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Iran Launching Missiles Toward Jerusalem, City Sacred To Billions Of Believers: IDF

Jerusalem: The Israeli Foreign Ministry on Monday condemned missile attacks by Iran targeting Jerusalem, describing it as an attack on sites revered by billions of believers. The Ministry highlighted that the strikes during the holy month of Ramadan targeted some of the city's most sacred landmarks. Sharing a video of the attack on the social media platform X, the Israeli Foreign Ministry said, "The Iranian regime is launching missiles toward Jerusalem, the city sacred to billions of believers, during the month of Ramadan. Over the Western Wall. Over Al-Aqsa Mosque. Over the Church of the Holy Sepulchre." Earlier in the day, Israel Defence Forces (IDF) stated that



missiles had been launched from Iran toward Israeli territory, marking a significant escalation in tensions between the two countries. "The IDF has identified that a short time ago, missiles were launched from Iran toward the territory of the State of Israel. Defence systems are operating to intercept the threat. In recent minutes, the Home Front Command has issued a preliminary directive directly to mobile phones in the relevant areas," IDF

posted on X "The public is requested to exercise responsibility and act in accordance with the directives - they save lives. One must enter protected spaces upon receiving the alert and remain in them until a new announcement. Exit from the protected space will be permitted only after receiving an explicit directive; continue to act in accordance with Home Front Command directives," it added.

Odisha CM Majhi Expresses Concern Over Surge in Cybercrime, Rs 260.61 Crore Fraud from June 2024 to December 2025

BHUBANESWAR, (Correspondent): In response to a query raised in the Odisha Assembly, Chief Minister Mohan Charan Majhi on Monday expressed grave concern over the increasing wave of cybercrime in the state. He informed the house that between June 1, 2024, and December 31, 2025, an alarming 4,238 cybercrime cases were reported, resulting in a massive financial fraud totaling Rs 260.61 crore. These cases were spread across various police stations throughout Odisha. Despite the government's sustained efforts to raise awareness, cybercriminals continue to operate with impunity, defrauding



millions of rupees from unsuspecting victims, according to official data. The breakdown of these cases revealed that 2,482 were related to financial fraud, 1,689 to social media scams, 14 involved hacking, and 53 were categorized under other types of cyber fraud. During this period, Odisha Police made significant

progress by arresting 868 individuals linked to cybercrime activities. Among these arrests, 172 were related to financial frauds, 638 to social media scams, one to hacking, and 57 to various other cyber offenses. Despite the large-scale financial losses, the police were able to recover a modest Rs 61.36 lakh and freeze Rs 8.89 crore

worth of assets. Moreover, data from the National Cybercrime Reporting Portal (NCRP) indicated a steep rise in complaints, with 27,368 cases filed in 2024 and 49,426 in 2025 from Odisha alone. The total financial loss reported in these complaints amounted to over Rs 711.99 crore during the period. In terms of

recovery, CM Majhi highlighted that in 2024, Rs 2.47 crore was successfully retrieved and returned to the victims, while Rs 23.64 crore was safeguarded by freezing suspected bank accounts, in collaboration with financial institutions and payment platforms. In 2025, enforcement efforts led to the recovery of Rs 5.31 crore, and an impressive Rs 68.71 crore was secured by freezing fraudulent accounts, preventing further financial damage. The Chief Minister urged citizens to stay vigilant against cybercrime and reaffirmed the government's commitment to combating this growing threat with full force.

Govt Increases Booking Period For LPG Cylinder To Check Hoarding

New Delhi: The government has increased the minimum waiting period for booking a domestic LPG cylinder refill from 21 days to 25 days to prevent hoarding, as there were signs of panic buying taking place in the market amid the uncertainties due to the Iran war. Officials said that there is a sufficient supply of LPG available in the country, and the booking time for LPG cylinders has been increased as a measure to manage inventory effectively. The step has been taken as there was a surge in demand of 15 to 20 per cent due to panic booking, due to



fears that supply would be disrupted because of the escalating war in the Middle East. Average households consume 7-8 LPG cylinders of 14.2 kg in a year and should normally not need a refill in less than 6 weeks, an official pointed out. A senior official said that petrol and diesel prices will not be increased for

now despite international crude oil rates crossing \$100 per barrel. Oil marketing companies - Indian Oil, Bharat Petroleum and Hindustan Petroleum - are expected to absorb the current cost pressure for the time being. He said the government is closely monitoring global oil markets, but there is

no immediate plan to raise retail fuel prices. Meanwhile, the Parliament was informed on Monday that India currently has a total capacity for storage of crude oil and petroleum products for 74 days, which can help to tide over disruptions in case of adverse situations such as geopolitical conflicts. "The government has established Strategic Petroleum Reserves facilities with a total capacity of 5.33 million metric tonnes (MMT), which can act as a buffer for short-term supply shocks such as geopolitical conflicts. This is meant to provide for about 9.5 days of crude oil requirement.

Balen Shah's RSP Sweeps Nepal Polls, Winning 125 Of 165 Seats Under FPTP

Kathmandu: As counting of votes concluded in 163 electoral constituencies out of 165 under the First-Past-the-Post (FPTP) system in Nepal's parliamentary elections by Monday evening, the Rastriya Swatantra Party (RSP) secured nearly 76 per cent of the seats in the House of Representatives in a sweeping electoral victory. The three-and-a-half-year-old party, led by its President Rabi Lamichhane and Prime Ministerial candidate Balen Shah, secured victory in 125 seats, as one heavyweight leader after another from



traditional political parties - including former Prime Minister K P Sharma Oli - fell before the RSP wave sweeping the country. In one of the remaining seats, Arjun Kumar Karki, a candidate from the Communist Party of Nepal (Unified Marxist-Leninist) (CPN-UML), is leading against RSP candidate

Mingma Sherpa. There is also a legal dispute over the election in Dhanusa-1 constituency in Madhes province, after the RSP candidate was disqualified by the Election Commission of Nepal for being blacklisted by the Credit Information Bureau of Nepal. Shah, the former Mayor of Kathmandu Metropolitan City,

secured victory against Oli with 68,348 votes - the largest vote tally by any candidate in Nepal's parliamentary history - from Jhapa-5 constituency in eastern Nepal, which had long been considered Oli's stronghold. As the RSP is also leading under the proportional representation electoral system with over 48 per cent of the vote share by Monday evening, and if the trend continues, the party is likely to secure close to a two-thirds majority - around 184 seats - in the 275-member House of Representatives, the lower house of Parliament.

Mojtaba Khamenei takes over as new Iran Supreme Leader

NEW DELHI: Crowds filled the streets of Tehran and across the nation this Monday following the official announcement of a new era for the Islamic Republic. State media reports that the Assembly of Experts has officially designated Ayatollah Seyed Mojtaba Khamenei as the third Supreme Leader of Iran. This significant transition follows the recent passing of his father, Ayatollah Ali Khamenei, during a period of intense military volatility in the region. Legal confirmation of the appointment came via Article 108 of the Iranian Constitution. In the wake of the news, the nation's power structures moved quickly to solidify their stance. High-ranking officials, including Parliament Speaker and Security Council Secretary Ali Larijani, have publicly called for national cohesion. Crucially, the Islamic Revolutionary Guard Corps (IRGC) and the General Staff of the Armed Forces have pledged their total allegiance to Mojtaba Khamenei, signaling a seamless transition of internal power.

Crowds gather in Tehran's Engelab Square to pledge allegiance to Iran's new Supreme Leader Mojtaba Khamenei

Tehran, : Following the appointment of a new Supreme Leader by Iran's Assembly of Experts, preparations are underway in the capital on Monday as thousands of people gather at Tehran's Engelab Square to pledge allegiance to Ayatollah Mojtaba Khamenei, who was selected to lead the Islamic Republic, state broadcaster Press TV reported. According to visuals shared by Press TV, the area was covered with a dense

crowd of people holding or waving Iranian national flags. Some participants were also seen carrying posters, portraits, or placards of the newly appointed leader in his support. Earlier, Ayatollah Seyed Mojtaba Hosseini Khamenei, who is said to be more hardline than his father, was announced as the third Supreme Leader of Iran after the Islamic Revolution of 1979. The announcement, following a decision by



the country's Assembly of Experts after days of deliberation, came late Sunday night (local time), marking a pivotal

moment in the political and religious leadership of the Islamic Republic. The clerical body responsible for appointing the

country's supreme leader confirmed the decision in a formal statement, declaring, "By a decisive vote, the Assembly of Experts elected Ayatollah Seyed Mojtaba Hosseini Khamenei as the third Leader of the sacred system of the Islamic Republic of Iran." Born in 1969 in the city of Mashhad, Mojtaba Khamenei is the second son of the late Ayatollah Seyed Ali Khamenei, who served as Iran's supreme leader for nearly four decades. Now assuming

leadership at a time of significant regional tension and political uncertainty, Ayatollah Mojtaba Khamenei takes charge of the Islamic Republic with decades of clerical training and experience working closely with the country's governing institutions. According to a Times of Israel report, analysts say the choice of Mojtaba, a deeply hardline cleric whose wife, mother and other family members were also killed in US-Israeli strikes

Leading the Change: ICAR-CRRI Celebrates International Women's Day 2026

CUTTACK, (Correspondent): International Women's Day was celebrated at ICAR - Central Rice Research Institute, Cuttack on 8 March 2026 under the chairmanship of Dr. G. A. K. Kumar, Director, ICAR-CRRI, Cuttack. The occasion was graced by Dr. Mayabini Jena, Former Head, Crop Protection Division and Emeritus Scientist, ICAR-CRRI, Cuttack, as the Chief Guest. In her address, the Chief Guest emphasized women's empowerment and highlighted the challenges that hinder



the realization of gender equality. She also mentioned that 2026 has been declared by the United Nations as the International Year of the Woman Farmer, recognizing the vital contributions of women farmers to agriculture, food security, and

that gender mainstreaming is essential for building an inclusive, equitable, and sustainable society. Dr. G.A.K. Kumar, in his presidential address, called for gender equalization in all spheres of life at all times. Dr. M. K. Kar, Principal Scientist, ICAR-CRRI and Presiding Officer, Internal Committee, delivered the welcome address, while Dr. Sudipta Paul, Senior Scientist, ICAR-CRRI, Cuttack proposed the vote of thanks. The programme was moderated by Dr. P

Sanghamitra, Senior Scientist, ICAR-CRRI, Cuttack. On the same occasion, International Women's Day was also celebrated at Krishi Vigyan Kendra, Koderma, where women farmers, self-help group members, rural entrepreneurs, local stakeholders, and KVK staff, took part. The programme highlighted the important role of women in agriculture, society, and community development, and the active participation of SHG members and rural entrepreneurs made the event interactive and meaningful.

