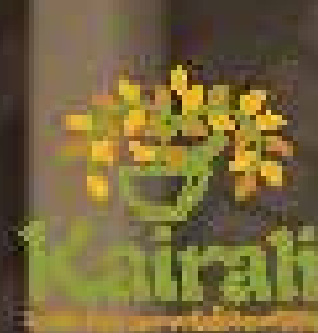


Politics & Democracy

Volume VII • Issue I
January 2022
Pages 40 • Rs.40/-

Era of Development in Uttar Pradesh





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to increase muscle mass to reduce weight naturally.

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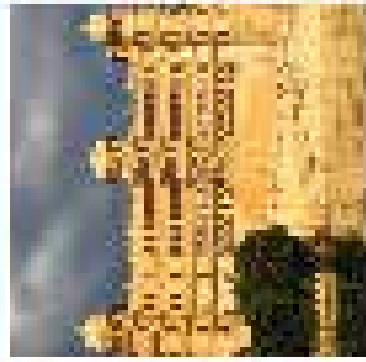


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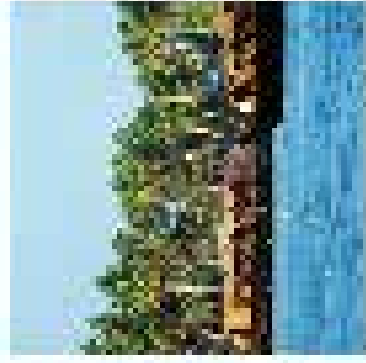
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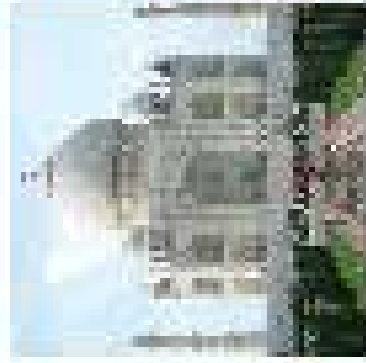
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• **1990s:** Focus on **quality** and **customer service**.
 • **2000s:** Emphasis on **technology** and **innovation**.
 • **2010s:** Shift towards **sustainability** and **social responsibility**.
 • **2020s:** Continued focus on **digital transformation** and **data-driven decision making**.



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Travelok

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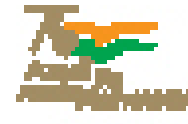
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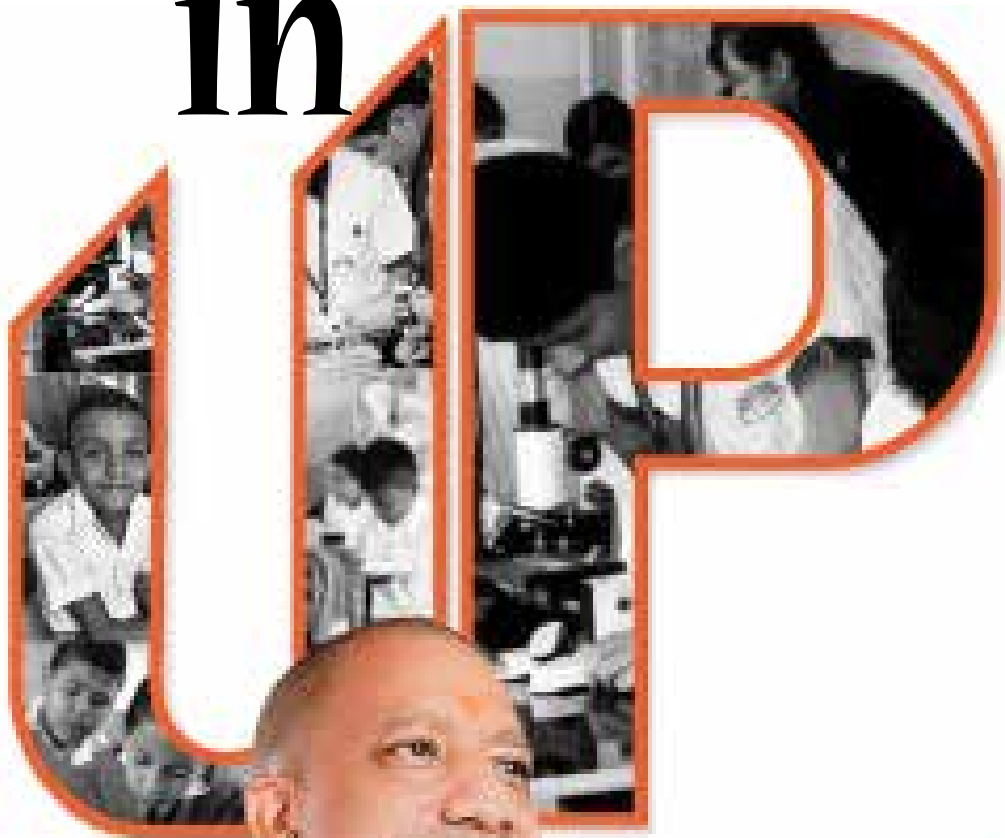
UTTAR PRADESH LEADS IN COUNTRY

- ★ No. 1 in country in execution of Smart City Mission
- ★ No. 1 in country in implementation of Pradhan Mantri Awas Yojana - Urban
- ★ No. 1 in country in distribution of loans under PM URBAN Yojana
- ★ Among the leading states in country in operating metro and electric buses
- ★ Included in top-five states in Swachh Bharat Mission (Urban)
- ★ Among six states to implement the Light House Project efficiently
- ★ Amongst the top performing states under NEPA

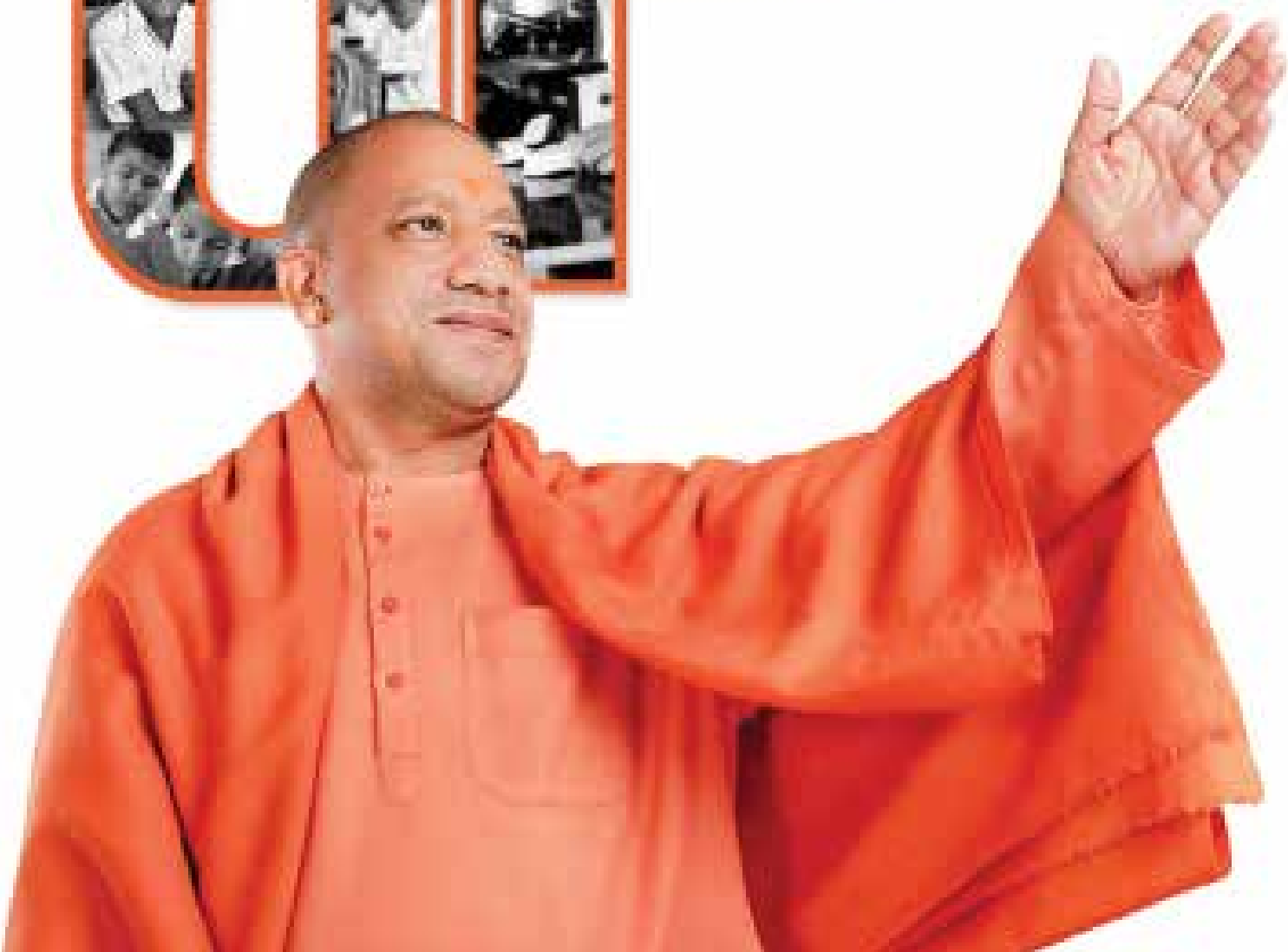
Good Infrastructure, Good Governance | PM's vision becoming a reality



Era of Development in



A sound infrastructure and fully functioning governing machinery is the base for the growth and development of a particular region. Keeping this as the paradigm and an important measure, the Yogi Adityanath Government in Uttar Pradesh has made wonderful progress in its efforts to uplift the state and define its multipronged growth strategy to make the state a major player in the economic growth story of the country.



Do you know?

- Uttar Pradesh government is offering free ration twice a month
- A 'booster dose' from the government: free 10 kg food grains starting in December.
- Pulses, edible oil, and salt all will be provided for free
- The benefit will be available to 'Antyodaya' and Eligible Household Ration Cardholders
- A transparent biometric identification method for food grain delivery
- PM lays foundation of about Rs 30,000 crore project of Jewar airport
- Jewar Airport's MRO facility will save Rs 15,000 crore per year.
- With Noida Airport, Uttar Pradesh to Become First State in India with 5 International Airports
- Uttar Pradesh is expected to have the most international airports in India.
- Uttar Pradesh is ranked first in terms of aviation connectivity
- Uttar Pradesh emerges as the fastest state to carry out Covid-19 vaccination
- During Yogi's reign, the 'Swachhta Abhiyan' became a 'mass movement'
- Lucknow jumps from 1-star ranking to join 3-star ranking as 'Garbage-Free City'
- Uttar Pradesh is turning into a Medical Hub
- The UP government pays out Rs 415 crore in crop loss compensation
- Yogi government allocates Rs 20 crores for blanket distribution, bonfires
- The Yogi government has announced a relief fund for homeless and defenceless persons who have been afflicted by the cold
- UP government Set up Night Shelters to protect poor & homeless from cold
- The Uttar Pradesh government is taking steps to protect cows from the winter chill; adequate arrangements will be made at cow shelters
- 8 crore benefit from Yogi Government's employment schemes for youth
- 2 crore youths get direct or indirect employments
- 4.5 lakh youths get govt jobs, another 3.5 lakh provided jobs on contractual basis
- Kanpur Metro Rail Services will provide seamless connectivity while maintaining citizens' safety and comfort
- UP ranks sixth in Logistics Ease Across Different States (LEADS) 2021



“ Narendra Modi, Prime Minister of India

Jewar Airport: The Noida International Airport, Asia's largest, world's fourth largest as well as India's first net zero emission airport, will open up new avenues of development and take progress of Uttar Pradesh, especially Western UP, to new heights.

