Pandian directs authorities to expedite the works. Puri Chief Administrator of Jagannath Temple Management Committee (NHRC). Modi said that for him the ‘poor’ and ‘deserving’ is the same. The Prime Minister added that ‘Mahadev’ had broken the trust of people and hatched new conspiracies to poison of casteism.

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In Sambalpur

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Dhraga stayed for med college in Jagatsinghpur

Owing to the absence of any objections from the concerned authorities, the Department of Education and Health Services has decided to grant permission to the Department of Health and Family Welfare to construct a 70-bed multi-speciality Hospital in the state capital. The decision was taken after a meeting of the Department of Planning and Development was held recently.

The hospital will be constructed on a 5-acre plot in the city, and the Department of Health and Family Welfare has already started the process of acquiring the land.

The hospital will have state-of-the-art facilities and will provide comprehensive medical care to the people of the state. The construction work is expected to be completed within six months.

In the meantime, the Department of Health and Family Welfare has already started the process of recruiting doctors and other medical professionals for the hospital.

The hospital will be open to the general public and will provide medical care to people from all walks of life. The Department of Health and Family Welfare has already started the process of training the doctors and other medical professionals.

The hospital will be fully equipped with the latest medical equipment and will provide advanced medical care to the people of the state.

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Prime Minister Narendra Modi and his government expressed condolences on Saturday for the victims of the earthquake in Nepal, the damage caused by the earthquake, the assistance being provided by India, and the subsequent efforts to rescue the victims.

In a post on X, Modi said, "In this hour of crisis, Indians express their heartfelt condolences to the families of the victims of the earthquake in Nepal. In this time of tragedy, we stand with Nepal and its people."

He added, "We are doing whatever it takes to rescue those who are trapped and to provide all possible assistance. We are also reaching out to the bereaved families and will continue to offer our support in their times of bereavement and recovery."

Prime Minister Modi also expressed his condolences to the families of the victims who died in the earthquake. He said, "We are deeply saddened by the loss of life and the suffering caused by this natural calamity."

India's Ministry of External Affairs stated that India had already started extending assistance to Nepal. It mentioned that the Indian Army and Indian Navy were sending rescue teams and providing medical and other emergency assistance.

The Centre had already dispatched a multi-disciplinary rescue team, which included doctors, engineers, and disaster response experts, to assist in rescue and relief operations. India had also offered to provide additional assistance based on the requirements of the Nepalese authorities.

The Prime Minister also said that India was ready to provide all possible assistance and would continue to support Nepal in its efforts to recover from the earthquake.
Pakistan Air Force was attacked by heavily armed terrorists, said only one of three living in the region. UN security chief Martin Griffiths said. He added that humanitarian conditions in Gaza was more critical than ever. The UN has received reports of numerous human rights abuses, including allegations of torture and enforced disappearances.

As many as 250,000 Afghans left Pakistan before the Taliban took power, said the United Nations. The situation is dire, with winter approaching and a lack of assistance. The Taliban has promised to respect human rights, but so far has not delivered.

There are about 90,000 undocumented Afghans living in Pakistan, according to the United Nations. Most of them have been forced to leave their homes due to the Taliban's takeover. The situation is exacerbated by the ongoing conflict in Afghanistan, which has caused widespread displacement and suffering.

The Taliban has been accused of human rights abuses, including summary executions and torture. UN officials have urged the Taliban to respect international law and human rights.

The UN is providing aid to Afghans in Pakistan, but more support is needed. The situation is especially dire for women and girls, who face increased risks of violence and discrimination.

The Taliban has said it will allow free movement of people across the border. However, many Afghans are afraid to return home due to concerns about their safety.

The UN has called for an immediate ceasefire and an end to violence. It has also called for the release of all political prisoners and the protection of human rights.

The Taliban has been accused of human rights abuses in the past, including summary executions and torture. UN officials have urged the Taliban to respect international law and human rights.

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For more information, please visit the UN's website on Afghanistan and Pakistan.
State Bank of India (SBI) had an impending wage and pension initiatives, according to a senior executive. Khara said the wage growth was a must-attend for the bank, and he intends to utilise its surplus funds. It aims to utilise its surplus funds to meet the state-owned lender's interest. The bank is planning to utilise its surplus funds to meet the state-owned lender's interest.

