



Assam Floods Leave 1.68 Lakh Affected In 15 Districts



Digital Media: Voice to the Voiceless



Three-Match T20I Series Added To India Women's Tour Of SA



6 red flags to notice in toxic friends

Odisha Targets 11 GW Clean Energy By 2030, Aims To Be Green Hydrogen Hub: Dy CM

New Delhi: Odisha is positioning itself as India's primary engine for clean energy and green manufacturing, Deputy Chief Minister in charge of Energy Kanak Vardhan Singh Deo said on Thursday. Addressing the 7th CII International Energy Conference & Exhibition 2026 at Hotel Le Meridien, Singh Deo outlined the state's roadmap to achieve 60% non-fossil capacity by 2035 and contribute to India's Net Zero goal by 2070. The two-day conference was organized by the Confederation of Indian Industry in partnership with the Ministry of New and Renewable Energy and Sustainable Energy for All on the themes "Empowering India's Energy Future: Secure, Smart & Sustainable" and "Transitioning with Energy Security – The



New Global Order". The inaugural session was attended by Union MNRE Minister Pralhad Joshi, Bhutan Energy Minister Lyonpo Gem Tshering, and Sri Lankan Energy Minister Anura Karunathilake. The CII-EY report on India's energy security was also released during the session. Highlighting Odisha's plans, the Deputy CM said the state has scaled up its renewable energy target to add nearly 11 GW of clean capacity by 2030.

Major projects worth Rs 67,000 crore for over 6.7 GW covering solar, wind, hydro, pumped storage and hybrid systems have already been cleared. To support this scale-up, Odisha is modernizing its power grid with digital substations, smart grid technology and AI-enabled asset management for seamless integration of high volumes of renewable power. Leveraging its

575 km coastline, deep-water ports and mineral resources, the state aims to provide round-the-clock renewable power and green hydrogen to decarbonize heavy industries such as steel, aluminum, mining and maritime transport. Singh Deo said Odisha is targeting to emerge as a premier Green Hydrogen hub in South-East Asia. On the social side, the government is pushing a just transition through initiatives like PM Surya Ghar: Muft

Bijli Yojana, decentralized solar projects and green mobility to reduce household energy costs, create local jobs and support MSMEs. Inviting global technology providers, manufacturers and financial institutions, Singh Deo assured a stable policy framework and streamlined clearances for investors. Reaffirming the vision for Viksit Odisha 2036 and Viksit Bharat 2047, he said Odisha is ready to be a key state-level driver of energy transition through secure, affordable and sustainable growth. Additional Chief Secretary, Energy Vishal Kumar Dev and senior energy department officers also attended the conference.

Odisha CM Mohan Majhi to Begin 3-Day Delhi Visit

BHUBANESWAR (correspondent): Chief Minister Mohan Majhi will embark on a three-day visit to Delhi this afternoon, where he is scheduled to attend a series of Investors' Meets in Delhi and Gurugram.

Leading Team Odisha, the Chief Minister will hold discussions with potential investors, with a special focus on the food processing sector and metal downstream



industries. The visit also includes roadshows in Delhi and Gurugram aimed at showcasing Odisha's investment opportunities. The CM will be accompanied by

the Industry Minister Sampad Chandra Swain, Chief Secretary Anu Garg, and Industry Secretary, underscoring the state government's commitment to attracting fresh investments and strengthening industrial growth. Officials said the meetings are expected to highlight Odisha's emerging industrial ecosystem and its potential to draw significant capital inflows.

Agni-4 Ballistic Missile Test-Fired Successfully From Chandipur

Chandipur: India on Thursday successfully test-fired its Medium Range Ballistic Missile Agni-4 from the Integrated Test Range in Chandipur in Baleswar district. The Ministry of Defence said the launch validated all operational and technical parameters and was conducted under the aegis of the Strategic Forces Command. Agni-4 is a two-stage, surface-to-surface missile powered

by a solid-fuel rocket motor. It has a strike range of up to 4,000 kilometres and is capable of carrying nuclear warheads. The successful trial adds to India's string of missile tests this year. Earlier, India had also carried out successful trials of the Agni-Prime and Agni-3 missiles. Defence officials said the test further strengthens India's credible deterrence capability.

PM Modi Announces Rs 8,000-Crore Guwahati-Tezpur Corridor

Guwahati: The Union Cabinet has approved the construction of a four-lane access-controlled Guwahati-Tezpur Corridor on National Highway-15, a major infrastructure project expected to enhance connectivity between Assam and Arunachal Pradesh while reducing travel time, improving road safety and boosting economic activity across the region. Announcing the decision on social media platform X on Thursday, Prime Minister Narendra Modi described the project as a "major boost to connectivity and growth in Assam."

He said the corridor

will reduce travel time, improve road safety and ease congestion through major bypasses at various locations. It will also include an Emergency Landing Facility at Tezpur, along with bridges, flyovers, underpasses and service roads. Responding to the announcement, Assam Chief Minister Himanta Biswa Sarma thanked PM Modi and Union Road Transport and Highways Minister Nitin Gadkari for approving the project, estimated to cost over Rs 8,000 crore. Sarma said the corridor would provide a major impetus to trade and tourism while strengthening strategic infrastructure in the region by providing an

Emergency Landing Facility. He added that connectivity infrastructure across Assam and the Northeast has witnessed unprecedented expansion under PM Modi's leadership, accelerating economic development and creating new growth opportunities. Expressing gratitude on behalf of the people of Assam, Sarma thanked both PM Modi and Union Minister Nitin Gadkari for approving what he described as a transformative infrastructure project. The proposed Guwahati-Tezpur Corridor is expected to decongest existing traffic on NH-15 by providing a high-speed access-controlled route.

Supreme Court Denies Interim Bail to Asaram on Medical Grounds

New Delhi: The Supreme Court on Thursday refused to grant interim bail to self-styled godman and rape convict Asaram on medical grounds, while permitting him to avail the services of a trained caregiver of his choice round the clock, based on the medical opinion of the All India Institute of Medical Sciences (AIIMS). A Bench of Justices M.M. Sundresh and P.B. Varale kept his plea for suspension of sentence pending and allowed him to approach the court again if his health condition worsens. The court directed that Asaram may have the assistance of a trained caregiver on a 24-hour basis. During the hearing, Solicitor General Tushar Mehta,



representing the Rajasthan government, alleged that Asaram had concealed material facts by securing a 20-day parole from the Rajasthan High Court without informing it about his pending interim bail plea before the Supreme Court. He also argued that the parole granted by the High Court was not

disclosed before the apex court. Expressing surprise, the Bench remarked, "After our order?" after being informed of the High Court's decision, and observed that the petitioner's conduct was "not correct."

Counsel for Asaram, however, submitted that the parole application had been filed earlier

and that it was not sought solely on medical grounds. The Supreme Court based its decision on the AIIMS medical board's assessment, which stated that although Asaram suffers from several ailments—including coronary artery disease, osteoporosis, chronic hypotension, thalassemia and

recurrent gastrointestinal bleeding—he does not require hospitalisation but needs continuous assistance from trained caregivers.

On July 21, the apex court had directed the AIIMS Director to constitute a specialised medical board for a comprehensive evaluation of Asaram's health, saying it would not consider interim bail without an independent medical assessment. Earlier, on June 30, the court had issued notice to the Rajasthan government on Asaram's special leave petition challenging the Rajasthan High Court's May 27 judgment upholding his conviction and life sentence in the 2013 minor rape case, while declining interim relief.

Several Killed In Mass Shooting In US' North Carolina

Washington: A mass shooting at a rural house in Caswell County in North Carolina, US, led to multiple deaths, according to the North Carolina State Bureau of Investigation. Police responded to a call for service just before 8 a.m. Wednesday (local time). Deputies arriving on the scene found multiple people who had been shot, the North Carolina State Bureau of Investigation said in a release. One person was transported to the hospital with a gunshot wound, and there are multiple other fatalities, the release said. Law enforcement officers are still on the scene processing evidence and conducting interviews, reports Xinhua news agency.

Three family members are dead, including the suspected shooter, and a fourth relative was hospitalised, according to a local report quoting Caswell County Sheriff Tony Durden. The United States has been plagued by gun violence for decades, and hundreds of mass shootings are reported each year.

100 Deaths In Mass Border Crossing Into Spain's Ceuta: Local Leader

Brussels: About 100 people died during a mass border crossing into Spain's North African enclave of Ceuta last week, Ceuta President Juan Jesus Vivas told an extraordinary meeting of the European Parliament's Committee on Civil Liberties, Justice and Home Affairs on Thursday. Vivas said about 80,000 people entered Ceuta, nearly 75,000 of whom subsequently returned voluntarily, Xinhua

News Agency reported. Between 3,000 and 5,000 migrants remain in the enclave, leaving reception centres overwhelmed and creating a severe humanitarian emergency, he said, calling for stronger security, more reception resources and greater support from EU agencies. "An attack, a violation of territorial integrity. It is not a migratory crisis, but an episode in which the integrity of the city, of



Spain, and of Europe has been called into question," said Vivas, Italian News Agency

Adnkronos reported. According to Guillaume Mercier, European Commission

spokesman, the European Commission maintains "very high" attention in view of

August 15, a date indicated by various rumours and speculations for a possible new attempt to massively cross the border between Morocco and the enclave of Ceuta. "Threats to external borders can happen, as we have seen. We have seen the alerts and are in contact with the Spanish authorities on this. Attention remains very high, in view of August 15. We are also in contact with Frontex and Europol.