It will not only boost tourism, including religious tourism, and create jobs for millions of youths of the state, but also connect small farmers and manufacturers of Western UP with international markets.

The Noida International Airport puts Jewar on international map today. The airport will be the logistics gateway of north India and also boast of an integrated multi-nodal cargo hub. It will fast track development of the state.

The airport will also have a full-fledged maintenance, repair and overhauling facility spread over 40 acres, which will save Rs 15,000 crore spent annually on maintenance and repair of aircraft in the country.

The amount was big given the fact that the total cost of the airport was about Rs 30,000 crore.

Better roads, rail network and air connectivity are key to development of a state and a country and UP has recently been making rapid strides in this direction with the opening of expressways, metro networks and domestic and international airports.



“ Yogi Adityanath Chief Minister, Government of Uttar Pradesh

UP as Medical Hub: Uttar Pradesh is transforming into a medical centre thanks to the help provided by the central government. There was a time when the state lacked health-care facilities, but now all 75 of the state's districts have ICU beds, 1.80 lakh emergency beds, and 518 oxygen plants are fully operational. Ordinary citizens respect doctors, but this esteem has dwindled in recent years. There was a period when doctors were regarded as the 'God of the Earth', but the profession's commercialization has shifted public perception.

In addition, ventilators have been installed in all of the districts. Thirty-three medical colleges are now being built, with nine of them having reached the operational level.

When the initial wave of the Covid-19 outbreak reached the country, we had no medical facilities. We had to send samples to be examined at other locations. The state currently has the potential to conduct four lakh tests every day.

Apprehensions of the Third Wave: COVID-19 is causing havoc in Europe, the United Kingdom, and China once again. Our government had already devised a strategy to address the third wave. We had faith in all the Corona Warriors including our doctors, health workers, Asha, Anganwadi.

Health of Children & Infants

Owing to the sustained efforts of the Yogi Adityanath government in Uttar Pradesh to promote the health of children and infants, the state has seen substantial improvement in maternal and child health indicators as revealed by the NFHS V (National Family Health Survey 5).

Prior to the year 2017 in the state, where thousands of children used to succumb to diseases such as encephalitis, NFHS V has revealed Uttar Pradesh leading in many areas and that figures have improved as compared to the previous survey of NFHS 4.

While the number of malnourished children is decreasing in Uttar Pradesh, there is a significant increase in vaccination. In a major boost to the health and medical facilities under the present Yogi regime, full immunization coverage in Uttar Pradesh has gone up from 51.1 to 69.6 per cent.



Children between the ages of 12-13 months who have been fully vaccinated has increased from 51.1 percent (NFHS-4) to 69 percent (NFHS-V).

The data of the National Family Health Survey-5 is testimony to the fact that UP has improved more than the national level. The number of women affected by anemia has come down by 5.1 percent. Whereas at the national level it is 1.8 percent. There has been a 6.6 percent reduction in cases of decreased growth of children in the state, which is 2.9 percent at the national level. The state has recorded a decrease of 7.4 per cent in cases of underweight children. Whereas at the national level it is 3.7 percent.

Improvement in immunization of children

Due to the relentless efforts of the state government, UP has shown considerable progress in the National Family Health Survey-5. In the last four and a half years, the government has launched and implemented various special schemes to enhance the health of children. All these schemes have paid off at the grassroots level, as a result of which the graph of children from breastfeeding to their vaccination has increased.

The breastfeeding rate of six-month-old children in the state has increased from 41.6 to 59.7 percent. The general immunization rate of children has also increased from 51.1 to 69.6 percent. Awareness regarding the health of children has also increased among the people of the state.

Meningitis in control

As a result of the planned and phased strategy implemented by Chief Minister Yogi Adityanath to curb diseases in children, there has been a 75 percent reduction in meningitis-like illness and 95 percent reduction in deaths due to this disease, which has killed thousands of children over the years. The Gorakhpur division has also gained appreciation for the control of infectious diseases at the national and international levels.



Double Benefits of Double-engine Government

More than 15 crore people of Uttar Pradesh will now get the double benefit of the free ration scheme as the Centre extends the Pradhan Mantri Garib Kalyan Anna Yojana till March 2022. While ration will be available for free under this scheme, Chief Minister Yogi Adityanath has already announced the extension of Free of Cost food grains till Holi, apart from PMGKAY, with the addition of cooking oil and salt to the relief package.

This way the beneficiaries will get around 10 kg of free food grains in a month. Not only the ration card holders here will get free wheat and rice twice a month, but pulses, edible oil, and salt will also be provided free of cost. The initiative of the double engine government aims at reducing the woes of the economically marginalized citizens, who are not able to arrange for ration and food due to COVID-19.

The Pradhan Mantri Garib Kalyan

Anna Yojana, which was started due to the pandemic, was ending in November. In this scheme, free ration was being given to all the ration cardholders. After the end of this scheme, on November 3, CM Yogi Adityanath had announced in Ayodhya that now this facility will be provided by the state government for the month of December, January, February, and March 2022.

In a massive exercise, the government will start distribution to ration cardholders of Antyodaya and Eligible Households at 80,000 fair price shops from December. The Chief Minister has issued instructions to the officers for making all arrangements regarding the distribution of free ration in the state.

Notably, there are around 1, 30, 07,969 units of beneficiaries under the Antyodaya Ann Yojna and 13, 41, 77, 983 units under Eligible Household cardholders.

In the last four and half years, the Yogi government has reached out to the poorest



of the poor, to the last man at the bottom of the pyramid with facilities unheard of. The free ration distribution aimed at providing food security to the poor and deprived in the state through the Public Distribution System is a major step in this regard.

The distribution of free food grains under the fourth phase of the Pradhan Mantra Garib Kalyan Anna Yojana (PMGKAY) is already being carried out in November.

The State has so far distributed more than 128 Lakh MT of free food grains in State since the first wave of the COVID-19 pandemic (April 2020).

Connectivity



Asia's largest and India's first net zero emission airport, near Jewar in Gautam Buddha Nagar on November 25, 2021.

With this landmark event, Uttar Pradesh have the unique distinction of being the only state in

the country to have five international airports. Unimaginable only five years ago, this milestone has been achieved with Prime Minister Modi's vision to

create a future ready aviation sector and CM Yogi's resolve to see to it that the vision is realised.

The important feature of the Noida International Airport is that it will be the logistics gateway, especially of northern India. People from all over north India will be able to export their products to international markets through the airport.

It is worth mentioning here that the Kushinagar International Airport was inaugurated recently while work is going on in full swing at Ayodhya International Airport.

At present, Uttar Pradesh has 8 operational airports, while 13 airports and 7 airstrips are being developed. The operational airports handling commercial flights in UP are Lucknow, Varanasi, Kushinagar, Gorakhpur, Agra, Kanpur, and Prayagraj.

Prime Minister Narendra Modi lay the foundation stone for the much-anticipated Rs 5730 crore Noida International Airport, labeled as



Swachhta Abhiyan

In what comes as an encouraging development for the Yogi government, as many as 18 cities of Uttar Pradesh have been awarded for maintaining cleanliness, hygiene and sanitation in 'Swachh Survekshan' for the year 2021.

Swachh Survekshan is an annual survey of cleanliness, hygiene and sanitation in cities and towns across India.

In all, 18 UP cities, including Varanasi, Meerut, Noida and Ghaziabad, won awards in different categories.

To maintain the streets and roadways of the cities clean, the government

adopted a door-to-door waste collection system in 11913 wards out of 12007 wards of municipal authorities. Municipal cars chanted slogans like "Gaadi wala aaya ghar se kachra nikal" at every door. As a result, Lucknow received accolades in the Swachh Survekshan 2021 categories of "best state capital in citizen feedback" and "garbage-free cities" (for cities with over 10 lakh people).

The government also made all the 75 districts open defecation free by constructing more than 2.61 crore toilets across the state.

In addition, Meerut got the 'fastest moving big city' award in the 10 to

40 lakh population category, while Ghaziabad got the 'best big city innovation and best practices' award. Noida got the 'India's cleanest medium city' award in the 3 to 10 lakh population category.

Hapur got the 'best city in maximum citizen participation' award in over one lakh population category while Patiyali town in Kasganj got the 'best city in maximum citizen participation' award under less than one lakh population category.

Meerut Cantonment got 'India's cleanest cantonment award in one lakh population category while Varanasi Cantonment got the 'best cantonment in citizen feedback' award in over one lakh population category.

Ghaziabad, Aligarh, Noida, Jhansi also got the 'garbage-free city' award in different population categories.

Medical Hub

In another effort to bring a transformation in the healthcare system of the state, Chief Minister Yogi Adityanath handed over appointment letters to 310 specialist doctors selected from the Public Service Commission.

CM Yogi also inaugurated the Bio-Safety Level (BSL)-2 labs for Covid-19 in 15 districts in a program organized at Lok Bhawan. These laboratories will be operated in Amroha, Baghpat, Sambhal, Hardoi, Bhadohi, Chandauli, Shamli,



Rampur, Pratapgarh, Hapur, Muzaffarnagar, Pilibhit, Farukhabad, Sultanpur, Sant Kabir Nagar. The state's health infrastructure, according to the CM, has improved dramatically in the last seventy years, with only 12 medical colleges being created in that time. Now, in only four and a half years, 33 new medical colleges are being erected. Eight medical colleges have started MBBS programmes, and nine more will begin soon.



Crop Loss Compensation

Providing adequate compensation to the farmers so that they recover from the loss owing to recent floods, the Uttar Pradesh government has allocated over Rs 415 crores in relief funds during the financial year 2021-22.

In pursuance of the instructions of the Chief Minister, the officials have expedited the relief work. Yogi Adityanath had clearly given directions that every single farmer, whose crop has been damaged due to floods or excessive rains, must be compensated and work should be done on priority maintaining utmost sensitivity and promptness.

Till now, the Uttar Pradesh government has given over Rs 4,15,45,03,977 in relief funds to farmers benefitting more than 11 lakh farmers across the State. The respective district collectors will distribute it among farmers



through DBT.

The farmers' crops here have been badly damaged due to torrential rains and heavy floods in September and early October. The compensation amount will be directly transferred to

the bank account (DBT) of farmers from the district treasury. In wake of the natural calamities, the state government is providing financial assistance from the National Disaster Relief Fund (NDRF).

The Shivering Period

To ensure proper arrangements for the poor, destitute, and homeless in the cold wave and inclement weather conditions sweeping the state for the past few days, Uttar Pradesh Chief Minister Yogi Adityanath announced a relief fund of

around Rs 20 crores.

Under the relief measures ordered by the government, night shelters are being established across the state. The government has allocated the fund of Rs 20 crores to light up bonfires and distribute free blankets to the poor and needy. In pursuance of the instructions of the Chief Minister, relief measures against cold weather are being rolled out in all the districts.

For the purchase of blankets, an amount of Rs 5 lakh has been allocated per tehsil taking the total amount to Rs.17.50 crore for 350 tehsils across the state. Along with that, Rs.50,000 per



tehsil has been given out for arranging bonfire taking the total fund amounting to Rs.1.75 crore for 350 tehsils.

In this way, a total of Rs.19.25,00,000/- (Rupees nineteen crore twenty-five lakh only) has been allocated for the relief measures.

