

## CLASSIFIED

## AFFIDAVIT

I, Rajendra Pradhan, S/o- Srikanta Charan Pradhan, resident of ward No.- 6, Benuda, P.O.- Katisahi, P.S.- Kamarda, Dist.- Baleshwar, 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- Prabhakar 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 Birabhar 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 Prabhakar 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 INSIIYA to INSIIYA KANCHWALA. Henceforth, she shall be known as INSIIYA 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, Dhamnagar 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 Antaryami 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



ANURAG SINGH KHOSLA, OP

Bhubaneswar, Nov 4: Governor Anurag Singh Khosla said that India is currently home to one of the largest start-up 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 Rall Auditorium here.

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, BPUP 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 start-up ecosystems globally, with Odisha emerging as a skill hub for young entrepreneurs. He expressed his satisfaction with BPUP'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 Chandra Swain, BPUP 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.

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.

## 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 Prameela Baral, and Joint Director of Health Services (IDSP) and the State Surveillance Officer (SSO) Ashok Kumar Paikaray 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 24 x 7 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.

## Gujarat Skill Devpt Secy visits WSC

POST NEWS NETWORK

Bhubaneswar, Nov 4: Vinod R Rao, Secretary of Labour, Skill Development and Employment of Gujarat government, visited the World Skill Center (WSC) here, Monday, as part of his two-day visit to the state.

Rao explored various state-of-the-art laboratories and interacted with students on the advanced skill courses offered at this premier skilling institution in the Capital City.

He expressed his happiness over the advanced and ultra-modern facilities available for the youth in the rapidly evolving field of engineering. "The WSC is making a significant contribution to the development of Odisha by providing a platform for talented young individuals to enhance their skills and meet industry demands," said Rao.

## Brown sugar peddlers target youth

POST NEWS NETWORK

Nimapada, Nov 4: At a time when there is an uptick 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 Kushabhaddra river.

Many young people are getting addicted to substance, consuming them in secluded understaffed, which contributes to the spread of drugs in the region.

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

## 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 from the department of official languages of the Central government.

He said more cultural programmes should be organised at national and state level for cultural exchange between Hindi and Odia language people. Poets, writers, and intellectuals of different states must participate in all these programmes, he added.

"An Inter-Language Research Institute should also be set up in the state for research work in both languages, the CM said.

The chief minister also asked for Central grants and special assistance to the state for various schemes including setting up of educational institutions for promotion of Hindi.

Union Health Minister JP Nadda, Union Education Minister Dharmendra Pradhan and Cuttack MP Bhartruhari Mahtab were present in the meeting.

## 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 Dalel of Sanamundali 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

Spending long hours sitting daily can increase the risk of cardiovascular disease, diabetes, muscle weakening, weight gain, and mental health issues like anxiety and depression

Amid concerns that sitting is the new smoking, a new study showed that being sedentary for over 8.5 hours daily or 60 hours a week while commuting, in office, or at home can make you age faster and raise significant health risks.

The study has linked sitting for long periods of time with

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 minutes of moderate activity like walking cannot buffer the effects. Instead, vigorous activity like running or cycling for



30 minutes daily can help, but not completely.

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

less throughout the day, getting more vigorous exercise, or a combination of both may be necessary to reduce the risk of premature ageing in early adulthood".

The team analysed more

than 1,000 people with an average age of 33, and included 730 twins, to explore how prolonged sitting impacts cholesterol and body mass index (BMI) in young adults.

The participants logged 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 sat, the older one looked". 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.

"Taking a quick walk after work may not be enough," said

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 measures that looked like those of individuals 5 to 10 years younger. However, it was not enough.

The impact of movement can be profound. For starters, you'll burn more calories. This might lead to weight loss and increased energy. Also, physical activity helps maintain muscle tone, your ability to move and your mental well-being, especially as you age.

The researchers said that one should reduce sitting time at work by using a standing desk, taking breaks, and organising walking meetings.

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