Odisha State Women Commission to hold public hearing, women

Cuttack: A public hearing will be held on March 13, 2026, at 10:00 AM at Netaji Sanskriti Bhawan Cuttack to hear various complaints of women. Women complainants from Cuttack and Jagatsinghpur can participate in this. Complaints related to domestic violence, harassment, dowry, property disputes, harassment at work, cybercrime, abandonment, marital disputes, violation of women's rights and other issues related to women's welfare will be heard in this public hearing. The public hearing is being organized in collaboration with the National Commission for Women and the Odisha State Women Commission with the aim of providing a free platform to women for presentation and hearing of cases. The Commission has requested all the complainants/parties seeking redressal of their grievances to attend the said genocide programme and present their cases and the public to avail the opportunity of the Commission's justice delivery programme. If any victim wishes to register a new complaint, she can attend the said genocide programme and submit an application.

SBI Regional Office Cuttack organized International Women's Day

Cuttack, Correspondent: The State Bank of India, Regional Office, Cuttack organized the International Women's Day celebration in a local hotel here. On this occasion, the General Manager of SBI Bhubaneswar Circle, Dr Vandana Aggarwal, attended as the Chief Guest, while DGM Prashant Kumar joined as the Guest of Honour. During the programme, several women who have achieved recognition in different fields



participated in the event. The programme also highlighted various services and initiatives provided by SBI to empower women and make them self-reliant. On this occasion, Dr. Lucy Das, Dean and Principal of SCB Medical College and social worker Kabita Mohapatra shared their

long professional experiences and spoke about the empowerment and advancement of women. Choudhury Ashmin Anupam Praharaj, Regional Manager, SBI, Cuttack delivered the keynote address and spoke about various women-centric loan schemes offered by the bank. Many women entrepreneurs present at the event appreciated the various facilities and opportunities provided by SBI.

First phase of training of field trainers for Census 2027 begins

Cuttack: With the aim of completing Census 2027 flawlessly and maintaining transparency, the first phase of the district-level training program for field trainers has begun from today by the district administration. This training program, which will be organized in two batches from March 9 to March 16, is being conducted under the direct supervision of Cuttack District Collector and District Chief Census Officer Shri Dattatray Bhausaheb Shinde and is being managed and supervised by the district administration along with Additional District Collector and District Census Officer Shri Kamaljit Das. On the first day of the training program, training was provided on various legal aspects related to census, methods of training enumerators and supervisors and various other necessary aspects. The training will be given to the enumerators and supervisors of the district from

April 1 to April 7. In the next phase, a practice window will be opened for enumerators and supervisors from 7th April to 15th April. Through which they can practically practice the process learned in the training. During this, the officers can perform the role and responsibilities of the enumerators engaged in the census while collecting data at the field level and can be proactive in the data collection process, informed Additional District Collector Shri Das. All the officers and employees engaged till the completion of the census work have been instructed to work with caution, responsibility and punctuality. Informing that for the first time this census is being conducted completely through digitization, both Assistant Director (State Census Operations Centre) Mrs. Milita Dutt and Deputy Collector, (Census) Noori Parveen imparted the training today.

Press Conference by Minister in Jajpur on Budget 2026-27

JAJPUR (Correspondent): Hon'ble Minister for Cooperation, Handlooms and Textiles, Pradeep Bal Samanta, addressed a press conference in Jajpur regarding the State Budget 2026-27. The press meet was held in the conference hall of the District Collector's office, where Minister Samanta and District Collector Ambar Kumar Kar presented a detailed overview of various aspects of the new budget. The Minister highlighted the economic progress of Odisha as reflected in the Economic Survey Report. He stated that Odisha's real GSDP growth rate for the financial year 2025-26 stands at 7.9%, which is higher than the 7.2% recorded in 2024-25 and also above the national average of 7.4%. The per capita income of the state has increased by 9.2%, reaching approximately



₹1.86 lakh. He further noted that the agriculture sector contributes 19.6% to Odisha's economy, which is higher than the national average of 16.8%. In 2025, as many as 244 projects worth ₹5.66 lakh crore have been approved, which are expected to generate over three lakh employment opportunities. The All India Economic Survey 2025-26 has also praised Odisha as a "Model State." The Minister stated that the

government is moving forward towards achieving the goal of a "Prosperous Odisha by 2036" through investments in semiconductors, skill development, livelihood generation, and climate-resilient infrastructure. To create a business-friendly environment, the state government has introduced several reforms including the Odisha Jan Vishwas Bill 2025, faster project approvals through the GO SWIFT online

portal, improvements in land administration, reforms in sectoral licensing, and strong performance in Ease of Doing Business. During the press conference, the Minister also highlighted several major initiatives and schemes included in the 2026-27 budget, such as: Adarsha Mandi, VVG Ramji, Tribal Livelihood Mission, Dharati Aaba Tribal Village Development Mission, Mukhyamantri Kanya Sumangala Yojana,

the world's largest grain storage scheme, Rare Earth Corridor, a World Tourism Centre and Interpretation Centre in Puri, Odisha AI Mission, Dalkhai Yojana, PM Poshan, Subhadra Shakti Samvad, Fit India Mission, the Chief Minister's Economic Advisory Council, modern grain warehouse construction, Mukhyamantri Kamdhenu Yojana, Inter-State River Linking Project, Adibandh construction scheme and Setu Bandha Yojana. For strengthening the education sector, funds have been allocated for Heritage Schools, Godabarish Mishra Adarsha Vidyalaya, PM SHRI Schools, Panchasakha Shiksha Setu, Madho Singh Hathkarcha Yojana, and Gangadhar Meher Education Quality Improvement Scheme.

ICAI celebrated International Women's Day

Bhubaneswar, Correspondent: The Bhubaneswar Branch of the Institute of Chartered Accountants of India (ICAI) celebrated International Women's Day at ICAI Bhawan, Bhubaneswar, with a special programme on the theme "Rise, Lead, Transform- Beyond Boundaries." Renowned singer Geeta Dash, Director of DN Homes Private Limited Ratnamala Swain, Indian actress and politician Anu Choudhury, and Senior Gynaecologist & Infertility Specialist at Utkal Hospital Dr. Abhisa Mishra graced the occasion as distinguished guests. The programme was also attended by Branch Chairman CA Gautam Lenka, Vice-Chairman CA Prithvi Ranjan Padhi and office bearers



of the students' association including President, Secretary and Treasurer CA Soumya Sunil Sahu, who addressed the participants. On the occasion, women members submitted short write-ups on the theme "She Rose with Courage, She Stands with Integrity," sharing meaningful experiences and milestones from their journey as Chartered Accountants. Selected entries were presented during the programme and the contributors were felicitated. An Art Exhibition was also inaugurated by the

guests, which will remain open for visitors till 12th March. International Women's Day provides an opportunity to celebrate the achievements of women across fields such as politics, administration, economy, social welfare, science, industry and defence. Women Chartered Accountants are playing an increasingly significant role in the profession and contributing meaningfully to nation building. Around 150 members and students participated in the programme.

Joint Public Grievance Hearing Camp Held at Bari Block Office

JAJPUR (Correspondent): A Joint Public Grievance Hearing Camp organized by the Jajpur district administration was held at the conference hall of the Bari Block Office premises. On this occasion, District Collector Mr. Ambar Kumar Kar was present and heard various complaints and grievances from the public. The District Collector stated that the concerned departmental officers will examine the complaints and necessary steps will be taken to resolve the problems of the eligible applicants as far as possible. A total of 47 complaints were registered during the camp. Among them, 32



were related to individual issues, 1 was related to group or village-level issues, 8 applications were submitted seeking assistance from the Chief Minister's Relief Fund, and 6 applications were related to assistance from the Red Cross Fund. Out of these, 14 complaints were resolved on the spot.

EAST COAST RAILWAY
Tender No. MCSW-HPAC-25-26-30
NAME OF WORK: SCRAPPING, CLEANING, APPLICATION AND SUPPLY OF HIGH PERFORMANCE ANTI-CORROSIVE PRIMER IN UNDER FRAMES OF ICF AND LHB BG COACHES AT CARRIAGE REPAIR WORKSHOP, MANCHESWAR.
Advertisement Value: ₹ 1,33,53,178.80,
EMD: ₹ 2,16,800/-, **Period of Completion:** 36 Months.
Bidding Start Date: 11.03.2026.
Tender Closing Date and Time: At 1500 Hrs. on 25.03.2026.
Manual offers are not allowed against this tender, and any such manual offer received shall be ignored. Complete information including e-tender documents and corrigendum is available in website www.irps.gov.in
Dy. Chief Mechanical Engineer (POH-II), PR-1192/Q/25-26 CRW/Mancheswar

25001/311/2526
GOVERNMENT OF ODISHA
OFFICE OF THE SUPERINTENDING ENGINEER
RURAL WORKS DIVISION, JAJPUR
e-PROCUREMENT NOTICE NO. Tender Online 22 JJPT of 2025-26

1.	Name of work	: Road Works.
2.	Total No of Work	: 14 Nos. Road Works .
3.	Estimated Cost (Approx.)	: Rs 1.92 to 19.90 Lakhs
4.	Period of Completion	: 10 Days
5.	Class of contractors	: "D & C" Class

Other details as follows:

a)	Procurement officer	: Superintending Engineer, Rural Works Division, Jajpur
b)	Availability of tender online & submission of bid	: 09.03.2026 at 10.00 AM to 16.03.2026 upto 5.00 PM
c)	Last date & time of seeking of tender clarification	: 16.03.2026 up to 5.00 PM
d)	Opening of Technical Bid	: 17.03.2026 at 11.30 A.M.

Further details can be seen from the Govt. website www.tendersodisha.gov.in

Note:- If situation arises the transparent lottery will be held on 19.03.2026, At 11:30 AM

OIPR-25001/25047/1/25-26/0023

Superintending Engineer
Rural Works Division
Jajpur

OFFICE OF THE MUNICIPAL COUNCIL, KENDRAPARA
E-mail: kendraparamunicipality@gmail.com 13001/533/2526
Notice No. 1027 /Date: 05.03.26 //
e-Procurement Notice
Bid documents consisting of work, Estimated Cost, Cost of Tender Paper, EMD, time of completion, Class of Contractors and the set of terms and conditions of contract and other necessary documents can be seen in Government website i.e. www.tendersodisha.gov.in.

1	Tender Reference No. EO_KM_05_2025-26
2	Total nos. of work: 40 nos.
3	Estimated Cost: Rs. 1,96,824.13 to Rs. 38,91,679.88
4	Period of completion: 30 days to 120 days
5	Date & time of Bidding: Dt. 10.03.2026 at 11.00 AM to 25.03.2026 at 5.00 PM
6	Last Date & time of receipt of Bids in the Portal: Dt. 25.03.2026 at 5.00 PM.
7	Bids received online shall be opened on: Dt. 26.03.2026 at 11.00 AM onwards.
8	Name & Address of the Officer Inviting Bid: Executive Officer, Kendrapara Municipality.

Further details can be seen from the procurement portal i.e. www.tendersodisha.vog.in.

OIPR-13001/13185/1/25-26/0015

Executive Officer
Kendrapara Municipality.