With the night temperature dipping low and fog engulfing the state, the homeless and the destitute on the streets

and roadside have just plastic sheets to save themselves from cold. The blanket distributed by the government will help the poor in distress.

To comfort the street dwellers and make their survival easier, the Chief Minister has also urged the social welfare organisations to contribute to better management of the night shelters.

Steps to Protect Cows from The Winter Chill

Furthermore, the Yogi Adityanath government has made a significant decision to protect the state's cows from extreme cold and severe weather throughout the winter months. CM Yogi has asked the Department of Animal Husbandry to ensure that the cows at the cow shelters are properly cared for (Gaushalas).

The cow shelters will be stocked with enough fodder and water to last a long time. In addition, a caretaker will be stationed at these shelters during the nights to look after the cows during the colder months. Furthermore, hay and straw will be spread on the ground in the cow sheds to protect the cows from the cold.

Employment

Youths of Uttar Pradesh, for whom a sea of opportunities has opened up in the last four and a half years, might turn out to be the trump card for the Yogi Adityanath Government in the upcoming assembly elections in the state.

According to experts, a total of 8 crore people, including around 2 crore youths and their six crore family members dependent on them, have been benefitted from the Yogi Government's employment schemes for the youth.

The youths have been at the centre of the Yogi Government's policies and decisions and have benefitted from the several measures undertaken by the Government on the ground to get them the best of education and create job opportunities for them cutting across cast and community lines.

CM Yogi kept the youth in his priority, whether it was providing government jobs, creating employment in the private sector, helping the youth in setting up business ventures by facilitating loans, or providing scholarships for students and

now distributing tablets and smart phones to them.

Never before in UP, a government provided four and half lakh government jobs to the youth in a short span of four and half years. Earlier, 50,000 to one lakh youths used to get government jobs in five years of a government's term. Similarly, Yogi Government provided contractual appointment to 3.50 lakh youth. Furthermore, two crore youths got employment through 82 lakh Micro, Small and Medium Enterprises (MSMEs), which were provided loans worth Rs 2.16 lakh crore.

Besides, in the ODOP (One District One Product) sector, loans worth more than Rs 8,875 crore were disbursed, facilitating employment for over 25 lakh youths of the state. A total of 11296



ODOP products are currently available on Amazon's website, competing with the world's biggest brands.

Similarly, more than 3 lakh people have got employment in industrial units. Under the Yogi Government's Startup policy, 5 lakh youths have got jobs.

All these are a hallmark of the visibly different style of functioning of the Yogi Government compared to the previous governments. The figures were simply unimaginable during previous governments. It is indicative of the Yogi Government's performance and development-oriented approach towards governance.

In Kashi, diesel-powered boats are being converted to run on compressed natural gas (CNG)

On the last Dev Deepawali, Prime Minister Narendra Modi took a trip on the Ganges in Kashi, vowing to rid the Ganges of the harmful smoke and noise of diesel-powered boats. With Chief Minister Yogi Adityanath in charge of Uttar Pradesh, work on this massive project was only a matter of time and got underway right away.

The state government has set a goal of running 500 CNG motorboats in the Ganges by November 19, which is Dev Deepawali. There is a plan to run all boats in the Ganga on CNG in the near future. As a result of this, the sacred Mokshadayini Ganga would be the first river in the world to run CNG-powered boats on such a wide scale.

Tourists come to Kashi to explore the religious city, take Ganges boating, and view the buildings, temples, and monasteries that have stood for centuries on the banks of the crescent-shaped ghats. Tourists will now be able to enjoy boat excursions in the Ganges without being exposed to the harmful smoke or the loud noise of the boat.

A proposal for a floating CNG

station in the Ganga is also being considered. CNG can even be filled in the middle of the Ganges while boating with this system. About 1700 small and large boats ply the Ganges, according to Smart City GM D Vasudevam. About 500 of these will be powered by diesel engines.

CNG engines have been installed in 177 boats. The goal is to keep the remaining CNG-powered motorboats running till Dev Deepawali. GAIL India is carrying out this effort as part of its Corporate Social Responsibility programme. With a budget of around 29 crores, CNG engines are being installed in 1700 small and large boats.

A small boat costs approximately 1.5 lakh, whereas a large boat and barge costs approximately 2.5 lakh. The sailors' boats are getting a free CNG kit installed. According to Suman Kumar Rai, Project Manager



jetty, the dispenser has also been put. Sailors claim that a CNG engine allows them to travel twice as far for half the price. Tourists are also pleased because there is no smoke or excessive noise.

CNG will also reduce pollution

When compared to diesel and petrol engines, the CNG-based engine reduces greenhouse gas emissions by 7 to 11%, while pollution is also reduced due to the absence of pollutants like sulphur dioxide. When a boat is powered by a diesel engine, noxious gases are emitted, posing a serious health risk to those who live close; however, this is not the case with CNG.

The loud sound of the diesel engine vibrates, causing harm to humans and aquatic species, as well as corroding and scarring the ecology. Along with this, the historical heritage that had been preserved for thousands of years on the banks of the Ghat was being harmed. Because CNG is less combustible than diesel, the chance of a disaster from a CNG-powered watercraft is minimised.



of Smart City, the diesel engine will be removed from the boat and replaced with a CNG-powered engine.

At the ghat itself, there is a 'daughter station.' On the

Fifth International Ambedkar Conclave

The President of India, Shri Ram Nath Kovind, inaugurated the fifth International Ambedkar Conclave, being organised by the Forum of SC and ST Legislators and Parliamentarians and Dr Ambedkar Chamber of Commerce.

Speaking on the occasion, the President appreciated the Forum of SC and ST Legislators and Parliamentarians for organising this conclave. He noted that this Forum is constantly highlighting issues of social and economic justice and playing an important role in spreading the thoughts and ideas of Dr Ambedkar. He was also happy to note that this conclave focuses on education, entrepreneurship, innovation and economic development along with issue of constitutional rights.

The President said that Babasaheb was in favour of awakening the moral conscience of the society. He used to say that rights cannot be protected only by laws, but it is also necessary to have moral and social consciousness in the society. He always emphasised on non-violent and constitutional means.

The President said that in our Constitution many provisions have been made to protect the interests of Scheduled Castes and Scheduled Tribes. Article 46 of the Constitution directs that the State shall develop the educational

and economic interests of the Scheduled Castes and the Scheduled Tribes with special care. Also, in this article, the State has been directed to protect them from social injustice and all forms of exploitation. A number of institutions and procedures have been put in place to give effect to these guidelines.

There has been lot of improvements. But, a lot remains to be done by our country and society.

The President said that many people of the deprived sections are not aware of their rights and government's initiatives for their welfare. Therefore, it is the responsibility of members of this Forum



to make them aware about their rights and government's initiatives. He said that it is also the responsibility of them to take forward the people of scheduled castes and tribes who have been left behind by them in the developmental journey. By this way they can pay their true tributes to Dr Ambedkar.

22nd Missile Vessel Squadron

The President of India, Shri Ram Nath Kovind, presented President's Standard to the 22nd Missile Vessel Squadron of the Indian Navy in Mumbai, Maharashtra.

Speaking on the occasion, the President congratulated all officers and sailors associated with the 22nd Missile Vessel Squadron for achieving this feat. He said that the presentation of the Standard is a testimony to the exceptional service rendered by officers and sailors, past and present, of this squadron to our nation.

The President noted that the ships of this squadron have been deployed for a multitude of operations. They are securing our maritime borders through mission based deployments. They are also undertaking diplomatic missions in the Gulf of Oman and Persian Gulf and anti-piracy operations.

President said that India is a maritime

nation and the Indian Navy has a huge role to play in furtherance of our foreign policy and in protecting our national interests and commercial aspirations. It is a matter of great satisfaction that the Indian Navy has been successfully safeguarding our extensive maritime interests with resolve and tenacity. He said that a large share of global maritime trade transits through the Indian Ocean Region. Therefore, maintaining peace and tranquility in this region is of paramount importance, not only for us, but also for the entire global community. Today, as one of the largest navies in the world, the Indian Navy is looked upon by our maritime neighbours as a preferred security partner in the Indian Ocean region, he added.



The President said that the emerging geopolitical challenges in the Indo-Pacific region present India with an opportunity to play a pivotal role. He noted that as one of the leading navies of this region, the Indian Navy has invested significant effort in meeting all regional commitments and furthering our engagements with partners in the Indo-Pacific.

23 Projects Worth Over Rs 17500 crore in Uttarakhand

The President of India, Shri Ram Nath Kovind, inaugurated the fifth International Ambedkar Conclave, being organised by the Forum of SC and ST Legislators and Parliamentarians and Dr Ambedkar Chamber of Commerce.

He laid the foundation stone of the Lakhwar Multipurpose Project which was first conceived in 1976 and was pending for many years. He inaugurated and laid the foundation stone of Rs 8700 crore road sector projects. These road projects would realise PM's vision to improve connectivity in remote, rural and border areas. Kailash Mansarovar Yatra will also get improved connectivity. He also laid the foundation stone of AIIMS Rishikesh satellite centre at Udham Singh Nagar and Jagjivan Ram Government Medical College at Pithoragarh. These satellite centres would be in line with PM's endeavour to provide world-class medical facilities in all parts of the country. He laid the foundation stone of Aroma Park at Kashipur and Plastic Industrial Park at Sitarganj and multiple other initiatives in housing, sanitation and drinking water supply across the state.

Addressing the gathering, the Prime Minister said The Prime Minister recalled his long association with Kumaon and thanked the people of the region for honouring him with the Uttarakhandi cap. The Prime Minister elaborated upon why he thinks that this decade is the decade of Uttarakhand. The Prime Minister said the strength of the people of Uttarakhand will make this decade the decade of Uttarakhand. Modern infrastructure growing in Uttarakhand, Char Dham project, new rail routes being built, will make this decade the decade of Uttarakhand. He also referred to strides made by Uttarakhand in the fields of hydro power, Industry, tourism, natural agriculture and connectivity that will make this decade the decade of Uttarakhand.

The Prime Minister distinguished



the stream of thought that kept the hilly regions away from development from the stream of thought that works relentlessly for the development of the hilly areas. He said in the absence of development and facilities, many migrated to other places from the region. He said that the government is working with the spirit of Sabka Saath Sabka Vikas. He said the foundation stone of AIIMS Rishikesh satellite centre at Udham Singh Nagar and Jagjivan Ram Government Medical College at Pithoragarh will strengthen the medical infrastructure in the state. He said projects, including those being launched today will improve connectivity in the state. He said that the foundation stones that are being laid today are pledge stones that will be followed up with full resolve. He said deprivation and hassles of the past are now being converted into facilities and harmony. He also said that during the last seven year through Har Ghar Jal, toilets, Ujjwala scheme, PMAY, the lives of women are getting new facilities and dignity.

The Prime Minister said delay in government schemes has been a permanent trademark of those who were in the government before. "The Lakhwar project, which has started here in Uttarakhand today, has the same history. The project was first thought of in 1976. Today after 46 years, our government has laid the foundation stone for its work. This delay is nothing short of a crime", he said.

The Prime Minister said the government engaged in a mission from Gangotri to Gangasagar. With the construction of toilets, better sewerage system and modern water treatment facilities, the number of dirty drains falling into the Ganges is reducing rapidly. Similarly, Naintal Jheel is also being attended to. The Prime Minister said the Central Government has also set up India's largest optical telescope at Devasthal in Nainital. This has not only given a new facility to the scientists of the country and abroad, this area has got a new identity. He said today, in Delhi and Dehradun governments are not driven by desire for power but by the spirit of service.