SOA Conducts Farmer Awareness Programmes to Promote Scientific and Sustainable Agriculture

BHUBANESWAR , (correspondent): Reinforcing its commitment to bridging the gap between agricultural research and on-field adoption, Siksha 'O' Anusandhan (SOA) Deemed to be University's t faculty of agricultural sciences Institute of Agricultural Sciences (IAS) successfully organised 16 farmer awareness programmes under the Rural Agricultural Work Experience (RAWE) programme from July 30 to August 6 across 11 adopted villages in Bhubaneswar, Jatni and Baliana blocks of Khordha district.

The awareness programmes were conducted in Jhntيسان, Panikata, Budhipada,



Kujimahar, Singirisasan, Puruna Padhan, Chhatabar, Bhola, B a r u d a k h a n a , Mendhashal and Purohitpur villages with the objective of disseminating scientific agricultural knowledge, promoting sustainable farming practices and strengthening the linkage between agricultural education and rural

communities. Designed to address the emerging challenges confronting farmers-including rising production costs, climate variability, declining soil fertility, water scarcity, and increasing incidence of pests and diseases-the programmes focused on location-specific issues and practical solutions. The themes were

carefully selected after assessing local cropping systems, available resources and the specific concerns of farmers, ensuring that the information shared was relevant, need-based and readily applicable in the field.

Adopting an interactive and participatory approach, the campaign went

beyond conventional extension activities. Under graduate agriculture students participating in the RAWE programme actively engaged with farmers through awareness rallies, hand-made placards, slogans, street plays, farmer interactions and door-to-door campaigns, making scientific knowledge more accessible and easier to understand. The initiative not only enhanced farmers' awareness of improved agricultural practices but also provided students with invaluable field exposure, enabling them to better understand rural farming systems and the practical dimensions of agricultural extension.

TN: CM Vijay Calls MP Meet On Delimitation On Aug 8

Chennai: Tamil Nadu Chief Minister S. Joseph Vijay has convened a consultative meeting of all Members of Parliament from the state on Saturday, August 8, to discuss the Centre's proposed delimitation exercise and its possible implications for Tamil Nadu. The meeting will be held at Kalaivanar Arangam in Chepauk, Chennai, at 3 p.m. and will be chaired by the Chief Minister. Lok Sabha and Rajya Sabha members representing Tamil Nadu have been invited to participate and present their views. According to the state government, invitations are being sent to all MPs from Tamil Nadu through Tamil Nadu House in New Delhi. The consultation is aimed at evolving a

broad understanding among the state's representatives in Parliament on the proposed redrawing of constituencies. The Centre is expected to take steps towards a delimitation exercise, which involves readjusting boundaries and representation of parliamentary and Assembly constituencies based on population and constitutional provisions. The proposed exercise has generated concern in Tamil Nadu over its potential impact on representation in Parliament.

The issue has emerged as an important political subject amid apprehensions that states which have performed better in population control could face a relative reduction

in their share of parliamentary seats if population becomes the principal basis for redistribution. Saturday's meeting is expected to examine the possible consequences of delimitation for Tamil Nadu and discuss the approach MPs should adopt if the issue comes up in Parliament. The consultation assumes significance amid reports that the Union government could revive legislative moves related to delimitation during the ongoing Monsoon Session. An earlier attempt to secure sufficient parliamentary support for the measure did not succeed, and political circles are closely watching whether the Centre will make another attempt during the current session.

FM Sitharaman Rejects UPI Charge Claims, Accuses Jairam Ramesh Of Spreading 'Canard'

New Delhi: Finance Minister Nirmala Sitharaman on Thursday hit back at senior Congress leader Jairam Ramesh over his criticism of the Taxation and Other Laws (Amendment) Bill, 2026, saying he should refrain from "spreading a canard" about the proposed changes related to UPI transactions. Responding to Ramesh's allegations, FM Sitharaman clarified that Merchant Discount Rate (MDR) applies only to merchants and not to end users or customers. The minister said the move would enable banks and fintech companies to invest more

in infrastructure, innovation and security, with all UPI users ultimately benefiting from t h e s e investments. "Before spreading a canard, Jairam Ramesh, please consider this: 1. Merchant Discount Rate (MDR) applies only on the merchants and not on the end users/customers. It will support the Banks & Fintech to invest more on infrastructure, innovation & security. All users of UPI will reap the benefits of this investment," FM Sitharaman stated. FM Sitharaman also criticised the Congress for raising the issue outside Parliament instead of

debating it during the legislative process. The minister said the matter could have been discussed on the floor of the House if the party had engaged constructively when the Bill was tabled in the Lok Sabha and Rajya Sabha. "All this could have been discussed on the floor of the House if your party engages constructively in Parliament when the Bill was/is tabled," FM S i t h a r a m a n added. Earlier, Jairam Ramesh had alleged that the proposed amendment removes the statutory guarantee that has kept UPI transactions free of charges, thereby

opening the door for the future imposition of MDR on digital payments. He claimed that any such levy would ultimately be passed on to ordinary users. The Congress leader also rejected the government's argument that charging MDR is necessary to make UPI financially sustainable. He argued that the Reserve Bank of India has adequate financial resources to support the country's digital payments infrastructure without imposing any additional burden on merchants or consumers, citing the RBI's surplus transfer of Rs 2.86 lakh crore to the Centre in 2025-26.

Assam Floods Leave 1.68 Lakh Affected In 15 Districts

Guwahati: Assam's flood situation remained critical on Thursday with 15 districts still affected, even as only one river continued to flow above the danger level, officials said. According to the Assam State Disaster Management Authority (ASDMA), the Dhansiri (South) at Numaligarh was flowing above the danger mark, while no river was reported above the highest flood level. The latest flood bulletin said 1,68,701 people across 481 villages in 39 revenue circles continue to be affected. Around 14,382.26 hectares of crop area remain submerged, impacting livelihoods in several districts. The worst-hit districts include



Golaghat, Sivasagar, Jorhat, Charaideo, Lakhimpur, Nagaon, Darrang and Biswanath. Golaghat reported the highest affected population at 54,085, followed by Sivasagar with 49,515, Jorhat with 27,842 and Charaideo with 21,486. Extensive crop damage has also been reported from Sivasagar, Jorhat, Lakhimpur and

Charaideo. The state government has kept 133 relief camps and distribution centres operational across the affected districts. A total of 10,111 people are currently taking shelter in relief camps, while another 35,596 are being assisted through distribution centres. Relief materials, including over 616 quintals of rice, nearly

110 quintals of dal, edible oil, cattle feed and other essential supplies, have been distributed. The flood has so far claimed two lives, with one death each reported from Golaghat and Udalguri districts. No person is currently reported missing. The disaster has also affected 41,475 animals, while 365 houses have been damaged, including 40 fully damaged and 325 partially damaged structures. Rescue agencies have deployed 93 teams and 151 boats, evacuating four people by boat as authorities continue relief and restoration efforts in the flood-hit districts.

BRICS Nations Have Unique Opportunity To Strengthen Manufacturing Competitiveness: Piyush Goyal

New Delhi: BRICS nations have a unique opportunity to strengthen manufacturing competitiveness, deepen technological collaboration, build resilient value chains and promote sustainable industrial growth, Union Commerce and Industry Minister Piyush Goyal said on Thursday. Addressing the BRICS Industry Ministers' Meeting in Jaipur under India's BRICS 2026 Chairship, Goyal said the discussions focused on the future of industrial cooperation and economic collaboration among BRICS member nations.

"Delighted to address the BRICS Industry Ministers'

Meeting in Jaipur under India's BRICS 2026 Chairship, where we discussed the future of industrial cooperation and economic collaboration," Goyal stated. "Emphasised that BRICS nations have a unique opportunity to strengthen manufacturing competitiveness, deepen technological collaboration, build resilient value chains, and promote sustainable industrial growth," he mentioned. He said India highlighted its priorities of strengthening micro, small and medium enterprises (MSMEs), fostering startup innovation, expanding clean energy cooperation and building technology-

enabled logistics ecosystems to drive sustainable industrial development. The minister said a key outcome of the meeting was the adoption of the Joint Declaration, which reaffirmed the member countries' shared commitment to advancing practical cooperation under the BRICS Partnership on New Industrial Revolution (PartNIR). "Also highlighted India's priorities of strengthening MSMEs, fostering startup innovation, expanding clean energy cooperation, and building technology-enabled logistics ecosystems," the minister stated.

Kerala HC Flags Errors In Muthanga Verdict, Questions Trial Court's Findings

Kochi: The Kerala High Court on Thursday cast doubts over the judgment of the Wayanad Principal Sessions Court convicting tribal leader M. Geethanandan and three others in the 2003 Muthanga agitation case, observing that the trial court's findings appeared to contain inconsistencies that warranted closer scrutiny. Hearing appeals filed by Geethanandan and the three other convicts seeking to set aside their conviction and sentence, the High Court questioned a crucial finding in the trial court judgment.