Empowering Rural Communities through Sustainable Drinking Water System & Support Sports Kit to schools

Sambalpur: (Correspondent):- Aditya Aluminium, Lapanga reaffirmed its commitment to community development by organizing the Bhumi Puja for a Solar-Based Drinking Water System at Binjipali village under Bomaloi Gram Panchayat, aiming to provide safe and sustainable drinking water through renewable energy solutions for the local community. On the same occasion, also supported three High Schools and one Higher Secondary School with the distribution of sports



kits to promote sports culture, encourage youth participation, and nurture talent among rural students. The program was graced by Shri Seshadev Padhan, Ex-Sarpanch of Bomaloi, along with PRI Members, SMC Members, and School

Headmasters. Officials from Aditya Aluminium including Shri Ranjit Kumar-Head (Infra), Shri Manoj Sharma, Shri Nilmadhab Pati, Shri Madhusudan Jena, Shri Samya Mohanty, Shri Suresh Das, Shri Kishore Samal, and Shri Sukant Mahapatra

were also present. This initiative reflects Aditya Aluminium's continued dedication to sustainable rural development, strengthening community well-being through improved drinking water access and promoting sports among rural youth.

CYBER FRAUDSTER SWINDLES RS 19,999 FROM PREGNANT WOMAN IN GAJAPATI

Paralakhemundi: (Correspondent):- In a distressing incident that has cast a shadow over the sanctity of motherhood, a pregnant woman in Odisha's Gajapati district has fallen prey to a cunning cyber fraud in the guise of maternity assistance. The fraudster deceitfully siphoned off ₹19,999 from the victim's account, exploiting her hope for prenatal support. The victim, Reena Rait (26), daughter of Ishaq Rait of Kanyeguda village under Kadeva Panchayat in Kashinagar police limits, is currently one month pregnant. According to family sources, the incident unfolded when Reena was alone at home and received a sudden WhatsApp call from an unknown number. During the call, the fraudster cleverly added the village

ASHA worker to the conference, creating an illusion of authenticity and convincing Reena that she was eligible for government maternity benefits. Feeling unwell, Reena soon ended the call and went to rest. However, the fraudsters dialed again shortly afterwards. This time, her husband Naresh Shabar answered the call. The impostor repeated the earlier narrative, claiming that Reena and the ASHA worker had already discussed the maternity assistance scheme. Trusting the seemingly official conversation, Naresh unknowingly stepped into the cyber trap. Following the fraudster's instructions, Naresh opened the mobile payment application and, after sharing the OTP, transferred ₹19,999 via PhonePe, believing the process

was necessary to receive the promised prenatal assistance. Moments later, when he tried to reconnect, the caller's phone was found switched off, exposing the cruel deception. The incident has sparked public outrage and concern in the locality, highlighting the growing menace of cyber criminals targeting vulnerable citizens under the pretext of welfare schemes. Reena's father Ishaq Rait stated that the family will soon lodge a complaint at the newly established Cyber Police Station in Paralakhemundi seeking justice and action against the perpetrators. The episode serves as a grim reminder that in the digital age, even the sacred promise of motherhood can be exploited by unscrupulous cyber criminals lurking behind anonymous screens.

74 senior citizens from Gajapati went to Puri to have darshan of Lord Jagannath



Paralakhemundi: (Correspondent): 74 pilgrims from Gajapati district headquarters Paralakhemundi have left for Puri to have darshan of Lord Jagannath. The pilgrim bus was flagged off by Gajapati District Collector Akshay Sunil Agarwal, while ZP President G. Tirupati Rao and Paralakhemundi Municipal Chairman Nirmala Sethi flagged off the yatra. The district

administration has taken various steps for the safety of the passengers. Before the visit, a health check-up and a kit box containing daily necessities were provided, while an escort officer has been arranged to look after them. It has been informed that the government has made arrangements for the accommodation, food and all expenses of them during the journey.

Student Protest After Fatal Accident of Ayurvedic College Student

Bolangir: (Correspondent): Tension prevailed in Bolangir today as students of Government Ayurvedic College staged a road blockade on the VIP Road, which connects several important establishments including the Circuit House, Reserve Police Office and other government and private offices. The protest was organised following the tragic death of a first-year student in a road accident. According to reports, a first-year student of the college, Simran Sadangi, met with a severe accident on Friday morning while she was on her way to the



college. The incident occurred on the main road in front of Government Ayurvedic College, Bolangir, when a speeding biker reportedly hit her. Following the accident, she sustained serious injuries and was initially admitted to Bhima Bhoi Medical College and Hospital in Bolangir for

treatment. However, as her condition deteriorated, she was later shifted to a private hospital in Bargarh. Despite medical efforts, she succumbed to severe brain injuries late last night. The tragic incident triggered strong reactions among the students of Government Ayurvedic College,

Bolangir, who blocked the VIP Road for several hours demanding immediate safety measures near the college. The protesting students demanded installation of CCTV cameras in front of the college, proper traffic management facilities such as barricading, and strict control of vehicle speed limits on the road passing by the institution. They also raised the issue of lack of hostel facilities within the campus. Students stated that due to the absence of adequate hostel accommodation, many of them are forced to stay outside the campus in rented

arrangements, which exposes them to safety risks while commuting daily. They demanded that proper hostel facilities be provided inside the campus so that students can reside safely within the college premises and avoid such tragic incidents in the future. The road blockade caused temporary disruption of traffic movement in the area before the situation was brought under control. Students urged the district administration to take immediate steps to ensure road safety and improve student facilities around the college campus.

International Women's Day-2026 Celebrated by Rayagada Ladies Club

Rayagada: (Correspondent): On the occasion of International Women's Day-2026, a special programme was organized by the Rayagada Ladies Club at the Lions Club premises in Rayagada. Like every year, this year's programme focused on women's empowerment and strengthening participation among the club members. A discussion session was held highlighting the importance of women's involvement in various social activities, which was one of the key objectives of the event. The theme highlighted during this year's International Women's Day programme was "To gain something, one must also give something." Distinguished women and founding members of the club, Mrs. Shantilata Dev, Mrs. Alaka Das, and Mrs. K. Sobharani, attended the programme and shared their valuable views on the subject. On the occasion, the founding members were felicitated in recognition of their significant contributions to the club. The entire programme was conducted under the leadership of the club President Mrs. Kasturi Sahu. The programme was attended by the club Secretary Mrs. Jyotiprabha Mohapatra, Treasurer Mrs. Burudi Laxmi, and all other members of the club.

TPNODL marks International Women's Day with renewed commitment to inclusive growth and women's empowerment

Baleswar: (Correspondent): TPNODL organized a special program in Baisinga to honour women associated with its diverse CSR initiatives, aligned with this year's theme "Give to Gain" on International Women's Day. The event, part of Tata Volunteering Week-25, highlighted women's empowerment, contribution and collective growth in the community. Over 600 women beneficiaries from various development projects participated in the event, which featured engaging games, cultural events and exhibition stalls showcasing their skills



and commitment to initiatives such as Anokha Dhaga, Adhikaar and serving rural consumers through Mobile Health Units. The event also featured the felicitation of women demonstrating dedication and remarkable service in their respective fields. Present on the occasion were Mr. Gajanan S. Kale, Chief - Odisha Distribution Business and CEO, TPNODL; Mr.

Debadutta Panda, Superintending Engineer, Baripada Electrical Circle; Ms. Madhuchhanda Behera, BPM - Mayurbhanj; and Mr. Ranjan Sharma, Head-CSR, along with regional key stakeholders and officials of TPNODL. In his address, Mr. Kale praised the strength, resilience, and contributions of women engaged in CSR programs, emphasizing

that their empowerment leads to progress for families and society at large. He reaffirmed TPNODL's commitment to inclusive growth and encouraged participants to support one another and leverage the opportunities created through various CSR initiatives. Additionally, TPNODL organized Femme Fiesta 3.0 across five electrical circles, reaffirming its commitment to women's empowerment, awareness and meaningful consumer engagement. The events featured inspiring narratives, captivating performances, and thought-provoking discussions, fostering

community involvement and driving positive societal transformation. TPNODL's initiatives and schemes resonated with attendees, who commended the company's efforts to drive meaningful change in the region. TPNODL remains committed to fostering empowerment and sustainable development through purposeful employee engagement, with a special program planned for female employees. These events testify to TPNODL's vision of collective growth and dedication to creating a positive impact in the community and workplace.

DPCL Achieves Record Limestone Discharge of 31,700 MT in 24 Hours

Dhamra: (Correspondent): Dhamra Port Company Limited (DPCL) has proudly set a new operational benchmark by achieving a record limestone discharge of 31,700 metric tonnes within 24 hours at Berth BB-3A from the vessel MV Ocean Changxi on 09 March 2026. This remarkable performance surpasses the previous best discharge record of 29,696 metric tonnes in 24 hours, which was achieved during the handling of the vessel MV Rixta Oldendroff for TATA Steel Ltd. The cargo handled during this record-breaking operation belonged to Rashmi Metaliks Limited and Orissa Metaliks Pvt. Ltd. The milestone highlights DPCL's continued commitment to operational efficiency, reliability, and superior port performance. This achievement is a testament to the dedication, seamless coordination, and operational excellence of DPCL's ground teams, as well as the invaluable support extended by various departments involved in the operation. Their collective effort ensured the safe, efficient, and timely handling of the cargo. DPCL sincerely appreciates the hard work, teamwork, and commitment of every individual who contributed to achieving this milestone. The company congratulates the entire DPCL team for their outstanding effort in setting this new record and reinforcing the port's reputation for operational excellence.

Jindal Steel Celebrates Chairman Naveen Jindal's Birthday with series of wellness and Community Service Activities

Angul: (Correspondent): Employees of Jindal Steel celebrated the birthday of their Chairman, Mr. Naveen Jindal, with a series of impactful activities focused on wellness, community engagement, and social responsibility at the Angul plant and nearby locations. The

celebrations began early in the morning with a Yoga session at Jindal Nagar Township, guided by Yoga Guru Swami Satyabindu Saraswati. Angul Location Head and Executive Director Mr. P.K. Biju Nair, Executive Director Iron Zone Mr. Damodar Mittal, Executive Director (SMS & Mills)



Mr. Hridayeshwar Jha and President (HR) Mr. Dilip Sinha, along with

Heads of Departments, employees, and their family members

participated enthusiastically, highlighting the

importance of physical fitness and mental well-being. Participants also conveyed their heartfelt wishes and prayers for the good health, prosperity, and long life of the Chairman. As part of the company's CSR initiatives, several community-focused programmes were organized by Jindal Foundation. The

Chiranjeevi Nutrition Support Project was conducted at Jamunali to promote nutritional awareness and health among local communities. On the same occasion, the Jamunali Playground was inaugurated to encourage sports and recreational activities among local youth. A Nadi Pariksha and

Ayurvedic Lifestyle Consultation Camp was also organized at Jan Jeevika Kendra, promoting traditional wellness practices and preventive healthcare. Employees across the plant enjoyed a Gala Lunch at all plant canteens, fostering a spirit of unity and celebration.

