

CLASSIFIED

AFFIDAVIT

I, Rajendra Pradhan, S/o- Srikantha Charan Pradhan, resident of ward No.- 6, Benuda, P.O.- Katisihi, P.S.- Kamarda, Dist.- Balashwar, Pin- 756035, Odisha declare by this affidavit No.- 169/2024 dtd.- 01.10.2024 that now onwards I shall be known as RAJENDRA KUMAR PRADHAN for all future purposes.

I, Sanjula Das, W/o- Prabhat Kumar Das, resident of At- Gohal, P.O.- Jagannathpur, P.S.- Baliana, Dist.- Khorda, PIN- 752101 Odisha declare by this affidavit No.- 1561, dtd.- 11.09.2024, that now onwards I shall be known as Basanta Manjari Das for all future purposes.

I, Pravat Kumar Das, S/o- Late Birabar Das, resident of At- Gohal, P.O.- Jagannathpur, P.S.- Baliana, Dist.- Khorda, PIN- 752101, Odisha declare by this affidavit No.- 1561, dtd.- 11.09.2024, that now onwards I shall be known as Prabhat Kumar Das for all future purposes.

By virtue of an Affidavit sworn before Notary Public, Cuttack dated 02nd Nov. 2024. I, TASNIM HUSAIN KANCHWALA, W/o Husain Kanchwala residing at Metro Plaza, Fez-II, Buxibazar, Cuttack - 753001, declare that I have changed my daughter's name from INSIYA to INSIYA KANCHWALA. Henceforth, she shall be known as INSIYA KANCHWALA for all purposes.

Before Executive Magistrate, Bhadrak I LALITA SAHOO ALIAS RANJULATA SAHU, D/O- SHUKADEB PHUHAN W/O-SUSANTA SAHOO , At. Sodha , PO-Dobal, PS. Dhammangar Dist- Bhadrak declared that LALITA SAHOO and RANJULATA SAHU@SAHOO W/O- SUSANTA SAHOO is one and same person in the locality.

I, Anil Kumar Pradhan, S/o Antaryam Pradhan, C-103 Laxmisagar, Bhubaneswar - 751006, have changed my son name from Shriom Pradhan to Shriom Pradhan vide Affidavit Dt. 4.11.2024 sworn before Notary S.K. Behera C.F. No.-62. I declare that Shriom Pradhan and Shriom Pradhan is one and same person is my son.

BPUT TECH CARNIVAL 2024

State emerging as a skill hub: Governor



ARINDAM GANGULY, OP

Bhubaneswar, Nov 4: Governor Raghubar Das Monday said that India is currently home to one of the largest startup ecosystems globally and Odisha is emerging as a skill hub for young entrepreneurs. The Governor was addressing the Tech Carnival 2024 organised by Biju Patnaik University of Technology (BPUT) at the Rail Auditorium there.

Addressing the gathering as the chief guest, the Governor encouraged students to contribute towards realising the vision of 'Viksit Odisha' and 'Viksit Bharat', emphasising that technology will play a pivotal role in this mission.

Speaking at the event, Das said, "We are now in a technology-driven era where those with technical expertise can transform challenges into opportunities." He noted the critical role universities play

in nurturing students to thrive in this fast-evolving technological landscape. According to the Governor, BPUT has significantly contributed to this vision by fostering a culture of innovation and excellence among Odisha's youth.

He described the Tech Carnival as more than a display of talent, calling it a platform that showcases the progressive mindset of the state's youth who are eager to shape the future through technology.

The Governor highlighted that by participating in this carnival, students would not only sharpen their technical skills but also develop essential attributes such as teamwork and strategic thinking.

Das further remarked that India is currently home to one of the largest startup ecosystems globally, with Odisha emerging as a skill hub for young entrepreneurs. He expressed his satisfaction with BPUT's commitment to integrating skill development courses into its curriculum and noted the state's dedication to creating employment opportunities, ultimately aiming to make Odisha the skill capital of the world.

Industries, Skill Development, and Technical Education Minister Sampad Chandri Swain, BPUT Vice-Chancellor Amiya Kumar Rath and others were also present at the carnival.

Rath delivered the welcome address, outlining the goals and significance of the Tech Carnival in inspiring the next generation of innovators and leaders.

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32ND MEETING OF CENTRAL HINDI COMMITTEE

CM's proposal to promote Hindi in Odisha



POST NEWS NETWORK

Bhubaneswar, Nov 4: The 32nd meeting of the Central Hindi Committee was held in New Delhi Monday under the chairmanship of the Union Home Minister Amit Shah.

Attending this meeting, Chief Minister Mohan Charan

Majhi made some proposals for the propagation of Hindi language in Odisha. They include establishment of special Hindi educational institutes with more number of Hindi teachers in the state and setting up of special Hindi educational institutes to promote Hindi literature.