It asked how a court delivering a final verdict could conclude that only a prima facie case of criminal conspiracy had been established against the accused. Such an observation, the court indicated, appeared inconsistent with a



judgment convicting and sentencing the accused after a full-fledged trial. Observing that the verdict required a detailed examination, the High Court issued notices to the Central Bureau of Investigation (CBI) and the state government and posted the appeals for further hearing. The Sessions Court had only days ago sentenced

Geethanandan and three others to five years' rigorous imprisonment and imposed a fine after finding them guilty of attempting to murder police officer Salam during the police operation at Muthanga. The court had also directed the accused to pay Rs 7 lakh as compensation to the family of police

constable K. V. Vinod, who was killed in the violence.

The case arises from the February 19, 2003 police action at the Muthanga Wildlife Sanctuary in Wayanad, where tribal families led by C.K. Janu and Geethanandan had occupied forest land d e m a n d i n g implementation of the

government's promise to provide land to landless Adivasis. The occupation followed the collapse of negotiations after the then A.K. Antony-led state government allegedly failed to honour assurances made following a prolonged Secretariat protest by the Adivasi Gothra Maha Sabha. More than 800 tribal families had erected makeshift shelters inside the sanctuary before the eviction drive culminated in one of Kerala's bloodiest tribal confrontations. The High Court's observations have now raised fresh legal questions over the trial court's reasoning, setting the stage for a renewed judicial examination of one of Kerala's most politically and socially significant criminal cases.

'Gen Z Protesters Are Not 'Anti-National', Their Grievances Are Genuine': Mohan Bhagwat

Mumbai: Addressing the gathering amid recent student-led protests over issues including the alleged NEET paper leak, the Rashtriya Swayamsevak Sangh (RSS) Chief Mohan Bhagwat said on Thursday that the Gen Z

movement was not against the country and that the protesters' grievances were genuine. He stressed the need for reforms in India's education system and emphasised that dialogue was essential. "If Gen Z is

protesting, they are not anti-nationals. They are our own people, our next generation... I do not believe Gen Z is like that... I think the new generation — the Gen Z and Gen Alpha, is more honest than our existing generation, and honest

appeal of patriotism and service works with them," he noted. "The new generation appeared more honest, with appeals of patriotism and service resonating with them." B h a g w a t addressed and

interacted with more than 2,000 students representing Generation Z and Generation Alpha at the inauguration of the annual championship conference organised by India's International Movement to Unite Nations (IIMUN),

which is celebrating its 15th anniversary. "A protest is also a way of dialogue," the RSS Chief said. "In a democracy, protests are also a way of building consensus. A lot of views come together, and

consensus is evolved after discussions. That discussion may happen through dialogue. However, due to various reasons, if a concern is not heard, one may move towards agitation. But all these steps should be taken to evolve a consensus, not

to create divisions." He also remarked that he would not say Gen Z should not protest, but noted that democracy has established ways and methods, pointing to the Constitution and the ideas of B.R. Ambedkar.

SOA Hosts International Conference on Computational Mathematics for Engineering Sciences and Healthcare

Bhubaneswar, (correspondent): A three-day International Conference on Computational Mathematics for Engineering Sciences and Healthcare (ICCMESH-2026) inaugurated at Siksha 'O' Anusandhan (SOA) Deemed to be University's faculty of engineering Institute of Technical Education and Research (ITER) on Thursday. The conference organized by the department of mathematics aims to bringing together leading academicians, researchers, scientists and industry experts from India and abroad to explore recent advances in computational



mathematics and its applications in engineering, healthcare and interdisciplinary sciences. The conference also aims to provide an international platform for the exchange of ideas, dissemination of cutting-edge research and fostering of collaborations among experts working in computational mathematics and allied disciplines. The inaugural ceremony was graced

by Prof. Pradipta Kumar Nanda, Vice-Chancellor of SOA, who presided over the function. Prof. Sanjeeva Perera, Chair Professor of Mathematics and Director of the Centre for Mathematical Modeling, University of Colombo, Sri Lanka, attended as the Chief Guest, while Prof. Manjula Das, Controller of Examinations, SOA, was the Guest of Honour. Prof. Pradeep

Kumar Sahoo, Dean, ITER; Prof. Sunita Chand, Head of the Department of Mathematics and Organising Chair of ICCMESH-2026; Prof. Mitali Madhusmita Nayak, Convener of the conference; and Co-conveners Dr. Saubhagya Kumar Sahoo and Dr. Pinaki Prasad Kar were also present in the event. In his inaugural address, Prof. Sanjeeva Perera highlighted the

transformative role of computational mathematics, mathematical modelling and artificial intelligence in addressing complex global challenges, particularly in public healthcare and the management of infectious diseases. He emphasised that advances in computational sciences have become indispensable for developing innovative, evidence-based solutions to real-world problems. Delivering the presidential address, Prof. Pradipta Kumar Nanda underscored the growing importance of computational sciences in driving technological innovation and solving multidisciplinary challenges.

JSW Foundation flags off dengue elimination drive

Rourkela / Barbil (correspondent):: JSW Foundation has launched an extensive fogging and anti-larvae spraying drive at Damu Hatting area, Ward No-15 of Barbil. The program is designed to safeguard residents against vector-borne diseases such as dengue, malaria and other seasonal illness through a combination of preventive measures. The operation includes anti-larvae treatment in every household and four rounds of fogging across the entire ward, ensuring that breeding grounds for mosquitoes are systematically eradicated. This large-scale intervention



reflects JSW Foundation's commitment to public health and its proactive role in supporting community well-being. Guided by the Barbil Municipality, the initiative is being executed with the active participation of local volunteers and community members. Their coordinated efforts aim to create a healthier environment and reduce the risk of outbreaks during the

monsoon season. Speaking on the launch, JSW Foundation official said: "Our mission is to protect lives by eliminating the root causes of vector-borne diseases. This initiative in Damu Hatti is not just about fogging or treatment—it is about instilling confidence in the community that together, we can defeat dengue and safeguard future generations."

Unchecked sale of foreign liquor continues; when will action be taken?

Rourkela / Sundargarh: The trade in foreign liquor has surged in the Hemgir block of Sundargarh district; liquor is being sold door-to-door from motorcycles, much like vegetables. This unchecked and illegal sale is fueling resentment among local residents, disrupting the social atmosphere, and creating law-and-order issues. The trade is expanding in areas such as Hemgir, Durubga, Laikera, Kananktura, and Duduka, with liquor being sold openly in various lanes and shops. Easy availability is drawing youth and students toward addiction, leading to instances of domestic violence and public disturbances. Furthermore, alcohol consumption is making women feel unsafe on the streets and contributing to a rise in theft and robbery. Intellectuals and concerned citizens are demanding that the Excise Department and the police take strict action against illegal liquor outlets and put a stop to this illicit trade.

Rotary Club of Rourkela Queens Successfully Organizes Raincoat Distribution

Rourkela: The Rotary Club of Rourkela Queens successfully organized a raincoat distribution event at Rourkela Railway Station. The initiative aimed to assist the hardworking railway porters who continue to serve passengers even during the challenging monsoon season. A total of 100 raincoats were distributed to protect the porters from the rain while they performed their daily duties. Twelve club members participated in the initiative with great enthusiasm, demonstrating the club's sensitivity and commitment to community service.

Digital Media: Voice to the Voiceless

Bargarh: (correspondent: The 6th Annual Celebration of the Western Odisha Web Media Association, held today at Yadumani Auditorium, turned into a powerful call for fearless, truth-based digital journalism in the service of the common people.

Guest speakers, including Bargarh MLA Ashwini Sarangi, Atabira MLA Nihar Mahanand, Padampur MLA Rastha Singh Bariha, Bhatli MLA Irasis Acharya, and Congress leader Nipan Dash, stressed that digital media has become a critical instrument for bringing neglected voices to the fore and pressing public problems before the administration and



government. The event, which honoured many journalists and institutions, also delivered a sharp message to the media ecosystem: print, electronic, web, and social media must work together for the greater public interest, not for narrow political or commercial agendas. Speakers warned that despite its growing influence, digital journalism faces serious challenges — misinformation, pressure from vested

interests, financial instability, shrinking attention spans, and the constant push for speed over accuracy. They urged journalists to resist these pressures and remain committed to truth, courage, and public service. "The media's contribution has always been there in building a conscious and empowered society," the guests said. "In the digital age, journalists who represent truth, fearlessness, and the voice of the people are an inspiration."

Theft at Urban PHC Solved Within 24 Hours

Rayagada, (correspondent: In a swift breakthrough, the Rayagada Police successfully solved a theft case involving construction equipment and materials from the Urban Primary Health Centre (PHC) near UGMIT, Rayagada, and arrested one accused while recovering the stolen property.