The Prime Minister lamented the fact that despite being a border state many defence-related needs were ignored. Along with connectivity, every aspect of national security was ignored. He said that soldiers had to wait for connectivity, essential armour, ammunition and arms and even for giving befitting reply to invaders and terrorist.

The Prime Minister remarked that Uttarakhand wants to accelerate the pace of development. He said "Your dreams are our resolutions; Your desire is our inspiration; and it is our responsibility to fulfil your every need." He said the resolve of the people of Uttarakhand will make this decade a decade of Uttarakhand.

MSP for Copra for 2022 Season

The Cabinet Committee on Economic Affairs chaired by the Prime Minister Shri Narendra Modi, has given its approval for the Minimum Support Prices (MSPs) for copra for 2022 season. The MSP for Fair Average Quality (FAQ) of milling copra has been increased to Rs.10,590/- per quintal for 2022 season from Rs.10,335/- per quintal in 2021 and the MSP for ball copra has been increased to Rs.11,000/- per quintal for 2022 season from Rs.10,600/- per quintal in 2021.

This is to ensure a return of 51.85 percent for milling copra and 57.73 percent for ball copra over the all India weighted average cost of production. The increase in MSP for copra for 2022 season is in line with the principle of fixing the MSP at a level of at least 1.5 times the all India weighted average cost of production as announced by the Government in the Budget 2018-19.

The decision is based on recommendations of the Commission for Agricultural Costs and Prices

(CACP).

It assures a minimum of 50 percent as margin of profit as one of the important and progressive steps towards making possible doubling of farmers' incomes by 2022.

The National Agricultural Cooperative Marketing Federation of India Limited and National Cooperative Consumer Federation of India Limited will continue to act as Central Nodal Agencies to undertake price support operations at the MSP in the coconut growing States.

Women Pilots in India

The Rajiv Gandhi National Aviation University (RGNAU), established under the RGNAU Act, 2013 at Amethi (Uttar Pradesh), is the only aviation university in India. It operates under the administrative control of the Ministry of Civil Aviation.

As on date, there is no proposal with the Government to establish any other aviation university through the Public-Private Partnership model. As per the information available with DGCA, out of the 17,726 registered pilots in India, the number of women pilots is 2,764.

The Ministry of Civil Aviation

and its associated organisations have taken a number of steps to promote training of pilots in the country. These include issuing award letters for nine new Flying Training Organisations (FTO) at five airports of Airports authority of India (Belagavi, Jalgaon, Kalaburagi, Khajuraho and Lilabari) with rationalised land charges etc., digitisation of approval processes at the regulator DGCA and greater empowerment of Flying Instructors etc. These measures are likely to enhance the flying hours at FTOs and the number of Commercial Pilot Licenses issued per annum.

These will benefit all aspiring pilots, including women pilots. The Women in Aviation International (WAI) - India Chapter conducts many awareness programs across the country in collaboration with the Ministry of Civil Aviation, industry and leading women aviation professionals, with special focus on young schoolgirls, especially from low income families. Globally, according to the International Society of Women Airline Pilots, around 5% of pilots are women. In India, the share of women pilots is significantly higher - at over 15%.

Treaty between India and Poland

The Union Cabinet chaired by the Prime Minister Shri Narendra Modi has approved the Treaty on Mutual Legal Assistance in Criminal Matters between the Government of the Republic of India and the Republic of Poland with a view to enhance capability and effectiveness of both countries in investigation and prosecution of crimes, including crimes related to terrorism through mutual legal assistance.

Benefits:

The Treaty aims to enhance effectiveness of both the countries in investigation and prosecution of crime, through cooperation and mutual legal

assistance in criminal matters. In the context of transnational crime and its linkages to terrorism, the proposed Treaty will provide a broad legal framework for bilateral cooperation with Poland in investigation and prosecution of crime as well as in tracing, restraint and confiscation of proceeds and instruments of crime as well as the funds meant to finance terrorist acts.

After signing and ratification of the Treaty, suitable Gazette Notifications will be issued under the relevant provisions of Cr.P.C. 1973 to give effect to the provisions of the Treaty in India. The Gazette

notification is accessible to general public outside the Government domain and it will provide increased awareness and transparency on mutual cooperation between India and Poland in the field of mutual legal assistance in criminal matters.

It will increase effectiveness of India in tackling criminal activities involving Poland. Once in operation, the Treaty will be instrumental in gaining better inputs and insights in the modus operandi of organized criminals and terrorists. These in turn can be used to fine tune policy decisions in the field of internal security.

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Milestone of Civil Aviation of India

Year end review -2021- Ministry Of Civil Aviation.

RCS-UDAN : Fifth consecutive year of flying high

- Regional connectivity scheme RCS-UDAN entered the fifth year.
- Under UDAN 4.1, 168 routes were awarded during the year.
- 100 routes commenced as part of the vision to improve connectivity across India.
- 12 airports were operationalised which included 3 heliports.

Krishi UDAN- Seamless, cost-effective, time-bound air transportation for 'Annadata'

- Krishi UDAN 2.0 launched on 27.10.2021, with aim to ensure seamless, cost-effective, time-bound air transportation.
- Logistics for all Agri-produce originating especially from Northeast, hilly and tribal regions of the country.
- Ministry of Civil Aviation, Ministry of Agriculture & Farmers Welfare, Dept. of Fisheries, Dept. of Animal Husbandry and Dairying, Ministry of Food Processing Industries, Ministry of Tribal Affairs, DONER are coordinating for implementation of the scheme.
- Under the scheme, full waiver of Landing, Parking, TNLC, and RNFC charges for Indian freighters and P2C has been implemented at 25 airports from NER, Hilly and Tribal region and 28 airports from remaining parts of the country.
- 50% of Air Freight Charges and 50% of TSP charges of Cargo Terminal operators proposed for subsidiary.
- 7 focus routes identified to support region specific products like Lichi from Darbhanga, Pineapple from Agartala, etc.



Drone : Commitment to make India a global hub for R&D, testing, manufacturing and operations

- Drone Rules 2021 notified on 25th August 2021.
- The policy aims to make India a global hub for the research and development, testing, manufacturing and operation of drones.
- To facilitate further growth, the Government approved the Production Linked Incentive (PLI) scheme on 30 Sep 2021 for drones and drone components in India.
- Digital Sky Platform (DSP) has been launched to regulate the entire gamut of activities pertaining to drone operations as well as to function as a single window online platform to ensure smooth functionality of the applications.
- Unmanned Aircraft System (UAS) Traffic Management (UTM) Policy framework, 2021 has been released on 24 Oct 2021 to enable complex operations of drones and increase the overall safety in the UTM airspace.



Liberalized FTO policy to support growth of Indian Aviation Industry

- On 25 Sep 2021, AAI announced a liberalized FTO policy to support growth of aviation industry in the country.
- Under the extant policy, airport royalty was abolished, and annual fee was rationalized significantly for new FTOs.
- AAI issued award letters to establish Nine flying schools at Five AAI airports (Lilabari, Khajuraho, Belagavi, Kalaburgi and Jalgaon).
- With growth of aviation industry, opportunities for pilots is increasing- 787 Commercial Pilot Licenses(CPL) were issued during Jan-Nov 2021, an all time high.

AirSewa : A single window digital solution for all stakeholders

- AirSewa 3.0 made live on 02 Oct 2021 with enhanced feature of grievance redressal.
- New features include - Grievance escalation by users or on Service Level Agreement (SLA) expiry, Grievance transfer among stakeholders, Enhanced roles and permissions for nodal officers, Enhanced flight information and tracking of flights, Public forum for discussions, Mobile app for nodal officers.
- The service has been promoted extensively by printing AirSewa QR code on the boarding cards and tickets, promotion through Flight Information Display System (FIDS) etc at strategic locations at over 80 airports.
- Pending grievances on AirSewa portal has been reduced from 1,354 on 20 Jul 2021 to 59 on 15 Dec 2021 (96% reduction).

Disinvestment & Strategic Sale

- For Air India sale, share purchase agreement signed with Talace Pvt Ltd on 25th October 2021.
- Winning bid of Rs.18,000 crore as Enterprise Value (EV) consideration.
- Non-core assets including land & building, valued at Rs.14,718 crore, to be transferred to Air India Asset Holding Ltd (AIAHL).
- Entire disinvestment process carried out in a transparent manner through multi-layered decision making.
- PIM for the sale of Pawan Hans issued.

eGCA : An innovative step towards Digital India

- e-Governance in Directorate General of Civil Aviation (eGCA) was launched on 11 Nov 2021 with an aim of bringing about ease of doing business, transparency and automation of the processes and functions of DGCA.
- Under this initiative, services provided to various DGCA stakeholders such as Pilots, Aircraft Maintenance Engineers, Air Traffic Controllers, Air Operators, Airport Operators, Flying Training Organizations, Maintenance and Design organizations etc. are now available on the eGCA.
- Around 300 services of the eGCA have been implemented.
- This Single window platform will eliminate operational inefficiencies, minimize personal interaction, improve regulatory reporting, enhance transparency and increase productivity.
- Mobile app has also been launched for Pilots and Aircraft Maintenance Engineers to view their profiles and update their log books on the go.

Airport Monetization & Development : Steps toward smooth and affordable journey of AamNagrik

- 6 airports including Lucknow, Ahmedabad, Mangaluru, Jaipur, Guwahati and Thiruvananthapuram handed over for management under the PPP model.
- Under National Monetization Pipeline, 25 additional airports have been identified for monetization in next 3 years.
- Three airports including Kushinagar, Kurnool and Sindhudurg have been operationalized this year under RCS-UDAN scheme.
- Dehradun terminal was launched and foundation stone laying ceremony done for Jewar international airport.





#Hangout

Whenever we think of a holiday destination to relax or to reenergize, the first destination of India which comes in mind is Goa and crème on the milk in terms of better & comfortable stay is The Golden Tulip Goa Candolim Resort.

Golden Tulip Goa an ideal resort for both leisure and business travellers. It is a place for family or friends retreats.

Accommodation

The Golden Tulip Goa Candolim Resort has 52 rooms. They all are smart, spacious rooms with tasteful interiors and equipped with modern amenities and facilities.

Dinning

All-day dining restaurant, Aquatico, offers to its guests plenty of flavours to tickle their taste-buds. Its varied menus and drinks keep your

spirit high and your soul rejuvenated.

Wellness

From relaxation and rejuvenating experiences, to anti-detox treatments, come and see the best of Kerala traditional therapies.