EDITORIAL

Silent Recall: Your Brain Remembers Even When You Forget

Human memory is one of the most fascinating abilities of the brain. Often people believe that when they cannot recall something, the information is completely lost. However, modern research in Neuroscience and Cognitive Psychology suggests something surprising: even when we think we have forgotten something, the brain may still store that information. This phenomenon is sometimes referred to as "silent recall" or hidden memory.

Our brain constantly records experiences, conversations, images, and emotions. Some memories are easy to retrieve, such as a childhood event or a familiar face. Others seem to disappear with time. But scientists believe that in many cases the memory is not erased—it simply becomes harder to access.

This happens because memory retrieval depends on cues and context. A particular smell, place, or piece of music can suddenly bring back memories that seemed forgotten for years. This suggests that the brain had preserved the information all along.

Memory formation mainly involves a part of the brain called the Hippocampus. It plays a crucial role in organizing and storing information before it is distributed across different parts of the brain. Over time, memories are strengthened through repetition and emotional significance.

Sometimes the connection between stored information and the retrieval pathway weakens. When this happens, a person may feel that they have forgotten something even though the brain still retains the trace of that memory.

Many everyday experiences demonstrate silent recall. For example, you may struggle to remember a person's name during a conversation, but hours later the name suddenly appears in your mind. Similarly, students often recall information during exams after initially believing they had forgotten it. This delayed recall happens because the brain continues processing information in the background. When the right mental connection is formed, the stored memory resurfaces.

Studies in neuroscience show that memory traces can remain in the brain even when they are temporarily inaccessible. Experiments using brain imaging techniques have revealed that neural patterns related to past experiences can still be detected, even when individuals cannot consciously recall the event. Such findings highlight the complexity of the human brain and its remarkable ability to preserve information.

The extremes of political hatred and the prestige of the country



Dr. Priyanka Saurabh

Dissent and criticism are considered a healthy tradition in a democracy. Questioning

the government in power, its decisions, and its leadership is both a citizen's right and a testament to the strength of democracy. However, when criticism crosses the line and reaches the level of personal sarcasm, ridicule, and insults, it ceases to be merely political disagreement but takes the form of a mindset that undermines democratic discourse.

In recent years, bitterness and hatred have increasingly replaced ideological differences in Indian politics. There is a growing tendency to judge any event, achievement, or national event through a political lens. This is why some people often view national achievements or events with disdain simply because they are linked to a leadership or government with which they ideologically disagree.

The playing field is generally considered separate from politics. Sports involve competition, wins and losses, but ultimately, the spirit of sportsmanship reigns supreme. However, when the sporting arena is turned into a medium for political sarcasm and personal comments, it undermines both the dignity of the sport and national sentiment. When a sport like cricket, which is deeply connected to the sentiments of millions of people in India, is made the subject of political taunts, this trend appears worrying.

Ironically, India made history by winning the World Cup on the same stadium whose name has been subjected to sarcasm and satire by some. This event speaks volumes not only from a sporting perspective but also symbolically. It demonstrates that fleeting political commentary and negative rhetoric ultimately fail to match real achievements.

In a vast and diverse democracy like India, it's natural that not everyone will share the same political ideology. No leader or government is beyond criticism. However, it's equally essential that criticism be based on facts, logic, and decorum. When criticism

degenerates into mere sarcasm, insults, and ridicule, it undermines the dignity of democratic discourse.

The proliferation of social media has further complicated this problem. Today, everyone has a platform to express their opinions. This is positive from a democratic perspective, as it has expanded freedom of expression. However, it is also evident that sometimes, without fact-checking or thinking seriously, people make comments that spark unnecessary controversy and bitterness. Sometimes, simply to please a particular group or to fit in, people use language that is inappropriate in any way.

The decorum of language is of particular importance in political discourse. Words not only express ideas but also influence the social environment. When the language used in public life becomes increasingly harsh and offensive, it impacts general social behavior. Gradually, the tendency to perceive disagreement as hostility and criticism as insult begins to grow.

Satire and sarcasm have always had their place in the Indian political tradition, but they were also accompanied by a certain balance and decorum. Today, the situation often appears to be one where the intensity of words and harsh language eliminate the possibility of dialogue. This creates unnecessary tension and division in society.

In this context, it's also important to understand that healthy criticism is essential in any democracy. If the government or leadership makes a mistake, criticism is natural. It's the responsibility of the media, intellectuals, and ordinary citizens to question those in power. But criticism should aim for reform, not merely insult or ridicule.

The biggest challenge facing society today is to understand the difference between healthy criticism and unnecessary hatred. Political differences are a natural feature of democracy, but if these differences become a source of social division, it becomes a matter of concern. Therefore, it is essential that we embrace disagreement as a form of respectful dialogue, rather than turning it into a means of personal attack. Conscious sections of society—such as

writers, journalists, academics, and intellectuals—can play a crucial role in this direction. They must ensure that the level of public discourse does not decline. Strengthening the tradition of expressing one's views with logic, facts, and decorum can be the greatest contribution to democracy.

It should also be kept in mind that political power is not permanent. Over time, governments change, leaders come and go, and circumstances evolve. But a nation's reputation and dignity are permanent. Therefore, in any political dispute or disagreement, we must not forget the fundamental fact that, ultimately, we are all citizens of the same country, and its reputation is a shared responsibility.

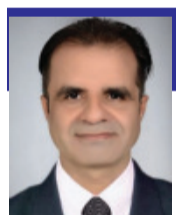
Today, we need to make political debate more mature and responsible. Instead of turning disagreement into hostility, we should make it a medium for a healthy exchange of ideas. Criticize, but based on logic and facts. Use satire, but maintain its decorum. And most importantly, under all circumstances, we should put the nation's reputation and dignity above all else.

The true strength of democracy lies not just in elections, but in the ongoing dialogue within society. If this dialogue is restrained, rational, and respectful, democracy will be strengthened. However, if this dialogue is filled with hatred, ridicule, and bitterness, the roots of democracy will begin to weaken.

Ultimately, it's important to remember that political commentary is fleeting, but a nation's achievements become history. When India stands as world champion on the same ground it once taunted, it's not just a sporting victory—it also sends the message that a nation's true identity is forged by rising above negativity and sarcasm.

Powers change, political equations shift, but the nation's reputation always remains paramount. Therefore, it is the responsibility of every citizen to contribute to maintaining that dignity through their words and thoughts. Only when we understand that national interest transcends political differences will the true spirit of democracy be preserved.

The fight against intellectual pollution and drug addiction is not just the responsibility of the police, but a social war



Kishan Bhawnani

- Globally, the 21st century is taking human civilization to unprecedented heights in

technology, science, health, the environment, and education. However, parallel to this progress, the world is grappling with two invisible and growing challenges that are having a far more widespread, profound, and long-term impact on the youth who are building the future: intellectual pollution and drug addiction, against which society has become collectively responsible. Global systems, law, science, and technology are constantly improving towards addressing environmental pollution. Policies, research, institutions, and resources exist to control air, water, plastic, waste, industrial emissions, and carbon footprints, but social responsibility against intellectual pollution and drug addiction is not being implemented with the same speed and precision. I, Advocate Kishan Sanmukhdas Bhawnani, Gondia, Maharashtra, believe that when it comes to pollution of human consciousness, thoughts, values, and mentality, the solution is no longer traditional, but rather relies on moral, intellectual, educational, and cultural interventions. This is why intellectual pollution has become the most dangerous "invisible smog" that weakens any civilization from within, incomparable to any physical pollution. Similarly, drug addiction today is not just a health crisis, but has become a multifaceted crisis involving the economy, security, population, family, education, crime, human resources, and national development. To think that preventing drug addiction is solely the responsibility of the police, law, or penal system is a mistaken and limited perspective. According to the World Health Organization, 70 percent of the rising cases of drug addiction are rooted in social behavior, environment, family, cultural influences, and mental

stress, while the law intervenes only in the final stages. Therefore, the fight against drug addiction is truly a joint war between society, the family, the education system, health institutions, the media, religious and cultural communities, and the government system.

Friends, if we consider intellectual pollution as an invisible threat and a global crisis, intellectual pollution can be defined simply as a situation when a person's thinking, understanding, discretion, decision-making, and moral consciousness are affected by false, confused, biased, extreme, violent, false, or distorted thoughts. This pollution is invisible like factory smoke or vehicle exhaust, but its harm can be greater than any air pollution, as it traps a person in a web of thoughts, perceptions, and information, destroying their logical ability and social consciousness. Fake news, hate propaganda, extreme nationalism, extremism, racial divisions, conspiracies, religious fanaticism, digital manipulation, misinformation, propaganda, hate speech, and confusion spread through social media algorithms have become major sources of intellectual pollution in countries around the world. As technology and the availability of knowledge have rapidly increased, so has the burden of unchecked information on the human mind. The internet has democratized information, but it has also institutionalized ignorance. Distinguishing truth from falsehood has become more difficult than ever for the average citizen. This intellectual fog not only affects individual conscience but also undermines democracy, social harmony, education, scientific thinking, and human values. History bears witness that civilizations crumble less from external attacks, but more from internal confusion, division, false ideology, and mental pollution. Therefore, intellectual pollution has emerged as a "silent global pandemic" for humanity.

Friends, if we consider whether a solution to intellectual pollution is possible, the solutions to

physical pollution are obvious: filters, recycling bans, technology, law, and clean energy. However, the solution to intellectual pollution lies not in science, but in consciousness, education, ethics, dialogue, media responsibility, and reform of social structures. This pollution flourishes when society adopts blind imitation over logic, when education becomes based on numbers rather than knowledge, when the media sells sensationalism rather than information, and when technology promotes illusions over truth. Therefore, the solution must be multi-layered, encompassing education based on critical thinking, digital literacy, a scientific perspective, fact-based dialogue, media transparency, social dialogue, youth leadership, and a culture of multicultural respect. Intellectual pollution cannot be controlled by any single institution, law, or government, as it is a psychological and cultural challenge. This solution is possible only when the global society embraces truth as a value, places dialogue above conflict, and views education not as a job but as a means of consciousness-building. Every family, every school, every university, and every nation must recognize that purity of thought is essential for the survival of civilization. If the mind is polluted, progress becomes destruction, and if thoughts are pure, humanity can find solutions to every crisis.

Friends, if we understand that the fight against drug addiction is not just the responsibility of the police, but a social war. Addiction is not a problem of any one country, society, religion, class, or age, but a global epidemic. Drugs, alcohol, tobacco, synthetic narcotics, prescription drug abuse, gaming, and digital addiction are all widespread forms of modern addiction. According to the United Nations, more than 30 million people worldwide are directly affected by drug addiction each year, and millions more die through related diseases and crimes. Addiction is not just a health problem, but also gives rise to widespread crises such as crime, cross-border smuggling, terrorism, human

trafficking, domestic violence, road accidents, suicide, school dropouts, unemployment, and economic loss. Assuming that police, law, and the penal system alone can solve this problem is a grave mistake. The police can only prevent crime, not the habit; the law can only punish, not the mentality; and punishment can only instill fear, not a solution. The roots of addiction lie in mental stress, social pressure, family breakdown, unemployment, loneliness, violence, despair, inequality, and bad company. Therefore, addiction is a psychological, social, and cultural crisis, the solution to which lies not just in punishment but in rehabilitation, dialogue, education, community support, and social responsibility. Families must learn early identification, schools must provide preventive education, the media must assume moral responsibility, health institutions must prioritize treatment and counseling, and society must strive to rebuild the addict by treating them as patients, not criminals. This struggle can only be won when society recognizes addiction as a problem, not a shame; a disease, not a crime; and prioritizes treatment, not punishment.