According to police, the incident took place during the night of August 4/5, 2026, when an unidentified miscreant allegedly broke open the lock of the construction site at the Urban PHC and stole valuable construction equipment, including a concrete breaker machine, rod cutting machine, and other construction



materials. Based on a complaint, Rayagada Police Station Case No. 292 dated 05.08.2026 was registered under Sections 331(4) and 305(a) of the Bharatiya Nyaya Sanhita (BNS). Police immediately launched an investigation, collecting evidence and conducting inquiries to trace the accused. During the course of

the investigation, police identified and apprehended the accused and recovered all the stolen items, including the concrete breaker machine, rod cutting machine, and other construction materials. The timely recovery prevented further loss and helped restore the stolen property to its rightful owner. The arrested

accused has been identified as K. Manoj Kumar (30), son of K. Appla Raju, a resident of Rohit Colony, 9th Lane, Rayagada. He has been produced before the court after completion of the necessary legal formalities. Police stated that the investigation was carried out promptly, leading to the quick detection of the case and recovery of the stolen equipment. Further investigation is continuing to ascertain whether the accused was involved in any other theft cases in the district. The successful detection of the case reflects the proactive efforts of the Rayagada Police in maintaining law and order and taking prompt action against property-related offences.

Odisha Vigilance arrests three including Ex-JE in Rs 55.69L Pattnaik Tank Renovation Fraud

Katakata (correspondent: Odisha Vigilance on Thursday arrested three persons, including two government engineering officials and a private contractor, in connection with alleged financial irregularities of Rs 55.69 lakh in the 'Reclamation and Renovation of Pattanaik Tank' project at Paralakhemundi in Gajapati district. The arrested individuals are former Ex-Junior Engineer D Yudhistir, Municipal Engineer Sanjeev Champati, and contractor Surendra Panigrahi. According to



Vigilance, an investigation found systematic misappropriation of government funds between 2019 and 2022. A total of Rs 1,22,40,700 was disbursed to the contractor across three

Running Account bills after statutory tax deductions. Vigilance alleged that Yudhistir deliberately made inflated and false entries in the official Measurement Books for work that was either not executed or was sub-

standard. Champati, during check measurement, knowingly endorsed these false measurements as 'correct'. Based on these fraudulent endorsements, the full amount was paid to contractor Panigrahi. An independent technical

assessment by Odisha Vigilance confirmed sub-standard and less execution of work to the extent of Rs 55,69,033, causing direct loss to the state exchequer. A case has been registered at Brahmapur Vigilance Police Station as Case No. 07/2026 under sections 13(2) read with 13(1)(a) of the PC Amendment Act, 2018 and sections 120-B, 409, 420, 468, 471, and 477-A of the IPC. All three accused will be produced in court on Tuesday. Further investigation is underway, Vigilance said.

I&PR Southern Deputy Director Basant Pradhan visits Malkangiri district

Malkangiri, correspondent :Southern Deputy Director of Information and Public Relations Department Mr Basant Pradhan visited Malkangiri district and visited the departmental office and reviewed the progress of various programs. After reaching the office, Malkangiri District Information and Public Relations Officer Pramila Majhi gave him a ceremonial welcome. Former DIPRO of Nayagarh Mrs Jyotsnamayi Acharya was also present on the occasion. During the visit, Deputy Director Shri Pradhan emphasized on the wide publicity of government schemes and welfare programs in the district. He emphasized main responsibility of our department is to provide accurate information about government schemes to the people and to work as a bridge between the administration and the public. We have to work more diligently to reach out to the people in remote areas like Malkangiri and make them aware. He has advised to maintain transparency in providing information by providing accurate and timely information to the public and media representatives. He has directed the DIPRO to make extensive and effective use of social media to publicize various achievements of the government and to regularly review and visit various awareness campaigns being conducted in the district.

180 Hostel Students Walk Out Alleging Abuse; BJD Targets Minister Nityananda Gond Over 'Collapse' of School Oversight

Umarkota, (correspondent: Around 180 students of the government-run hostel attached to Santemera Upper Primary School in Jharigaon block of Nabarangpur district staged a dramatic walkout on Thursday, alleging poor food, overcrowding, unsafe living conditions and mistreatment by hostel authorities. The students, carrying their school bags and belongings, left the hostel on foot and attempted to walk nearly 20

km towards Jharigaon before they were stopped by education officials near Dukalupada. According to the students, they had been facing multiple hardships for several months. They alleged that they were served insect-infested rice and half-cooked watery dal, while nearly 180 children were forced to stay in just two overcrowded rooms. They also claimed that rainwater leaked through the hostel roof during the

monsoon, leaving them drenched inside the building. The students further alleged that despite sports equipment such as footballs being available, they were not allowed to use them. Some also accused the hostel authorities of intimidation and high-handed behaviour, claiming that their repeated complaints had gone unaddressed. The incident has raised serious concerns over the condition of government-run residential hostels and the

effectiveness of official monitoring in the tribal-dominated district. Headmistress Rajalakshmi Maharana denied the allegations. The Block Education Officer (BEO), accompanied by other officials, including the Assistant Block Education Officer (ABEO) and Cluster Resource Centre Coordinator (CRCC), intercepted the students near Dukalupada School, counselled them and shifted them there

temporarily. Officials said parents have been informed and the students will be handed over to them after their arrival. The BEO has ordered an inquiry into the allegations. Meanwhile, local Biju Janata Dal (BJD) leaders launched a sharp attack on Odisha's School and Mass Education Minister Nityananda Gond, who represents the Umerkote Assembly constituency in Nabarangpur district.

EDITORIAL

NEET-UG May Get a Two-Stage Format: Centre Evaluating Proposal

The National Eligibility-cum-Entrance Test (NEET-UG), India's largest medical entrance examination, may soon undergo one of its biggest structural reforms. The Central Government has informed the Supreme Court that it is actively considering introducing a two-stage examination format, similar to the Joint Entrance Examination (JEE) conducted for engineering admissions. If implemented, this change could significantly transform the way millions of aspiring doctors prepare for medical education in India. Every year, nearly 2.5 million students appear for NEET-UG, making it one of the world's largest entrance examinations. Managing an exam of such a massive scale has become increasingly challenging. In recent years, controversies related to paper leaks, allegations of irregularities, legal disputes, and demands for greater transparency have prompted policymakers to rethink the existing examination system.

Why a Two-Stage Format?

The idea of introducing two stages is inspired by the success of the JEE system. Under the engineering entrance model, students first take JEE Main, and only the top-performing candidates qualify for JEE Advanced. This approach has helped streamline admissions and reduce pressure on the final stage.

A similar system for NEET-UG could involve:

Stage One: A preliminary screening examination open to all eligible candidates.

Stage Two: An advanced examination for shortlisted candidates, determining admission to medical colleges.

Although no final blueprint has been announced, officials are evaluating multiple options before taking a decision.

Potential Benefits

A two-stage examination could offer several advantages.

Improved Examination Security: Conducting a second-stage exam for a smaller group of candidates may make it easier to ensure strict security measures and reduce the risk of malpractice.

Growing Risks of Extremism to Nuclear Weapons in Pakistan

Afif Ahsan

On 3 July 2026, an important international conference and panel discussion was held at the Sausalito Hall of Hotel Nvy in Geneva, Switzerland. The event was organized as a side event during the 62nd Regular Session of the United Nations Human Rights Council (15 June-7 July 2026). It marked the official launch of the new book, Nuclearisation of Asia: From Nuclearisation to the Emergence of Asia, authored by renowned French journalist and geopolitical analyst René Naba. "A former head of the Arab-Muslim Desk at AFP News Agency, René Naba argues in his book that Asia is emerging as the world's most significant continent in terms of population, economic growth, and nuclear capabilities. At the same time, he highlights the growing threats to international peace arising from violations of the Nuclear Non-Proliferation Treaty (NPT), the military application of artificial intelligence (AI), and increasing regional instability. The book also examines the evolving strategic partnership between China and Pakistan and its geopolitical implications." "The panel discussion brought together security experts and strategic analysts from different parts of the world. The participants broadly endorsed the concerns raised by René Naba and deliberated on several critical issues. The panel expressed concern that increasing public radicalization and the spread of militant ideologies in Pakistan could pose internal security risks to the country's nuclear infrastructure. The return of the Taliban to power in Afghanistan and the growing activities of organizations such as Tehrik-i-Taliban Pakistan (TTP) were identified as serious challenges to regional nuclear security. Participants also discussed the gradual institutionalization of militant jihadist narratives and extremist ideologies within segments of Pakistan's educational system over recent decades." "While Asia's rise as a global power is inevitable, the internal challenges facing a nuclear-armed state such as Pakistan including extremism and terrorism pose significant risks to the global security environment. The panel urged the international community to adopt a coordinated strategy to address both conventional and emerging nuclear threats. To better understand the

international concerns surrounding Pakistan's nuclear assets, it is necessary to examine the principal issues frequently raised by foreign policy specialists and security analysts." "One of the foremost concerns is that severe political or economic instability within Pakistan could weaken state institutions and reduce the government's ability to maintain effective control. Analysts argue that internal crises including terrorism, political unrest, and economic instability can place considerable pressure on the personnel and systems responsible for protecting nuclear facilities, thereby increasing the possibility of insider threats." "Analysts such as René Naba contend that the growing influence of extremist ideologies and militant organizations within society could also present challenges for institutions responsible for safeguarding nuclear weapons. There are concerns that if lower- or mid-level personnel within security organizations become influenced by extremist ideologies, the integrity of the nuclear command-and-control system could be compromised." "The strained relationship between Pakistan and India continues to be viewed by the international community as one of the world's most dangerous nuclear flashpoints. Security experts argue that any conventional military confrontation between the two countries carries the risk of rapid escalation into a nuclear conflict, making South Asia a persistent concern for international peace and security." "Although Pakistan maintains that its nuclear programme is fully secure under the oversight of the National Command Authority, critics often examine the issue through the lens of centralized versus delegated command structures. They argue that during periods of severe crisis, if central command mechanisms are disrupted, the possibility of operational errors or unauthorized use of nuclear weapons cannot be entirely ruled out." "Another factor frequently cited by analysts is the Islamization programme introduced during the rule of General Zia-ul-Haq. During this period, religious identity became increasingly integrated into state institutions, educational policies, and public discourse. While many of these measures were intended to promote national cohesion, critics argue that they also created an environment in which rigid interpretations of religion gained greater legitimacy.