Activities

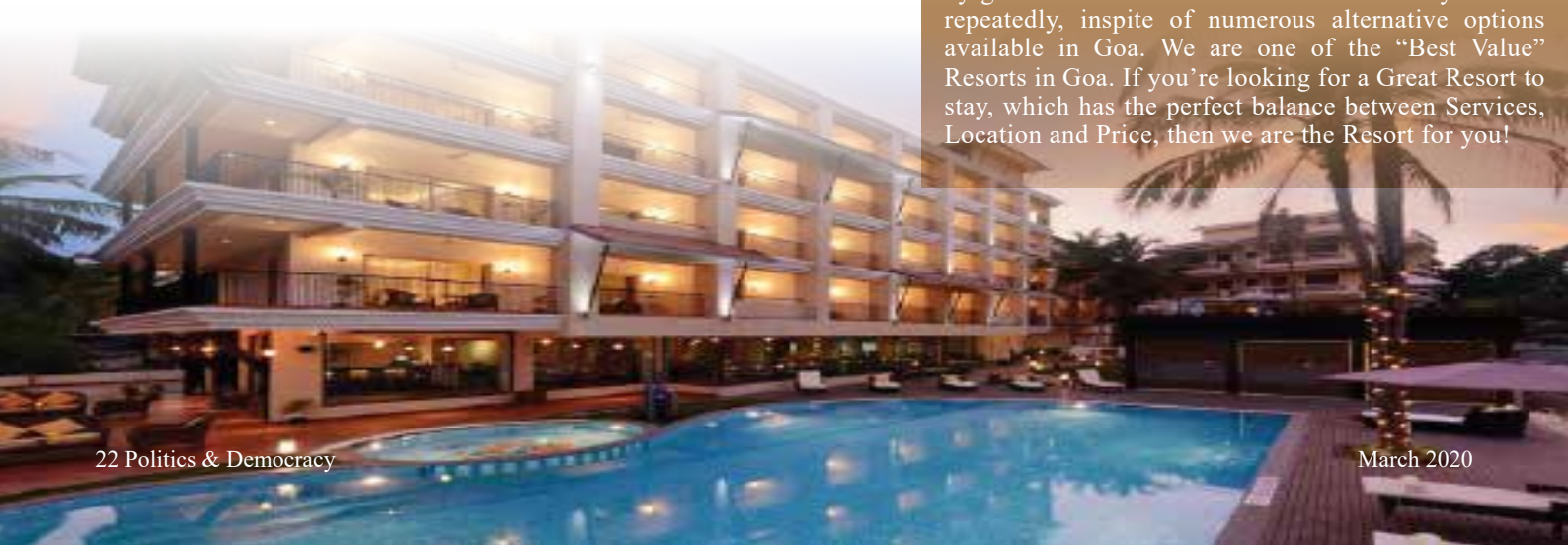
The Golden Tulip Goa Candolim Resort offers an outdoor swimming pool (with a separate pool for kids), a gym, massage rooms, an indoor recreation area (with a pool table, board games, and a tennis table), a spa, and an upcoming area for kids.



*Pankaj Dubey, General Manager,
Golden Tulip Goa*

Away from the hustle and bustle of road traffic, situated in a serene, green and tranquil location, but not too far from the most visited places of North Goa, be it the Beaches, Water Sports, the Night Clubs, The Night Markets, The Dining Options, the Forts, the Churches & Temples, the Museums, or other places of interest. We are in the center of it all. With multiple rooms and apartment options to choose from, all come with their private balconies.

The Resort has always been very customer-centric, with a high focus on Quality Service Delivery Standards. It has won 29 International and Domestic Awards and Accolades since its inception. We have been very recently included in the prestigious “Hall of Fame Resort” by Tripadvisor for its consistently high-quality service delivery over the past 5 years, as rated by our guests. It is a full-service resort catering to both the Business as well as the Leisure Travellers. We also lay special focus to our younger guests by offering them exciting kids play activity area, multiple indoor games, apart from two pools. We are favoured by guests who choose to come back and stay with us repeatedly, inspite of numerous alternative options available in Goa. We are one of the “Best Value” Resorts in Goa. If you’re looking for a Great Resort to stay, which has the perfect balance between Services, Location and Price, then we are the Resort for you!



Atlantis: A Dubai Icon

Atlantis Dubai is where
unique memories are made.



We all know family vacation is around the corner and the most recommended, self-experienced destination for this year's family vacation is none other than the synonymous for Dubai or we can say the signature of Dubai Atlantis the Palm. Atlantis, The Palm is the region's most Instagrammed hotel. The ultimate holiday destination offers unforgettable experiences for all ages from thrill-seekers to food lovers and fitness freaks; here every moment counts.

Atlantis, The Palm is the first entertainment resort destination in the region and located at the centre of the crescent of The Palm in Dubai. The unique ocean-themed resort features a variety of marine and entertainment attractions, as well as 17 hectares of waterpark amusement at Atlantis Aquaventure, all within a 46-hectare site. It is home to one of the largest open-air marine habitats in the world, with over 65,000 marine animals in lagoons and displays including The Lost Chambers Aquarium, a maze of underwater corridors and passageways providing a journey through ancient Atlantis. Aquaventure Waterpark features 18 million liters of freshwater used to power thrilling waterslides, a 2.3-kilometer river ride with tidal waves and pools, water rapids and white-water chargers. Dolphin Bay, the unparalleled dolphin conservation and education habitat, and Sea Lion Point were created to provide guests a once in a lifetime opportunity to learn more about one of nature's most friendly mammals. The resort boasts an impressive collection of luxury boutiques and shops as well as extensive meeting and convention facilities. Atlantis, The Palm is also known as the culinary destination in the region where guests can take their pick from a collection of 29 world-renowned restaurants including Bread Street Kitchen & Bar, Hakkasan, Nobu, Ronda Locatelli, Seafire Steakhouse & Bar, award-winning underwater restaurant, Ossiano, and traditional Middle Eastern favourite, Ayamna. The nightlife scene at Atlantis is lively, too, with the fun-filled Wavehouse offering something for everyone, and WHITE Beach & Restaurant the perfect place to unwind with a drink as the sun slips into the Arabian Sea.

Accommodation

A perfect holiday starts here, with a contemporary Guest Room, an upgraded experience with Imperial Club, a luxurious Suite or an exceptional Signature Suite.

Must Experience

You'll be amazed at how different you feel in water at Atlantis Aquaventure, whether you're making a splash in Aquaventure Waterpark, exploring The Lost Chambers Aquarium, or meeting our friendly marine animals at Dolphin Bay and Sea Lion Point.

Dinning

Nowhere else in the world will you find so many celebrity chefs, award-winning restaurants and out-the-box brunches under one roof.



Pizzo and Crozzo



What's the first thing that comes to your mind when you hear the words "Frozen Pizzas" or "Butter Croissants"? Sharan Goyal is striving to change the very answer that brewed up in most of your minds. He is revolutionizing the world of packaged food with his brands, Pizzo and Crozzo, and we are so ready for it.

Sharan, the 26-year-old with brilliant vision but even better skills to take important decisions, is on his way to make Pizzo and Crozzo household names in the next half a decade. The management graduate first launched an ice-cream company called 'Where's my cone?' that is now on hiatus. Moving on from that, he found a gap in what the frozen food industry was offering to their customers. Healthy, good quality items had taken a backseat in the process of providing quick meals. Sharan took on the challenge, with the motto of providing healthy, tasty, consistent tasting food products to all. He refuses to use any subpar ingredients like margarine or shortening, saying that I will only create products that I would happily feed my family members. If they are not good enough for them, they are not good enough for my customers.



Mood Diets 2.0

Committed to serving innovative and scrumptious delicacies across its properties, earlier this year Marriott International introduced the 'Mood Diets' menu which was designed to meet the nutrient requirements of guests while simultaneously meeting the unconscious food cravings that emerge from fluctuating temperaments. Keeping the momentum alive, Marriott International is taking it a notch higher with the introduction of Mood Diets 2.0, with a vegan touch to all the dishes, curated from natural, plant-based dishes.

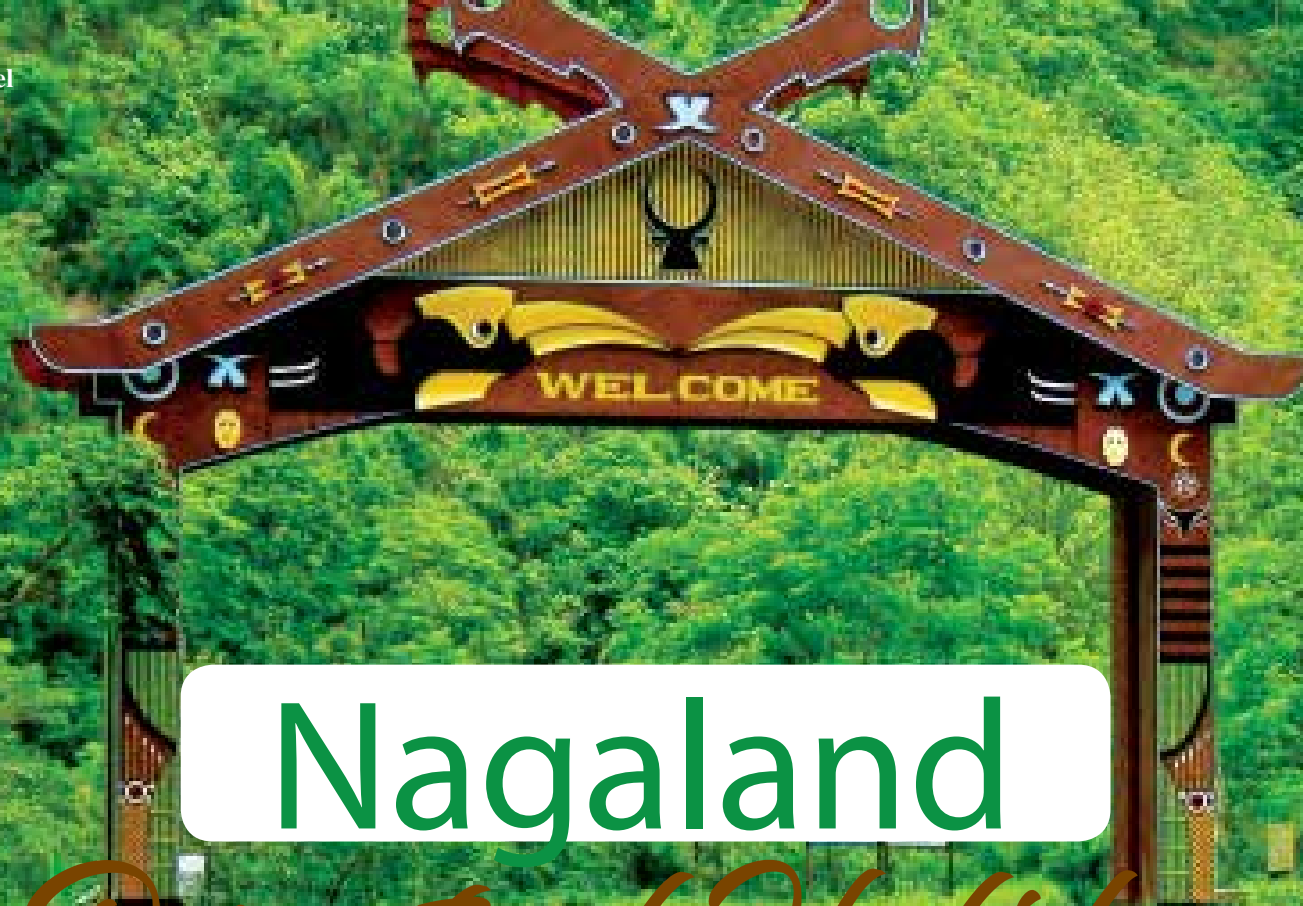
The new Mood Diet 2.0 menu will be co-created by crowd sourcing authentic recipes via a contest that will be hosted across 15 cities. The recipes will need to be vegan based, simple and fuss free preparations using one or more of the 10 organic ingredients shortlisted by our master Chefs. The top 3 recipes will be featured in the upcoming Mood Diets 2.0 menu that will be introduced by the end of year. Participation is simple and easy, recipes to be mailed at Mbow@marriott.com along with the participants full name, location, and contact details. The ingredients and

recipe format can be downloaded from here [MoodDiets2.0](https://www.marriott.com/mooddiets20). The contest will run from the 1st -15th December.