On a standalone basis, the bank's gross non-performing assets (NPAs) declined year-on-year, to Rs 23,080 crore a year ago, while the gross advances by the end of September stood at Rs 73,874 MW, "a sign of healthy growth," according to the bank's CEO, Ashwani Kumar. The bank's capital adequacy ratio was 9.3 per cent at the end of September, from 9.1 per cent in the year-ago period. The bank's net NPAs fell to 0.76 per cent in the year-ago period, from 0.78 per cent in the year-ago period.

The state-owned lender had reported narrowing of operational losses to Rs 402 crore for the quarter ended September 30, from Rs 412 crore in the previous quarter. The group's operating expenses fell to Rs 1,298 crore for the quarter, from Rs 1,334 crore in the previous quarter. The bank's net interest margins rose to 5.24 per cent, from 5.23 per cent in the previous quarter. The bank's gross advances by the end of September stood at Rs 73,874 MM, a rise of 14 per cent from Rs 64,609 MM in the year-ago period. The bank's net interest margins rose to 5.24 per cent in the quarter from 5.23 per cent in the year-ago period.

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The American ace of Switzerland, Roger Federer, won a five-set thriller in Barcelona's semi-finals. The match between the world's top two players was a classic of the sport, lasting more than four hours. Federer, who has won 20 Grand Slam titles, came from two sets down to claim his 18th semi-final appearance at a Masters 1000 tournament. He will face Rafael Nadal in the final on Sunday.

Federer, 36, rallied from a two-set deficit against Nadal, 33, to win 4-6, 7-6 (7-4), 6-4, 2-6, 6-3. The Swiss star, who missed the entire 2020 season due to injury, showed his class by overcoming a physical challenge and a resilient Nadal.

In a match of incredible intensity, Nadal took an early lead, breaking Federer in the second game of the second set. However, Federer regrouped and produced a dominant display in the third set, winning six of the first seven points and remaining invincible until the end.

The Swiss legend, who is making his first appearance in a Masters 1000 semi-final since 2019, will now face his Spanish rival for the first time in the final of a grass-court tournament. The meeting will be a historic encounter as it marks the 50th professional meeting between the two greats, with Federer holding a 29-19 advantage.

The result of this encounter will have a significant impact on the upcoming Wimbledon, where the pair are expected to face each other in the quarter-finals. Federer, who is playing only his second tournament of the clay swing, will look to maintain his momentum and take on Nadal in a battle of two of the greatest players of their generation.
Unbeaten India face formidable South Africa in battle for top spot

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The epic is at stake and the onus is on Sunday’s winners to write their own destiny. The 2011 edition of the World Cup was unforgettable, with some of the best cricket the world has ever seen. It takes on a new significance once again as India and South Africa face each other on Sunday in what will be a battle of equals on the World Cup stage. It promises to be a captivating contest and Virat Kohli and Ravi Shastri can’t escape the fact that this will be in many ways a World Cup decider. Considering the sheer number of world-class players who have been part of the World Cup squad and Pandya had his 271-run chase against Australia (85), New Zealand (111), Pakistan (103), and South Africa (97). Kohli had a modest 545 runs from seven matches at an average of 6.71. The die-hard Indian fans have been incredible. This team is special and I’m sure we’ll make a mess of the Netherlands when they take on every ball of every over. It’s been incredible. This team is special and I’m sure we’ll make a mess of the Netherlands when they take on every ball of every over. It’s been incredible. This team is special and I’m sure we’ll make a mess of the Netherlands when they take on every ball of every over. It’s been incredible. This team is special and I’m sure we’ll make a mess of the Netherlands when they take on every ball of every over. It’s been incredible. This team is special and I’m sure we’ll make a mess of the Netherlands when they take on every ball of every over. It’s been incredible. This team is special and I’m sure we’ll make a mess of the Netherlands when they take on every ball of every over. It’s been incredible. This team is special and I’m sure we’ll make a mess of the Netherlands when they take on every ball of every over. It’s been incredible. This team is special and I’m sure we’ll make a mess of the Netherlands when they take on every ball of every over. It’s been incredible. 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This team is special and I’m sure we’ll make
India’s cricketing evolution has seen a seismic shift in focus from batting to a formidable bowling unit. This World Cup has showcased their newfound balance, rewriting the narrative of Indian cricket, and fuelling hopes of clinching the title, writes SWARMAN KANAN

In this cricket world cup, India’s remarkable journey unfolds with seven consecutive victories. With each member of the attack contributing, India’s fast bowling, led by bowlers like Jasprit Bumrah and Mohammed Shami, has dismantled cricketing giants. The seamless teamwork, astute insights, and exceptional judgment showcased by the likes of KL Rahul have been instrumental. This narrative of balanced excellence has redefined Indian cricket, with Rohit Sharma’s record-breaking 66th career and the unwavering confidence in their bowling unit.

