



The Forerunner

A newsletter of RCBKI, Nagpur, Indian Audit and Accounts Department

Thirtieth Issue

Oct. 23 - Mar. 24

2023-24

From Director General's desk

I am extremely delighted to bring out the 30th issue of 'Forerunner', the newsletter of RCBKI Nagpur. This institute always strives hard to bridge the gap between skill requirements and existing skills of the manpower deployed in user offices. During the second half of the year 2023-24, this institute has conducted 10 general training courses and 8 IS courses, wherein 380 departmental officers were trained. It is noteworthy to mention that as against 7 general training courses planned, 10 training courses were conducted during this period as per requirements of the user offices/instructions from Knowledge and Capacity Building wing at headquarters office. It indicates promptness and enthusiasm of the institute in fulfilling the training requirements. Excellent level of satisfaction of the participants in respect of all these training courses, as can be seen from the feedbacks received, indicates that

the institute has been successful in adding values and enhancing skills of the participants. In spite of shortage of staff, this institute provided faculty support to the field offices and other institutes. The faculty support extended by the institute has been detailed in this newsletter. The professional skills of the core faculties of the institute have also continuously been upgraded.

Improvement of infrastructure facilities and many renovation/civil works were taken up and completed during the year 2023-24, which includes internal painting of the hostel building, refurbishing of canteen kitchen etc.

During this period, ADAI (Capacity Building & Chief Knowledge Officer) Ms. Keerti Tewari visited this institute. Newly beautified reception area of the hostel and an orange garden beside the hostel building were inaugurated by the ADAI

(Capacity Building & Chief Knowledge Officer). It is worth mentioning here that this year, the institute's premises has been declared by the horticulture department of CPWD, as the 2nd best premises of central government offices located at Nagpur. The sprawling lush green lawns, rose gardens, clean and peaceful atmosphere of the institute has always been an attraction point for the training participants.

This institute was fortunate to receive first hand guidance from the ADAI (Capacity Building & Chief Knowledge Officer) when she addressed the RCBKI, Nagpur staff. Her encouraging words have boosted the enthusiasm of the staff of the institute which will result in many positive outcomes and achievement of new feats in days to come. I will take this opportunity to express my sincere thanks to the ADAI(CB &CKO) headquarters office for her valuable guidance.

For celebration of audit week during November 2024, the

institute has played the role of coordinator at Nagpur station and has made the celebration a grand success. The programme of 'Open Question Quiz' on 'Role of C &AG in governing system and development of Indian economy' was organised in the institute which was very well appreciated by all local IA&AD offices.

I hereby convey my sincere thanks to all RAC members and officers who have attended mid RAC meeting in October 2023 and RAC meeting during March 2024 and provided their valuable inputs towards the cause of strengthening this institute in all spheres. I would look forward to more suggestions or feedback, if any, for further improvement. I also appreciate the unwavering efforts made by all core faculties and administrative staff of the institute, without which these feats could not have been achieved.

I am sure that the institute, notwithstanding the shortages being faced in some cadres, would continue to achieve new highs in the time to come.

*Lata Mallikarjuna
Director General*



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Continuing Professional Education (CPE)

अक्टूबर 2023 और मार्च 2024 के बीच संस्थान के संकाय द्वारा प्राप्त प्रशिक्षण

नाम	विषय	प्रशिक्षण का स्थान
श्री जी.के. ओमी, स.ले.प.अ./संकाय	कंठस्थ 2-0	Headquarters
	All India online seminar on "Safe and Trusted Internet"	RCBKC, Bengaluru
श्री पी.वी. काले, व.ले.प.अ./संकाय	Training of Trainers (Phase - I)	ASCI, Hyderabad
	Mid-Career Training Programme (Level - 5)	AJNIFM, Faridabad
	Training of Trainers (Phase - II)	ASCI, Hyderabad
श्रीमती वी.एस. रेड्डी, व.ले.प.अ./संकाय	All India Training programme on "Food Safety and Standards Act 2006"	RCBKI, Mumbai
	All India workshop on "Audit of GST"	RCBKI, Chennai
श्री एस.आर. गायकवाड, व.ले.प.अ./संकाय	All India online seminar on "Safe and Trusted Internet"	RCBKC, Bengaluru

