Delhi and brutally murdered Intelligence Bureau officer Ankit Sharma. Malhotra said that AAP National Convenor Arvind Kejriwal should be



ashamed for not only sheltering such criminals within the party but also for repeatedly using his influence to protect them. He added that the country recently witnessed how individuals associated with the Aam Aadmi Party attempted to enter the Parliament

premises. The Delhi BJP President said that the true character of the AAP is now well understood not only by the people of Delhi but also by the people of Punjab. While the people of Delhi voted the party out last year, the people of Punjab are now preparing to

remove it from power as well, said Malhotra. Delhi Minister Kapil Mishra welcomed the court verdict while Hussain told media persons that he was hopeful of eventually getting justice — an indication of his lawyers appealing against the trial court's decision in the High Court. Mishra, in a social media post, said, "Tahir Hussain's life imprisonment sentence is the beginning of justice. The cruelty with which Ankit Sharma ji was killed, stabbed with knives even after death, the body thrown into a drain — this is certainly the 'Rarest of Rare'. It is hoped that in the High Court, this life

imprisonment will be converted to the death penalty." Six years after Sharma was brutally stabbed to death during the 2020 North-East Delhi riots, an Additional Sessions Court on Friday sentenced Tahir Hussain and four others to life imprisonment. The Karkardooma court's verdict highlighted the "monstrosity" of the crime, noting that the "savagery did not end with the murder... and the body was dragged into a drain". Additional Sessions Judge Praveen Singh sentenced Tahir Hussain 4 others to life sentences, calling the murder "barbaric, nauseating and sickening".

'Reinforced Faith In Justice': BJP After Tahir Hussain Sentenced To Life Imprisonment

New Delhi: The Bharatiya Janata Party (BJP) on Friday welcomed the life imprisonment awarded to former Aam Aadmi Party (AAP) councillor Tahir Hussain, saying that the verdict has "reinforced faith in justice". A Delhi court on Friday sentenced Hussain and four others for the alleged murder of Intelligence Bureau (IB) officer Ankit Sharma, who was killed during the 2020 North-East Delhi riots. Speaking to IANS, BJP MP Manoj



Tiwari said: "Today's verdict has reinforced our faith in justice. The person who was the mastermind of the Delhi riots, who was then an Aam Aadmi Party councillor, has been sentenced to life imprisonment along with

his associates... Justice has prevailed." Delhi Minister Ashish Sood added: "Today is a very important day in the history of Delhi because it is a day of shame for those who called themselves the owners of Delhi, i.e. (AAP

convener) Arvind Kejriwal ji, and Rajya Sabha MP Sanjay Singh." "These people (AAP leaders) tried to cover up the murder of an innocent young man. They tried to do it for vote bank politics. They prepared Tahir Hussain for riots and even tried to save him," he alleged. Terming the decision as the "beginning of justice," Delhi Minister Kapil Mishra said: "During the Delhi riots, roads were blocked from all sides as part of a conspiracy to massacre Hindus

under the garb of Shaheen Bagh. Tahir Hussain played a major role in that conspiracy." Mishra accused Hussain of stockpiling "bombs and stones" and allowing hundreds of rioters to "gather on his rooftop". "Innocent IB officer Ankit Sharma was taken into Tahir Hussain's house, stabbed multiple times, despite his death. When this case is taken to the higher court, we will appeal for the life imprisonment sentence to be converted into the death penalty," he told IANS.

In Call With Iranian Counterpart, EAM Jaishankar Raises Issue Of Attacks On Commercial Shipping And Seafarers

New Delhi: External Affairs Minister (EAM) S Jaishankar on Friday held a telephonic conversation with Iran's Foreign Minister, Seyed Abbas Araghchi, during which he expressed India's deep concerns at the ongoing hostilities in the region. "Had a tele-conversation with FM Araghchi of Iran this evening. Conveyed our deep concerns at the ongoing hostilities in the region. Strongly urged that attacks on commercial shipping and seafarers be avoided under any circumstance. India condemns any such attack by any party," EAM Jaishankar wrote on X. "Was apprised of Iran's perspective of current developments and discussions underway. India is always supportive of dialogue and diplomacy," he added. Earlier in the day, the US military released fresh details of its operations against Iran,



saying American forces have redirected dozens of commercial vessels while maintaining an extensive surveillance and naval presence across the Middle East. "As of July 30, CENTCOM forces have redirected 24 commercial vessels, disabled 2, and boarded 2 to ensure full compliance," US Central Command (CENTCOM) said, underscoring the scale of the ongoing operation. On Wednesday, the United States launched a new wave of military strikes against Iran in retaliation

for what American officials described as an attempted Iranian attack on US forces in the Middle East, marking another sharp escalation in the months-long conflict. The strikes came less than 24 hours after Iran launched ballistic missiles targeting US military positions in Jordan, an attack that US officials said was thwarted by air defences. President Donald Trump had earlier vowed a forceful response, saying the United States would hit Iran "very hard" following the attempted attack.

Bengal: Two More Arrested For Murder Of Suwendu Adhikari's Aide Sent To 7-Day CBI Custody

Kolkata: Two more persons, Sagar Sonkar and Sahib Sonkar, who were arrested by the Central Bureau of Investigation (CBI) in connection with the murder of Chandranath Rath, the executive assistant of the West Bengal Chief Minister Suwendu Adhikari, were

remanded to seven days of CBI custody by a special CBI court in Kolkata on Friday evening. Although both were presented at the CBI court in Kolkata on Friday, the central agency officials in Kolkata have remained tight-lipped about the place from where they were arrested or the time

of the arrest. The CBI officials have also remained vague of the political affiliation of the two persons, though claiming that once they had connection with the Trinamool Congress, the previous ruling party in West Bengal. However, an insider from the probe agency said that though earlier associated with

the Trinamool Congress, the two accused officially shifted to the Bharatiya Janata Party (BJP) before the recent West Bengal Assembly polls. However, that insider added, investigation had revealed that the arrested duo was in touch with several influential Trinamool Congress leaders.

Foreign Liquor Shop in Residential Area Sparks Public Outrage in Kantabanji

Kantabanji, correspondence : The opening of a foreign liquor shop on the main road of Kantabanji town has triggered growing resentment among local residents, who have questioned the role of the local and district Excise Department in permitting the outlet to operate in a densely populated area. According to residents, the liquor shop is located barely 50 metres from a temple and a government nodal school, raising concerns over how permission was granted despite the presence of religious institutions, an educational establishment, and a residential neighbourhood nearby. The matter has now

become a topic of widespread public discussion. Adding to the concerns, several temples, including the Gayatri Temple, Jagannath Temple, and Mata Temple, are situated directly opposite the liquor outlet. Local women have alleged that intoxicated individuals frequently gather in front of the shop and have reportedly misbehaved with minor girls and passers-by, creating an atmosphere of insecurity in the area. Residents say the operation of the liquor shop in such a busy public location is disturbing the social environment and increasing public dissatisfaction. They have demanded that the authorities

take immediate steps to address the issue and ensure the safety of women, children, and devotees visiting nearby temples. Locals have also questioned why the Excise Department has not taken action in Kantabanji, pointing out that in Bargarh district, a foreign liquor shop was reportedly sealed by the department following complaints from the public. They have urged the authorities to respond to the concerns of Kantabanji residents with similar seriousness and transparency. Officials from the Excise Department had not issued any public response to the allegations at the time of filing this report.

GAJAPATI HOLDS SEMINAR TO COMBAT HUMAN TRAFFICKING

Paralakhemundi, correspondence: A district-level seminar highlighting the need for coordinated action to prevent human trafficking and strengthen the protection of women and children was held at R. Udayagiri Block in Gajapati on the occasion of World Day Against Trafficking in Persons. Organised by Sakhi One Stop Centre (ISRD), Gajapati, in collaboration with the district administration and the Department of Women and Child Development, Government of Odisha, the programme stressed the importance of inter-departmental cooperation to tackle



trafficking and support survivors. Public Prosecutor Rajesh Kumar Mishra, the chief guest, emphasised strict enforcement of anti-trafficking laws and coordinated efforts by all stakeholders. Referring to the 2026 global campaign theme, "Trapped Behind the Scam," speakers warned against cyber-enabled trafficking through fake job offers and online

recruitment scams. IPS officer Rakesh Sahu (SDPO), Kalpalata Pradhan (IIC, R. Udayagiri), Sarala Patra (Protection Officer), Amiya Kumar Tripathy (CWC Chairperson), Nageswar Choudhury (CWC Member), Jay Prakash Badatya (Legal Probation Officer), Sibani Panigrahi (DCC, OLM-PCI) and Loreman Kharsel (BDO, R. Udayagiri)

addressed the seminar, highlighting legal provisions, rescue mechanisms, rehabilitation of survivors and the role of frontline agencies. The programme, chaired by Sunita Rath, Centre Administrator of Sakhi One Stop Centre, included a case study on human trafficking and discussions on victim rescue, legal aid and rehabilitation. Police officers from several police stations, members of the Ama Police Committee, Anganwadi workers, MBKs, GCRPs, representatives of various departments and Sakhi One Stop Centre staff participated in the awareness programme.

Kataka SCB fire tragedy: Orissa HC orders immediate reopening of Trauma ICU

Kataka correspondence: The Orissa High Court on Thursday ordered the immediate reopening of the Trauma ICU at SCB Medical College and Hospital (SCBMCH) in Kataka after it remained closed for a prolonged period following a massive fire incident. The direction was issued to the judicial commission probing the fire incident, asking it to take necessary steps to facilitate the immediate reopening of the critical care unit. The court also instructed the commission to ensure the ICU is handed back to the SCB authorities so that emergency trauma services can resume at the earliest. The Trauma ICU has remained non-functional since the fire mishap, affecting the availability of specialised critical care for seriously injured patients. The prolonged closure has raised concerns over emergency healthcare services at Kataka SCBMCH, one of Odisha's largest government hospitals.