Sharing her thoughts on this initiative, Khushnooma Kapadia, Senior Area Director of Marketing - South Asia, Marriott International said, "Our first installment of 'Mood Diets' as part of our delivery platform Marriott Bonvoy on Wheels was very well received and was hugely successful across most of our hotels. Given the positive feedback we got from our guests we decided to introduce Mood Diets 2.0 with more changes and innovations. With sustainability becoming an integral part of our lifestyle choices and a significant priority for us as an organization, the intent was to create a newly minted diet that is uplifting and engages in creating the right kind of mood setting for our customers. Mood Diets 2.0 showcases not only the culinary expertise of our chefs, but it also reinforces our commitment to keep providing guests & patrons with unique & innovative f&b offerings".

Commenting on the crowdsourced menu design, Himanshu Taneja, Culinary Director – South Asia, Marriott International said,

"Every ingredient has a unique flavour, most of which may still be undiscovered. With this initiative we want to engage with the larger community, encouraging them to share authentic recipes with their own local touch. We are confident the added filter of sustainability will get foodies and home-grown chefs interested & excited, to try something new and creative. Overall research also shows a sustainable diet improves moods and productivity levels, making it an obvious choice for the Mood Diets menu". Mood Diets 2.0 will be rolled-out across 21 Marriott International hotels including - Renaissance Mumbai, JW Marriott Pune, JW Marriott Kolkata, Westin Pune, Marriott Indore, Aloft Aerocity New Delhi, Marriott Kochi, JW Marriott Bengaluru, Sheraton Grand Whitefield Bengaluru, Sheraton Grand Brigade Bengaluru, Renaissance Bengaluru, JW Marriott Chandigarh, Courtyard by Marriott Amritsar, Courtyard by Marriott Raipur, The Westin Chennai, The Westin Goa, Le Meridien Nagpur, Sheraton Hyderabad, JW Marriott Bengaluru, JW Marriott Mussoorie, Courtyard by Marriott Agra and Courtyard by Marriott Hebbal.



Nagaland

Perpetual Holiday Destination

A land engulfed in mystery, inhabited by vibrant people zealously guarding their culture – dancers, warriors, head-hunters; mountains, valleys, forests – all these form the portrait of Nagaland the moment the word is uttered. But, from extreme mystery to hosting a globally famous cultural festival, Nagaland has come a long way over the years and etched a name for itself in the world's tourist destination map.

Tourism in Nagaland is on growing stage with its glorious past and rich heritage and culture. For the adventurous and the intrepid, Nagaland is an ideal place for trekking, rock climbing, jungle camping and offers limitless exploration possibilities in its lush and verdant sub-tropical rain forests which are also a treasure trove of a plethora of medicinal plants. Above and beyond tourists can also experience a truly ethnic Naga Culture with the best local brews served in large bamboo mugs and exotic local

cuisines which is much celebrated here.

Nagaland has many advantages in this sector over its north-eastern neighbours. For a start, Nagaland has had a tradition of hosting tourists for decades. With the partial lifting of ILP in recent years during Hornbill Festival, Domestic tourists and visitors no longer need travel permits (as they do in some other states), and the security situation has improved substantially.

The location of the region and its richness in biodiversity has become a place of attraction for tourism industry.

Encompassing hills, mountains, plains and plateau, the region has many cultural groups and communities with varied cultural background and biodiversity hotspot where it lies which can easily attract tourists from the world over.

Life in rural areas is extremely engaging, more colourful and unusual compared to what travellers are used to seeing. The scenery is equally engrossing.

Destinations must explore when in the capital city (Kohima) of Nagaland.



Kohima: Mosaic of multi-ethnicity

A carpet of lush emerald green, dotted with colourful blooms, Kohima, the capital of Nagaland looks like an artist's canvas. Kohima is called the land of the Angami Naga tribe and derives its name from 'Kewhira' or 'Kewhima', meaning the land where the Kewhi flower grows. The city serpentine along the mountain ranges to the top and offers a pristine and seamless blend of nature and tribal traditions and culture. Set against the backdrop of the Japfu mountain range, the city boasts a rocky terrain and many scenic trails that are ideal for adventure-lovers and thrill-seekers. The Japfu Peak, the second highest in the state (3,048 m), is a trekking paradise as it offers one of the most challenging treks in the region that takes you through picturesque routes. Tourists can also indulge in mountain climbing and jungle camping.

Khonoma Village

Famed as Asia's first green village, the centuries-old Khonoma Village is a great place to introduce yourself to the Naga lifestyle and unwind in the lap of nature. A visit to the village offers tourists an opportunity to interact with the people of the local Angami tribe and learn about how they have succeeded in creating a more conserved and sustainable ecosystem for themselves. Tourists can also choose to spend a night at the village and experience traditional homestays managed by locals. The village is also known for being one of the cleanest villages of Nagaland, thanks to the availability of dustbins and public toilets. Tourists can also enjoy birdwatching and trekking during their visit to Khonoma. Lying on the outskirts of the city, the village is known for successfully conserving rare and endangered species of animals and plants as well as terrace cultivation on the slopes of hills.

Kohima Museum

The Kohima Museum takes visitors closer to the lives of the tribals living in Nagaland. Built with an aim to introduce tourists to the rich culture and tradition of the 16 tribal groups of Nagaland, the Kohima Museum takes visitors on an enriching tribal experience. The museum is located in Upper Bayavu Hills and displays gateposts, endemic regional animals and birds, statues, jewellery items and pillars. What makes the museum worth a visit is the fact that its exhibits beautifully depict the everyday life of the Naga people. The museum also houses life-size models that depict the costumes, weapons and jewellery worn by the people of Nagaland. If you are travelling with your kids, make sure to visit the museum as it will enhance their knowledge about the rich diversity of India.



Kohima World War II War Cemetery

“When you go home, tell them of us and say for your tomorrow we gave our today,” reads an epitaph written by English classicist, John Maxwell Edmonds, as you walk through the gardens of Kohima's War Cemetery. Set amidst picturesque surroundings, the war cemetery was built in April, 1944, to honour the brave soldiers of the 2nd British Division of the Allied Forces, who lost their lives during the Second World War. The war cemetery houses as many as 1,420 graves and is well-maintained by the Commonwealth War Graves Commission. The cemetery was built in the tennis court of the then deputy commissioner's residence. This is the exact place where one of the fiercest battles against the Japanese was fought. Popularly remembered as the 'Stalingrad of the East', the battle of Kohima was fought from April 4 to June 22 in 1944. The cemetery is nestled on the Garrison Hill and offers a gorgeous panoramic view of Kohima. The cemetery's top also houses a dome-like memorial which was raised to honour the 917 Hindu and Sikh soldiers who lost their lives in the battle and were cremated according to their faith. A visit to the cemetery leaves visitors absolutely fascinated by the courageous tales of the martyrs who rest here.

Japfu Peak

One of the most difficult treks in Nagaland is the climb to the Japfu Peak, about 15 km from Kohima. Standing at an altitude of 3,048 m, the peak is Nagaland's second-highest and draws trekkers and adventure lovers for its scenic beauty and thrilling trails. To reach the peak, tourists first need to reach the quaint village of Kigwema and start the hike from a point near the Japfu Christian College. The trail is a demanding one and requires you to walk through dense shrubs. It takes around 5 hours to reach the peak and around 4 hours to get back to Kigwema. The Japfu peak is also famous for being home to the tallest rhododendron tree in the world. Standing 109 ft high, approximately as tall as a 9-storey building, the tree holds the Guinness record for being the tallest rhododendron. The peak also offers splendid panoramic views of Kohima and its neighbouring areas.

Culture

Spirits, fertility, social bonding and purification are the key elements that form the essence of the Naga festivals – the custom that each tribe follows, translates into a festival. These traditional events, combined with life in the rural areas, are exceptionally engaging and distinctive. All of them are annual events with fixed dates; hence, before visiting Nagaland, the interested traveller can arrange his or her calendar

accordingly. The first festival takes place in January and the last (or is it the last recorded?) in December – no matter what the season is, some festival is always round the corner.

Gift of Nature

If William Wordsworth had the good fortune of visiting Nagaland, he would unquestionably have written a full collection of poems on the flowers that dance to the tune of spring here. Just as the people colour the terrain with their bright attire and vibrant dances, so does the sky adorn itself with the flowers of the Orchids and Rhododendrons. The varieties of the native flowering flora are countless in Nagaland. Be it a valley, a hill or a mountain top – in Nagaland, Orchids, Rhododendrons and the people, welcome you everywhere.

Not only does bamboo create an ambience of enchanting wilderness, it is also a product of great economic and cultural value. In Nagaland, bamboo provides the body and the soul for traditional architecture, crafts and tools, besides being the state's major commercial produce for paper and textile industries. The merits of this wonder grass can be seen in Asia's largest bamboo pavilion that the Govt. of Nagaland has built in Kisama (the site of the hornbill festival in Kohima district).

Successful experiments in the cultivation of exotic fruits, generally grown in other countries, are slowly showing potential of a new sustainable industry. Many private growers have successfully planted passion fruit, dragon fruit, mangosteen etc and such farms can be visited in Dimapur. Whereas Naga pineapples come in many fragrant varieties, the Raja (king) chilli is the global icon of pungency.

Traditional Handicraft

Handicrafts come naturally to the Nagas – master craftsmen can create anything from a small paper knife to large and trendy pieces of furniture using cane and bamboo.

The Naga Heritage Complex is a permanent site built at Kisama – the purpose of this complex is to serve as a 'Window to Nagaland' (WTN), aiming at providing a preview of the entire state



on a single platform. The WTN showcases the traditional houses or Morungs, representing the 17 recognised tribes of Nagaland. Each of these units display the unique offerings of each tribe in terms of crafts, cuisine, cultural activities etc. besides providing points of sale for the local products. An added attraction is the Flower Garden for the display, sale and exhibition of flowers, plants and fruits. The WTN also house the World War II Museum.

The colours of the Naga people have been showcased internationally through their handloom products. The red and black Naga shawls and throw-overs have become a familiar sight in many countries because of the master weavers and marketing efforts by government and private stakeholders.

The traditional art of handloom products has also made space for the modern 21st century fashion apparels and the two are now complementing each other perfectly through the fusion of traditional and modern designs; products created from this concept have caught the eye of the international fashion world. A number of young Naga designers have graduated from the best fashion schools in India and the west and they hold promises of carrying traditional Naga fashion across borders in a contemporary manner.

Festival

Nagaland is a cultural mosaic of diverse multi-ethnicity sprung up by the several tribes that inhabit the State. Each community celebrates its myriad festivals revolving around the agrarian calendar that makes Nagaland by

default, a land of festivals.

The Hornbill Festival

Festival of Festivals encompasses through collective celebration the colour and vibrant elements of all the tribal festivities and gives a glimpse of Naga life to titillate cultural sensibilities. The annual Hornbill Festival is held for 10 days, 1st -10th December. It draws all the tribes and sub-tribes of Nagaland to the foothills below the lofty spurs of towering Mt. Japfu wherein lies the Naga Heritage Village, Kisama-the venue of the Festival.

The goal of creating this heritage village is the protection and preservation of the ethnic cultural heritage through a common management approach and comprehensive data base for the perpetuation of tourism promotion – since its inception in the year 2000, it has brought about radical changes in the tourism scenario of the state. A visitor gets the opportunity to catch a ring side view of all the Naga tribes, their culture and distinctiveness at one place. The Heritage complex consists of a cluster of seventeen indigenously designed houses (also called Morung meaning Youth Dormitory), each representative of a different tribe.

Climate

The climate of Nagaland is nothing but perfect. With pleasant summers when temperatures do not average above 31 degree celcius and winters when they don't average below 4degree celcius, the place is a 'perpetual holiday destination'.