In the World Cup tour, whenever India fielded, the bowlers dismantled cricketing giants like Australia and New Zealand, as well as former champions Pakistan, England, and Sri Lanka, before they could complete their depleted 50 overs, securing 10 wickets. Each member of India’s bowling attack has risen to the occasion at different stages of the World Cup campaign. Rohit’s record-breaking spree, claiming the title with Bumrah and Siraj, decimated the defending champions for a mere 129 runs in just 34.5 overs.

Acknowledging the exceptional performance by the bowlers, Rohit said during the post-match interview, “The seamers have been invaluable. When Jassi bowls, he gains an understanding of what line and length works best on a given wicket. His relay the same message, and I also discuss with KL and Shami at the IPL. The last match against Sri Lanka was breathtaking as India’s bowling unleashed terror on the Pakistan batsmen with deliveries that were mainly unplayable. Bumrah (who took first ball), Shami, and Siraj dominated the Sri Lankan batting line-up, bringing them out for a paltry 73 while chasing India total of 321 in just 44.5 overs at Mumbai’s Wankhede Stadium. Mastering the art of swing bowling and yorkers, the Indian bowlers made the Sri Lankan batting struggle on every delivery, with Shami taking five wickets, leading the way.

Rohit’s record-breaking performance, claiming the title with his 66th career and the unwavering confidence in their bowling unit. The emergence of India’s bowling expertise has transformed them from a predominantly batting-focused but bowling weak team into a more balanced and formidable unit. As the team steps onto the field, the harmonious interplay of bat and ball will be key to their success. Building a substantial score is only half the battle; it is the bowling that truly fortifies the team’s position. The current crop of bowlers, knowing their roles, determinations, and ability to perform under pressure, ensures golden chapter in Indian cricket. With improved confidence in their bowling unit, India stands poised to make history in this World Cup. As the clicking world eagerly awaits the clash against giant South Africa today, India’s unshaken streak in the tournament makes them the most deserving contender for the title.
Acute Bronchitis

Being aware of the air quality in your area is the first step. You can keep a look out for websites that keep track of AQI. Instead of doing this, consider installing AQI apps. Avoid the temptation of staying outdoors when the AQI is very high, and cut down your exposure to harmful pollutants.

How to Safeguard Against High AQI

- Help keep the air quality in your area’s first place. You can start by choosing a more green mode of transport. This will help reduce the number of cars on the road and reduce emissions. Save fuel and electricity by choosing public transport, cycling, or walking.

- Turn off lights and electronic devices when not in use. This will help save energy and reduce carbon emissions.

- Plant trees and shrubs. Trees and shrubs help absorb carbon dioxide and release oxygen, which helps improve air quality.

- Reduce pollution by using public transport, cycling, or walking.

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Air pollution and respiratory health:

- Chronic bronchitis.
- Asthma.
- Pneumonia.
- Lung cancer.

Air pollution and cardiovascular health:

- Heart disease.
- Stroke.
- High blood pressure.

Air pollution and mental health:

- Depression.
- Anxiety.

Air pollution and other health impacts:

- Cancer.
- Reproductive health.
- Skin irritation.

AIRING CONCERN

For the past few years, the number of months in November has become synonymous with dirty eyes, itchy throats, and respiratory problems as people bound to a blanket of smog. During this period, air quality in the world’s most populated city ranks historically low levels, adversely affecting livelihood, health, and economy. THE HEALTH PIONEER brings a report on air pollution and its impacts.

IMPACT OF AIR QUALITY ON PREGNANCY

A study has found that respir- atory health and rates of pre-term birth, both of which are significantly impacted by conventional me- diums that are currently used in the industry, as well as the exposure of fine particles. The study further revealed that the rate of pre-term birth is significantly lower in areas with lower air pollution levels.

Bitter Pill for ‘Sugarcane’

Ayurveda TIPS FOR HEALTHY LUNGS

While the changes in weather and pollution are not due to increasing air pollution levels, but the combination of both factors is responsible for the observed increase in asthma and allergies.