Faculty Support by the Institute to other training institutes/IAAD offices

नाम	विषय	प्रशिक्षण का स्थान
श्रीमती वी.एस. रेड्डी, व.ले.प.अ./संकाय	PIDPI resolution in Vigilance Awareness Campaign (Oct-2023)	NFS College, Nagpur
श्री पी.वी.काले, व.ले.प.अ./संकाय	Role of CAG in Indian Democracy	GS Comm College, Nagpur
श्री पी.वी.काले, व.ले.प.अ./संकाय	Session of Team Building (Oct - 2023)	YCCE, Nagpur
श्री जी.के. ओमी, स.ले.प.अ./संकाय	Bilateral Training programme on KNIME & Tableau for the officers of SAI Maldives (Dec - 2023)	ICISA, Noida
श्री जी.के. ओमी, स.ले.प.अ./संकाय	ITP on Audit of State Owned Enterprises (Jan - 2024)	ICISA, Noida
श्री जी.के. ओमी, स.ले.प.अ./संकाय	Online Training Programme on E-Office (Feb - 2024)	Income Tax Dept, Mumbai
श्री जी.के. ओमी, स.ले.प.अ./संकाय	Mandatory Training of AAOs for Promotions SAOs (March - 2024)	PAG (A&E)-II, Nagpur
श्री जी.के. ओमी, स.ले.प.अ./संकाय	Data Analytics and Different Data Analytical Tools (March - 2024)	PAG (Audit)-II, Nagpur
श्री जी.के. ओमी, स.ले.प.अ./संकाय	ITP on Performance Audit (March - 2024)	ICISA, Noida

प्रशिक्षण का मूल्यांकन (EVALUATION OF TRAINING)

This institute conducted total 10 General courses as against 07 training courses planned during October 2023 to March 2024. This include 3 months Induction Training for DRAAOs including SAS Preparatory CGLE 2021 Batch. Eight IS Based courses were also conducted during the said period, as planned in CoTP.

	No. of Course	Participants Trained
General Courses	10	217
IS Based Courses	8	162

यादगार लम्हे MEMORABLE MOMENTS UNFOLDED



Ms. Keerti Tewari, ADAI (CB & CKO) addressing RCBKI, Nagpur during her visit to this Institute on 22.03.2024

यादगार लम्हे MEMORABLE MOMENTS UNFOLDED



Participant with Faculty during session in Course on Induction Training for DRAAO's - (CGLE 2021 Batch)



Organised 'Khula Prashna Manch' during 3rd Audit week Celebration during the month of November 2023

यादगार लम्हे MEMORABLE MOMENTS UNFOLDED



**Core Faculties and Participant of Induction Training
for DRAAO's CGLE 2021 Batch with
Ms. Lata Mallikarjuna, Director General**



यादगार लम्हे MEMORABLE MOMENTS UNFOLDED



Tree Plantation by Ms. Keerti Tewari, ADAI (CB & CKO)

आपके पत्र

भारतीय लेखापरीक्षा और लेखा विभाग
काबालीय प्रधान निदेशक लेखापरीक्षा (केन्द्रीय) लखनऊ



INDIAN AUDIT AND ACCOUNTS DEPARTMENT
Office of the Principal Director of Audit (Central) Lucknow

04-01-2024

सेवा में,

वरिष्ठ लेखा परीक्षा अधिकारी / संकाय
क्षेत्रीय क्षमता निर्माण एवं ज्ञान संस्थान, नामपुर

विषय:- न्यूज़ लेटर फॉररनर की ई-प्रति के सम्बन्ध में।

महोदय,

आपके कार्यालय द्वारा पेशित न्यूज़ लेटर फॉररनर की ई-प्रति प्राप्त हुई है। एतदर्थ धन्यवाद। पत्रिका के माध्यम से राजभाषा हिंदी के शृंखलात्मक उत्थान हेतु आपके कार्यालय के समस्त अधिकारियों एवं कर्मचारियों द्वारा किया गया प्रयास अति सराहनीय है।