Time to Visit

The best months to visit Nagaland are between October and May, when the landscape wears a green carpet and the flowers light up the skies with their bright hue. Rhododendrons and Orchids cover the landscape of Nagaland and one cannot miss them even as he is driving or trekking the challenging terrain. Traditionally the Naga people have been hardcore hunters, but awareness in conservation has resulted in common sighting of endangered birds and animals. The rare Blyth's tragopan (*Tragopan blythii*) is a resident of Nagaland and can be observed in plenty. In 2012, mass trapping and capture of migrating Amur falcons (*Falco amurensis*) was discovered in Nagaland and a successful campaign was initiated to prevent their killing. As part of this campaign, three birds were fitted with 5 gm satellite transmitters that allowed them to be tracked during their migration.

A 21st century creation of Nagaland is the Hornbill festival, an event which is now getting known globally. During Hornbill, which takes place on the first week of December, the entire Naga culture is showcased in full splendor in the Kisama village of Kohima district. The government of Nagaland welcomes one and all to this mega event for a preview of what the state has to offer in terms of culture, traditions, tourism interest and industry.

Connectivity

BY AIR

Dimapur, at distance of around 75 km from Nagaland, is the closest domestic airport. Dimapur is well-connected to Guwahati and Kolkata. International travelers have to take connecting flights from Kolkata to Dimapur.

BY TRAIN

Nearest railway station is Dimapur, which is well-connected to Kolkata and Guwahati.

BY ROAD

One can take a share taxi from Dimapur railway station (Rs 200) and reach Kohima. Direct buses also run daily between Guwahati and Kohima.



Be FIT & FINE to SHINE

Is lower back pain hindering your daily activity? Here are the wellness tips from health & wellness experts of Zual Wellness Resort by Chiva-Som.

Most people will experience back or neck pain at some point in their lives. Back and neck pain are among the top causes of disability worldwide, and the number of cases is rising. The factors behind this include poor posture, increased use of mobile devices, and unhealthy lifestyle choices.

If you suffer from lower back pain for more than a couple of weeks, your doctor will probably refer you to a physical therapist. While simple measures such as applying heat or cold, or using over-the-counter pain remedies may help, the best approach is exercise and other treatments supervised by your therapist. Here are some of the recommendations of our physiotherapist at Zual Wellness Resort by Chiva-Som.

The key is to maintain good posture for the spine (lumber, thoracic and cervical areas) to minimise stress on the joints, and also to reduce postural mistakes like holding your head too far forward or rounding your shoulders,



ears, shoulders and hips aligned.

especially when working at a desk.

- When you sit on a chair, keep both feet planted on the ground, knees above hip level, your pelvis neutral with buttocks against the back of the chair, and
- During sleeping hours, make sure to use a good mattress that supports good alignment and posture. This will reduce joint stress and lower back pain. We also advise keeping knees bent, perhaps using a pillow to prop up the knees.

- The diet and exercise choices you make can also protect your spine. Good nutrition is essential to helping you feel your best and reaching your optimal health. Combined with exercise, a healthy diet will also help you maintain a healthy weight, another way to ensure your spine is not overstrained.

- By strengthening the muscles supporting your vertebrae, exercise can help prevent back and neck pain. Flexibility training, strength training, and aerobic exercise are all part of a healthy exercise routine, and each type of exercise contributes to spinal health.

A healthy lifestyle overall will help you maintain a healthy body. Minimise stress, maintain a proper sleep regimen, use food as medicine, and make sure physical activity is a regular habit. These lifestyle changes can easily prevent or reduce back pain.

Paksha By Tarinika welcomes Shruti Haasan as its brand ambassador

Paksha, a Tarinika brand, known for its exquisite high-quality 925 silver jewellery globally, has signed Shruti Haasan as brand ambassador. With the talented actress and musician as a muse, Paksha will bring forth its splendid line of jewellery with a fine amalgamation of timeless design and meticulous quality. The brand has some exciting campaigns planned with their muse, showcasing some of their best and boldest workmanship on her.

The brand campaigns will continue to focus on quality-led heirlooms and Shruti will feature in a series of photoshoots and video campaigns for the brand's global launch. Shruti Haasan will be making appearances on advertising campaigns around the country and across many global platforms, representing the magnificent quality of Paksha.

Paksha, is thrilled to invite Shruti Haasan, a multifaceted personality, into their family. Shruti embodies Paksha's values of being rooted in high-quality workmanship, providing luxury experience and being best-in-class. She is a woman who knows what she wants and would only stand for the highest of standards. She is confident, glamorous and one of the best in the industry.

Speaking about the association, Shruti Haasan for their upcoming collection that is an amalgamation of classic, traditional, and unique jewellery said, "It's an honour for me to be associated with a global brand such as Paksha ByTarinika, which is a pioneer in the jewellery industry. I am delighted to carry the brand's journey forward with some exciting new launches. Their jewellery is exquisite, and I am more than thrilled to be associated with the brand. Their workmanship would appeal to a wide audience around the world, ranging from young to wise for a variety of occasions. I have had a chance to wear and experience some of their best pieces and am thrilled to share that with everyone".

The journey of Paksha began with special focus to offer high-quality 925 silver jewellery to customers worldwide. Naturally, Shruti's persona resonates with the luxurious appeal of Paksha as a jewelry brand. Shruti Hassan will play a key part in positioning the brand's portfolio globally, since the line is meticulously made for buyers with a sophisticated eye for detail. Having attained great prowess in high quality scaled sustainable production, the brand custodian Tarinika, has been in the jewellery making business for several decades now and will extend their expertise to Paksha as well.

Speaking on the exciting occasion, SunainaRamisetty at Paksha said, "Shruti is a powerhouse of talent and a natural fit for Paksha. With her multifaceted, vibrant, vivacious, and dazzling personality, she brings the right kind of panache for our brand. A multi-dimensional artist, Shruti is confident, bold, glamorous and embodies the brand's philosophy in her own individual way. Paksha as a brand is created to make one feel truly special and we think with Shruti as our ambassador, we will share exactly that vision with our customers."





The perfect ways to Take Care of Your Nails

Ladies
love their nails.

Gorgeous looking nails would not just boost the inner confidence in you but also make you feel pampered. Cold weather dehydrates your nails and cuticles, leaving them prone to breaking, chapping and discoloration. The best way to keep nails in top shape is by maintaining a meticulous nail care routine, especially during the cold season.

However, a lot of girls out there have problems with their nails. Get rid of those problems today!

Eat healthy:

What we eat directly reflects on our nails. Our nails are composed of calcium and other minerals. So, Drink plenty of milk and also make sure you eat plenty of milk products like cheese, yogurt etc. Eggs, green leafy vegetables, almonds are also very good supplements to your diet. Drink lots of water as it will not just prevent wrinkles on your skin but also avoid your nails from getting brittle.

Rubber Gloves

Do not EVER do the dishes or clean your home without wearing rubber gloves. The chemicals you use for cleaning are very strong and can really damage your hands and your nails. Not only that they will make your nails weaker, they could also give you nasty burns. Always wear rubber gloves when cleaning.

You must keep your nails clean:

Take time to wash in and around your nails. Soak your fingers in warm soapy water and use a soft brush to clean them. This will prevent infections due to germs and dirt accumulations. Dead skin around the nails must be removed using a pumice stone. Regular manicure of your hands will help in getting rid of the dead skin accumulation around the nails.

Nail Creams

Apply cream or moisturizer before going to bed and after washing your hands. Massaging hot oil once a week could give you smooth and soft fingers and nails. Vitamin E oil is very good for nails and so is castor oil. You could also use petroleum jelly to massage your beautiful nails. Massaging nail serum could also stimulate circulation and help your nails grow faster as during winters your nails tend to grow slow.

Regular Clipping

You really have no reason to have super long nails. Not only that it's impractical, but it makes you look a bit slutty. Keep your nails at length that doesn't come in a way of your every day chores and clip them regularly. Nails that are too long are also much more prone to breaking.

Best way to cut nails

The best way to cut your nails is to first trim the nails straight across and finish it up by giving a gentle round shape to the tips. Then use a nail filer to smoothen your nails. Wash your fingers and then wait for fifteen minutes before trimming and filing your nails.

Filing and Polishing

First and foremost, invest in a good nail file. Every time you clip your nails, file them. Do this by moving the file in one direction only. When you move it left and right you're actually creating tiny cracks that weaken your nails. Polish your nails not more often than once a month. If you do it too often, you can make your nails thinner and weaker.

Oil Based Nail Polish Removals

Even though I don't know anyone who still uses acetone based nail polish removals, I feel that it's still a good idea to mention it. The bad effect on acetone on your nails has been previously explained, so opt for oil based nail polish removals. They are much less harmful to your nails.

Don't Ignore Problems

If you notice any kind of changes on your nails, you should by all means schedule a visit to your doctor. Yellow and thick nails can indicate fungi infection while some other changes, no matter how small you think they might be, could be an indicator for vitamin deficiency or an illness. As soon as you notice something different about your nails – see your doctor.

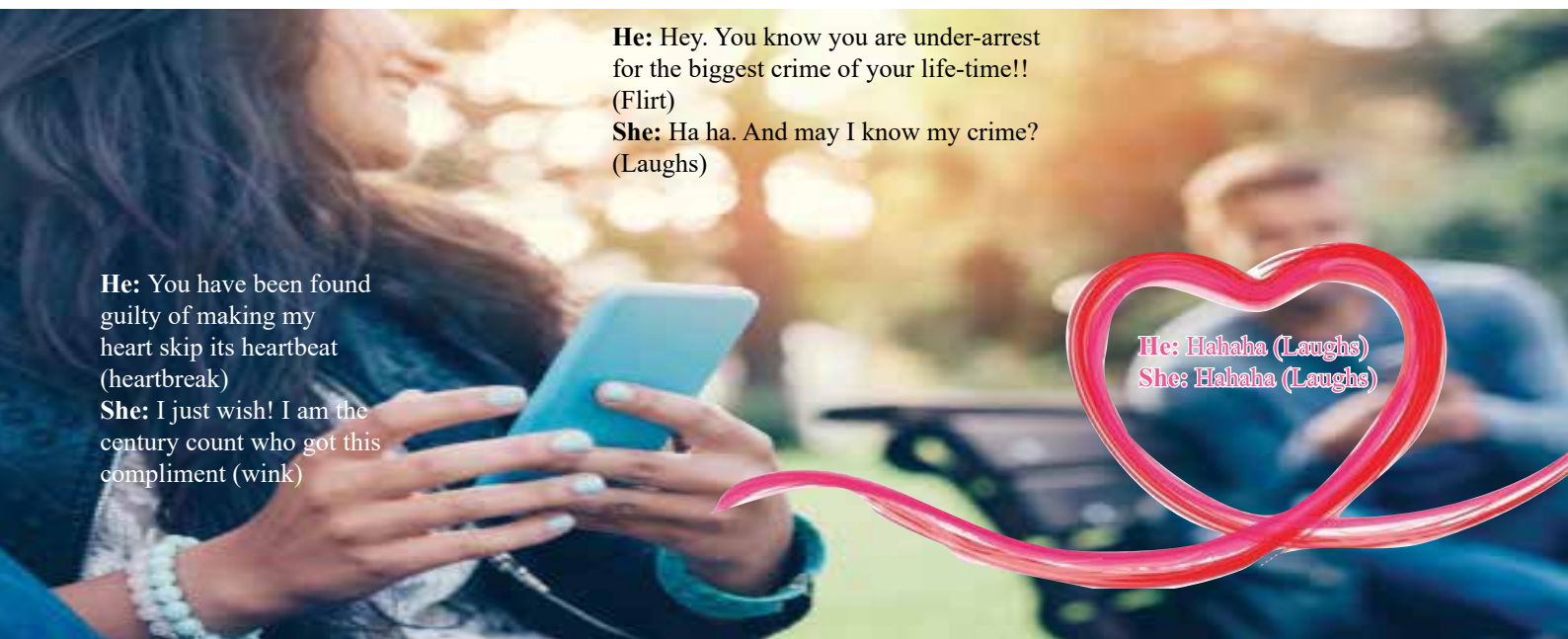




Truly-Madly Tindering Romance

In the world of hashtags, +1, likes, love and emojis, pops up a beautiful story of two people at two ends who were in avid search of their share of happiness, pampering and romance. One picture makes all that required difference in just single swipe.