So, if we study and analyze the entire above narrative, we will find that intellectual pollution and addiction are both invisible crises, but their effects are visible, profound, and devastating. The former distorts human thinking, the latter destroys bodies and lives. One degrades civilization from within, and the latter saps society's energy and youthfulness. And most importantly, the fight against these two cannot be won by law or government alone. This is humanity's struggle, society's responsibility, the mission of education, and the conscious role of every citizen. If thoughts are pure and society is responsible, humanity can overcome both crises. But if we remain silent, indifferent, or continue to shirk responsibility, the future of civilization will not be secure, despite progress.

Department urged to complete the incomplete Kanisi Hat Old Tehsil Road to Rangipur road within 7 days

Gopalpur, (correspondent): The Rural development department has been urged to complete the incomplete Kanisi Hat Old Tehsil Road to Rangipur road work within seven days. On the basis of the complaint made in the Ganjam District Council meeting held on March 6, the Honorable Minister for Commerce and Transport, Steel and Mines Shri Bibhuti Bhushan Jena directed his District Representative Binod Chandra Mishra to resolve the complaint expeditiously. On behalf of the Minister's



representative Binod Chandra Mishra, he reached the spot today and called Junior Engineer Rajat Jena of the Rural Development Department to inspect the road and urge him to complete the incomplete work within seven days. Junior engineer Mr. Jena also promised to

complete the road work soon and instruct the contractor to complete it immediately. During the inspection, Brajmohan Nahak, Rajat Pandit, Rajesh Sahu, Sanat Kumar Nahak, Shivshankar Nayak, Ashwani Kumar Sahu were prominently present.

Golden Jubilee of 1976 Batch of Prithviraj High School Celebrated

Bolangir, (Correspondent): The Golden Jubilee of the 1976 Matriculation Batch of Prithviraj High School, Bolangir was celebrated with great enthusiasm at the school's Centenary Hall. Former teachers, distinguished alumni and members of the batch along with their families attended the event. The 1976 batch is remembered for its academic excellence as Ajit Kumar Mishra secured first position and Sharat Kumar

Samantaray stood seventh in the Odisha matriculation merit list that year. The programme began with the ceremonial lighting of the lamp before the statue of Goddess Saraswati by Batch President Om Prakash Chand, Secretary Kamal Chakrabarti, invited teachers and the present Headmistress Santoshini Sethi. The gathering paid homage to departed teachers and classmates with a silent prayer. Several

personalities including Pranabandhu Nayak, Ghasiram Biswal, Shyamsundar Udgata, Adikanda Sadangi and social worker Thabir Sandh were felicitated. Former student Anup Sahu, a former captain of the Odisha Volleyball team, was also honoured for his achievements. Noted personality Padma Shri Srinibas Udgata, an alumnus of the school, attended the programme and shared his valuable memories.

Joint Public Hearing Camp of the District Magistrate at Bhubanapalli

Malkangiri, correspondent: A 'Joint Public Hearing Camp' was held at Bhubanapalli Gram Panchayat under Kalimela Block. The camp was organized under the chairmanship of Additional District Magistrate, Administration Somnath Pradhan under the direction of District Magistrate Somesh Kumar Upadhyay. Security Officer Vinod Patil H, DFO Sai Kiran, Chief Development Officer and Executive



Officer Dasharathi Sarabu and various departmental officers of the district were present and heard various grievances of the

public. A total of 52 grievances were heard in the camp. Out of which 10 were personal and 42 were rural problems. On the

directions of the District Magistrate, a special camp was organized there to make the government's various welfare schemes available to the people. After receiving all the applications, the Additional District Collector directed the concerned departmental officers to investigate them and take immediate action, and to inform the District Collector about the details of the action taken.

Block level Collector & S. P. joint grievance hearing camp held at Tarbha

SUBARNAPUR, correspondent--- On Monday, a joint public grievance hearing was held at the Moraduguchha Gram Panchayat office under Tarbha Block of Subarnapur district in the presence of Collector Dr. Nruparaj Sahu and Supdt. Of Police Narayan Nayak. A total of 32 grievance applications were registered in this public hearing, out of which 21 were related to individual problems and 11 were related to collective problems. The Collector directed the concerned officers to



ensure that these complaints are resolved. On this occasion, Chief Development Officer cum Executive Officer Zilla Parishad Aswini Meher, Additional District Magistrate (Revenue) Rajendra

Majhi, Sub Collector, Sonepur, Dr. Soumyarupa Rath, Tarbha Block Development Officer Shibanand Karmi, Tarbha Tehsildar Swetalina Mohana, Moraduguchha Gram

Panchayat Sarpanch Manmohan Sahu, Deputy Collector cum District Grievance Cell Officer Ms. Priyadarshini Sahu along with officers of various departments were present and heard the complaints.

Demand for inclusion of Budhibahal to Odiapali in the Chief Minister's Road Scheme

Patnagarh - (Correspondent) The residents of Budhibahal village have demanded that the Panchayat headquarters of Khaprakhol block Budhibahal village be included in the Chief Minister's Road Scheme. People travel to the Panchayat for various work on the two-km long road every day and also go to Odiapali by bus. However, the road has not been improved for years, but there is a dirt road. During rainy days, the people are facing a lot of trouble and have to travel 8 km to get government rice al so other benifit. The villagers have demanded that this road be included in the Chief Minister's Road Scheme for the construction of a daily paved road.

EPS-95 Pensioners Association holds it's CWC at Goa

Goa, correspondent- National Coordination Committee of EPS-95 Pensioners Association concluded it's Central Working committee meeting on 8th March at Shanta Durga Temple premises, Veling, Goa. Leaders from different states including Odisha, Maharashtra, Goa, Madhya Pradesh Karnataka Delhi Panjab had participated in the meeting and unanimously decided to intensify the struggle in coming days to put pressure on Central Government to enhance the montly minimum pension amount of rupees 1000 to 9000 with dearness allowance, payment of



higher pension as per the orders of Supreme court without discrimination and free health insurance coverage to all EPS-95 Pensioners as social security measures. Top functionaries of the association alleged that the EPS-95 is under litigation since it's inception in September 1995 due to unlawful action of EPFO in d

matter of payment of pension and other social security aspects. It was further alleged that Central Government has decided for payment of 1000 rupees minimum pension from September 2014 but nearly 37 lakhs Pensioners are getting less than 1000 rupees pension and leading a very precarious life due to want of proper food

and medicines for survival at old age. Payment of higher pension as per orders of Hon'ble Supreme Court has been inordinantly delayed n arbitrary rejection of online applications for higher pension. Prorata Calculation of pension by EPFO has created a deep sense of dissatisfaction, deprivation and discontentments among Pensioners mass. After detailed deliberations on various issues created by EPFO it was unanimously resolved to go for continuous agitational program throughout the country including required legal action against EPFO

and Government in Ministry of labour and employment. The meeting was presided over by Sri Prakash Yende. Top National leaders Bhimrao Dongre Gurmukh Singh Prakash Pathak Pundlik Pandey Tukaram Zode Bhagyadhar Brahma Prafulla Kumar Das Chandra Shekhar Parsai M G Gorab Mr Kulakarni and others had participated in the deliberations. Meeting was organised by Goa association under the leadership of Ramesh Chatye Debidas Velingkr Madhav Sanai Borkar. Pundlik Pandey offered vote of thanks

International Women's Day Celebrated by JSW Utkal Steel



Paradeep (Correspondent) :- International Women's Day was celebrated by JSW Utkal Steel at its office premises located in Madhuban. From office officials and staff to women working in different departments, all participated in the celebration with great enthusiasm. Speakers highlighted that women are no longer limited only to family responsibilities; they are playing significant roles at the state, national, and global levels. Women possess the skills, experience, and positive mindset required to work in all sectors. It was also emphasized that there should be no gender discrimination between men and women, whether in the

workplace or within families. The senior officials and guests of the company expressed that respect and rights for women should not be limited to a single day of celebration but should be ensured every day. On this occasion, **Sangita Jindal**, Chairperson of **JSW Foundation**, addressed the gathering through a web telecast as the chief guest. The main speaker was **Kalyanmayee Sindh, Officer-in-Charge of the Jatadhari Muhan Marine Police Station. Other distinguished attendees included Head **Vishwanath Prabhu K, along with senior officials Shanmugam AS, Rakesh Ojha,

Manoj Kumar Singh, and **Gopal Saha**. During the event, several fun activities were organized for the women employees, including musical chairs, passing the ball, hidden talent performances, dance, and songs. At the end of the program, outstanding women employees who participated in the competitions were awarded prizes. Later, all the women celebrated by cutting a cake and sharing it with one another while exchanging Women's Day greetings. Senior officials, department heads, officers, and employees of JSW Utkal Steel were present during the celebration.

Paradip Port Authority Hosts Week-Long Women's Cultural Meet 2026

PARADIP, (Correspondent) :- In celebration of International Women's Day, the Jagannath Lalit Kala Sansad (JLKS) in association with Paradip Port Authority (PPA) organized the Women's Cultural Meet 2026 at Jayadev Sadan, Paradip. The week-long celebration highlights the creativity, cultural talent and achievements of women in the Paradip region. The programme commenced with the traditional lamp lighting ceremony by Shri P. L. Haranadh, Chairman, Paradip Port Authority, who attended the event as the Chief Guest. Senior officials, Heads of Departments and employees of Paradip Port Authority were also present and appreciated the initiative that recognizes and celebrates the contribution of women in society. As part of the International Women's Day celebration, a cake cutting ceremony was organized, symbolizing joy, unity and appreciation for women's achievements. The evening also featured a Prize Distribution Ceremony for the winners of various competitions organized by the Paradip Ladies Club, encouraging participation and showcasing the talents of women from the port township. The inaugural evening concluded with a cultural presentation of the play "Pratidhwani," which captivated the audience with its powerful message and artistic performance.