Over time, certain extremist organizations exploited this environment to justify violence in the name of religion, despite the fact that such actions have no basis in Islam's ethical teachings." "Another significant issue concerns the A.Q. Khan proliferation network, which adversely affected Pakistan's international reputation regarding nuclear technology proliferation. The incident raised broader questions about the robustness of state control mechanisms and whether unauthorized individuals could gain access to sensitive nuclear technologies. International observers argue that these concerns are not based solely on one historical episode but stem from the broader contradiction between sophisticated strategic capabilities and persistent political and institutional instability. While Pakistani authorities describe the country's nuclear programme as a vital component of strategic deterrence and national defence, external analysts maintain that the security of nuclear weapons depends not only on technological capability but also on long-term political stability and strong institutions." "The central and long-term conclusion of the Geneva conference was that Asia's emergence as a global power is both inevitable and irreversible, with the centre of global economic and political influence gradually shifting from the West to the East. However, the internal conditions prevailing in nuclear-armed states including societal radicalization, religious extremism, and terrorism continue to pose serious challenges to international security. The panel urged governments and the international community to formulate a comprehensive, transparent, and responsible global strategy to address not only traditional nuclear threats but also emerging risks such as the military application of artificial intelligence, cyber warfare, and the potential acquisition of nuclear materials by terrorist organizations. The participants emphasized that even a limited strategic miscalculation could have catastrophic global consequences." "While Asia's strategic and economic rise is widely acknowledged, growing domestic extremism, militant influence, and persistent political and economic instability in a nuclear-armed country such as Pakistan remain significant obstacles to regional and global security. The protection of Pakistan's nuclear arsenal requires not only advanced technical safeguards but also a stable political system, resilient institutions, and a moderate, inclusive society.

Conversation over Confrontation



Bruhaspati Samal

India's streets have become the mirror of its collective conscience. From New Delhi to the remotest corners of the country, from university campuses resonating with the voices of anxious students to villages where farmers assemble in hope, from factory gates where workers demand dignity to offices where employees seek justice, the nation is witnessing an extraordinary wave of public protests. Their slogans differ, their banners carry different demands, yet beneath every march lies the same silent plea: "Listen to us before it is too late." When so many sections of society choose the streets over institutional corridors, the issue is no longer confined to individual grievances. It becomes a question about the health of democratic communication itself. The real concern is not merely why people are protesting, but why so many believe that protest has become their only language.

A vibrant democracy is not threatened because its citizens question

authority; it is threatened when conversation between the State and its people begins to collapse. Governments are elected not merely to administer laws but to understand aspirations, respond to anxieties and inspire confidence. Citizens, on the other hand, are entrusted by the Constitution with both the right and the responsibility to express dissent peacefully. When communication fails, however, suspicion fills the vacuum. Dialogue gives way to slogans, consultation to confrontation, and trust to distrust. By the time barricades replace conference tables, democracy has already suffered a silent defeat.

The recurring pattern is deeply unsettling. Public grievances often remain unattended until demonstrations gather momentum. Administrative responses then frequently shift towards managing crowds instead of addressing causes. Experience has repeatedly shown that police action may disperse gatherings, but it cannot disperse dissatisfaction. Roads can be cleared, but



resentment cannot. Temporary calm achieved through force seldom produces lasting peace because unresolved grievances inevitably return in another form, another place, and another generation. Equally, protest movements that abandon constitutional discipline risk weakening the moral authority of their own cause. The first casualty of confrontation is neither the government nor the protesters—it is public trust, the invisible foundation upon which democratic institutions stand. India's constitutional vision offers a far nobler path. The Constitution does not compel citizens to choose

between governance and dissent; it protects both. It recognises that governments derive legitimacy from the consent of the governed and that citizens retain the right to question those exercising public power. These are not opposing principles but complementary pillars of the Republic. Governance without accountability gradually loses sensitivity, while dissent without responsibility risks descending into disorder. The challenge before the nation is therefore not to determine who is stronger, but to preserve the constitutional balance between authority and accountability. History offers an enduring lesson. The greatest democratic

transformations were rarely achieved through prolonged confrontation alone. They emerged when political wisdom overcame political ego, when institutions found the courage to listen, and when public movements maintained the discipline to pursue justice without surrendering to violence. India itself secured independence through a movement that transformed moral courage into a force more powerful than fear. That legacy continues to remind the nation that dialogue is never a sign of weakness. It is the highest expression of democratic confidence. Governments earn lasting respect by listening before crises

deepen, while people's movements earn enduring legitimacy by remaining peaceful, truthful and constitutional. The present wave of protests should therefore be seen not merely as an administrative challenge but as an opportunity for democratic renewal. Governments at every level must rediscover the value of timely consultation, transparent communication and empathetic governance. Political authority does not diminish by listening; it gains credibility. At the same time, protest movements must recognise that the Constitution grants not only the freedom to dissent but also the responsibility to

protect public peace, public property and the rule of law. Parliament, the judiciary, the media, universities, trade unions and civil society all have an equally vital role in ensuring that disagreements are resolved through dialogue before they harden into confrontation.

India's democratic strength has never been measured by the absence of protests. Democracies are dynamic precisely because citizens possess the freedom to question, organise and seek accountability. Their true strength lies in their capacity to convert conflict into consensus through constitutional means. The world's largest democracy cannot afford to normalise a cycle in which every grievance culminates in agitation and every agitation invites confrontation. Such a trajectory weakens institutions, polarises society and diverts national energy from nation-building to perpetual conflict. A Republic of 1.4 billion people cannot be governed merely through authority, nor can it be transformed merely through agitation. It must be sustained through

continuous conversation. The message for the nation is therefore both urgent and timeless. Governments must recognise that listening is not an act of political concession but a constitutional obligation. Citizens must recognise that peaceful and disciplined dissent is not a limitation but the greatest strength of democratic movements. The Constitution belongs neither exclusively to those who govern nor solely to those who protest; it belongs equally to every Indian. If India is to preserve the ideals of justice, liberty, equality and fraternity for future generations, the distance between the rulers and the ruled must be bridged not by stronger barricades but by stronger conversations. For democracies are not ultimately sustained by the power of governments or the passion of protests. They endure because people continue to believe that someone, somewhere, is still willing to listen. The future of the Republic will therefore depend not on confrontation, but on conversation—because conversation is the highest expression of democracy, and confrontation its gravest failure.

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KORAPUT MUNICIPALITY

email-koraputmunicipality2014@gmail.com Mob no: 06852-250629

No. 3503

Dtd. 05.08.2026

QUOTATION CALL NOTICE

Sealed quotations are hereby invited from individuals manufacturers or contractor for execution of the work titeld.

1) “For Upgradation of AWCs to Model AWCs under Koraput Municipality.”

No of work	: 01
Estimated Cost and work detail	: As per QCN
Date and Time of bidding	: From 06.08.2026 at 11.00 AM to 20.8.2026 at 1.00PM
Document Recieved	: From 06.08.2026 at 11.00 AM to 20.8.2026 at 1.00PM (working days only)
Document shall be opened	: 20.8.2026 at 4.00PM onwards
Paper Cost(non-refundable)	:- Rs.10,000.00
EMD (INR)	:- Rs.10,000.00

The detail tender call notice is available on our office notice board and our office website www.koraputmunicipality.in for wide publication.

N.B- The design, location and if any other requirement will be final by the undersign.

Executive Officer
Koraput Municipality

OIPR-:13001/13074/1/26-27/0010

Shreya Kalra wins Lock Upp season 2, takes home trophy and 1 Crore prize

Reality star Shreya Kalra has been crowned the winner of Lock Upp Season 2, taking home the winner's trophy along with a cash prize of ₹1 crore. The grand finale of the Netflix reality show concluded on a high note, bringing an end to weeks of intense competition, emotional moments, and dramatic twists. Shreya emerged victorious after outperforming fellow finalists Shivangi Joshi, Ram Kapoor, Shilpa Shinde, and Yogesh Rawat. Shivangi Joshi secured the position of first runner-up, while the remaining finalists finished the season with strong fan support. The finale followed the elimination of Varun Yadav and Akanksha Chamola. Akanksha exited the competition after Shreya, Yogesh, and Varun unanimously voted to evict her following a challenge set by host Riteish Deshmukh. One of the season's biggest talking points came when actor Harshad Chopda voluntarily gave up his place in the finale to save Shivangi Joshi. After leaving the show, Harshad dismissed speculation about a romantic relationship with Shivangi, clarifying that they share only a close friendship. Earlier in the season, finalist Yogesh Rawat also secured ₹10 lakh by winning a special task, adding another memorable moment to the competition. Lock Upp Season 2 premiered on Netflix on June 27, 2026, and was hosted by Farah Khan and Riteish Deshmukh. The inaugural season of the reality show was hosted by Kangana Ranaut.