न्यूज़ लेटर का यह अंक साज-सज्जा एवं मृदुल स्फुटता के कारण बहुत ही आकर्षक एवं मनोहारी बन पड़ा है साथ ही पत्रिका में समाविष्ट रचना "पीली का अंतर" एवं "आंवला के औषधीय एवं स्वास्थ्य गुण" बहुत ही प्रेरक एवं शालवर्धक हैं। पत्रिका में समाविष्ट सभी रचनाएँ अत्यंत रुचिकर हैं। पत्रिका के प्रकाशन हेतु संपादक मंडल एवं रचनाकारों का हार्दिक अभिनन्दन एवं शुभकामनाएँ।

भवटीय

Signed by Rajesh Kumar
Swyambhu
Date: 04-01-2024 17:35:02

वरिष्ठ लेखापरीक्षा अधिकारी / प्रशासन

द्वितीय तल, अक्षित भवन, टी-सी-35-बी-1, विभूति बाग, गोमती नगर, लखनऊ-226010 (उ.प्र.) दूरभाष : 0522-2970789, फ़ैक्स : 0522-2970780 (फ़.नि.)
3rd Floor, Audit Bhawan, T.C-35-V-1, Vibhuti Khand, Gomti Nagar, Lucknow-226010 (U.P.) Phone: 0522-2970789, Fax: 0522-2970780 (PD)

यादगार लम्हे MEMORABLE MOMENTS UNFOLDED



Participants during Yoga Session



Faculty Column

Public Finance

S.R. Gaikwad, Sr. Audit Officer, Core Faculty

"The science which deals with the activity of statesman in obtaining and applying the material means necessary for fulfilling the proper functions of the State is Public Finance." - Carl Plehn

Public finance is the branch of economics which assesses the government revenue and government expenditure of the public authorities and the adjustment of one or the other to achieve desirable effects and avoid undesirable ones. It is made of two words as public and finance. The term public means government and finance means science of management of money. So literally public finance means the study of allocation of economic resources for achieving the goals of public affairs. For smooth performance of the functions, the functions of a welfare state are complex and are carried out at national, State and local levels as per assigned responsibilities. The public finance takes into account finances for all the complex functions to discharge duties and responsibilities at all levels of governance. Thus, public finance means the finances of public bodies—national, State or local—for the performance of their functions.

The term 'finance' also includes financial management and administration. Public finance thus means the administration of the financial operations of the public authorities. So, public finance is the study of allocation and management of resources and technology for achieving the goals of public organization. Public finance deals with the question how the Government raises its resources to meet its expenditure. Public finance is the study of the role of the government in the economy.

Scope of Public Finance: As Dalton puts it, "public finance is "concerned with the income and expenditure of public authorities and with the adjustment of one to the other." Accordingly, effects of taxation, Government expenditure, public borrowing and deficit financing on the economy constitutes the subject matter of public finance.

Public Finance is the study of the effects of budgets on the economy, particularly the effect on the achievement of the major economic objects—growth, stability, equity and efficiency. Further, it also deals with fiscal policies which ought to be

adopted to achieve certain objectives such as price stability, economic growth, more equal distribution of income. Before the Great Depression that gripped the Western industrialized countries during the thirties, the role of public finance was considered to be raising sufficient resources for carrying out the Government functions of civil administration and defence from foreign countries. During this period, the classical economists considered it prudent to keep expenditure to the minimum so that taxing of the people is avoided as far as possible. Further, it was thought that Government budget must be balanced. Public borrowing was recommended mainly for production purposes. During a war, of course, public borrowing was considered legitimate but it was thought that the Government should repay or reduce the debt as soon as possible. But under the impact of the Great Depression of thirties and the Keynesian explanation of it, the thinking about and role of public finance underwent a sea change. The classical view of public finance could not meet the requirements of the then prevailing situation. In order to increase aggregate effective demand and thereby raise the level of income and employment in the country, public finance was called upon to play an active role.

During the Second World War and after, the Western economies suffered from serious inflationary pressures which were attributed to the excessive

aggregate demand. So, in such inflationary conditions, the public finance was expected to check prices through reducing aggregate demand. Thus the budget which was previously meant to raise resources for limited activities of the Government assumed a functional role to serve as an instrument of economic regulation. It came to be realized that government's taxing and spending policies could go a long way in mitigating economic fluctuations. Balanced budgets are no longer considered sacrosanct and the governments can spend beyond their resources without offending canons of sound finance to restore the health of the economy.