Following the incident, the Odisha government had constituted a judicial commission to investigate the cause of the fire and examine the circumstances surrounding the mishap. While the inquiry is underway, the High Court emphasised the need to restore the facility without further delay, underlining the importance of uninterrupted trauma care for patients requiring urgent medical attention. Worth mentioning, the National Human Rights Commission (NHRC) had sought a detailed report on March 17 this year from Odisha Chief Secretary Anu Garg over the tragic fire. The fire had broken out late at night on March 16 in the trauma care ICU, which claimed the lives of at least 12 patients, while several others continued to remain in critical condition. The incident had triggered serious concerns over safety mechanisms in hospitals.

Junior Red Cross Unit formed at Mayabarha High School

SUBARNAPUR correspondence---A Junior Red Cross (JRC) Unit has been formed for this year at Panchayat High School Mayabarha under Dunguripali block of Subarnapur district under the presidency of headmaster Dinabandhu Pradhan. In the meeting, Red Cross Advisor Raju Meher conducted the meeting and announced the objectives of the meeting. Secretary Abha Sahu read out the last year's report while Chairperson Preeti Pradhan presented the draft of this year's program. On this occasion, Preeti



Pradhan of class 10 was elected as the chairman, Dali Sahu of class 9 as the vice chairman, Commander Diptishikha Bagh, Secretary Abha Sahu, Asst. Secretary Roji Meher, Health and Sanitation Minister Ayushi Nayak, International Relations Minister Manisha Tandi,

Culture Minister Payal Vishwakarma, and Fundraising Minister Tikeswari Sahu were elected. Sports teacher Chinmaya Das, Kiran Kumar Patel, Lipi Pradhan, employees Sanjib Kumar Pujari, Miniketan Das, Suraj Khamari, Sameer Kathar, and Bibhishan Khamari contributed.

POLICE - PROSECUTION MEET FOCUSSES ON RAISING CONVICTION RATE

Paralakhemundi, correspondence A coordination meeting between the police and prosecution departments was held at Mohana Police Station in Gajapati district to strengthen case management, improve the conviction rate, and ensure speedy justice for the public.

The meeting was chaired by Rajesh Kumar Mishra, In-charge Cadre Public Prosecutor of the Gajapati District Court. Mohana IIC Om Narayan Patra, other police officers, and government prosecutors Sushanta Mallik and Duryodhan Karad participated in the hour-long deliberations. Discussions focused on improving the quality of investigations, proper preparation of case records, removing procedural lapses, and enhancing coordination between investigators and prosecutors. The participants also reviewed challenges faced during the trial of serious criminal cases and discussed the implementation of Supreme Court guidelines to improve conviction rates. The meeting further stressed strict enforcement of the Motor Vehicles Act and effective legal action against offenders. Concluding the programme, Mr. Mishra urged all stakeholders to work with dedication in the public interest and strengthen public confidence in the justice delivery system.



BHADRAK, (Correspondent): Odisha's Minister for Higher Education, Sports and Youth Services, and Odia Language, Literature and Culture, Suryabanshi Suraj, spent 48 hours in the flood-affected areas of Tihidi block under his Dhamnagar constituency, personally monitoring relief and rescue operations. The Minister visited the worst-hit panchayats, including Bodaka, Bilana, Baro, Kanpada, Shyamsundarpur and Talagopabindha. He inspected flooded villages, damaged houses,

agricultural lands and public infrastructure, and interacted with affected families to assess their immediate needs. Suraj reviewed the distribution of relief materials and directed officials to ensure an uninterrupted supply of safe drinking water, dry rations, medicines and halogen tablets to all affected households. He instructed block-level officials and other government personnel to remain at their headquarters and stay on high alert until the flood situation improves. He also emphasized that relief and medical assistance should reach every affected family without delay.

Adolescent Health Awareness Camp Organised by SAIL Rourkela Steel Plant to Promote Healthy Living Among Youth

Rourkela, (Correspondent): Ispat General Hospital (IGH), Rourkela, in association with the CSR Department of SAIL, Rourkela Steel Plant (RSP), organised an Adolescent Health Awareness Camp at Govt. High School, Jhirpani, Bisra Block on 30th July, 2026 with the objective of promoting health awareness and encouraging healthy lifestyle practices among adolescents with a special focus on cervical cancer. Around 150 youth from the school and nearby areas benefitted from the camp. Mr. B Malik, GM (CSR), Dr. Kumari Priya, Sr. Medical Officer (O&G) and a team of pediatricians



were present on the occasion. A special emphasis was laid on Human Papillomavirus (HPV) vaccination as an effective preventive measure against cervical cancer. The participants were informed about the importance of timely vaccination and were made aware that the HPV vaccine is being provided free of cost at

Ispat General Hospital (IGH). The awareness drive encouraged eligible adolescents and their families to avail the facility and take a proactive step towards preventing cervical cancer. The camp also focused on creating awareness on key aspects of adolescent health including mental well-being, nutrition,

menstrual hygiene, prevention of substance abuse, personal hygiene, lifestyle diseases, anaemia, physical fitness and emotional health. The programme also provided a platform for adolescents to interact freely with medical experts and seek guidance on health-related concerns in a confidential and supportive environment. The initiative reflects the continued commitment of SAIL, RSP and Ispat General Hospital towards community healthcare and preventive health awareness, particularly among the younger generation.

President Murmu's Odisha visit: Traffic restrictions across Bhubaneswar-Kataka from August 3 to 5

Kataka (Correspondent): The Bhubaneswar-Kataka Commissionerate Police on Thursday issued a detailed traffic advisory ahead of President Droupadi Murmu's three-day visit to Odisha from August 3 to 5, during which she will attend several official programmes in Bhubaneswar and Kataka. According to the advisory, temporary traffic restrictions will be imposed on major roads across the Twin Cities to ensure the President's security and facilitate smooth movement of the official convoy. The restrictions have been enforced under the provisions of the Odisha Urban

Police Act, 2003 and the Bhubaneswar-Kataka Police Commissionerate (Traffic and Public Order) Regulations, 2008. Police said no vehicles will be allowed on designated roads and their connecting lanes during the notified time slots. On August 3, restrictions will be in force from 3:50 pm to 4:50 pm and again from 5:50 pm to 6:50 pm along key routes passing through Lok Bhavan Square, Power House Square, 120 Battalion Square, Sastri Nagar Square, Behera Sahi Square, Jaydev Vihar Square, XIMB Square, NALCO Square, Damana Square, Patia Square, KIIT

Square, Nandankanan Square, Baranga Golei, Block Chhak, Godi Sahi Chhak, Canal Road and Banara Chhak. On August 4, traffic movement will remain restricted between 8:30 am and 8:50 am on the route from Lok Bhavan Square via AG Square, Raj Mahal Square, Master Canteen Golei, U-turn, UCO Bank Lane and the designated venue. Similarly, on August 5, restrictions will be imposed from 12:30 pm to 12:50 pm on the route connecting Bhubaneswar Railway Station, UCO Bank Lane, Raj Mahal Square, AG Square, Hospital Square and Airport Square. The

advisory further stated that on August 3, heavy vehicles, including six-wheelers and above, buses, trucks and trailers, travelling between Bhubaneswar, Khordha and Kataka will not be permitted to operate on the affected routes during the restriction periods. However, the restrictions will not apply to emergency service vehicles, including ambulances, fire tenders and police vehicles. The Commissionerate Police has appealed to commuters to plan their travel in advance, use alternative routes wherever possible and cooperate with traffic personnel to ensure smooth traffic management during the President's visit.

BDO's Unique Farewell Gesture: Retiring Engineer Inaugurates Long-Pending Anganwadi Centre

Bissamcuttack (Correspondent): In a unique and heartwarming farewell gesture, the Block Development Officer (BDO) of Bissamcuttack marked the retirement of Additional Assistant Engineer Ramesh Chandra Sahu by dedicating to him the inauguration of a long-pending public welfare project that had remained unexecuted for several years. Mr. Sahu retired from the Bissamcuttack Panchayat Samiti on Friday after rendering

long years of public service. On his final day in office, BDO Shiba Patnaik, along with Assistant Engineer Jharana Tripathy and Junior Engineer Srinivas Mahanti, felicitated the retiring officer and invited him to inaugurate the newly completed Anganwadi Centre at Purikana village under Kanabai Gram Panchayat as a mark of recognition for his contribution to the department. According to official sources, the Anganwadi building was sanctioned during the

2021-22 financial year at an estimated cost of ₹11.90 lakh. However, despite the approval, the construction work had not commenced for several years, depriving local beneficiaries of the facility. Following the assumption of office by Rayagada Collector Ashutosh Kulkarni, a district-wide review of Anganwadi infrastructure was undertaken. The Collector directed that all incomplete and long-pending Anganwadi projects be completed on priority. reviews of

EDITORIAL

The Impact of Artificial Intelligence on Education and Writing Skills

Artificial Intelligence (AI) is no longer just a futuristic concept; it has become an integral part of modern life. From healthcare and finance to transportation and entertainment, AI is transforming the way people live and work. Education and writing are among the fields experiencing some of the most significant changes. Students use AI to complete assignments, teachers rely on it for lesson planning and assessment, and writers employ it to generate ideas, edit content, and improve language. While AI offers enormous opportunities to enhance learning and productivity, it also raises important questions about creativity, critical thinking, and the future of writing skills.

One of AI's greatest contributions to education is personalized learning. Traditional classrooms often struggle to meet the individual needs of every student. AI-powered learning platforms can analyze a student's strengths and weaknesses, adapt lessons accordingly, and provide instant feedback. This enables learners to progress at their own pace, making education more engaging and effective. Students who need additional support receive targeted guidance, while advanced learners can move ahead without unnecessary delays.