Richa Chadha's 'Musafiri' to explore Mumbai beyond the tourist trail

Actor-producer Richa Chadha has announced her upcoming non-fiction series, Musafiri, a project that celebrates India's rich heritage, diverse people and untold stories. The first season of Musafiri will feature eight episodes, each exploring different facets of Mumbai—a city Richa describes as her "residence of choice." Going beyond the format of a conventional travel show, the series is envisioned as a heartfelt tribute to the city that shaped her career, transformed her life and continues to inspire her both as an artist and an individual. Chadha seeks to explore why Indian society has evolved the way it has, reflecting her deep fascination with the country's diverse legacy and historical contributions to the world. Sharing the inspiration behind the series, Richa said in a statement, "I've always believed that travel isn't about ticking places off a list, it's about understanding the people, history and culture that shape them. That's the spirit behind 'Musafiri'." She added, "I wanted to create a series that goes beyond landmarks and uncovers the stories that make every destination unique. We begin with Mumbai because it's a city that has constantly surprised me, but this is only the first stop." Highlighting the larger vision of the project, the actor-producer said, "Across India are countless traditions, communities and hidden gems waiting to be explored, and I hope 'Musafiri' inspires people to experience them with an open mind and a genuine sense of curiosity." With Mumbai serving as the starting point, 'Musafiri' aims to evolve into a nationwide exploration of India's extraordinary diversity, offering viewers meaningful journeys into the country's culture, history and communities, one destination at a time.



10 hydrating fruits to stay healthy



1. Watermelon
Watermelon can be your best buddy during searing summer heat as it is loaded with water and fibre content and is an excellent option to have for a mid-meal snack. Easy to digest, sweet and juicy, watermelon can also help heal your fatigue and tiredness on a hot and humid day. Besides, it is a storehouse of essential vitamins and minerals that can keep your immunity high. Not to mention, the fruit is very good for supporting your gut health.
2. Mango
Mango, the king of fruits, is one of the attractions of summer season. From having it in your main meal in the form of amras puri, turning it into a mango shake for a refreshing drink, enjoying it in your salads and smoothies, to making sweet and tangy chutneys out of them, mangoes can be enjoyed in many ways during this season. Mango also has loads of fibre, vitamins and antioxidants which can ease your digestion and support immune system. The high-water content in mangoes helps in keeping the body hydrated and combating dehydration. Additionally, mangoes are rich in antioxidants, aiding in skin protection against sun damage.
3. Cucumber
If you want to be 'cool as a cucumber' during summer, this veggie is a must-have. It is usual for many people to suffer from loss of appetite and low energy levels during summer months. Adding cucumber in your diet can provide a burst of vitamins and minerals like vitamin K, potassium, and magnesium, which is excellent for overall health. The low-calorie veggie can be added to salad, sandwiches, rolls, and smoothies. Cucumbers contain antioxidants and anti-inflammatory compounds, which can also promote skin health and reduce risk of chronic diseases.
4. Papaya
With excellent water content and fibre, papaya can keep digestive woes at bay during a heatwave. With abundant Vitamin C, and antioxidants, papaya can boost immunity to keep heat



- illnesses at bay and also provide protection to skin against sun damage. Papayas also contain digestive enzymes like papain, aiding in digestion and alleviating bloating or indigestion, common in summer. One can include papaya fruit in breakfast meal.
5. Oranges
Rich in electrolytes, water content and Vitamin C, oranges can be one of the best fruits to have during summer. Refreshing with sweet and tangy taste, oranges can also satiate your cravings. The fruit helps the body to cope with extreme temperatures and help maintain fluid balance, preventing heat exhaustion or heatstroke.
 6. Muskmelon
Incredibly flavourful and delicious, muskmelons are a delight to have in summer. Not only they taste great, they also have a wonderful fragrance. Low in calories, muskmelon is full of dietary fibre, vitamin A, Vitamin C, Vitamin B complex, minerals, electrolytes and carotenoids. From keeping the body hydrated to boosting heart health, muskmelon can help prevent a range of health issues.
 7. Bael fruit
Bael or wood apple juice is a summer superfood that has been in use since centuries for its cooling properties and healing heat-related illnesses. It can keep the body naturally cool and prevent heat stroke. Due to its rich fibre content, the fruit can also help relieve constipation and regulate bowel movements during summer. A good source of vitamins and minerals, bael can support overall health and wellness during summer. One should consume Bael fruit juice in summer with no added sugar. To prevent heat exhaustion, a good time to take bael fruit juice is before stepping out.
 8. Peaches
Juicy and delicious, peaches are one of the summer fruits that can help maintain fluid balance in the body and provide it with useful antioxidants. Rich in vitamins A and C, the fruit promotes healthy skin. Light on stomach, peaches can support one in weight loss journey and keeping digestive health in top shape.
 9. Pineapple
With its wonderful benefits in rehydrating the body, aiding fat loss and supporting digestion, pineapple is one of the best fruits you can have in summer. It is anti-inflammatory in nature and helps prevent many illnesses. It also aids summer weight loss besides supplying you with energy throughout the day. From having it in salad to adding it in raita, pineapple can be consumed in a variety of ways.
 10. Berries
Delicious and loaded with antioxidants, berries are wonderful source of vitamins and minerals and can keep you satiated for long. They are also high in fibre and aid in blood sugar control.

6 red flags to notice in toxic friends

Friendships bring joy, support, and growth. However, certain behaviours may indicate that a friendship is unhealthy or harmful to your well-being. People are generally good at identifying red flags in romantic relationships—or at least we like to think so. We can spot behaviours that signal something is off, like gaslighting or love bombing, and we know to steer clear. However, these same red flags aren't always applied to friendships. The challenge with friends is that our deep affection for them can sometimes blind us to their toxic behaviours. While no one is perfect, it's important not to overlook a friend's hurtful words and actions, even if they are close to you

1. Does Not Show Up to Help You Heal
True friends provide emotional support and a listening ear during difficult times. If a friend consistently avoids or dismisses your emotional needs while you are going through a difficult time, it could indicate a lack of genuine empathy or concern.
2. Enables Addictions and Toxic Relationships
If a friend supports or even encourages your addictions or toxic relationships rather than assisting you in breaking free, this may indicate enabling behaviour. You need to surround yourself with



- enabling influences!
3. Makes you feel unsafe or unheard
Maslow's second hierarchy of needs emphasises the importance of safety for personal growth. Feeling safe and understood in a friendship is fundamental. If a friend consistently ignores your boundaries, makes you feel uncomfortable, or gaslights your experiences, it shows alerting signs of lacking respect.
 4. Only calls to get the 'tea'
If a friend only calls to gossip about other people, it shows they won't ever help you get beyond the drama in your life. To grow into a better person, a healthy friendship is built on deep conversations and exchange of ideas.
 5. Takes away your moment
A genuine friend celebrates your accomplishments without comparing them to their own struggles. If a friend consistently responds to your good news by immediately shifting the focus to their own problems or achievements, it could indicate a lack of genuine happiness for your achievements or severe pre-engagement to their own problems.
 6. Encourages you to become like 'them'
A true friend will accept you for who you are and encourage you to develop as a person.



Football: Mohamed Salah Joins Trabzonspor On Two-Year Deal After Liverpool Exit

Istanbul: Egypt captain Mohamed Salah has joined Turkish Super Lig club Trabzonspor on a free transfer, signing a two-year contract after bringing the curtain down on his glittering nine-year spell with Liverpool. The move comes after Salah and Liverpool mutually agreed to terminate his contract a year early, ending his stay at Anfield following the conclusion of the 2025-26 season.

Salah's departure closed one of the most successful chapters in Liverpool's modern history. Since arriving from Italian club AS Roma in the summer of 2017, the Egyptian established himself among the club's greatest-ever players, playing a pivotal role in Liverpool's domestic



and European success. During his time at Anfield, Salah helped Liverpool win two Premier League titles, the UEFA Champions League, FIFA Club World Cup, UEFA Super Cup, FA Cup, two League Cups and the FA Community Shield.

The prolific forward scored 255 goals in 435 appearances for the Merseyside club, finishing third on Liverpool's all-time scoring list. He also claimed the Premier League Golden Boot on four occasions and collected several individual honours during his trophy-laden stint. Salah's final

season at Liverpool proved challenging, with the forward struggling for regular playing time and reportedly falling out with then head coach Arne Slot before both parties agreed to bring his contract to an early conclusion. The 34-year-old now embarks on a fresh challenge in

Turkey with Trabzonspor, one of the country's most decorated clubs. Trabzonspor are seven-time Turkish league champions, with six of those titles coming during a dominant spell between 1976 and 1984. The Black Sea club ended a 38-year wait for the league crown by lifting the Super Lig title in 2022 and remain one of only six clubs to have won Turkey's top-flight championship. The signing represents one of the biggest transfers in the history of the Turkish Super Lig, with Trabzonspor adding one of world football's most accomplished forwards to their squad as they look to challenge for domestic honours and make an impact in European competitions.