1,35,000 beneficiaries in the fourth installment of Subhadra Yojana from Subarnapur district

SUBARNAPUR, (Correspondent) --- In a program organized in Puri district on the occasion of International Women's Day, the Honorable Chief Minister Shri Mohan Charan Majhi has provided financial assistance of Rs. 5 crores to more than 1 crore women of the state in the fourth installment of Subhadra Yojana. On this occasion, a district-level program was organized by the Subarnapur District Administration at the town hall. The chief guests of the program were Subarnapur Collector Dr. Nruparaj Sahu, Additional District Magistrate (Revenue)



Rajendra Majhi, Sub Collector, Sonepur, Dr. Soumyarupa Rath, District Chief Medical and Public Health Officer Mrs. Usharani Das, District Social Welfare Officer Mrs. Binapani Mishra. Along with this, other departmental officers, Subhadra Maa,

Anganwadi workers, women volunteers, ASHA workers were prominently present. It is worth noting that about 1,35,000 beneficiaries from Subarnapur district have been provided financial assistance under Subhadra Yojana

Two Eight-Year-Old Cousins Drown In Village Pond In Nabarangpur

Nabarangpur: Two eight-year-old cousins (sisters) drowned in a village pond at Sana Damapala under Khutbai Gram Panchayat of Papadahandi block in Nabarangpur district on Monday. The deceased

were identified as Manasi Harijan (8) of Damapala village and Melka Harijan (8) of Paknaguda village. According to reports, Melka had been staying at her maternal uncle's house in Damapala along with

Manasi and studying there. Sources said the two children had gone to their village school earlier in the day and returned home in the afternoon. Later, Manasi and Melka went outside with another friend.

Kiara Advani Not Cast in Madhubala Biopic Produced by Sanjay Leela Bhansali, Source Calls Reports 'Baseless'



Recent reports claiming that actor Kiara Advani will portray legendary star Madhubala in an upcoming biopic have been dismissed by industry insiders. According to a source familiar with the development, the speculation about Kiara being cast in the project—reportedly produced by filmmaker Sanjay Leela Bhansali—is inaccurate. “There is absolutely no truth to the reports currently circulating about Kiara Advani being cast in a Madhubala biopic produced by Sanjay Leela Bhansali. The claims are completely baseless and speculative,” the source said. While the biographical film on the iconic actor remains in development, the casting details have not been finalized or officially announced. Although the production team has not shared complete details, reports suggest that filmmaker Jasmeet K. Reen may direct the project. Jasmeet previously made her directorial debut with the critically discussed film *Darlings*, which featured performances by Alia Bhatt, Shefali Shah, and Vijay Varma. The potential biopic has generated strong interest among fans of classic Hindi cinema, as Madhubala remains one of the most celebrated figures in Bollywood history. On the professional front, Kiara Advani was recently seen in the action film *War 2* alongside Hrithik Roshan and Jr NTR. The film is part of the

expanding YRF Spy Universe. Despite high expectations, the movie received mixed-to-negative reviews from critics and had a modest performance at the box office. Kiara is next expected to appear in the upcoming film *Toxic: A Fairy Tale for Grown-Ups*. Madhubala began her acting journey as a child artist at the age of eight. She later made her debut as a lead actor in the 1947 film *Neel Kamal*. During the 1950s, she became one of the highest-paid actors in the Indian film industry. Her most celebrated role came in the historical epic *Mughal-e-Azam* (1960), where she starred opposite Dilip Kumar.

'Alpha' release date out: Alia Bhatt, Bobby Deol's action-packed spy thriller set for July

Movie buffs who were waiting for an update on Alia Bhatt's upcoming spy thriller 'Alpha' finally have one, as the makers have announced a release date for the highly anticipated film. Yash Raj Films shared the news on Monday along with a teaser poster. The poster shows a partially visible Alia Bhatt in a tough action look, with bruises and cuts on her face, suggesting that her character has just emerged from a violent fight. Speculations around the postponement of the film, which was reportedly scheduled to hit theatres on April 17, 2026, had been making rounds for some time. Trade analyst Taran Adarsh had mentioned last year that the makers decided to postpone the release to "avoid a box-office clash" with Salman Khan's upcoming war drama *Battle of Galwan*. "#BreakingNews... ALPHA AVOIDS CLASH WITH BATTLE OF GALWAN - YRF TO DECIDE ON A NEW DATE... #AdityaChopra steps aside for #SalmanKhan, moving Alpha from its previously announced release date of April 17, 2026, to avoid a direct clash with BattleOfGalwan," Adarsh wrote at the time. With the new date now confirmed, 'Alpha' will arrive in theatres on July 10, 2026. Soon after the makers made the announcement, netizens chimed in the comment section to share their excitement. One fan wrote, "waiting for bang" while another commented, "Take my money already." A third fan added, "poster looks super cool!" 'Alpha' also stars Sharvari, who will be seen alongside Alia in the action thriller. The film features Anil Kapoor and Bobby Deol in crucial roles. The film is directed by Shiv Rawail, who previously directed the series *The Railway Men*. It is produced by Aditya Chopra under the banner of Yash Raj Films. The project also marks Alia Bhatt's first film with Yash Raj Films. 'Alpha' marks the sixth installment in the highly successful YRF Spy Universe, which already boasts blockbusters such as *'Ek Tha Tiger'*, *'Tiger Zinda Hai'*, *'War'*, and *'Pathaan'*.



Drink recipe that works better than any 'colon cleanse'

If you have ever gone days without being able to poop, you might have assumed constipation is to blame and reached for products marketed as “colon cleanses” or detox drinks. These quick-fix solutions promise relief, but many of them contain harsh ingredients that your gut may not respond well to. Instead of helping, they can sometimes leave your digestive system even more irritated. The good news is that there are gentler, natural options you can prepare at home that may support digestion more effectively.

Natural colon cleanse drink

Step 1: Pick a soluble fibre

The first step is picking a soluble fibre from the options recommended by Dr Salhab and adding one tablespoon. He suggests selecting from psyllium husk, ground flax seeds, chia seeds, or hemp seeds.

Step 2: Mix with choice of liquid

The next step is to add eight to 12 ounces of your preferred liquid. The gastroenterologist suggests options such as water, lemon water, or your favourite milk if you are preparing it as a smoothie.

Step 3: Add fruit

Next, add one or two servings of your favourite fruit. Dr Salhab recommends choosing high-fibre, gut-friendly options such as kiwi, berries, apples, pears, dragon fruit, mango, passion fruit, oranges, or watermelon. The fruit can be fresh or in frozen form.

Step 4: Add fresh ginger

For the final step, the gastroenterologist recommends adding a dash of fresh ginger. This not only gives the drink an extra kick of flavour but may also help ease bloating and support healthy stomach emptying. This step is optional.



Dr Salhab instructs, “Blend it together. Drink it every morning. Try it for a week. See how you feel. Change it up if you need to find the right combination. And then if you feel better after a week, keep it going.”

Health benefits

Dr Salhab advises trying this drink daily for seven days to experience the gut health benefits for yourself. He claims it works better than most “colon cleanses” because it nourishes beneficial gut bacteria, improves microbiome diversity, stimulates the digestive tract, helps relieve constipation, and provides antioxidants along with natural digestive enzymes. In contrast, many drinks marketed as “colon cleanses” rely on strong laxatives, which can disrupt the balance of the gut microbiome and potentially leave you feeling worse than before. The gastroenterologist explains, “If you drink this for the next seven days, it will work better than any advertised ‘colon cleanse’ . Often these cleanses are very strong laxatives (or enemas) and can come with their fair share of problems, including electrolyte imbalances, abdominal pain, cramping, dehydrating diarrhea, and disruption of your gut bacteria. Instead, this approach feeds your beneficial gut bacteria, improves gut diversity, stimulates your digestive tract, and loads you up with antioxidants and natural digestive enzymes.”

5 hacks to improve quality of sleep

1. Sleep in a cold, dark and quiet room

Raj recommends sleeping in a room kept at a cooler temperature, ideally ranging between 16 and 25 degrees Celsius. The space should also be as dark as possible and free from disturbances, with the only acceptable background sound being soft white noise to promote uninterrupted sleep.

He highlights, “Number one, sleep in a cold, dark, quiet room. How cold? Anywhere from 16 to 25°C. How dark? As dark as possible. And how quiet? Nothing other than white noise.”

2. Sunlight exposure in the morning

Exposing yourself to sunlight—or even bright white light—in the morning helps reset your circadian rhythm, which plays a crucial role in regulating the body’s sleep-wake cycle. Raj recommends getting around 30 minutes of sun exposure each morning, ideally before 9:00 am. He recommends, “Number two, every morning, expose yourself to sunlight or bright white light for about 30 minutes. And do this before 9:00 am.”

3. Take major stimulants in the morning

Raj advises keeping the day’s major stimulants—such as coffee and even intense exercise—confined to the first half of the day, ideally

before noon. Caffeine, the primary stimulant in coffee, can take several hours to clear from the body, which is why it is best consumed well before bedtime to avoid disrupting sleep.

he fitness trainer recommends, “Number three, keep all your major stimulants to the first half of the day. That means coffee and exercise before noon.”

4. Avoid working late at night

The fitness coach recommends finishing work at least three hours before bedtime. This gives your brain enough time to unwind and gradually shift into a relaxed state, helping signal to your body that it is time to prepare for sleep. He highlights, “Number four, stop working at least three hours before bedtime.”

5. Avoid late-night eating

Raj cautions that late-night snacking can interfere with sleep quality. When you continue eating close to bedtime, your body remains in a state of activity rather than relaxation. Finishing your last meal at least two hours before going to bed gives your body enough time to wind down and shift into rest-and-digest mode, helping promote more restful sleep.

1 daily habit that protects your brain the most: 'It's something most people underestimate'



While the wellness world often hunts for the next superfood or expensive supplement to boost cognitive function, Dr Jay Jagannathan, a neurosurgeon at the Jagannathan Neurosurgery Institute, in Michigan, US is pointing toward a much simpler—and free—solution. The ‘waste management’ system of the mind

According to Dr Jagannathan, the true power of sleep lies in a biological cleanup process known as the glymphatic system. He said, “After years in neurosurgery, here’s the one lifestyle factor that protects your brain the most. And it’s something most people underestimate. Sleep. Every night during deep sleep, the brain activates the glymphatic system. This is a specialised process that clears metabolic waste from brain tissue.”

Crucially, he explained that this system flushes out proteins like beta-amyloid. In the medical community, the buildup of beta-amyloid is a primary hallmark linked to the development of Alzheimer’s and other neurodegenerative diseases. When we skip out on rest, we are essentially letting ‘toxic trash’ pile up in our neural pathways, Dr Jagannathan highlighted.

Why 'powering through' doesn't work

Many people treat sleep as a luxury or something they can catch up on during the weekend. Dr Jagannathan warned that this mindset is physically damaging to the brain’s architecture. He said, “When sleep is consistently

shortened or disrupted, this clearing process becomes less effective. Over time, the brain doesn’t fully recover from the stress and activity of the day.”

Beyond just cleaning out toxins, the neurosurgeon highlighted that sleep is the primary driver for:

Memory formation: Moving short-term information into long-term storage.

Emotional regulation: Stabilising the mood centers of the brain.

Hormonal balance: Regulating everything from hunger to stress.

Neural repair and plasticity: Allowing the brain to rewire and heal itself.

Prevention over cure

Dr Jagannathan’s message serves as a shift in perspective for modern medicine, which often focuses on reacting to illness rather than preventing it. He said: “In medicine, we often focus on treatments after problems appear. But many of the most important protective processes for the brain happen long before disease develops—and they occur during sleep.”

His final verdict for those looking to stay sharp into their later years? Stop looking for shortcuts. “Consistent, high-quality sleep is not a luxury. It is one of the most important foundations of long-term brain health,” Dr Jagannathan concluded.