AI has also made education more accessible. Online learning platforms equipped with AI can translate lessons into multiple languages, generate captions, convert text into speech, and assist students with disabilities. Learners in remote or underserved areas can access high-quality educational resources using smartphones and internet connectivity. This has the potential to reduce educational inequality and expand learning opportunities for millions.

Language learning has particularly benefited from AI. Intelligent language tools help learners improve grammar, pronunciation, vocabulary, and sentence structure. Real-time translation allows students to access educational content from around the world. Such technologies have broken language barriers and encouraged global collaboration in education.

The field of writing has witnessed a remarkable transformation with the emergence of AI writing assistants. Today, AI can generate articles, essays, speeches, emails, reports, summaries, and even creative stories within seconds. Writers use AI to brainstorm ideas, organize content, improve grammar, refine style, and translate documents into different languages. These tools save time and increase productivity, allowing professionals to focus more on analysis, creativity, and decision-making. Despite these advantages, excessive dependence on AI presents serious challenges. Writing is much more than arranging words into sentences; it is a process of thinking, analyzing, questioning, and expressing original ideas. If students rely entirely on AI to complete assignments and essays, they may gradually lose the ability to think independently and communicate effectively. Critical thinking, problem-solving, and creativity develop through practice, reflection, and personal effort—qualities that cannot simply be outsourced to machines.

Academic integrity is another growing concern. AI-generated content can make it easier for students to submit work that is not entirely their own.

Eternal bond of the soul



Dr.Satyanarayan Mishra

Nowadays, whether it is the pages of newspapers or the TV screen, the sad images of love, deception and murder are everywhere. Modern man is using a sacred relationship like love as a weapon to fulfill his own interests and desires, and in the end, after achieving those interests, he does not hesitate to commit inhuman acts like deception and murder. While humans, who are said to be the masters of advanced brains, are today becoming inferior to animals in their behavior, many unique examples of compassion, forgiveness and sincere love are being seen in the world of animals and birds. Those pure love stories devoid of desire and lust of the past have become rare in human society today. In this context, a true and timeless love story of two birds is enough to hold up a mirror to human society. The year is 1993. Stjepan Vokic, who was a school employee, lived in a small village called 'Brodski' in Croatia, Southeast Europe. One day, while fishing, he found a female stork that had been shot by a cruel hunter. The bullet had broken its wing bone. Stepan took pity on her and took care of her with great affection. She recovered, but her ability to fly was gone forever. Stepan loved her like his own daughter and affectionately named her 'Malena'. He built a beautiful nest for Malena on the roof of his house. Such an unbreakable bond developed between the two that they could not be apart for a moment. Malena spent the day in the nest on the roof, and at night she slept with Stepan inside the house.

The wheel of time turned quickly and Malena grew into a beautiful full-grown bird. One

fine spring morning in 2001, Stepan saw a male stork sitting next to Malena. The two were talking in their own language and lovingly rubbing their beaks. Stepan was delighted to see this and named the male bird 'Klepetan'. Klepetan used to catch fish from the river for Malena, always staying close by like her shadow. According to the laws of nature, they were reunited and their world went on happily ever after.

But happy days do not last forever. One day, before winter came, Klepetan suddenly left Malena and went somewhere. Malena was completely devastated by the loss of her partner, she ate and drank and left. Stepan was worried and at first thought Klepetan was a cheater and accused him of being a traitor. But as time passed, Malena regained her composure. Slowly, months and years passed. The very next spring, Klepetan surprisingly returned to Malena. Malena was happy to hear this, and they both danced happily. This happened every year - Klepetan would leave in the winter and return in the spring. After Stepan found out the reason, he came across a surprising truth.

Every winter, storks migrate thousands of kilometers from Europe to Cape Town in South Africa. Malena was unable to fly, but Klepetan would travel a dangerous flight of about 13,000 kilometers every year for the love of his partner and only return to her. This unique love story became a topic of discussion all over the world.

After 16 years of this sweet relationship, in 2017, Klepetan did not return at the appointed time. Malena was looking at the sky and crying in pain. It is very difficult for a couple bound by the bonds of unconditional love to be apart. Stepan and Malena have become the talk of the town. The seasons have changed, and flocks of exotic birds are flying through the sky like a flock of birds...

Malena sits on Stepan's roof, searching for Klepetan with tearful eyes. Stepan's research has revealed that birds are being illegally hunted by hunters as they fly over countries like Lebanon and Libya. Unable to bear Malena's pain, Stepan penned one of Malena's fallen feathers and wrote a very emotional letter to the Lebanese government. In it, he narrated the love story of these two birds and requested them to stop bird hunting. The letter struck a chord with bird lovers around the world, and strict restrictions were imposed on exotic bird hunting in that country. After a few days of delay, Klepetan returned to his beloved Malena, having been rescued from death.

Over the years, these two lovebirds gave birth to many chicks and taught them to fly. Even as those chicks flew away to South Africa with Klepetan, Malena continued to do her duty. But no one can avoid the eternal truth of life, death. Malena fell ill due to old age and closed her eyes forever on July 7, 2021. With her death, a historic love story came to an end, which explained the true meaning of love to the whole world.

A big question for today's modern people - where have we reached today? Where love, kindness, sincerity and empathy have disappeared from man. He has become subject only to desire, greed and hypocrisy. The two birds showed that love is another name for sacrifice, faith and dedication. A person who achieves his own interests by deceiving others will definitely be punished in the court of God. Love is truth, love is Shiva, love is beautiful. Today's selfish human society has a lot to learn from that pair of birds that travel thousands of kilometers to return just for the love of their partner. Relationships are not just about physical or selfish interests, they are about two very different things.

Bal Gangadhar Tilak : Influential Freedom Fighters

Dr. Suresh Kumar Nayak

Bal Gangadhar Tilak, popularly known as Lokmanya Tilak, was one of India's most prominent and influential freedom fighters. He was a scholar, a social reformer, a lawyer, a teacher, and an orator. He was a staunch believer in the power of the masses and firmly believed that the country could be liberated from colonial rule through the collective action of the people.

Lokmanya Tilak was an important figure in the Indian independence movement. He was one of the leading figures in the Swadeshi Movement, which advocated for the boycott of British goods and services. He was also an important leader in the Indian National Congress and was instrumental in popularizing the demand for India's independence. He organized the first Congress session in Pune in 1895 and was the first leader to call for 'Swaraj' or self-rule. He was also one of the foremost leaders to use the slogan 'Swaraj is my birthright, and I shall have it. His writings and speeches inspired millions of Indians to join in the struggle for freedom.

Lokmanya Tilak was born on July 23, 1856, in Ratnagiri district in Maharashtra. He was born into a family of Chitpavan Brahmins, who were well-known for their scholarship and intellectualism. His father, Gangadhar Tilak, was

a Sanskrit scholar and a teacher at a local school. His mother, Parvati Bai, was a religious lady who was devoted to her faith.

Tilak received his early education at a local school in Ratnagiri. He then went on to join the Deccan College in Pune and obtained his Bachelor of Arts degree in 1877. He was then accepted into the Government Law College in Bombay, where he received his degree in Law in 1879. He then started his own law practice in Bombay, where he was eventually appointed as a professor of Mathematics at Fergusson College. Tilak was one of the founding members of the Indian National Congress and one of the party's most prominent leaders. He was a strong advocate of swaraj, or self-rule, and he was also a firm believer in the power of the people. He was also one of the leading proponents of the boycott of British goods and services to protest against colonial rule.

The Swadeshi Movement was a significant part of the independence struggle in India. Led by Tilak and other leaders such as Lala Lajpat Rai, it called for the boycott of British goods and services and the promotion of Indian-made goods. Tilak was a staunch believer in the power of the masses, and he believed that only through collective action can the country be liberated from the yoke of foreign rule. He was also one of India's main organizers of the Satyagraha movement. Tilak was a staunch opponent of British rule and was

arrested several times for his activities against the colonial government. He was first arrested in 1897 for inciting violence against the British. He was then exiled to Mandalay in Burma for six years. During this period, he wrote several books on the Indian independence movement.

Tilak was an accomplished writer and orator. He wrote several books and publications on the Indian independence movement, and his writings inspired millions of Indians to join in the struggle for freedom. Some of his most famous works include the books Kesari, 'Gita Rahasya' and 'The Arctic Home in the Vedas.'

Tilak was a firm believer in the power of Hinduism and was a strong advocate of religious and social reforms. He was one of the first leaders to call for the reform of Hindu society, and his views were instrumental in forming the Hindu Mahasabha. He was also a firm believer in the idea of self-sufficiency and advocated for education and self-improvement.

Bal Gangadhar Tilak was an important figure in the Indian independence movement. He was a staunch believer in the power of the masses and firmly believed that the country could be liberated from colonial rule through the collective action of the people. He was a scholar, a social reformer, a lawyer, a teacher, and an orator. He was born on July 23, 1856, and died on August 1, 1920.