Jr Men National C'ship: Odisha, Madhya Pradesh Storm Into Final

Coimbatore: Hockey Association of Odisha and Hockey Madhya Pradesh secured impressive victories in their respective semifinals to book their places in the final of the 16th Hockey India Junior Men National Championship 2026 – Division 'A', being played in Coimbatore, Tamil Nadu, on Thursday. In the opening semifinal, Hockey Association of Odisha defeated Hockey Punjab 6-4 in a thrilling high-scoring encounter. Odisha displayed attacking flair throughout the match, with Bilkan Oram emerging as the star performer after completing a brilliant hat-trick. He found the back of the net in the 28th, 41st and 52nd minutes to lead his side to victory. Alok Kujur opened the scoring for Odisha in the 11th

minute, while captain Deepak Pradhan added another in the 37th minute. Amit Kiro rounded off the scoring with a goal in the 59th minute. Hockey Punjab fought hard and kept the contest alive with goals from Amandeep in the 7th and 42nd minutes, Mandeep Singh in the 8th minute and Ajaypal Singh in the 34th minute. Despite their spirited effort, Odisha maintained their composure and sealed an entertaining 6-4 win to advance to the championship clash. In the second semifinal, Hockey Madhya Pradesh registered a disciplined 2-0 victory over Hockey Jharkhand. After a closely contested match for much of the game, Hockey Madhya Pradesh broke the deadlock in the 56th minute through Rajveer Singh. Just two minutes

later, Aashir Aadil Khan doubled the lead in the 58th minute, ensuring their team secured a well-deserved place in the final. Both teams showcased strong defensive discipline before Hockey Madhya Pradesh capitalised on their late opportunities to finish the contest in commanding fashion. With the semifinals concluded, Hockey Association of Odisha and Hockey Madhya Pradesh will face each other in the Final of the tournament on 8th August 2026, where the coveted 16th Hockey India Junior Men National Championship 2026 title will be at stake. Earlier in the day, Hockey Punjab and Hockey Jharkhand will compete in the 3rd/4th place playoff as they aim to finish their campaigns on a winning note.

Three-Match T20I Series Added To India Women's Tour Of SA

Johannesburg: Cricket South Africa (CSA) on Thursday announced that a three-match T20I series has been added to the schedule for the Indian women's cricket team's multi-format tour of South Africa, set to happen in December 2026. As per CSA, the addition of T20I series in the itinerary comes with an eye to prepare for next year's inaugural ICC Women's Champions Trophy, to be played in Sri Lanka in February 2027. India had toured South Africa for a five-time T20I series in April this year as part of preparation for the Women's T20 World Cup, but they lost by 4-1. The tour, scheduled to run from December 9 to 30, will now conclude with the newly added T20I series. A festive Boxing Day T20I encounter will take



place on December 26 at Willowmoore Park in Benoni. The final two T20Is will be played at the NWC Oval in Potchefstroom on December 29 and 30 respectively. The multi-format tour will kick off with a one-off Test match at St George's Park in Gqeberha from December 9 to 12. Following the red-ball fixture, the two sides will compete in a three-match ICC

Women's Championship (IWC) ODI series across Paarl, Cape Town, and Bloemfontein between December 16 and 22. Welcoming the revised itinerary, CSA Chief Executive Officer Pholetsi Moseki said, "We are delighted to confirm the revised schedule for India's tour of South Africa, with the addition of the T20 International series over the festive period, ensuring our

Proteas Women have the best possible preparation ahead of the inaugural ICC Women's Champions Trophy in Sri Lanka early next year. "India remain one of the strongest teams in world cricket, and the opportunity to compete against them across all three formats will provide invaluable competition as we continue building towards another major ICC event."

Women's T20 Asia Cup 2026 Schedule Unveiled, India To Face Pakistan On September 5

Dubai: Three-time champions India will renew their storied rivalry with Pakistan on September 5 as the Asian Cricket Council (ACC) on Thursday unveiled the schedule for the Women's T20 Asia Cup 2026, to be played in Dubai from August 28 to September 13. India, the tournament's most successful side, have been placed in Group A alongside Pakistan, Thailand and Hong Kong, China, with the highly anticipated India-Pakistan encounter expected to be the marquee fixture of the league stage. India will begin their campaign against Thailand on August 30 before taking on Hong Kong, China on September 3. Harmanpreet Kaur's side will then face Pakistan in the much-awaited clash on September 5. The eight-team competition has been divided into two groups of four. While



Group A consists of India, Pakistan, Thailand and Hong Kong, China, Group B features Sri Lanka, Bangladesh, Indonesia and hosts United Arab Emirates. The tournament will commence on August 28 with Thailand taking on Hong Kong, China at the Dubai International Cricket Stadium. Sri Lanka will begin their campaign against UAE on August 29, while Bangladesh open their campaign against Indonesia on

August 31. Pakistan's remaining league-stage fixtures will see them face Thailand on September 1 and Hong Kong, China on September 7. Sri Lanka, the winners of the previous edition held in 2025, will play Indonesia on September 2 and Bangladesh on September 6 after their opening game against UAE. Bangladesh will round off their group-stage fixtures against UAE on September 8, while Indonesia will also

take on UAE on September 4. The top two teams from each group will qualify for the knockout stage, with the first semifinal scheduled for September 10 and the second semifinal on September 11. The winners of the two semifinals will meet in the final on September 13 to decide the continental champions. All 15 matches of the tournament, including both semifinals and the final, will be played under lights at the Dubai International Cricket Stadium.

Sri Lanka XI Announced for Three-Day Practice Game vs India

NEW DELHI: Sri Lanka Cricket (SLC) has named its squad for the three-day practice match against India, beginning August 7 at NCC Grounds. Sonal Dinusha, 25, will captain the side that features seven players from the recent Test squad. Dinusha, who debuted last year against Bangladesh, has played three Tests, scoring 186 runs with a top score of 92 and taking six wickets. In first-class cricket, he boasts 3,698 runs and 133 wickets, including seven five-



wicket hauls. The Sri Lanka XI includes Nishan Madushka, Ravindu Rasantha, Pasindu Sooriyabandara, Pavan Rathnayake, Ahan Wickramasinghe, Anjala Bandara (wk), Nipun Dananjaya, Lahiru Kumara, Vishwa Fernando,

Asanka Manoj, Isitha Wijesundara, Ramesh Mendis, Kesara Nuwantha, a n d Dilum Sudeera — both Nuwantha and Sudeera impressed against India? A in? Galle with five-wicket hauls.

CWG Judo Gold Medalist Asmita Dey Faces Eligibility Debate Over Uttar Pradesh Cash Reward

New Delhi: India's Asmita Dey etched her name in the history books at the Commonwealth Games 2026 in Glasgow, securing the nation's first-ever gold medal in judo. Despite her landmark performance in the women's 48kg category, a debate has emerged regarding her eligibility for Uttar Pradesh's Rs 1.5 crore state sports reward. Although Dey hails originally from Tripura, she has represented Uttar Pradesh in national and international sporting events and has served



as a sub-inspector with the UP Police since 2023. Dey's path to the gold medal involved a hard-fought comeback against Canada's Heidi Quach. Conceding an early yuko and penalty,

she recalibrated her attack during the four-minute regulation contest to level the score at 1-1. With neither competitor securing a decisive point during regular time, the

bout moved into a high-stakes Golden Score period. Demonstrating remarkable composure under pressure, Dey executed a decisive attack to earn another yuko, securing sudden-

death overtime victory and the top spot on the podium. Following her historic victory, questions arose concerning Dey's qualification for the financial reward under Uttar Pradesh's state athlete policy. Under a state government order issued in August 2024, an athlete must satisfy specific conditions to receive state-level monetary awards: Educational Enrollment: The athlete must have been enrolled in a recognized UP college or university for a minimum of two years.