Bottom line: prioritise sleep for long-term brain health. Click here to learn five pulmonologist-approved habits that can help improve sleep quality: from changing pillow cover to no caffeine.

Hockey World Cup Qualifiers: India Retain Top Spot In Pool B After 2-2 Draw Against Scotland

Hyderabad: The Indian Women's Hockey Team played out a hard-fought 2-2 draw against Scotland in their second Pool B match of the FIH Hockey World Cup 2026 Qualifiers Hyderabad, Telangana at the G.M.C. Balayogi Hockey Ground on Monday. With this result, both India and Scotland sit on four points in the group, though the hosts retain the number one spot due to a superior goal difference. Goals from Navneet Kaur (18') and Sunelita Toppo (29') were matched by Scotland's Heather McEwan (6') and Fiona Burnet (33'). Scotland kicked off the proceedings, with both teams initially adopting a patient passing game. India, starting in a 3-4-3 formation, looked solid early on but temporarily lost their defensive



shape to concede a penalty corner in the 6th minute. Scotland capitalized immediately, with Heather McEwan guiding the ball into the net for a 1-0 lead. India responded with consistent forward runs. Lalremsiami earned India's first penalty corner, but Uditia's drag-flick went wide. India kept up the pressure and won a second penalty corner in

the 14th minute, but a trapping error allowed Scotland to launch a counter-attack, which was thankfully cleared by Sushila to keep the score 1-0 at the break. India took control quickly in the second quarter. In the 17th minute, they earned their third penalty corner. Despite another fumble at the trap, Navneet Kaur (18') recovered

brilliantly, positioning herself perfectly to smash the ball past Scottish goalkeeper Jessica Buchanan to level the score at 1-1. Scotland surged forward looking to regain the lead, winning a penalty corner in the 22nd minute, but Indian goalkeeper Bichu Devi produced a superb save against Amy Costello's drag-flick. Scotland intensified their press,

making back-to-back circle entries and putting the hosts under pressure. However, India pushed back in the 29th minute. After a frantic goalmouth scramble and a rebound off the woodwork from a penalty corner, Sunelita Toppo (29') showed great presence of mind to tap the ball home, giving India a 2-1 lead going into halftime. The third quarter saw both teams battling fiercely for possession. In the 33rd minute, Scotland executed a perfect passing move set up by McEwan, allowing Fiona Burnet to find the equalizer. Following the goal, Scotland dictated the tempo, controlling the majority of possession for the next seven minutes and restricting India's attacking options. After absorbing significant pressure, Lalremsiami

combined well with Rutuja to win a penalty corner for India. This sparked a flurry of three consecutive penalty corners, culminating in a huge goalmouth tussle, but India could not capitalize, leaving the score tied at 2-2. India earned an early penalty corner as the fourth quarter began, but Buchanan stood tall to keep them at bay. The hosts ramped up their intensity, launching a dangerous attack two minutes later that narrowly missed the target. The next five minutes featured end-to-end action, with India's attacking runs looking particularly sharp. With five minutes remaining, Baljeet made a superb penetrating run, but there was no one in the circle to provide the finishing touch. Two minutes later, India won their ninth penalty corner of the match.

Suryakumar Yadav Visits Adalaj Stepwell With T20 World Cup Trophy

Gandhinagar: A day after India sealed a record-breaking T20 World Cup victory in Ahmedabad, captain Suryakumar Yadav visited the historic Adalaj Stepwell with the ICC Men's T20 World Cup trophy, drawing large crowds of cricket fans to the centuries-old monument on Monday. People gathered around the stepwell complex and along nearby roads to catch a glimpse of the Indian captain holding the trophy following the national team's triumph a day earlier. Some climbed terraces overlooking the monument while chanting "India, India" as Yadav arrived at the site. Police personnel were deployed around the heritage monument to manage the crowd and ensure security during the visit. India secured the 2026 ICC Men's T20 World Cup title on Sunday with a comprehensive 96-run victory over the New Zealand national cricket team in the final at the Narendra Modi Stadium. The match was played before a packed crowd at the world's largest cricket stadium. Batting first, India posted 255 for five in their allotted 20 overs. Sanju Samson scored 89 off 46 balls, while Abhishek Sharma contributed 52 from 21 deliveries and Ishan Kishan added 54 from 25 balls to lift the total to the highest score recorded in a men's T20 World Cup final. New Zealand, led by captain Mitchell Santner, were bowled out for 159 in 19 overs while chasing the target. Pace bowler Jasprit Bumrah took four wickets for 15 runs, while Axar Patel claimed three wickets as India completed a dominant victory. Speaking after the final, Yadav said the significance of the moment would take time to sink in.

Kerala To Honour T20 World Cup Hero Sanju Samson With Grand Public Reception

Thiruvananthapuram: Fresh from playing a decisive role in India's World Cup triumph on Sunday, Kerala's own Sanju Samson is set to receive a rousing public reception from the Government of Kerala led by Chief Minister Pinarayi Vijayan. On Monday, State Education Minister V Sivankutty announced that the government will honour the star cricketer for his stellar performance that helped power the India national cricket team to a commanding victory in the T20 World Cup final. Samson's dazzling knock in the title clash, a fearless innings that anchored India's imposing total has been widely hailed as one of the defining moments of the tournament. The explosive innings not only sealed India's emphatic victory

but also elevated the Kerala batsman into the pantheon of the country's World Cup heroes. Minister Sivankutty said the state wanted to celebrate Samson's achievement in a manner befitting the pride he has brought to Kerala. The minister, who also hails from the state capital Thiruvananthapuram, noted that Samson's success has inspired thousands of young cricketers across the state. The wicketkeeper batsman grew up in a modest coastal neighbourhood near Trivandrum International Airport, where his early cricketing dreams took shape on local grounds. From those humble beginnings, Samson rose through the domestic circuit to become one of the most

recognisable faces from the South in Indian cricket. Over the years, Samson has also built a formidable reputation in the Indian Premier League, captaining Rajasthan Royals and earning admiration for his elegant stroke play and calm leadership. For cricket lovers in Kerala, Samson's World Cup heroics represent more than just a sporting achievement. It is the story of a local boy who rose from the coastal stretches of Thiruvananthapuram to conquer the world stage. Officials said the reception in the capital city is expected to draw huge crowds, turning the event into a celebration not only of India's World Cup triumph but also of one of Kerala's most cherished sporting sons.

BCCI Congratulates Team India On ICC Men's T20 World Cup 2026 Triumph

Mumbai: The Board of Control for Cricket in India (BCCI) congratulated Team India on winning the ICC Men's T20 World Cup 2026, defeating New Zealand in the final at the Narendra Modi Stadium in Ahmedabad. India secured a resounding 96-run victory in the summit clash to lift the trophy in front of a packed home crowd. India's triumph marks a historic achievement as the team successfully defends the ICC Men's T20 World Cup title, becoming the first side in the history of the tournament to retain the trophy. The victory also carries special significance as India become the first nation to win the ICC Men's T20 World Cup on



home soil, making the occasion even more memorable for millions of fans. Led superbly by captain Suryakumar Yadav, the Indian team displayed a brand of fearless and dynamic cricket throughout the tournament. Combining explosive batting,

disciplined bowling and outstanding fielding, the team maintained consistency across all phases of the competition and rose to the occasion in the most demanding moments. The BCCI also appreciated head coach Gautam Gambhir and the entire support staff for

their leadership, planning and preparation that helped shape a confident and well-balanced side capable of performing under pressure. "The Board also commends the Men's Selection Committee for identifying and backing a group of players who combined

experience with youthful energy, resulting in a formidable squad that delivered on the biggest stage. The BCCI also thanks all its affiliated State Associations for their continued contribution in helping achieve this vision," BCCI said in a statement. Congratulating the team, BCCI president Mithun Manhas said, "Winning the ICC Men's T20 World Cup is a moment of immense pride for the entire nation. To defend the title and achieve this feat on home soil makes it even more special. The team played outstanding cricket throughout the tournament under the leadership of Suryakumar Yadav and the guidance of Head Coach Gautam Gambhir.

Md Sharim guides Nexage to seal Tillo Cup semi-final berth

Bhubaneswar: Mohammad Sharim continued his sensational form to help Nexage Hyderabad seal a semi-final berth in the Tillo T20 Cup 2026 on Monday, at the Hanuman Jew Stadium in Tillo. He raced to his fifty off just nine balls to equal the record set by Dipendra Singh Airee, who achieved the feat against Mongolia during the 2023 Asian Games. Sharim arrived at the crease in the 16th over when Hyderabad was at 162/4. The right-hander smashed three back-to-back sixes in his first three deliveries off Sundaram Dubey to set the tone. He then hit five consecutive sixes against Gunjan Mudgal



in the following over to continue the onslaught. A six in the 18th over brought up his half-century in just nine balls. Earlier, JP Sports Noida won the toss and opted to bowl first, a decision that resulted in absolute carnage. Hyderabad openers Rahul Rajpal (32) and

Nishant Yadav stitched together a 42-run opening stand in less than three overs. Yadav joined hands with Irshad (43) to continue the team's momentum. Despite the departure of captain Noman Manzoor (8) and Fahim Naaz (17), Yadav played a fluent knock of 61 off

41 balls and maintained his consistency. Sharim later unleashed a brutal assault, smashing 80 off just 18 balls with 13 sixes at a staggering strike rate of 444.44. His innings eventually came to an end in the final over when Mudgal claimed his wicket. Riding on Sharim's explosive

knock, Hyderabad posted a massive total of 273. Pravin Yadav was the most effective bowler for Noida with figures of 2/25 in three overs. In response, Noida openers Vinay Upadhyay (17) and Kishan Gupta (17) failed to convert their starts. Mudgal (24) and skipper Meraj Khan (23) added some late runs to push the total to 128. Sharim, Ayush Ray, and Saurabh Singh picked up two wickets each for Hyderabad as they sealed a commanding 145-run victory. With this win, Hyderabad climbed to the top of the points table with two wins from three matches and a net run rate of +2.831.

Santner praises incredible Indian batting during the T20 World Cup 2026 final in Ahmedabad

NEW DELHI: Captain Mitchell Santner readily confessed that New Zealand walked into their ultimate match against Suryakumar Yadav's squad fully aware they were underdogs. Sunday night at Narendra Modi Stadium saw the hosts hand down a devastating 96-run defeat to the Kiwis in the highly anticipated T20 World Cup 2026 final. According to the visiting skipper, the Indian players put on an absolute masterclass to prove exactly why they deserve the trophy. Falling short in major tournaments has unfortunately become a familiar theme for New Zealand. Despite

constantly reaching the deepest stages of global events like previous World Cups and Champions Trophies, they just cannot seem to clear that final hurdle. Santner shared his disappointment during the post-game press briefing. He pointed out that chasing down a target north of 250 runs requires a flawless start. Instead, their top order crumbled quickly during the powerplay, completely derailing any hopes of a comeback against a relentless Indian bowling attack. Sunday's triumph established an incredible series of firsts for the host nation. Securing this championship means India is now the first country to win the

tournament on home soil. Furthermore, they locked in back-to-back titles following their 2024 victory and stand alone as three-time champions of the format. Fans tracking India vs New Zealand cricket match updates witnessed pure dominance from the opening delivery. New Zealand initially opted to field, a decision they quickly regretted. Abhishek Sharma set the tone with a lightning-fast half-century, smashing 52 runs off merely 21 deliveries. He built a commanding 98-run partnership alongside Sanju Samson. Later on, Ishan Kishan joined the party, blasting his own rapid 54 to push the scoreboard past 200 by the 16th over.