National Expansion of the Punjab Model of War Against Drugs is the Need of the Hour



Kishan Bhawnani

In the twenty-first century, drug and drug trafficking globally is no longer just a law and order problem, but has become a multifaceted challenge involving public health, family safety, women's empowerment, youth's future, economic development, and national security. The drug menace doesn't stop at affecting one individual, but gradually impacts the entire family's financial stability, mental peace, and social standing. When a young person, a husband, father, brother, or other member of a family, becomes addicted to drugs, the most profound and long-lasting impact is often borne by women and children. Family income is spent on drugs,

domestic tensions increase, children's education is affected, mental health is strained, and in many cases, the risk of domestic violence and social insecurity increases. I, Advocate Kishan Sanmukhdas Bhawnani, Gondia, Maharashtra, fully agree that it is crucial to highlight women as the most important social force in the national strategy against drug abuse, because mothers, wives, and sisters see and feel the ill effects of drug abuse most closely within the family. A mother can be the first to recognize changes in her child's behavior, mental state, and circle of friends. A wife directly observes changes in family income, domestic environment, and her husband's health. A sister can recognize the growing despair, violent behavior,

or bad company in her brother's life in a timely manner. Therefore, women should be positioned not only as victims or affected parties of the drug problem, but also as frontline social leaders in prevention, identification, and rehabilitation. The 100-week War Against Drugs campaign, A Drug-Free India by 2029 will commence on August 2, 2026, under the leadership of the Prime Minister: A National Mega Campaign Against Drugs with the Power of Women, Family, Youth, and Public Participation - A Comprehensive Analysis. If women's groups in every village, ward, and urban settlement are connected to anti-drug awareness, early identification, counseling support, and government treatment services, a vast social safety net against drug abuse can be created. In the context of this broad vision, the "War Against Drugs" campaign,

launched in Punjab under the leadership of the Chief Minister, has emerged as an important social and administrative experiment. Friends, an important feature of Punjab's War on Drugs campaign is that it considers law enforcement and social reform to be complementary, not alternatives. Drug trafficking networks are not limited to small-scale dealers; they can involve financial transactions, interstate connections, digital communications, illegal assets, and organized crime structures. Therefore, effective investigations against traffickers and their financial networks under the NDPS Act and other applicable legal provisions, lawful seizure of assets, investigations into money laundering, and interstate coordination are essential. However, strict action must always be within the framework of legal judicial process and

evidence-based investigations. In any democratic system, the war on drugs does not mean action above the law, but rather the effective, fair, and transparent use of the power of the law.

Friends, the biggest message of the War on Drugs is that the fight against drugs is not merely an action against crime, but a campaign to save families, empower women, protect the future of children, and channel the energy of youth into nation-building. Mothers, wives, and sisters can become the greatest moral and social force in this fight, as they can both understand the suffering of families and initiate change. When families embrace addiction as a treatable problem rather than a matter of shame and disrepute, when the government makes treatment and rehabilitation accessible, when the law cracks down on trafficking

networks, and when young people connect a drug-free life with the responsibility of a developed India, this campaign will become a true mass movement.

Friends, To incorporate women's participation into the national policy, a "Nasha Mukht Famili Mahila Shakti Manch" (Addiction-Free Family Women's Power Forum) could be established in each district. Self-help groups, Anganwadi workers, ASHA workers, Mahila Mandals, teachers, social organizations, and local bodies could be involved in this campaign. The objective of these groups should not be to publicly expose individuals' identities or socially humiliate them, but rather to provide confidential and safe support to families. Women can be trained on the early signs of addiction, which government center or helpline to contact in a crisis, how to maintain

communication within the family, and how to ensure the safety of women or children affected by addiction. This way, women can be transformed from emotional symbols into trained social partners. The problem of addiction can only be solved by implementing an integrated policy that includes a strong attack on the supply chain, scientific treatment of addicts, family counseling, social rehabilitation, positive opportunities for youth, and the active participation of women.

Friends, The role of peers and families becomes even more important after treatment. De-addiction isn't just a treatment process that lasts for a few days or months; it's a long-term journey involving behavior, lifestyle, social environment, and mental health. Many individuals may relapse after treatment due to

problems with old situations, stress, unemployment, social stigma, or a negative environment. Therefore, family support, regular counseling, positive communication, and social acceptance are crucial after returning home from a treatment center. If the family continues to blame, distrust, or socially isolate the individual, rehabilitation can be difficult. Conversely, connecting the individual with respect, responsibility, employment, education, and a healthy social environment can help make a life free from addiction sustainable. Therefore, family counseling, not just for the patient, but also for parents, spouses, and other family members, should be institutionally strengthened in government de-addiction centers.

Nabarangpur Consumer Commission Pulls Up Ola Over Fare Hike, Orders Refund and Compensation

umarkot ,(correspond ent)In a significant order reinforcing consumer rights, the District Consumer Disputes Redressal Commission, Nabarangpur, has directed ride-hailing platform Ola Cabs to refund excess fare collected from a customer and pay compensation for deficiency in service and unfair trade practice. The case was filed by advocate Prabhanjan Mishra of Nabarangpur, who had booked an Ola cab in Kolkata on September 14, 2024. At the time of booking, the mobile application displayed an estimated fare of Rs 484. However, after completion of

the journey, Ola charged Rs 786, resulting in an additional burden of Rs 302 on the customer. During the proceedings, Ola contended that the actual distance travelled was higher than initially estimated and stated that it had issued a Rs 252 voucher to the customer. The company argued that fare estimates are subject to changes based on distance, demand, and surge pricing. After examining the evidence, the Commission held that while dynamic pricing may be permissible, service providers are under an obligation to maintain transparency and adequately inform customers

about any significant changes in fare before or during the trip. The Commission observed that Ola failed to produce sufficient records explaining the sharp increase in fare and that merely issuing a voucher did not adequately compensate the consumer. The Commission partly allowed the complaint and directed Ola to refund Rs 302 to the complainant, subject to adjustment if the Rs 252 voucher had already been accepted and utilised. It also awarded Rs 5,000 as compensation for mental harassment and deficiency in service and Rs 2,000 towards litigation costs.

The company has been directed to comply with the order within 30 days, failing which the amount will carry 12 per cent annual interest until realization. The Commission further instructed Ola to make its fare calculation system more transparent by clearly displaying fare breakup and notifying customers whenever surge pricing or route changes materially alter the estimated fare. The company has been asked to implement these measures within 45 days and submit a compliance affidavit before the Commission.

Complaints related to social and economic problems Notice from the National Commission for Scheduled Castes to the Collector

SUBARNAPUR (correspondent)-The National Commission for Scheduled Castes (SC)has taken note of the complaints related to social and economic problems made by the Scheduled Caste students of Bausuni under Tarbha block of Subarnapur district. A notice has been issued to the Subarnapur District Magistrate & Collector in this regard. The Eastern Office of the National Commission for Scheduled Castes, Kolkata, has issued a notice in the name of the Subarnapur District Magistrate & Collector

vide File No.-ESDW/OL/OR/2026/335652 / dated 27 July 2026. This notice states that a complaint regarding social and economic problems was submitted to the Commission by the Scheduled Caste students of Bausuni area of Tarbha block. After considering the complaint seriously, the Commission has decided to investigate it under Article 338 of the Constitution. The Collector has been asked to submit a report on the incident and the steps taken within 15 days of receiving the notice. The notice also

makes it clear that if a response is not received within the stipulated time, the Commission can take further legal action under the powers conferred by the Constitution. A copy of the notice has also been given to the complainant SC students. The notice is signed by the Commission's Director Sonali Dutta. According to the notice, Everyone is watching how the district administration is taking action after this step by the National Commission for Scheduled Castes on the complaints of SC students of Bausuni.

Rayagada Collector Reviews Development Works in Kodingamali Mining-Affected

R a y a g a d a , (correspond ent):: Rayagada Collector Ashutosh Kulkarni conducted a two-day visit to mining-affected villages in Kashipur block to review development works and interact with residents on issues affecting the region. On July 29, he visited Kansariguda, Kadapadar, Mandagaon, Nuasahi and Anduguda, while on July 30 he toured Kodinga, B a n k a m b a , Mankadajhola and Puhundi villages. During the visit, the Collector held discussions with villagers, reviewed the implementation of government welfare schemes and directed officials to address public



grievances on priority. He also inspected Anganwadi centres, schools and healthcare facilities, besides reviewing the progress of piped drinking water projects, public water supply, ration distribution, social security pensions and other ongoing development works.

The Collector stressed timely resolution of public grievances and directed officials to ensure that eligible beneficiaries receive the benefits of government schemes, reaffirming the district administration's commitment to inclusive development in the mining-affected region.

Paradip Port Authority Organises Awareness-cum-Workshop on Four Labour Codes

PARADIP(correspond ent): Paradip Port Authority (PPA) today organised an Awareness-cum-Workshop on the Four Labour Codes at its New Board Room to promote awareness on labour law reforms, statutory compliance, workers' welfare and workplace safety. The workshop was attended by Shri P.L. Haranadh, IRTS, Chairman, Paradip Port Authority, with Shri Chiranjeev Saikia, Deputy Chief Labour Commissioner (Central), Bhubaneswar, under the Office of the Chief Labour Commissioner (Central), New Delhi, attending as the Chief Guest. Shri Jayanta



Prasad Behera, Regional Labour Commissioner (Central), Bhubaneswar, was also present on the occasion. The programme was attended by Principal Employers, local trade union leaders, contractors, employers, officials of the Labour Department, officers of the Deputy Chief

Labour Commissioner (Central), Bhubaneswar, Heads of Departments (HODs) and senior officers of Paradip Port Authority. In his keynote address, Shri P.L. Haranadh stated that Paradip Port Authority functions on the principles of trust, responsibility and teamwork, with the welfare of both regular

and contractual workers. He highlighted that the Government of India's Four Labour Codes aim to simplify labour laws while strengthening social security, workplace safety and workers' rights. The Chairman highlighted PPA's employee welfare initiatives, including enhanced benefits for contractual workers, mandatory free health check-ups every three years, multilingual safety awareness measures and the launch of a fully funded one-week safety training programme for workers, including those engaged under Public-Private Partnership (PPP) projects. Addressing the

gathering, Chief Guest Shri Chiranjeev Saikia appreciated Paradip Port Authority for proactively organising the workshop and described it as a commendable initiative towards strengthening labour law compliance and promoting constructive engagement between employers and workers. Technical experts conducted detailed sessions on the Four Labour Codes and demonstrated the use of the Shram Suvidha Portal for registrations, licences and statutory returns, as well as the Samadhan Portal for grievance redressal, dispute resolution and claims.

