

downtown



TRIBAL FAIR

Artistes perform a tribal dance at the Adivasi Mela-2020 at Idco Exhibition Ground in Bhubaneswar, Tuesday

RITUAL PREP

A servitor designs decorative pieces for the Padma Besa of Lord Jagannath in Puri, Tuesday

CM unveils state's first virtual PS



CM Naveen Patnaik launching the virtual police station

mechanism established at the State Crime Records Bureau in Bhubaneswar. It will facilitate online registration of FIR in unknown motor vehicle theft cases...

TRANSFORMATIVE MOVE

Virtual Police Station to help citizens lodge FIRs on vehicle theft cases online. ROAD ACCIDENT CASE MODULE TO DO AWAY WITH THE ROLE OF MIDDLEMEN...

The Medico Legal Opinion System will help both police and doctors, ensure transparency, reduce delay and also help in reducing extraneous considerations

POST NEWS NETWORK

Bhubaneswar, Jan 28: As part of the 5T initiative, Chief Minister Naveen Patnaik Tuesday launched three transformational projects including virtual police station of Odisha Police aimed at reducing human interface with police stations...

Odisha may gain as Budget likely to boost beach tourism

The Union government is also likely to introduce 'One India Tax' for tourism vehicles. The budget will allow free movement of vehicles across the country. Significantly about 80 per cent of the income is earned from around 400 tourist locations...

Deceased lawyer's fugitive boyfriend surrenders in court

Bhubaneswar, Jan 28: The absconding boyfriend of a woman advocate, whose body was found hanging in her room on the outskirts of Capital city a few months ago, Tuesday surrendered before the Sessions Court here. The accused, Bikram Mishra, is a resident of Simulia area in Balasore...

STRESS CLAIMS SIKHYA SAHAYAK'S LIFE

Kanas: A sikhya sahayak of Uttarchikita Nodal Upper Primary School under Kanas block died at a private hospital in Bhubaneswar while being treated for high blood pressure Monday. The sikhya sahayak, Madhu Singh, 33, had been hospitalised after he vomited blood a few days ago...

Bedtime mobile addiction ailing you

INCREASED ANXIETY, EYE-AILMENTS ON THE RISE AMONG MOBILE ADDICTS, SAY DOCS

MANISH KUMAR, OP

Bhubaneswar, Jan 28: Using smartphone before going to bed? Beware. Doctors have warned that cell phone addiction may make you vulnerable to many diseases.

The young and the middle-aged are now said to be becoming avid users of their digital gadgets to access social media, Netflix, Tik Tok, YouTube videos and other contents of different forms available in the cyberspace just before going to sleep. Several psychiatrists and ophthalmologists in this reporter talked to claimed that such habits are interfering with the normal biological clock of the human body and causing strain in the brain cells and eyes making the mobile addiction more vulnerable to lifestyle, eye-related and psychological disorders...

GADGET HAZARDS. Bedtime use of cell phones for a prolonged duration interferes with normal body function. It stimulates human brain cells at a time when they need rest. USERS BECOME PRONE TO LIFESTYLE DISEASES, PSYCHOLOGICAL DISORDERS AND OTHER AILMENTS. Avid users likely to delay their eye-blinking ratio adding stress. Lack of freshness, low productivity and anxiety creep in due to bedtime use of smartphones. interference with the functioning of the body, mobile addicts become more prone to lifestyle diseases like hypertension, diabetes, high BP and others. "People also fail to feel fresh when they wake up once addicted and also their productivity level dips. These add up to increased anxiety levels," Pattajoshi said.

MAHANADI COALFIELDS LIMITED

Table with 4 columns: SI No., Tender ID, Name of work/service, Tender value in ₹. Contains 95 tender items for various services like supply of water, electrical work, etc.

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