Celebrating the International Women's Day, all-Women Crew Train Flagged Off from Visakhapatnam to Rayagada

BHUBANESWAR, (Correspondent) As a part of the celebrations of International Women's Day, the Guntur-Rayagada Express was operated by an all-women crew from Visakhapatnam to Rayagada, showcasing the growing participation and leadership of women in Railway operations. The train was flagged off from Visakhapatnam Railway Station, by Shri Lalit Bohra, Divisional Railway Manager, Waltair. The train was operated entirely by a dedicated team of women railway staff, including the Loco Pilot,



Assistant Loco Pilot, Train Manager, onboard ticket checking and support staff, highlighting the professionalism, capability and commitment of women employees in Indian Railways. The operation of the all-women crew train

reflects the East Coast Railway's continued commitment towards gender equality, women empowerment and creating inclusive

workplaces. It also serves as an inspiration for more women to take up challenging roles in the railway sector. East Coast Railway has consistently encouraged greater participation of women in various vital roles such as track maintenance, train operations, Route Relay Interlocking operations, train management, loco operations, ticket checking and other key areas, inspiring more women to pursue careers in railways and contribute to the nation's progress with confidence and determination.

EAST COAST RAILWAY ANNOUNCES TEMPORARY CANCELLATION OF TRAINS FOR INFRASTRUCTURE UPGRADATION AT PURI STATION

BHUBANESWAR, (Correspondent) In a major move to enhance passenger amenities and operational efficiency, East Coast Railway (ECOR) has undertaken a significant infrastructure upgradation project at Puri Railway Station. The work includes the execution of Ballastless Track construction in the station yard and the development of Platforms No. 7 & 8. To facilitate these essential works, the services of six trains will be temporarily cancelled on the nominated dates, between 14th March 2026, to 16th May 2026. Cancellation of

Trains: • 02839 Shalimar-Puri TOD Special will remain cancelled on March 15th, 22nd, 29th; April 5th, 12th, 19th, 26th and on 3rd and 10th May 2026. • 02840 Puri-Shalimar TOD Special will remain cancelled on March 16th, 23rd, 30th; April 6th, 13th, 20th, 27th and on 4th and 11th May 2026. • 08012 Puri-Bhanjpur TOD Special will remain cancelled on March 15th, 20th, 22nd, 27th, 29th; April 3rd, 5th, 10th, 12th, 17th, 19th, 24th, 26th and on 1st, 3rd, 8th, 10th and 15th May 2026. • 08011 Bhanjpur-Puri TOD Special will remain

cancelled on March 14th, 19th, 21st, 26th, 28th; April 2nd, 4th, 9th, 11th, 16th, 18th, 23rd, 25th, 30th and on 2nd, 7th, 9th, 14th, 16th May 2026. • 68409/68410, Khurda Road-Puri-Khurda Road MEMU, will remain cancelled from 15th March to 31st March, 1st April to 30th April and 1st May to 15th May 2026. East Coast Railway appeals to all passengers to cooperate during this period of essential infrastructure upgradation. These short-term disruptions are necessary for ensuring long-term safety, reliability, and capacity enhancements.

UAIL Observes International Women's Day with Enthusiasm



Rayagada (Correspondent): International Women's Day was celebrated on March 8th, 2026 with great enthusiasm by Utkal Alumina International Ltd, a unit of Hindalco Industries under the Aditya Birla Group, at Doraguda under Tikiri in Rayagada district. The celebration was organized at the Club House in Nuapada Township and witnessed active participation from women employees and company leadership. On this occasion, Deputy Collector Ms. Rupali Patra (OAS) and Assistant Collector Ms. Lipsa Patel (ORS) attended the programme as guests. Addressing the gathering, Ms. Patra stated that in the present era women have

demonstrated excellence across various sectors. She encouraged women not to limit themselves but to continuously enhance their knowledge and skills to become self-reliant. Speaking on the occasion, Ms. Patel emphasized that education is the most powerful instrument of transformation. She noted that from ancient times to the modern era, education has played a significant role in bringing positive change in the lives of women. She further highlighted that society is largely shaped by women and therefore empowering them through education and awareness is essential for meaningful social progress. Unit Head and President Mr. Rabi

Narayan Mishra, in his address, remarked that women have always been revered in society and that progress within families and communities is not possible without their support and contribution. He acknowledged the sacrifices women make for their families and emphasized that societal development is unimaginable without their active participation. More than 100 women employees of the company participated in the programme. At the beginning of the event, Head of Security Mr. Vishwajeet Jowardar conducted an awareness session on the safe use of domestic LPG cylinders and safety measures during emergency situations.

DSP Winvestor Pulse 2025-26: Women Take Charge of Investing as Confidence Rises Faster Than Planning

Mumbai: DSP Mutual Fund, in partnership with YouGov, today released the DSP Winvestor Pulse 2025-26, a nationwide study of 5,050 urban investors across 13 cities, revealing a decisive shift in India's investment landscape. Women are increasingly taking charge of their financial decisions, even as a widening gap emerges between investor confidence and structured financial planning. A majority of women (56%) now say they take investment decisions independently, up sharply from 44% in 2022, the most significant movement recorded in the study. While men continue to lead at 68%, the acceleration among women signals structural change rather than incremental participation. Independence, however, does not mean disengagement from advice. Women are more likely now to blend



autonomy with consultation. Nearly one in four women (24% in 2025 vs 17% in 2022) say they take completely independent decisions in consultation with a professional advisor. Encouragement from spouses has also emerged as an important enabler, with women significantly more likely to cite their partner as an influence in their investing journey. At the same time, the proportion of women who describe themselves as self-taught investors has risen from 13% to 16%, reflecting growing financial confidence and

self-learning. Yet the study reveals a striking paradox. While 84% of investors across genders say they feel confident making their own investment decisions, only 33% report having both a clear financial goal and a structured plan to achieve it. Nearly half define "long-term investing" as three years or less, and only 28% clearly associate long term with five years or more. Return expectations further illustrate this behavioural gap. Thirty percent say beating inflation is sufficient, 22% aim to outperform markets,

and 21% benchmark their returns against friends or peers. The findings suggest that while empowerment and access have improved, disciplined planning and time horizon clarity remain areas of opportunity. The emotional meaning of money itself appears to be evolving. The association of money with "freedom" has risen from 27% in 2022 to 35% in 2025, while links to "survival" and "necessity" have declined. Nearly 48% now say they invest primarily to achieve financial independence and security, up from

44% in 2022. Among women, aspirations between money and safety as well as aspirational consumption have strengthened, reflecting a broader reframing of financial agency. Aspirations are also shifting beyond traditional asset ownership. While improving standard of living and saving for retirement remain top financial goals, lifestyle preferences are broadening. Forty-one percent of women - particularly in the 25-44 age group - prioritise travel over buying a home. Mentions of buying a home as a top dream have declined from 36% in 2022 to 28% in 2025, while discretionary spending on holidays has increased across genders. Fewer respondents now report having no spare cash, indicating improved financial participation and liquidity.

BOI ORGANIZED "MEGA SAMJHAUTA CAMPAIGN"

Bhubaneswar, (Correspondent): Bank of India is organizing "MEGA SAMJHAUTA CAMPAIGN" during 16th to 20th March-2026 to settle the NPA loan accounts of borrowers under One Time Settlement (OTS) at all its branches/Zones and FGMOs across the country. The SAMJHAUTA DAY is specially designed for the NPA Borrowers who could not repay their loan in time due to distress in business/medical condition of the borrower or any other genuine reason. Our Bank is having special OTS schemes to settle small value accounts and mid-size accounts through which special and good discounts are offered to the borrowers whose accounts are NPA. We appeal all the borrowers whose accounts are NPA to come forward to avail this Golden opportunity by settling NPA loan accounts during "MEGA SAMJHAUTA CAMPAIGN" 16th to 20th March 2026

Vedanta Aluminium Deploys All-Women Team to Run Command Control Room

Bhubaneswar, (Correspondent): Vedanta Aluminium, India's largest producer of aluminium, has announced the deployment of an all-women team to lead the Distributed Control System (DCS) at its alumina refinery in Lanjigarh, Odisha. A cohort of 40 trained women professionals will now steer the refinery's nerve centre, one of the most technologically complex and safety-critical areas of plant operations. Introduced on the occasion of International Women's Day, this initiative marks a significant leap for women's representation in core industrial and process control roles across India. The DCS is central to the refinery, integrating hundreds of data streams to ensure seamless control over production workflows. By placing women in this digital function, Vedanta Aluminium reinforces its commitment to building an inclusive industrial workforce. Their role includes real-time monitoring of process parameters, analysing operational trends, assessing safety alarms, and making swift decisions to maintain



stable, efficient, and safe refinery operations. Commenting on the milestone, Rajiv Kumar, CEO, Vedanta Aluminium, said: "At Vedanta Aluminium, empowering women to lead high-skill industrial roles is not an initiative, it is our direction as a company. As more women operate command centres, smelters, locomotives and safety systems, we are shaping a

manufacturing ecosystem where gender is no barrier to excellence. Our long-term ambition of significantly increasing women's participation reflects our belief that women will power the next leap of industrial growth." This development forms part of a broader transformation led by Vedanta Aluminium to expand opportunities for women in high-skill

industrial roles. Anjane Kumari, one of the team members, DCS, said, "Working in the command centre gives me the confidence that women can play a central role in manufacturing. I hope our team inspires many more young women to pursue careers in engineering and operations." Over the past few years, the company has commissioned India's first fully women

operated - potline and deployed more than 100 women across critical smelting and production functions. It has also introduced the country's first all-women-locomotive engine crew within its aluminium operations, setting new benchmarks for inclusion in non-traditional roles. Additionally, Vedanta Aluminium became the first company in Odisha to introduce women in night shifts. Strengthening its focus on safety and emergency readiness, the company has deployed Agnivahini, an all-women firefighting and emergency-response-unit that has trained over 100 women as frontline safety responders, enhancing preparedness and reinforcing a strong safety culture across its

operations. More recently, the company established an all-women-thermal power operations team to manage a 135 MW power unit, strengthening its leadership in gender-forward industrial practices. With a growing number of women now contributing across quality laboratories, digitalisation functions, and mining engineering roles, women's representation in high technology, high-responsibility roles are on the rise across India's manufacturing sector. Women currently constitute 21% of Vedanta Aluminium's workforce, a figure the company plans to raise to 35% and then 50% in the coming years.