Overcoming a Spinal Injury: National Medallist Goutam Emerges as an Example of Self-Reliance

B h u b a n e s w a r (correspondent):: At the age of 15, Goutam's life changed unexpectedly. In 2014, a fall during a school cricket match resulted in a spinal injury that left him partially paralysed. The years that followed were filled with treatment, rehabilitation and adapting to a new reality. While the journey was challenging, Goutam remained determined to regain his independence and build a future for himself and his family. His perseverance paid off in 2024, when he won a gold medal representing Odisha in para-rugby, followed by a bronze medal at the Khelo India Para Games, marking important milestones in a sporting journey that continues today. Alongside sport, Goutam began exploring ways to earn independently while managing his personal commitments. In 2023, he signed up as a Zomato delivery partner, drawn by the flexibility and the opportunity to earn a supplemental livelihood. He now completes deliveries every evening between 5 PM and 11 PM, a schedule that lets him train consistently, compete in tournaments and contribute to his household expenses, all on his own terms.

Odisha High Court quashes mandatory fire NOC rule for liquor shops in state

K a t a k a ,(correspond ent) : Liquor shop licensees in Odisha will no longer be required to obtain fire safety clearance to maintain their licences following a recent ruling by the Orissa High Court. A division bench set aside an Excise Department directive that mandated all Indian-Made Foreign Liquor (IMFL) ON shops across the state to secure a valid No Objection Certificate (NOC), ruling that administrative bodies cannot enforce conditions outside existing legislation. The High Court accepted argument that the establishment in question did not require a fire NOC under the Odisha Fire Prevention and Fire Safety (Amendment) Rules, 2019, as reported by The New

Indian Express. The premises covers less than 500 square metres in area and stands below 12 metres in height, placing it outside mandatory certification thresholds. In its ruling, the court noted that Rule 11 of the state fire safety guidelines applies solely to specific categories detailed under Rule 9. Because those rules define eligibility using explicit criteria like height and total built-up space, imposing a blanket requirement on every IMFL ON shop regardless of size was deemed legally unsustainable. The judgement was delivered by Chief Justice Harish Tandon and Justice Chittaranjan Dash. The division bench ruled on a petition filed by S Sanamakh Rao, an IMFL ON

licensee based in Kataka. The petitioner challenged a departmental communication issued by the Excise Commissioner on December 12, 2025. That order had instructed district excise officials to enforce fire safety compliance across all licensed premises as a matter of priority. During proceedings, the petitioner argued that neither the Excise Department nor the underlying Excise Act contains provisions empowering officials to mandate fire safety certificates for ongoing licence operations. By agreeing with these submissions and highlighting the limits of administrative authority, the bench formally quashed the departmental directive.

Big pothole on Birmaharajpur SBI road, accidents are increasing

SUBARNAPUR ,(correspond ent)--- There is a big pothole on the main road of SBI branch at Birmaharajpur Sadar, Subarnapur district. There are instances of small and big accidents happening at different times when people fall into the said pothole. According to the information received, a big pothole has been formed on the Birmaharajpur SBI and Durga Mandir road of the road constructed from Birmaharajpur Triveni Chhak to Amarpali for

the last few months. Hundreds of students of high schools, colleges, sub-division hospitals, electricity offices, sub collectors' offices, agriculture offices and various public gathering places use this road every day. Thousands of people use this road daily to come and go on bikes and bicycles, but the pothole has been there for a few months, but the administration is not paying attention. This road was constructed Due to the lapses in time, this situation has been observed, many

pedestrians have been injured in accidents, while vehicles and bicycles have been broken and unnecessary expenses have been incurred. A few days ago, some people had poured cement concrete on their own initiative, but due to the mistake during the construction of the said road, the cement concrete also slipped and became a hole, creating a danger. There is a public demand to immediately repair the said hole with the attention of the administration

Trailer Breaks Down on Railway Track at Dhutara Level Crossing No. 254; Vande Bharat Train Remains Stuck for an Hour

J h a r s u g u d a , (correspondent):: A trailer truck bearing registration number MP 19 ZG 5077 suddenly broke down at around 2:55 PM on Friday while it was stranded in the middle of the up-line at Railway Level Crossing No. 254, near Dhutara Railway Station on the South Eastern Railway's Howrah-Mumbai main line. Following the incident, the Vande Bharat Express remained halted for nearly an hour, from around 2:55 PM until 3:55 PM, until the trailer was removed from the railway track. The



incident also brought vehicular movement and normal public transportation in the area to a standstill, causing considerable inconvenience to commuters. The level

crossing has reportedly witnessed repeated accidents and untoward incidents in the recent past. Locals have expressed concern over the alleged negligence of the railway authorities and said that the

continued dependence on the crossing poses a serious risk to the safety and daily movement of people in the surrounding areas. Residents of Dhutara, Arda, Champapada, Khalingipada, Majhapada, Sarasamal, Gudigaon, Sialrama and Kelda depend heavily on this level crossing for agricultural activities, medical treatment, school and college commuting, and travel to Jharsuguda town and nearby markets. Local residents have repeatedly demanded a permanent

alternative to the level crossing. They have urged the railway authorities to expedite the construction of the proposed flyover or LHS (Limited Height Subway), reportedly approved as an alternative, to ensure uninterrupted movement and prevent further accidents. Residents have once again appealed to the railway authorities to take the matter seriously and take immediate steps to provide a safe and permanent alternative to Level Crossing No. 254.

Mass Education Secretary N. Tirumala Naik reviews education & development

Malkangiri, correspondent :State Schools and Mass Education Department Secretary and District Officer-in-Charge N. Tirumala Naik is on a two-day official visit to Malkangiri district from today. The main objective of the visit is to improve the quality of education in the district, develop the infrastructure of schools and review the implementation of various welfare government schemes. On the first day of the visit, Secretary Shri Naik visited Badabel Girls High School, Godavarish Mishra Adarsh Primary School, Mundiguda High School in Khairput and District Education and Training Institute

EAST COAST RAILWAY

Notice No. CAO/C/BBS/Works/Peer Review of DPRs/, Dt.: 30.07.2026

CHIEF ADMINISTRATIVE OFFICER (CONSTRUCTION), EAST COAST RAILWAY, BHUBANESWAR INVITES APPLICATIONS FROM ELIGIBLE IRSE OFFICERS RETIRED FROM THE SENIOR ADMINISTRATIVE GRADE (SAG) OR HIGHER POST FOR EMANELATION AS SECTOR EXPERTS FOR PEER REVIEW OF DPRs (RAILWAY PROJECTS).

Last date for submission of application: 14.08.2026.

Complete information including application is available in East Coast Railway's official website www.eastcoastrail.indianrailways.gov.in

Chief Administrative Officer (Construction)/ Bhubaneswar

PR-158/CJ/26-27

Kareena Kapoor Khan pens heartfelt birthday wish for Kiara Advani

Bollywood star Kiara Advani turns a year older today. On her special day, Kareena Kapoor Khan wished the 'Shershaah' actor with a heartfelt birthday message. "Happy birthday dearest Kiara..Sending you lots of love and the biggest hug....," Kareena wrote on her Instagram stories along with a picture of the stunning actor. Born on July 31, Kiara is known for her performances in 'Lust Stories', 'Kabir Singh', 'Bhool Bhulaiyaa 2', 'Jugjugg Jeeyo', 'Shershaah', among others. She will be next seen in Yash starrer 'Toxic: A Fairy Tale for Grown-Ups', which is written by Yash and Geetu Mohandas and directed by Geetu Mohandas. 'Toxic' is shot in Kannada and English, with dubbed versions across Hindi, Tamil, Telugu, Malayalam, and other languages. The film stars Yash, Nayanthara, Kiara Advani, Tara Sutaria, Rukmini Vasanth, and Huma Qureshi in a powerhouse ensemble cast. Produced by KVN Productions and Monster Mind Creations, Toxic is scheduled to hit theatres on August 26, 2026.



Dulquer Salmaan to head to Indian Film Festival of Melbourne 2026

Actor Dulquer Salmaan will be honoured as one of the most iconic contemporary stars of Indian cinema at the 2026 edition of the Indian Film Festival of Melbourne (IFFM). The festival, regarded as the largest annual celebration of Indian cinema outside India, will be held from August 13 to 23 with support from the Victorian government. Dulquer will attend the event as one of its Guests of Honour and participate in a series of festival events celebrating his contribution to Indian cinema, as per the press release. Over the past decade, Dulquer has built a successful career across Malayalam, Tamil, Telugu and Hindi cinema, earning acclaim for his performances in both critically acclaimed films and commercial hits. Known for his versatility and ability to connect with audiences across languages and cultures, the actor has emerged as one of the most recognised faces of contemporary Indian cinema. Festival Director Mitu Bhowmick Lange praised Dulquer's contribution to Indian cinema and said in a statement, "Dulquer Salmaan represents the very best of contemporary Indian cinema. He is an artist who has effortlessly crossed languages, industries and genres while remaining deeply committed to meaningful storytelling." She added,



5 nourishing Iftar options for hypertension and heart disease patients

For individuals managing hypertension or heart disease, it is crucial to choose iftar foods during Ramadan that promote heart health and overall well-being and fortunately in India, where culinary diversity flourishes, there are abundant options to create delicious and nutritious iftar meals tailored to specific health needs. Health experts insist that during Ramadan, it is essential to prioritise nutritious foods that support heart health while honouring spiritual traditions.

Vegetable Lentil Soup (Dal):

Lentils, a staple in Indian cuisine, are rich in protein and fiber while being low in fat. Prepare a comforting dal by simmering lentils with a variety of vegetables like spinach, tomatoes, carrots and bell peppers. Season with heart-healthy spices such as turmeric, cumin and coriander for added flavour.

2. Grilled Fish with Mint Chutney:

Fish is a lean source of protein and is packed with omega-3 fatty acids, which are beneficial for heart health. Marinate fish fillets such as salmon or tilapia with garlic, ginger, and lemon juice, then grill until tender. Serve with a refreshing mint chutney made from fresh mint leaves, yogurt and a touch of lime juice.