Public borrowing and consequent increase in public debt at the time of depression raises aggregate demand and thereby helps in raising the level of income and employment. Therefore, deficit budget and increase in public debt at such times is a thing to be welcomed. It was further demonstrated by Keynes that deficit financing by the government could activate a depressed economy by creating income and employment much more than the original amount of deficit financing through the process of multiplier. Thus, after Keynesian revolution public finance assumed a functional role of maintaining economic stability at full employment level. Therefore, the present view of public finance is not one of mere resource-raising for the Government but one of serving as an instrument for maintaining stability

through management of demand.

In developing countries, public finance has to fulfil another important role. Whereas in the developed industrialized countries, the basic problem in the short run is to ensure stability at full employment level and in the long run to ensure steady rate of economic growth, that is, growth without fluctuations, the developing countries confront a more difficult problem of how to generate a higher rate of economic growth so as to tackle the problems of poverty and unemployment. Therefore, public finance has to play a special role of promoting economic growth in the developing countries besides maintaining price stability. Further, for developing countries mere economic growth is not enough; the composition of growing output and distribution of additional incomes ought to be such as will ensure removal of poverty and unemployment in the developing countries. Therefore, public finance has not only to augment resources for development and to achieve optimum allocation of resources, but also to promote fair distribution of income and expansion in employment opportunities. This is the functional view of public finance in the context of the developing countries.

Through the change course of time, changing nature of government and its activities, the definition of public finance is also keep on changing and modifying. The economics of public

finance is fundamentally concerned with the process of raising and dispersion of funds for the functioning of the government.

Thus, the study of public revenue and public expenditure constitutes the main division in the study of public finance. But with these two symmetrical branches of public finance, the problem of organization of raising and disbursing of resources also arises. It has also to solve the question of what is to be done in case public expenditure exceeds the revenues of the state. In solving the first problem, “financial administration” comes into the picture. In the latter problem, obviously, the process of public borrowings or the mechanism of public debt is to be studied. Since both public debt as well as financial administration gives rise to a number of special problems, these are conventionally treated as a separate branch of the subject. Public revenue, public expenditure, public debt, financial administration and public budgeting are the main major subject matter of the public finance. Importance of Public finance: Thus, it is evident Public finance is very important for the growth and development of a country. It is obvious that the government of a country can push up the industrial and economic development of the country, provide more employment opportunities, encourage investments and savings in the desired direction and increase social benefits through public expenditure. Therefore, it affects the overall economic and social system of the country.

Skills required for Negotiations

P.V. Kale, Sr. Audit Officer, Core Faculty

What is negotiation ?

Negotiation is a strategic dialogue where two or more parties aim to receive something — and they want to convince the listener to give it to them. Ultimately, the hope is that everyone walks away feeling good about the outcome. This means negotiations often end in compromise to ensure the results satisfy all parties.

Humans have always negotiated. Negotiation is a big part of everybody's life be it professional life or personal life. In this article we will talk about negotiations in professional life as to why they are important, stages of negotiations and essential skills required for successful negotiations.

Why are negotiation skills important?

While negotiations might seem limited to big decisions like international trade treaties or legal disputes, anytime you work to maintain a relationship through compromise, you're negotiating.

Despite being a common occurrence, not everyone feels comfortable bargaining.

But developing your negotiation skills doesn't only improve your financial outlook. Becoming a better negotiator can help you:

- Build confidence
- Ensure everyone's treated fairly
- Improve your strategic planning skills

Four stages of negotiation

The first step to becoming a skilled negotiator is understanding the process. From there, you'll know which negotiation skill to apply.

Start by deciding where and when the meeting should occur, who should attend, and the challenge you'll discuss. Establishing a timeline for your bargaining session can discourage ongoing arguments.

Once you set a time and place, move through the four steps of the negotiation process.

1. Prepare

Thorough preparation is vital to effective negotiation. Clarify your understanding of the facts and gather supporting evidence that could improve your position. Once you've learned all the pertinent details, ask yourself:

- What's the nature of the conflict?
- What do I want to achieve?
- What alternatives am I willing to accept?
- What am I willing to give up?
- What's non-negotiable?
- What are the other party's goals?
- Is the other party willing to settle?
- At what point should I walk away?

By fully understanding your position and thoroughly preparing your arguments, you'll reduce the chance of conflict at the negotiation table and remain focused on finding a solution.