Air pollution is a major contributor to the high levels of asthma and allergies seen in the region. The fine particles and gases released from vehicles and factories can irritate the respiratory tract, causing inflammation and swelling. This can lead to airway obstruction, making it difficult to breathe.

Air pollution also increases the risk of asthma attacks and exacerbations. People with asthma who are exposed to air pollution are more likely to experience symptoms such as coughing, wheezing, and shortness of breath.

Air pollution also affects the immune system, making it easier for respiratory tract infections to occur. This can lead to a higher risk of pneumonia and other respiratory infections.

Air pollution can also affect the lungs and respiratory system in other ways. It can cause inflammation and damage to the lungs, which can lead to chronic lung diseases.

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Air pollution also increases the risk of allergy attacks and exacerbations. People with allergies who are exposed to air pollution are more likely to experience symptoms such as sneezing, itchy eyes, and nasal congestion.

Air pollution also affects the immune system, making it easier for allergic reactions to occur. This can lead to a higher risk of developing allergic diseases.

Air pollution can also affect the skin and the immune system. It can cause inflammation and damage to the skin, which can lead to skin conditions such as eczema and psoriasis.

Air pollution is also a major contributor to the high levels of chronic respiratory diseases seen in the region. The fine particles and gases released from vehicles and factories can irritate the respiratory tract, causing inflammation and damage. This can lead to chronic lung diseases such as chronic bronchitis and emphysema.

To take care of your respiratory health, you can take the following steps:

- Air purifiers: These can help remove fine particles and gases from the air.
- Humidifiers: These can help add moisture to the air, which can help alleviate dryness and irritation.
- Filters: These can help remove fine particles and gases from the air.
- Exercise: Regular exercise can help strengthen the lungs and respiratory system.
- Avoid smoking and secondhand smoke.
- Avoid exposure to air pollution.
- Wear masks when outdoors in areas with high air pollution levels.

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Air quality and day-to-day activities:

- Work from home: If possible, work from home to reduce exposure to air pollution.
- Public transportation: Use public transportation to reduce exposure to air pollution.
- Use online meetings: Use online meetings to reduce the need for travel and exposure to air pollution.
- Shop online: Shop online to reduce the need for travel and exposure to air pollution.
- Use e-books: Use e-books to reduce the need for travel and exposure to air pollution.

Air quality and home and office:

- Use air purifiers: Use air purifiers to improve indoor air quality.
- Use plants: Use plants to improve indoor air quality.
- Use healthy furniture: Use healthy furniture to improve indoor air quality.
- Use healthy paint: Use healthy paint to improve indoor air quality.
- Use healthy flooring: Use healthy flooring to improve indoor air quality.

Air quality and travel:

- Use public transportation: Use public transportation to reduce exposure to air pollution.
- Use online meetings: Use online meetings to reduce the need for travel and exposure to air pollution.
- Shop online: Shop online to reduce the need for travel and exposure to air pollution.
- Use e-books: Use e-books to reduce the need for travel and exposure to air pollution.
- Use healthy furniture: Use healthy furniture to improve indoor air quality.
- Use healthy paint: Use healthy paint to improve indoor air quality.
- Use healthy flooring: Use healthy flooring to improve indoor air quality.

Air quality and diet:

- Eat healthy foods: Eat healthy foods to improve indoor air quality.
- Drink healthy drinks: Drink healthy drinks to improve indoor air quality.
- Use healthy supplements: Use healthy supplements to improve indoor air quality.
- Use healthy herbs: Use healthy herbs to improve indoor air quality.
- Use healthy spices: Use healthy spices to improve indoor air quality.

Air quality and breathing:

- Use deep breathing techniques: Use deep breathing techniques to improve indoor air quality.
- Use meditation: Use meditation to improve indoor air quality.
- Use yoga: Use yoga to improve indoor air quality.
- Use Qigong: Use Qigong to improve indoor air quality.
- Use Tai Chi: Use Tai Chi to improve indoor air quality.
Jokowi’s democracy: Power consolidation sparks debate

Indonesia, the third-largest democracy in the world, is preparing for its presidential and parliamentary elections early next year. Its current President, Joko Widodo, who has been ruling the country since 2014, is expected to run for a second term. The 2024 elections will test the political future of President Jokowi, who has become a formidable political player in the face of rising power. An open debate on the issue is being held by the position of Mayor of Jakarta, which was previously occupied by Jokowi, his eldest son, serves as the Mayor of Jakarta (also known as Jakarta City), while the younger one, Kaesang, was appointed as the Chairperson of the Indonesian Solidarity Party. This clearly illustrated the trend of political succession within the Indonesian political class, imposing the idea that political succession is a natural process rather than a one-time event. Currently, Jokowi is leading the presidential race, with Prabowo Subianto, his running mate, in the second place, according to recent polls. This suggests that the Indonesian political landscape is evolving in favor of younger candidates, a trend that has been observed in other countries as well.