3. Chickpea Salad (Chana Chaat):

Chickpeas, also known as chana, are a versatile legume high in protein and fiber. Create a nutritious



chaat by combining boiled chickpeas with diced onions, tomatoes, cucumbers, and tangy chaat masala. Garnish with fresh coriander leaves and a squeeze of lemon juice for a burst of flavour.

4. Vegetable Stir-Fry with Brown Rice:

Stir-fried vegetables paired with whole grains make for a wholesome iftar option. Sauté an assortment of colorful vegetables such as bell peppers, broccoli, and snap peas with minimal oil and seasoning. Serve alongside nutty brown rice for a satisfying and fiber-rich meal.

5. Tandoori Chicken Skewers:

Tandoori chicken, marinated in yogurt and spices, is a popular Indian dish that can be enjoyed in a healthier way. Skewer chicken pieces and grill until charred and juicy. Serve with a side of cucumber raita, made from low-fat yogurt, grated cucumber and aromatic cumin seeds.

Reduce stress to have a healthier life

Practice slow breathing: When we take deep and slow breaths, the nervous system starts to feel safe and relaxed. This can effectively bring down panic in the body and make us feel safe and happy. We should practice deep breathing techniques every day. Mindfulness: When we have racing thoughts in the mind and feel that we do not have anything in control, we should try being centered in the moment. Practicing yoga, meditation and other mindfulness techniques helps us to feel calm, patient and relaxed. This further helps us to find ways to deal with panic in a healthy

manner. Take some time to relax: When we are exposed to stressful situations, strict deadlines and a routine every day, it is natural for the body to feel panicked. We should take some time off to rejuvenate ourselves. We can go on a trip, cheat on our diet with a sumptuous meal, or sit by the beach and let nature heal us. Connect with people: When we surround ourselves with positive people, we automatically feel happier and more positive. We should handpick the ones we want to surround ourselves with, and let them guide us.

Is eco-friendly eating healthy? Debunking 5 common myths

Choosing food that is both healthy and good for the planet can be confusing. Here are five myths to avoid to help you make better choices. "Organic beef", "GMO-free" and "100 per cent natural" are just some of the countless claims designed to attract the eyes of eco-conscious consumers in the supermarket. Yet while people are increasingly willing to spend more on these labels, there is often not enough consideration of how much these features actually contribute to a food's environmental sustainability. It's understandable why consumers are confused. Determining the environmental impact of different food products is highly complex — influenced by how much resources and energy they consume, greenhouse gases they emit, the way they impact the biodiversity of the area where they are produced, how and how far they are transported to market, and the amount and



type of waste they create. Despite this, the basic characteristics of a diet that would benefit both human health and the planet are clear. At least half of our daily calorie intake should come from fruits, vegetables, wholegrains, legumes, nuts, and seeds while significantly limiting red meat and energy-dense, nutrient-poor foods such as sugar and refined grains. Unfortunately, typical Western diets are far from this ideal and many economic, political, and societal factors contribute to this discrepancy, making it a difficult issue to address.

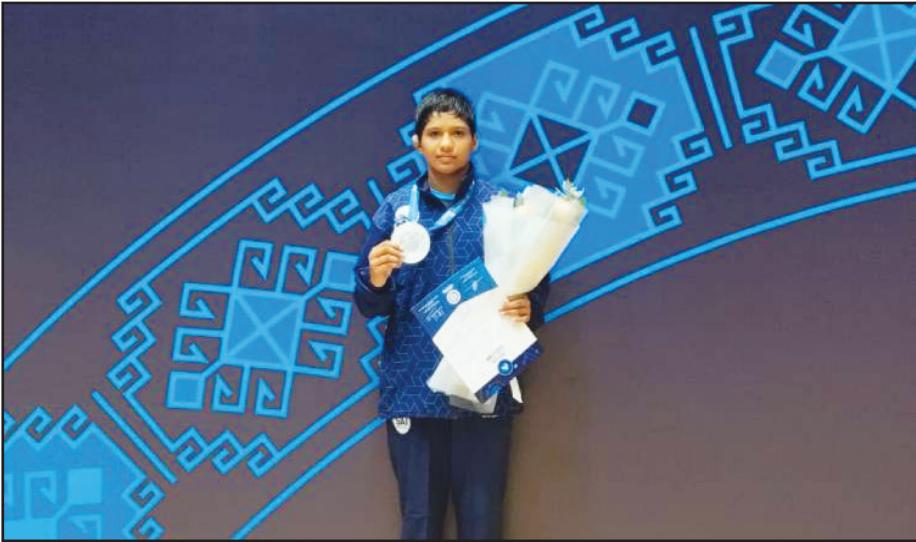
Here are five common food myths that need to be busted:

Myth 1: "Meat's eco-footprint is exaggerated" Animal husbandry is one of the most environmentally-damaging activities in food production due to its high greenhouse gas emissions, extensive resource use, and the pollution it causes. Consequently, the most impactful change a person can make to reduce their dietary ecological footprint is to limit animal-based foods, particularly beef. Many people underestimate the environmental impact of meat, eggs, and dairy and doubt the environmental benefits of substituting them with plant-based alternatives. Additionally, there is a widespread but mistaken belief that reducing car and plane travel, conserving electricity, recycling, and avoiding plastic are more significant to one's climate footprint than reducing animal-based food consumption. Specifically, adopting a plant-based diet can cut a person's greenhouse gas emissions by 20 to 30 per cent, as compared to a 5 to 15 per cent reduction from other actions. Addressing these misconceptions and shifting towards a more plant-based diet can significantly enhance and promote environmental sustainability. Myth 2: "Organic and local always equals sustainable" People often assumes that organic and local production is the gold standard for sustainability as it can reduce chemical use and lower

transportation emissions. However, this perspective requires more nuance. For example, organic tomatoes grown in open fields can have higher environmental impacts due to increased fuel and machinery use. Similarly, locally grown tomatoes, especially in heated greenhouses, can be less sustainable than those produced in distant unheated greenhouses due to higher energy requirements. Consumers' misconceptions are particularly problematic when they believe buying organic meat from a local butcher can significantly alleviate meat production's environmental impact. The environmental benefits of organic and local meat are limited compared to the substantial reductions achieved by eating plant-based foods. Myth 3: "What is natural is good" Humans have a 'natural bias', believing that what is natural is inherently good. As a result, foods without preservatives, additives, artificial ingredients, or high levels of processing are often perceived as superior. It's important to critically evaluate this belief. For instance, genetically modified (GM) crops are often viewed negatively due to the belief that anything altered by humans, especially at the genetic level, must be unsafe for society and the environment. However, some GM crop varieties can contribute to more sustainable agricultural practices by increasing yields, reducing pesticide use, and improving resource efficiency. Evaluating any novel food technology based on their actual environmental impacts is essential, rather than dismissing them due to their perceived unnaturalness.

U17 Wrestling WC: Sandhya Vishnoi, Akshara Secure Silver Medals; Avanshika And Taniya Bag Bronze

Baku (Correspondent):: India's women wrestlers continued their strong showing at the 2026 U17 World Championships in Baku, Azerbaijan, adding two silver medals and two bronze medals to the national haul across four podium bouts. In the 46kg category, Sandhya Vishnoi put together an impressive tournament run to reach the championship final. Facing Japan's Kokona Makino in the title clash, the Indian grappler fought hard but ultimately sustained a 2-13 defeat on points, finishing second on the podium to capture a silver medal. India picked up a second silver medal in the 53kg weight division through Akshara, who adds this world-level accolade to



her recent bronze medal finish at the U17 Asian Wrestling Championships 2026. Cruising into the gold medal match, Akshara faced a tough challenge from USA's Marlee J Solomon. The Indian wrestler succumbed to an 0-11 defeat against her American opponent, settling for a well-

earned silver medal. In the 61kg bronze medal play-off, Avanshika delivered a disciplined performance against Kazakhstan's Aruzhan Bakytur. Displaying excellent tactical control throughout the bout, Avanshika secured a 5-1 victory on points (VPO1) to claim a spot on the podium. Adding

to the day's success, Taniya secured a hard-fought bronze medal in the 69kg category. Displaying excellent attacking intent, Taniya outclassed Poland's Maja Wejchan with a commanding 12-2 victory to take home the bronze. Earlier on Thursday, India's women wrestlers

delivered a strong performance by bringing home a silver and two bronze medals in highly competitive weight categories. Leading the charge in the 57kg division, Nikita Sehrawat put together a brilliant campaign to reach the championship final. Facing a formidable opponent in reigning U17 World silver medalist Epenesa Elison of the USA, Nikita fought valiantly but ultimately sustained a 0-6 defeat. She finishes second on the podium, securing a well-deserved silver medal for India. The action will now shift to the Men's Freestyle (FS) events. Beginning tomorrow, the freestyle grapplers will take to the mat in the 48kg, 55kg, 65kg, 80kg, and 110kg weight categories.

CWG 2026: 'This Gold Is For Everyone Who Supported Me,' Says Asmita Dey After Judo Triumph

Glasgow: Fresh after winning the biggest title of her career, India's Asmita Dey dedicated her gold medal in the Commonwealth Games 2026 to everyone who stood by her journey and thanked Uttar Pradesh Chief Minister Yogi Adityanath for giving her a job in the Uttar Pradesh Police. "I am so happy with the gold. This is for all who supported me. I also want to thank Yogi ji for giving me the job in UP Police," Asmita told IANS immediately after her victory. Asmita delivered a strong and focused performance to win the women's 48kg judo gold medal, defeating Canada's Heidi Quach 2-1 in a tightly contested final at the Commonwealth Games 2026 on Thursday. In a nail-biting title match,

the Indian judoka remained composed during the crucial moments. She combined smart strategy with solid defense to get past Quach, claiming the biggest win of her Commonwealth Games journey. The gold medal increased India's growing medal count in Glasgow and highlighted the country's steady improvement in judo at the Commonwealth level. Asmita looked dominant throughout the competition. She advanced confidently through the preliminary rounds and saved her best performance for the final. Against the seasoned Canadian competitor, she kept her cool under pressure and took advantage of key scoring chances to maintain her lead and secure the win.