The heart sunken in the ocean of prediction of text being typed and pictures shared is THE NEW WORLD OF LOVE. Inviting each other with “Meet Me” message is these days “Tindering” on each other's virtual world is where the young generation is setting up a new definition of love to let it “Truly-Madly Happen”. And now, Internet and Mobile is the new cupid of love stories to be given the credit. Now the compatibility is auto checked with the profile description.



He: Hey. You know you are under-arrest for the biggest crime of your life-time!!
(Flirt)

She: Ha ha. And may I know my crime?
(Laughs)

He: You have been found guilty of making my heart skip its heartbeat
(heartbreak)

She: I just wish! I am the century count who got this compliment (wink)

He: Hahaha (Laughs)
She: Hahaha (Laughs)



And, there started another saga of new age. Romance, the word with innumerable feeling and sensuality to emoter but not a single word is enough to describe it verbally. But then, there are these texting have become crucial to painting your world red and who would know that one may find his lady luck or just a best friend forever to share all the ups and downs of life before the day ends.



THE VIRTUAL WAY OF ROMANCING

These days the concept of E-love is flooding like a storm. Today people are more compatible of conversations over the screen rather than coffee table. E-mail, Pings, texts, chats, instant messaging has taken over real-time discussions creating a better comfort of their own space and self-being or not being. Even those who were hesitant enough to speak face to face easily find solace over virtual world of romance with great options of people to find from.

With the rapid upheaval of time, technology is keeping a great connect for the people in love. Now a peck on cheeks has a new replacement in the form of emoticons and GIFs, essence of love over letter is now sensed in emails and text and the date is now set over Skype calls and other video call featuring apps. The shortage of time and unavailability, remote locations brought the nerve of change to lead the alternate of being there for the one you love in the virtual forms.

CHALLENGING SOCIETAL ACCEPTANCE

India is still a land of emotions, traditions, customs, values and beliefs where one has to think a lot as the acceptance ground in very niche over love couples in comparison to that of western culture. For Indian, the concept of love is still eternal and deep-rooted. But, those stolen moments of romance, hide and seek games, hesitation in accepting one's proposal is what makes it still worth of having!! With the passage of time and changing trends, people have come up initiating for their perception and stand over what their heart says. So, the biggest question of all times remains whether to enter in the virtual world of romance to find our true love??

As: they say:

Ye Ishq Nahi Aasaan...Bas itna samajh lijiye...
EK aag ka dariya hai aur doob ke jana hai



Prediction for January 2022 by Poonam Sethi

“The more you give, the more you receive” is the motto of renowned Tarot card reader and holistic healer, Poonam Sethi, lives by. She has studied Feng Shui and Tarot card reading at several institutions across the globe and has, through extensive self-study, practice and perseverance, mastered the art of guiding people from the present into the future to precision.



ARIES

You will prosper in all financial transactions, complete every task you set out to do, and accomplish much more than you thought you would; and/ or you will succeed in launching great plans, building new platforms, and making executive decisions. You can expect an increase in your finances, which will allow you to spend money on gifts or luxuries, and if you had a problem collecting money it will be resolved. You'll be thinking about the one you love and will want to be with him/her again, and he/she will be thinking the same about you. You will be worried about a physical condition (yours or that of another) and your teeth may need attention. Also, if you are concerned about a tumor, it will be benign. Sex will be much better the second time around. Lucky color: Lemon yellow, Lucky number: 6



TAURUS

You will handle your affairs skillfully and complete all projects or financial matters successfully... but love will be more important than work. You will be successful in all of your negotiations, agreements or financial transactions. Money that is owed will be paid, and/or money for a subsidy or grant will soon be given. You will think about love and what it would be like to live with someone or get married. You will try to accomplish too many things at once and that will affect your health adversely. Also, do not ingest food that you are not certain of. In the end you will triumph, and all matters will conclude successfully or to your satisfaction. Lucky color: Red, Lucky number: 9



GEMINI

You'll have repeat clients, and some financial increase or profit, but will be waiting for something to happen or turn up, and will fear the work you're doing has little value or that you won't be able to sustain yourself in the future. Financial problems will arise over someone who will stick you with the bill or try to take more than their share, but you will have enough to get by. You will hold off on an idea because you won't be ready to commit or will feel the time isn't right or that there's too much hard work involved. You will be waiting to see what a lover will do. This could also indicate a sudden flight from home, but not a permanent one. You need to get more rest, and to get rid of those who 'zap' your energy or take all and give nothing in return. Lucky color: Turquoise, Lucky number: 4



CANCER

You'll take a break from your work or current project and do something more pleasurable. Something that moves you from behind the scenes to center stage (maybe a workshop or seminar) or mental work will be very successful and a lot will get accomplished. You will succeed in overcoming difficult situations, and in obtaining the help of a professional. You are going to experience tension related to finances, but difficulties will be overcome and a payment or settlement is in the offing. An amorous and impetuous suitor is going to try and win your heart... he/she just might. You will finally take a much-needed rest, and will be nursing yourself or a loved one back to good health. Lucky color: Purple, Lucky number: 2

**LEO**

Someone will displease you, unearth hidden insecurities, or make you feel that your work is inferior or that your job is in jeopardy. You will be feeling a definite crunch in your pocketbook and will wonder where your next rupee is coming from. But your finances are about to improve. You will review the quality of your love life or relationship(s) and will

realize that's exactly what you want- quality not quantity- and so far its been the other way around. Your teeth will need attention. Wait for time to take its course.

Lucky color: Green, Lucky number: 4

**VIRGO**

You will suddenly become more goal-oriented or motivated and will have the wherewithal to attract whatever it is you need in your work environment, and/or you will receive a considerable increase in salary or income. Expect a new beginning and a fresh start. A new partnership could also be in the making.

You will do very well financially or in your business

transactions. Though you don't think so now, a new romantic beginning or rekindled affair is at hand and a great love affair is imminent. You will experience stress and/or will find it difficult to ascertain the problem or obtain the correct medication.

Lucky color: Brown, Lucky number: 1

**LIBRA**

There will be discussions concerning travel, schedules, or marketing; new groups or unions; and philanthropic endeavors. Money will be fair or alternating from good to bad, and will be spent on household items, living expenses, and various sundries. And, if a financial transaction

has been bothering you, you'll soon have a pleasant surprise. Also, money will come in through clients, dividends or legacies. There will be no love life at this time because all of your activities will be geared to daily living, family ties or your home. You, a family member or a pet will need attention, shots, grooming or looking after.

Lucky color: Teal, Lucky number: 6

**SCORPIO**

Professionally, you will make many important contacts, but will have to wait for things to unfold. Personally you will be weighted down with responsibilities and feeling that you will have no one to lighten your load or ease your burdens. Your greatest success will come through new or repeat business contacts, but

will want to make more. You will be easily irritated, explosive or impatient but will change because a new vision or romantic opportunity will inspire more confidence or optimism. You may suffer from tension headaches or lower back aches.

Lucky color: White, Lucky number: 5

**SAGITTARIUS**

You will be concentrating on making money or bettering your financial condition so you'll busy yourself with activities geared to promoting or advancing endeavor. You will soon experience better financial conditions and a pleasant surprise. Your sense of connectedness with another is going

to end, a partnership will look as if its over and a business is about to fold. Beware the demon rum, which will give you the courage to act impulsively; or someone you know may have a drinking problem. This also indicates that one who's been ill or had surgery is on the road to recovery.

Lucky color: Grey, Lucky number: 7

**CAPRICORN**

You will be concerned about the lack of business and money and may begin to feel that you've made a mistake, but you will try to take a positive point of view and wait for the final verdict. But, your financial position will improve considerably and success will come through improved business, new opportunities and recognition for your talents. An unexpected event

will destroy your trust in the one you love or your love for that person. You'll need to rest before commencing any new ventures. Some unexpected or surprising news is going to overthrow existing conditions and bring a new opportunity...go for it!

Lucky color: Orange, Lucky number: 7

**AQUARIUS**

You will run into conflicts which will require a great deal of emotional control, but you will master the situation internally rather than moving into an external fray. You will be paid that which is owed or due to you, but will feel shortchanged or cheated. Change will bring a new perspective and a new

you, and by putting your pessimism or insecurities behind you, you'll become a much stronger and happier person. You are going to be disillusioned and disappointed in a relationship you thought would work but didn't. You could have physical premonitions of that which is to come, or be subject to strange sensations, sleeping disorders, or lumps, bumps or cysts.

Lucky color: Royal blue, Lucky number: 8

**PISCES**

Your work will start off bright, and then turn dark, and then bright again. Don't worry, after a slight reversal you'll see material gain or a good outcome. Withhold judgment for now, and don't make premature evaluations. Money that was promised or anticipated will be delayed, but should arrive shortly. You will want the same things as

before, but with a different partner or in a different way. It can't be the same as it has been... it must be better. You will be an emotional wreck or will have bouts with insomnia or troubled sleep.

Lucky color: Burgundy
Lucky number: 3

BE THE CHANGE



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HOLLAND	UKRAINE	ROMANIA	ADRIAN	IPROX CLUB	HINDI
PERSEAN	ARMAN	SENEGAL	BELOJAN	MY HD	KOD

To get more or details of ... (app.)



Product View



UHD-777
DIGITAL I.T. BOX

Bali

3D3N + 3rd Night Free Baliang Vila | USD 155

Traveler 2 Adult

Package:

- 2 night stay at villa hotel with breakfast included
- 3rd night stay at villa hotel
- 3rd night stay at villa hotel
- 3rd night stay at villa hotel
- 3rd night stay at villa hotel
- 3rd night stay at villa hotel

3D3N Villa Indragiri | USD 278

Traveler 2 Adult

Package:

- 2 night stay at villa hotel with breakfast included
- 3rd night stay at villa hotel
- 3rd night stay at villa hotel
- 3rd night stay at villa hotel
- 3rd night stay at villa hotel
- 3rd night stay at villa hotel

4D3N Bali Safari | USD 278

Traveler 2 Adult
Flight to Bali + 3D3N + 3rd Night Free

Package:

- 3rd night stay at villa hotel with breakfast included
- 3rd night stay at villa hotel
- 3rd night stay at villa hotel
- 3rd night stay at villa hotel
- 3rd night stay at villa hotel
- 3rd night stay at villa hotel



Borobudur Temple, Java

Bali - Java
5D4N Discovery
USD 300

3 Night at Bali + 2 Night at Java
Traveler 2 Adult



Gerbang Kula, Ponorogo

Bali - Ponorogo
5D4N Discovery
USD 302

3 Night at Bali + 2 Night at Ponorogo
Traveler 2 Adult



Sandi Island, Lombok

Bali - Lombok
5D4N Discovery
USD 322

3 Night at Bali + 2 Night at Lombok
Traveler 2 Adult

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