Ajit Panda is new CMD of Container Corporation

Bhubaneswar (Correspondent): Shri Ajit Kumar Panda has assumed the charge of Chairman & Managing Director, Container Corporation of India Ltd. (CONCOR) which is a Schedule 'A' Navratna Central Public Sector Enterprise under Ministry of Railways, Govt. of India. Shri Panda has been an Officer of Indian Railway Service of Mechanical Engineers (IRSME)-1990 batch. Earlier, Shri Panda has served as Director (Projects & Services), CONCOR, Executive Director (Mechanical Engineering and Project Planning & Development) Rail Vikas Nigam Limited (RVNL), Director (Production Units and Efficiency &



Research), Ministry of Railways (Railway Board), Chief Workshop Manager, East Coast Railway, Mancheswar and in various other positions of South Eastern Railway. He has also been a Director in Boards of four SPV companies, namely, Haridaspur Paradip Railway Company Limited, Angul Sukinda Railway Limited, Kutch Railway Company Limited and Krishnapatnam Railway Company Limited. He had provided transformational

leadership at Mancheswar Workshop through a series of interventions for organizational change and development. Shri Panda has been two times recipient of Railway Minister's National Award for Outstanding Service. Shri Ajit Kumar Panda holds Degrees of BSc Engineering in Mechanical Engineering from NIT, Rourkela and M. Tech (Thermal Engineering) from IIT, Delhi. He had his schooling at Raipur High School in Jajpur District and Ravenshaw College Cuttack. He is the elder son of Sh. Krishna Chandra Panda, retired Science Teacher of Raipur High School and Smt. Annapurna Panda, retired Teacher of Haldharpur UGME

Vedanta Aluminium observes Sambalpuri Day, celebrates Odisha's rich cultural heritage

Jharsuguda, (Correspondent): Reinforcing its commitment to preserving Odisha's rich cultural heritage, Vedanta Aluminium, India's largest producer of aluminium, celebrated Sambalpuri Day under the aegis of its community development initiative, Project VedKala, bringing together over 100 community members from Parmanpur and Dalki gram panchayats in Jharsuguda district to participate in vibrant cultural events and competitions. Sambalpuri Day commemorates the birth anniversary of the renowned linguist and scholar Guru Satya Narayan Bohidar. The



occasion celebrates the rich heritage of Western Odisha, reflected in its globally acclaimed handwoven textiles, vibrant folk music and dance forms, literary heritage and indigenous art forms. It also serves as a reminder of the collective responsibility to preserve and pass on these cultural treasures to future

generations. Reflecting this spirit, Vedanta Aluminium's celebration provided a vibrant platform for local communities to showcase their cultural identity, honour traditional art forms, and inspire continued pride in Sambalpuri heritage. The company's celebrations focused on honoring the

vibrant traditions of Western Odisha through diverse events, that included Sambalpuri dance and song competitions, a musical chair competition, cultural performances, sessions underscoring the importance of preserving Sambalpuri heritage, and a special felicitation ceremony recognizing outstanding participants and community champions. Vedanta Aluminium's Project VedKala initiative is dedicated to preserving Odisha's traditional art forms while creating sustainable livelihood opportunities for rural artisans. The programme currently supports more than 100 local artisans in

Jharsuguda through structured training in bamboo craft, Saura art and Sabai grass handicrafts, while also facilitating market access to enhance income generation. Beyond skill development, the initiative seeks to revive indigenous crafts and encourage cultural entrepreneurship. Speaking on the occasion, C Chandru, CEO, Vedanta Aluminium-Jharsuguda, said, "Sambalpuri Day is a vivid reminder of Odisha's immense cultural wealth, and we remain committed to supporting initiatives that empower communities and safeguard Odisha's unique heritage for generations to come."

Bikashit Bharat Sankalp Sanstha Odisha branch to be established on August 11, Dr. Tirupati Panigrahi elected as its first president

Bhubaneswar: (Correspondent): Bikashit Bharat Sankalp Sanstha, working for the welfare of workers and health care for all, will establish its branch in Odisha, Bharatiya Janata Mazdoor Manch, a program has been organized in this regard on the 11th at the Hi-tech Medical College Auditorium. In the preparatory meeting held today, Dr. Tirupati Panigrahi, the founder president of Hi-tech Group, has been unanimously elected as the president of the Odisha branch. Senior



ministers of the state government, senior leaders of other parties, along with more than a hundred politicians, social workers, journalists, educationists,

industrialists, labor leaders, and workers of various labor unions from different states of the country will participate in the program. Developed Bikashit Bharat Sankalp

Sanstha has been working mainly on two fronts, firstly, the welfare of all categories of workers, focusing on continuous health care for all and working for the benefit of people from all sections of society. While its main branch is in Jaipur, Rajasthan, it aims to serve the people by opening its branch in Odisha, its workers said. For many years, Hi-tech Medical College and Hospital has been serving the poor, helpless, workers and the sick, while all kinds of cooperation will

be provided to the Developed Bikashit Bharat Sankalp Sanstha. He said that Hitech Group will always be at the forefront to serve the workers, exploited and marginalized people of the state. Dr. Tirupati Panigrahi, Dr. Chidambika Khatua, National General Secretary of Bikashit Bharat Sankalp Sanstha, Major Dr. Kalpana Dash, Dr. Sasmita Samanta, Rajnikant Mishra and Santosh Sahu were prominently present in today's preparatory meeting.

CRISIL Assigns 'AA/Stable' Rating to Vedanta Iron And Steel Ltd.

Bhubaneswar: (Correspondent): CRISIL Ratings has assigned a 'CRISIL AA/Stable' rating to the proposed long-term bank facilities of Vedanta Iron & Steel Limited, recognising the company's strong business fundamentals, integrated operating model and improving financial profile following the Vedanta Group merger. The rating reinforces confidence in Vedanta Iron And Steel

Ltd's ability to sustain stable operating performance while executing its long-term growth strategy as an independent listed company. Vedanta Iron And Steel Ltd delivered a strong start as a listed company in Q1 FY27, with revenue rising 18% to ₹3,662 crore, EBITDA growing 54% to ₹515 crore, EBITDA margin expanding to 14% from 11%, and reporting a ₹121 crore profit against a ₹145

crore loss last year, supported by healthy cash generation and prudent capital allocation. According to CRISIL, the rating is supported by Vedanta Iron And Steel Ltd's diversified mining portfolio, integrated iron ore-to-steel value chain, healthy liquidity, improving leverage profile and strategic importance within the Vedanta Group.

PUBLIC NOTICE

Being instructed by my client VIGYAN BHARATI CHARITABLE TRUST, Bhubaneswar represented through it's Chairman Dr. Trupati Panigrahi, I would like to inform you all that the Vigyan Bharati Charitable Trust, Bhubaneswar is in physical possession of landed properties belongs to SRI JAI BATRA, which are subject matter in C.S. No.1932/2026. The said Civil Suit has been filed by Vigyan Bharati Charitable Trust, Bhubaneswar in the Court of Junior Civil Judge, Bhubaneswar. Sri Jay Batra is now trying to create third party interest over the propoties.

Hence all are cautioned not to deal with the propoties which are subject matter in aforesaid Cil Suit No- 1932/2026 in order to avoid litigation.

D.C.Mohanty

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D.C.Mohanty

National Conclave & Policy Dialogue on Tuberculosis Begins at AIIMS Bhubaneswar

Bhubaneswar, (Correspondent): Strengthening Universal Drug Susceptibility Testing (UDST), improving early identification of drug-resistant tuberculosis (TB), enhancing patient pathways, and leveraging innovations in molecular diagnostics, genotypic testing, targeted next-generation sequencing (tNGS), digital health systems, artificial intelligence (AI) and real-time monitoring are critical to achieving India's goal of eliminating tuberculosis, experts observed at the two-day National Conclave & Policy Dialogue on Tuberculosis organised by AIIMS Bhubaneswar in



collaboration with the Policy Resilience Foundation (PRF). The conclave, inaugurated today, has brought together policymakers, scientists, clinicians, programme officers, researchers, development partners and public health decision-makers to deliberate on actionable strategies for strengthening TB prevention, diagnosis,

treatment and programme implementation in Odisha while contributing to the national TB-Mukt Bharat mission. Inaugurating the conclave, Dr. Digambar Behera, President of the National Academy of Medical Sciences (NAMS) and a renowned respiratory medicine expert, highlighted the challenges

associated with early detection of tuberculosis and drug-resistant TB. India continues to bear the highest burden of tuberculosis globally. However, accurately identifying drug-resistant TB and determining the most effective drug regimen remain significant challenges. Existing technologies are often inadequate for precise diagnosis, said Dr. Behera. The successful adoption of advanced diagnostic technologies before treatment initiation will enable clinicians to prescribe appropriate drugs, improve treatment outcomes and significantly strengthen TB control efforts, added Dr. Behera.

Sensex Climbs 374 Points

Mumbai: Indian benchmark equity indices ended higher on Thursday, supported by easing crude oil prices and buying in PSU bank and chemical stocks. The Sensex rose 374 points, or 0.48 per cent, to settle at 78,954.76, while the Nifty gained 11.35 points, or 0.05 per cent, to close at 24,636.00. Commenting on Nifty technical outlook, experts said that on the downside, the 24,600 level now acts as the immediate support, followed by the 24,500 zone, which remains a stronger demand area.

DSP Mutual Fund Asks Investors To Rethink How They Choose Multi Asset Funds

Mumbai: DSP Mutual Fund has launched a new digital campaign for the Multi Asset Allocation category that encourages investors to look beyond recent returns and better understand the role these funds are designed to play in a portfolio.

The campaign stems from an observation that, while investor

interest in Multi Asset Allocation Funds has grown rapidly, many investors begin their research with very different expectations of what these funds are meant to deliver. According to AMFI, Multi Asset Allocation Funds accounted for 27% of net inflows into equity-oriented schemes during the January-March 2026 quarter, up from

21% in the previous quarter and just 6% in the same period last year. At DSP Mutual Fund, the number of investors transacting in Multi Asset Allocation Funds has grown three-fold this year compared to last year. As participation increased, DSP observed that many investors were evaluating the category primarily through the lens of

recent returns, often before understanding why Multi Asset Allocation Funds exist in the first place. This can lead to expectations that are misaligned with the role these funds are designed to play, making it easier for investors to become disappointed or exit prematurely when market conditions change.