In a closely contested title clash, Dey edged past Quach by 2-1, holding her nerve during the decisive stages to seal the biggest victory of her Commonwealth Games campaign. The Indian judoka displayed excellent tactical awareness and defensive discipline to stay ahead and finish on top of the podium. Dey had looked impressive throughout the competition, progressing confidently through the earlier rounds before delivering her best performance in the final. Against an experienced Quach, the Indian maintained her composure under pressure and capitalised on crucial scoring opportunities to secure victory.

CWG 2026: Jadumani Singh In Men's 55kg Final With Unanimous Win Over Namibia's Pumulo

Glasgow: India's Mandengbam Jadumani Singh assured the country of at least a silver medal after cruising into the men's 55kg boxing final at the Commonwealth Games 2026 with a commanding 5-0 unanimous decision over Namibia's Haoseb Philip Pumulo on Saturday. Jadumani impressed throughout the three-round semifinal, combining sharp footwork with clean combinations to keep his Namibian opponent on the back foot. All five judges awarded the contest in favour of the Indian boxer, underlining his dominance in the bout. The scorecards reflected Jadumani's control, with judges scoring the contest 29-28, 29-28, 30-27, 29-28 and 30-27 in his favour. With the victory, Jadumani has guaranteed India another boxing medal and will now fight for the gold medal in the men's 55kg final. The win also continues India's impressive run in the boxing competition at Glasgow, where several Indian pugilists have advanced to the medal rounds and remain in contention for top honours. Jadumani will now look to cap his campaign with a gold-medal

performance in the final. Earlier, Arundhati Choudhary, Jaismine and Ankush Panghal booked their spots in the finals of their respective weight categories, each assuring India at least a silver medal. Arundhati Choudhary secured her place in the final of the women's 70kg with a convincing 4-0 split-decision victory over Wales' Rosie Eccles in the semifinal. Arundhati looked in control for most of the bout, using her sharp combinations and effective movement to keep the experienced Welsh boxer under pressure. The Indian impressed the judges with her consistency across the three rounds, earning a 4-0 verdict to book her place in the gold-medal clash. Jaismine produced a dominant display to book her place in the women's 57kg boxing final, defeating Lesotho's Rapelang Maselela via Referee Stops Contest (RSC). From the opening bell, Jaismine controlled the bout with sharp combinations, precise footwork and relentless aggression. She won the opening round convincingly on all five judges' scorecards before stepping up the intensity in the second round.

CWG 2026: Asmita Dey Wins Women's 48kg Judo Gold, Adds Another Title To India's Tally

Glasgow: India's Asmita Dey produced a composed and determined performance to clinch the women's 48kg judo gold medal at the Commonwealth Games 2026, defeating Canada's Heidi Quach in a hard-fought final on Thursday. In a closely contested title clash, Dey edged past Quach by 2-1, holding her nerve during the decisive stages to seal the biggest victory of her Commonwealth Games campaign. The Indian judoka displayed excellent tactical



awareness and defensive discipline to stay ahead and finish on top of the podium. The gold medal is another significant addition to India's growing medal tally in Glasgow and underlines the country's rising stature in judo on

the Commonwealth stage. Dey had looked impressive throughout the competition, progressing confidently through the earlier rounds before delivering her best performance in the final. Against an experienced Quach,

the Indian maintained her composure under pressure and capitalised on crucial scoring opportunities to secure victory. With the triumph, Asmita Dey etched her name among India's Commonwealth Games gold medalists, providing another memorable moment for the Indian contingent in Glasgow. The victory also reflects the steady progress of Indian judo, with Dey's success expected to inspire the next generation of athletes aiming for international honours.

CWG 2026: Jaismine Storms Into Women's 57kg Boxing Final, Assures India Of At Least Silver

Glasgow: India's Jaismine produced a dominant display to book her place in the women's 57kg boxing final at the Commonwealth Games 2026, defeating Lesotho's Rapelang Maselela via Referee Stops Contest (RSC) in the second round on Friday. From the opening bell, Jaismine controlled the bout with sharp combinations, precise footwork and relentless aggression. She won the opening round convincingly on all five judges' scorecards before stepping up the intensity in the second



round. Unable to cope with the Indian boxer's sustained attack, Maselela was counted out, and the referee eventually halted the contest in Round 2, handing Jaismine a comprehensive victory. With the win, Jaismine has guaranteed India at least a silver

medal in the women's 57kg category and will now fight for the gold medal in the final. The victory adds another medal to India's boxing campaign in Glasgow, with Jaismine now just one step away from standing on top of the Commonwealth Games podium.

CWG 2026: Arundhati Choudhary Enters Women's 70kg Boxing Final, Assures India Of Another Medal

Glasgow: India's Arundhati Choudhary secured at least a silver medal after storming into the women's 70kg boxing final at the Commonwealth Games 2026 with a convincing 4-0 split-decision victory over Wales' Rosie Eccles in the semifinal here on Friday. Arundhati looked in control for most of the bout, using her sharp combinations and effective movement to keep the experienced Welsh boxer under pressure. The Indian impressed the judges with her consistency across the three rounds, earning a 4-0 verdict to book her place in the gold-medal clash. With the victory, Arundhati became the latest Indian boxer to reach a Commonwealth Games final,

continuing the country's strong showing in the ring in Glasgow. The result also guarantees India another medal in boxing. Arundhati will now aim to cap off her impressive campaign by winning the gold medal when she takes to the ring for the final. The victory adds to India's growing medal tally at the Games and underlines the depth of the country's boxing contingent, which has produced several podium finishes in Glasgow. Earlier, Jaismine produced a dominant display to book her place in the women's 57kg boxing final, defeating Lesotho's Rapelang Maselela via Referee Stops Contest (RSC). From the

opening bell, Jaismine controlled the bout with sharp combinations, precise footwork and relentless aggression. She won the opening round convincingly on all five judges' scorecards before stepping up the intensity in the second round. Unable to cope with the Indian boxer's sustained attack, Maselela was counted out, and the referee eventually halted the contest in Round 2, handing Jaismine a comprehensive victory. Ankush Panghal also secured his place in the final after outclassing Canada's Joshua Ofori 5-0 to storm into the final of the men's 80kg boxing. From the opening bell, Jaismine controlled the bout

with sharp combinations, precise footwork and relentless aggression. She won the opening round convincingly on all five judges' scorecards before stepping up the intensity in the second round. Unable to cope with the Indian boxer's sustained attack, Maselela was counted out, and the referee eventually halted the contest in Round 2, handing Jaismine a comprehensive victory. Displaying control, precision and composure throughout the contest, Ankush dominated the semifinal to register his third successive unanimous decision victory of the campaign and move within one win of the gold medal.

Taipei Open 2026: Unnati, Tanvi Storm Into Semis, Keep Alive Hopes Of All-Indian Final

Taipei: Indian shuttlers Unnati Hooda and Tanvi Sharma advanced to the women's singles semifinals of the Taipei Open 2026 on Friday, keeping alive the prospect of an all-Indian final at the BWF Super 300 tournament. Unnati put up a calm performance in the all-Indian quarter-final,

winning against eighth-seeded Devika Sihag 23-21, 21-16 in 42 minutes at the Taipei Arena. This win represented a major achievement for the 28th-ranked Indian player, who has now reached her first BWF World Tour semi-final of the 2026 season after not advancing past the first round in any of her

previous World Tour events this year. Tanvi Sharma, who was ranked world No. 34, joined her in the last four after recovering from losing the second game to beat the fourth seed Supanida Katethong from Thailand 21-15, 18-21, 21-14 in a closely contested match that lasted 54 minutes. This result saw

Tanvi reach her second BWF Super 300 semifinal of the season, since she had previously made it to the last four at the Orleans Masters, which shows that she has been consistent on the World Tour this year. Since the two Indian players are in opposite halves of the draw, there is still a chance of an all-Indian final. Unnati will play

sixth seed Nguyen Thuy Linh from Vietnam in the semifinals, while Tanvi will have to meet a tough opponent in the form of fifth seed and home favourite Huang Yu-Hsun. Huang secured her spot in the semifinals by beating her fellow countryman and second seed Lin Hsiang-ti, who had

previously eliminated the Indian players Ashmita Chaliha and Annol Kharb. Nguyen also reached the semifinals having defeated the top seed Chiu Pin-Chian in the quarter-finals. Unnati and Tanvi are also included in India's team for the 2026 Asian Games, and the way they perform in Taipei will

give them a well-timed boost in confidence before the continental event. India's campaign in the men's events ended when Kiran George was defeated by the fourth-seeded Japanese player Yudai Okimoto in the quarter-finals, the score being 21-12, 21-10. HS Prannoy had

already been eliminated in the Round of 16, so Kiran was India's last remaining men's singles player. The India doubles campaign had come to an end earlier that week when Bhargav Ram Arigela and Viswa Tej Gobburu were eliminated in the first round of the men's doubles event.