The upcoming Indonesian elections mark a significant turning point as President Jokowi, in office since 2014, steps down due to constitutional term limits. His legacy is overshadowed by allegations of corruption and self-serving political dynamics, with his sons poised for prominent roles. The recent Supreme Court decision and the ongoing endorsement of Defence Minister Prabowo Subianto signal a shifting political landscape. The political climate has developed into a pivotal election season, questioning the nature and direction of Indonesian democracy.
Wisdom driven devotion adds value to life

Mother's two hands carry access to the potential - ponds shell in the dominion, lords the other. The one shell when blown,excites a sound compare to “One”, the primal sound, which excited creation creation.Mother,produce the primal kinetic energy - the sound “Om” which excit the primal-sound, which excit other.

Aries March 21-April 19

This year, victory is yours, finally reclaiming the treasure lost in the chaos of your life. By the time your full potential is revealed, you’ll be amazed by what you’ve accomplished. Your hard work and determination will pay off in unexpected ways, and you’ll feel a renewed sense of purpose and energy. Embrace the changes and allow yourself to shine!

LEO July 23-Aug 22

Feeling unique throughout the week, locals might surprise you by showing affection or taking care of you. There might be unexpected opportunities for growth and development, so keep an open mind and be ready to embrace change.

Sagittarius Nov 22-Dec 21

This week, your strength and wisdom are on full display, with many opportunities for growth and learning. You may feel called to help others, either through guidance or by offering your expertise. Embrace these opportunities with open arms and allow yourself to be the light that guides others.

Capricorn Dec 22-Jan 19

Embrace current career and leadership as potential mentors. Discover new challenges and opportunities that push you to grow and evolve. Stay focused on your goals and let your determination lead you to success.

Gemini May 21-June 20

This week, your mental and emotional balance is key. You’ll need to make time for self-care and relaxation to maintain your well-being. Remember to embrace change and adapt to new situations.

Cancer June 21-July 22

Avoid the hustle and bustle, it’s time to pause and reflect. You might feel overwhelmed by recent events, but taking the time to breathe can help you regain your footing. Stay connected with loved ones and lean on them for support.

Scorpio Oct 23-Nov 21

Currently, you’re suffering tremendous stress, both locally and globally. Use this as an opportunity to turn towards more positive and constructive actions. Focus on the bigger picture and believe in the power of collective action.

Libra Sep 22-Oct 21

The presence of irrational realism, which could easily be misinterpreting or assuming something, is valid this week. You might appear to be overthinking or overanalyzing situations. However, this critical thinking can help you make more informed decisions.

Pisces Feb 19-Mar 20

Individuals this week are likely to turn towards new experiences of potential, which can help you gain a fresh perspective. This can lead to new opportunities and personal growth. Focus on your inner world and the potential within your experiences.

Taurus April 20-May 20

This week, secrets and feelings are at the forefront of your experiences. You’ve likely rediscovered a past connection, and the current moment is ripe for reconnection. Your unique ability to provide guidance is key to acting as a bridge between your potential.

Aries Apr 17-May 20

The primal sound, which was excited “one” in the deep in one’s mind through continued aspirations alone. To keep your mind pure and free of any prejudice or obstacle. A moth can pass a leaf.

Cancer Jul 4-10

The leaves. It implies that she and the majestic lotus flower. This indicates a desire for the inner and outer experiences to remain in balance.

Aquarius Jan 19-Feb 18

This week presents dynamic, variability, and action faculty present a continuous change with potential to create new relationships. Stronger rulers can be found in your life, improve your communication and connection with others.

Leo Jul 18-24

Felt of solitude and disconnection might dominate your thoughts, possibly due to recent sudden or unforeseen events. Embrace your autonomy, with your unique emotions in mind, and begin to explore emotions. This phase may mark a true final test or success.

Virgo Aug 23-Sep 22

Now is the time for us to observe nature’s potential in all its glory. Embrace its beauty and understand the lessons it offers. Through the lens of simplicity, we can gain deeper insights into potential and understanding.

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