CM Majhi said Odia-Hindi translation centre is required for the propagation of Odia and Hindi languages and translation of the original literary works. For this, the chief minister proposed to establish a special translation centre with the financial support of the department of offi-

State's IDPS unit honoured



POST NEWS NETWORK

Bhubaneswar, Nov 4: The Odisha unit of Integrated Disease Surveillance Programme (IDSP) was honoured for its excellent work in public health surveillance at the 20th commemorative event of IDSP held in New Delhi, Monday.

Additional director of Public Health Praemeela Baral, and Joint Director of Health Services (IDSP) and the State Surveillance Officer (SSO) Ashok Kumar Pakaray accepted the honour on behalf of Health and Family Welfare department.

The recognition is a testament of dedication and commitment of the team in safeguarding the public health in Odisha.

Notably, the State Surveillance Unit functions round the clock during natural disasters such as floods and cyclones to ensure timely detection and response to disease outbreaks.

The control room operates 24x7 to monitor disease trends, analyse data, and coordinate with district and higher health officials.

Also, it regularly monitors the real time disease data entered in Integrated Health Information Platform (IHIP) for surveillance.

Brown sugar peddlers target youth

POST NEWS NETWORK

Nimapada, Nov 4: At a time when there is an up tick in peddling of brown sugar recently, lack of resources and also the required coordination between local police, Excise department and Intelligence division have rendered the measures to prevent the illegal trade ineffective.

According to reports, drug dealers are primarily targeting college students and unemployed youth. Dealers are especially active under the cover of darkness and are distributing substances along the banks of Kushabhadra river.

Many young people are getting addicted to substance, consuming them in secluded places by the riverbank. Consequently, antisocial activities are rising in Nimapada region,



making it unsafe for women to venture out in the evening.

Policemen interventions often result in temporary dispersal of these dealers, who eventually regroup and return.

Dealers are systematically expanding their networks without getting noticed by law enforcement agencies. As a result, the police face challenges in apprehending them. The Excise department is severely understaffed, which contributes to the spread of drugs in the region.

The white poison or drugs are being supplied from nearby regions like Puri, Jatni, Bhubaneswar, Cuttack and Berhampur. Despite available intelligence, enforcement agencies have not been able to successfully crack down on these operations due to manpower shortages in both the police and Excise departments. Significantly, Nimapada Intelligence division is running with one person only.

Throughout this year, police and Excise dept flying squads have conducted separate raids, seizing drugs worth lakhs of rupees. Many of those apprehended have been taken to court. However, due to the above mentioned challenges, the drug trade continues to thrive, leaving authorities scrambling for effective solutions.

Fisherman nets huge catfish from Mahanadi



POST NEWS NETWORK

Barang, Nov 4: A fisherman caught a huge catfish from Mahanadi River here Monday.

The fisherman, identified as Rabindra Dalei of Samananda village was surprised to see the huge catch weighing around 22kg. A crowd gathered to witness this unusual catch in Mundali area.

Rabindra had gone to Mahanadi River as usual to catch

fish Monday morning. After casting his net in the river, a big catfish got trapped in his net.

He brought the fish back in his boat and sold it to local fish trader Bikash Behera.

The fish weighed 22 kg. Rabindra mentioned that he had never caught such a large catfish before. The unique catch attracted a crowd of local villagers who came to see the fish for some time.

Sitting over 8 hours daily can raise health risks even after exercise



30 minutes daily can help, but not completely.

Chandira Reynolds, Professor in the Department of Psychology and Neuroscience at the University of Colorado Boulder in the US, said that "sitting

a number of health concerns. They include obesity and a cluster of conditions — increased blood pressure, high blood sugar, excess body fat around the waist and unhealthy cholesterol levels — that make up metabolic syndrome. Too much sitting overall and prolonged periods of sitting also seem to increase the risk of death from cardiovascular disease and cancer.

It found that those who sat for more than eight hours a day with no physical activity had a risk of dying similar to that posed by obesity and smoking.

Importantly, the study showed that a young age or 20 years of moderate activity like walking cannot buffer the effects. Instead, vigorous activity like running or cycling for long periods of time with

than 1,000 people with an average age of 53, included 730 twins, to explore how prolonged sitting impacts cholesterol and body mass index (BMI) in young adults.

The participants jogged 9 hours of sitting daily while engaging in moderate physical activity between 80 and 160 minutes.

The results, published in the journal PLOS One, noted that "the more one sits, the older one looks". Further, the team said that young adults who sat 8.5 hours per day and performed at or below current exercise recommendations could be in a moderate to high risk category for cardiovascular and metabolic disease.

The team analysed more

Reynolds, noting that the "associations are already emerging in early adulthood." On the other hand, people who did a vigorous exercise like running or cycling for 30 minutes daily had cholesterol and BMI in young adults.

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