Exim Bank to Set Up Regional Office in Bhubaneswar, to Deepen its Engagement with Odisha's Exporters

Bhubaneswar (correspondent) : The Export-Import Bank of India (Exim Bank) today announced plans to open a full-fledged regional office in Bhubaneswar, marking a significant step-up in its engagement with Odisha and reaffirming its commitment to supporting the state's exporters and investors. The announcement came at a seminar titled "Enhancing Exports from Odisha: Opportunities & Financing Solutions," jointly organised by Exim Bank, Federation of Indian Export Organisations (FIEO), and the Government of Odisha. The event brought together senior



government officials, industry leaders, exporters, and financial institutions to chart a path for strengthening the state's export ecosystem. The proceedings opened with welcome remarks by Shri Anirudha Barooah, Regional Head, Kolkata, Exim Bank, setting the context for the evening's discussions. In his inaugural address, Shri Tarun Sharma, Deputy

Managing Director of Exim Bank, underscored the Bank's renewed focus on Odisha, noting that the upcoming regional office in Bhubaneswar would enable closer engagement with local exporters, MSMEs, and industry bodies. He highlighted the Bank's support for a range of projects across the state, which includes steel, renewables, to wagon manufacturing,

amongst many others. Shri Sharma also spoke of Exim Bank's role in facilitating trade finance transactions from Odisha through its Trade Assistance Programme (TAP), the first of its kind in India, extending support to countries including Bhutan, Ethiopia, Nepal, Sri Lanka, and the United Kingdom. He further noted that the Bank has been at the forefront of supporting the state's youth across various sporting disciplines, as well as its artisans in the handicrafts sector. Ms. Rashmita Panda, IAS, Commissioner-cum-Secretary, Department of MSMEs, Government of Odisha, delivered a special address highlighting the

state government's efforts to boost export-led growth.

As part of the event, Exim Bank released a research publication titled "The Odisha Opportunity: A Trade and Investment Roadmap.". The study examines the state's export competitiveness across sectors and outlines the untapped potential for expanding trade and investment linkages, positioning Odisha as an emerging export hub for eastern India. This was followed by a presentation on the Export Promotion Mission by Shri Manoj Singh, Assistant Director General of Foreign Trade, Kolkata.

Sensex, Nifty Extend Winning Streak To 3rd Session Led By Auto, Financial Stocks

Mumbai: Indian benchmark equity indices extended their gains for a third consecutive session on Friday, supported by buying in auto and financial services stocks, even as information technology shares witnessed profit booking after a recent rally. The Sensex climbed 166.49 points, or 0.21 per cent, to settle at 78,094.64, while the Nifty advanced 66.45 points, or 0.27 per cent, to close at 24,383.60. "On the downside, the 24,300 level now acts as immediate support, followed by the 24,200 zone. Holding above these levels will be important to preserve the ongoing recovery structure, while a close below 24,200 could

trigger fresh profit booking toward lower support levels," an analyst stated. Among the top performers on the Nifty were Bajaj Finance, Bajaj Finserv and Jio Financial Services, which led the gains amid sustained buying interest in financial stocks. The broader market also ended on a positive note, with the Nifty MidCap and Nifty SmallCap indices each rising 0.44 per cent. On the sectoral front, auto stocks outperformed the broader market, lending significant support to the headline indices. FMCG stocks also remained among the stronger performers during the session. In contrast, the Nifty IT index underperformed and snapped its five-session

winning streak as investors booked profits despite continued strength in global chip stocks. Experts said that positive momentum continued, although some profit booking emerged at higher levels as caution persisted amid elevated yields and potential rate-hike concerns. "The sustainability of the recovery will depend largely on the ongoing earnings season, which is currently outperforming forecasts, and on a reduction in global risks," an analyst stated. "As the earnings season gathers pace, markets will seek confirmation that the recent improvement in earnings is broad-based rather than concentrated in a few sectors," a market expert mentioned.

SAIL, Rourkela Steel Plant Organises PIW on Enhancing Productivity and Reducing Hot Metal Silicon

Rourkela, (correspondent) The Learning and Development Centre of SAIL, Rourkela Steel Plant (RSP), organised a one-day Performance Improvement Workshop (PIW) on "Enhancing Productivity and Reducing Hot Metal Silicon" on 30th July 26. 29 participants, comprising both executive and non-executive employees from Blast Furnace (BF), Steel Melting Shop (SMS), Coke Ovens (CO), Sinter Plants, RMHP and TRM. The workshop served as an important platform for technical learning, knowledge sharing and collaborative problem-solving aimed at improving operational



efficiency. The programme was inaugurated by Mr. B.R. Palai, ED(W), RSP. Also present on the occasion were Mr. R. Dasgupta, CGM, Finance, holding additional charge of ED, Finance; Mr. S. Chattopadhyay, CGM, RDCIS, RSP Centre; and Mr. Sumit Kumar, CGM, BF, RSP. In his inaugural address, Mr. Palai highlighted that the primary objective of the

workshop was cost reduction and urged participants to come up with practical and implementable ideas that could bring measurable improvement in key techno-economic parameters. He emphasised the importance of translating technical discussions into actionable outcomes that would contribute to the plant's overall performance. The

workshop focused on strengthening iron-making practices and improving Blast Furnace performance through structured sessions on productivity enhancement, cost optimization and operational discipline. The sessions were designed to encourage practical exchanges among plant personnel and to generate actionable ideas for improving process efficiency and product quality. Technical sessions began with discussions on iron-making fundamentals and BF operation, during which experts explained the key process parameters influencing hot metal quality and furnace efficiency.

75th Honorary Doctorate of Achyuta Samanta Conferred by Maharaja Ganga Singh University

Bhubaneswar (correspondent) : Eminent educationist, social reformer and Founder of KIIT, KISS and KIMS, Dr. Achyuta Samanta, has been conferred with an Honorary Doctorate by the Maharaja Ganga Singh University (MGSU), Bikaner, Rajasthan, one of the state's oldest government universities. The honorary doctorate was awarded to Dr. Samanta today during a special ceremony organized by the university at the Raj Bhavan (Lok Bhavan) in Jaipur. The university bestowed this honour in recognition of his extraordinary contributions to societal



development and welfare through education. This is the 75th honorary doctorate received by him. The university selected him for this honour after thorough research on his work. Shri Haribhau Bagde, Hon'ble Governor of Rajasthan and MGSU Chancellor, presented the award to Dr. Samanta in the presence of Dr. Prem

Chand Bairwa, Hon'ble Deputy Chief Minister & Higher Education Minister of Rajasthan; Prof Manoj Dixit, Vice-Chancellor, MGSU; and Prof Yashpal Ahuja, Registrar. Several ministers, MLAs of Rajasthan, and dignitaries were present on the occasion. Smt. Vijaya Kishore Rahatkar, Hon'ble Chairperson of the

National Commission for Women (NCW), was also conferred honorary doctorate at the event. Maharaja Ganga Singh University is recognized as one of Rajasthan's premier government universities. Dr. Samanta expressed his gratitude to the Governor, Shri Bagade, and also the VC, MGSU, Prof Manoj Dixit, for inviting him from Odisha, honouring him, and appreciating his work. Expressing his gratitude, Dr. Samanta stated that this memory would always remain close to his heart. As the 10th death anniversary of his late mother, Nilimarani, is being observed on August 2nd, Dr. Samanta dedicated this honor to her, praying for the peace of her soul.

Over 5.5 Crore ITRs Filed For AY 2026-27 So Far On Filing Deadline Day

New Delhi,: More than 5.5 crore income tax returns (ITRs) have been filed so far for Assessment Year (AY) 2026-27, the Income Tax Department said on Friday, as taxpayers rushed to complete the filing process on the last day of the deadline. In a post on social media platform X, the department said over 42 lakh ITRs were filed on July 30 alone, reflecting a sharp surge in filings as the due date draws closer. "Less than 24 hours to go! Over 5.5 crore ITRs have already been filed for AY 2026-27 (with over 42 lakh filed on July 30 alone!). File now, File calmly!" the department said. The July 31 deadline applies to individual taxpayers and entities that are not required to get their accounts audited. The



filing momentum has picked up rapidly over the past few weeks. The department had said more than 1.7 crore ITRs were filed by July 11, which rose to over 3 crore by July 22 and crossed 4 crore on July 27 and exceeded 5 crore on Thursday before reaching 5.5 crore on Friday. In addition, the department has been urging taxpayers to avoid waiting until the last minute and complete the filing process early to avoid possible technical issues

and heavy traffic on the e-filing portal. It has also advised taxpayers to reconcile details available in Form 16, the Annual Information Statement (AIS), Form 26AS, bank statements and other income records before submitting their returns. The Central Board of Direct Taxes (CBDT) has notified revised ITR forms for AY 2026-27, incorporating updated disclosure requirements covering areas such as long-term capital gains, losses from share buybacks and certain trading transactions.

AI-Generated Inferences To Drive Most Privacy Incidents By 2029: Report

New Delhi: Most privacy incidents will arise from AI-generated inferences about individuals by 2029, rather than from direct exposure of personally identifiable information (PII), a report said on Friday. The report from Gartner, Inc said advances in generative AI and machine learning enable attackers to extract sensitive attributes such as health conditions or behavioural patterns from seemingly innocuous, anonymised or aggregated data. As organisations reduce the amount of personal data they store due to regulatory and cost pressures, threat actors' access to AI now lets them perform inference-based attacks. "There is a



fundamental shift underway from data exposure to insight exposure," said Bart Willemsen, VP Analyst at Gartner. "Organisations have historically focused on protecting raw personal data, but AI can now reconstruct deeply personal insights without ever breaching traditional data controls. Privacy risks

are increasingly emerging from what AI algorithms infer about individuals rather than what data is directly exposed," he added. Inference attacks are particularly dangerous because they often evade conventional detection mechanisms, Willemsen said. "Individuals can be exposed through AI-generated

conclusions rather than leaked records, creating privacy risks that undermine data integrity and are difficult to detect, explain and mitigate," he added. The report predicted that spending on data integrity protections will reach parity with data confidentiality investments by 2028 as organisations respond to risks from

inaccurate, biased or unauthorised AI-generated profiles. Organisations that continue to treat privacy solely as a data protection challenge will be increasingly vulnerable to privacy incidents driven by AI-generated inferences. The firm urged security leaders to embed AI governance into privacy programmes, adopt privacy-enhancing technologies such as differential privacy and synthetic data, along with strengthening data minimisation and lifecycle controls. "Limit data collection to essential business needs and ensure strict access control and timely deletion of data to reduce the information available for inference-based attacks," it noted.