2. Discuss

During the discussion phase, both parties must thoroughly explain their side. It's possible at this stage that

emotions come to the fore. You need to appear objective, so controlling your feelings is imperative.

Explain how you arrived at your current position and present your research. Ask open-ended questions to glean the information necessary to understand their perspective.

You could ask:

- How did you arrive at this conclusion?
- What do you think of this alternative?
- Why is this item of negotiation important to you?
- What part of the solution causes the most concern?
- Is there anything else I should know?

Make sure everyone's clear about their goals, as misunderstandings can derail your negotiations. And try to identify any common ground you can leverage in the next step.

3. Negotiate

Now, the hard work begins. Discuss options and present alternatives, focusing on a win-win outcome — where both sides gain something. Each party should feel heard.

Use all the information gathered during the preparation and discussion stages to inform your arguments and strengthen your case. Listen to what the other side has to say. If their argument makes sense, prepare to adjust your position.

It's essential to stick to the issues at hand and remain objective. Emotions

can lead to poor decision-making, so keep them in check by using critical thinking skills to balance your feelings against logic.

4. Find an agreement

Considering everyone's perspective and interests, decide on something you all feel good about. Keep an open mind during this part, as you might need to part with some of your requests. If you're negotiating your salary, for example, you might have to accept more flexible working conditions if your employer simply doesn't have the budget for a raise.

Make sure you document all terms, clarifying everything along the way to ensure nobody's dissatisfied or confused in the future. You should also agree on how you'll monitor the agreement's conditions.

If necessary, formalize the negotiated terms as a legal contract. Once that's done, both parties implement and monitor the agreed-upon terms.

10 essential negotiation skills

Successful negotiators rely on an extensive skill set to build relationships, gather and evaluate information, and make the best decisions possible. Here are 10 negotiation skill examples to consider when preparing for your next negotiation.

1. Communication

You need effective communication skills to make your intentions clear and establish boundaries. If you don't articulate yourself well, you might

cause confusion and frustration, and you want to set limits to ensure you don't give more than you take.

And be sensitive to non-verbal communication, like body language. The more information you have about how the other side feels — like nervous or arrogant behavior — the better you can tweak your negotiation tactics to suit.

2. Active listening

Active listening skills ensure you engage with and retain important negotiation details. Asking questions, paraphrasing, and providing feedback demonstrate you're trying to see the situation from the other person's point of view. These actions help establish a relationship based on empathy and trust, which can ease tense discussions.

3. Emotional intelligence

As much as everyone tries to remain objective and not take things personally, emotions often come into play during a negotiation. Emotional intelligence allows you to channel your emotions productively while giving you insight into how the other party feels. Cultivating this awareness helps you understand the implications of what they say, not just their explicit meaning.

4. Expectation management

Both sides have goals, and you won't meet them all. You must prioritize those outcomes to ensure their inclusion as part of a "good deal" without making

promises you can't deliver. Expectation management requires balancing being steadfast in your negotiations against collaborating with the other party to reach an agreement.

5. Patience

Negotiations are time-consuming, often involving offers, counteroffers, and renegotiations. You need to be patient. Take your time to fully evaluate terms and assess information to ensure you don't miss anything that could compromise the deal's quality.

6. Adaptability

Thinking on your feet and developing new plans on the fly are integral to negotiation. Each situation presents unique challenges and opportunities. Your approach must be flexible to offer individualized solutions or adjust negotiation strategies when faced with evolving demands.

7. Problem-solving

You're participating in a negotiation because you have a problem to solve. Maybe it's access to a limited resource or a shifting budget. Whatever it is, your ability to identify options and alternatives that consider all aspects of the issue helps both parties achieve their desired outcome.

8. Value creation

Creating win-win scenarios for negotiation means adding value to your offering. Consider suggesting

warehousing costs.

9. Decision-making

Good negotiators are adept at quickly evaluating options and not overthinking a decision. If you hit decision fatigue or analysis paralysis early on, the discussion won't go anywhere, and you might simply accept whatever terms they suggest to escape the stressful situation. Assertiveness removes stress and uncertainty from the process the other party could use to their advantage.

10. Integrity

Negotiations require fairness, respect, and honesty. You need to demonstrate your trustworthiness by following through on your commitments. Otherwise, people might not want to collaborate with you in the future.

Though negotiation is a complex process, with these skills you can achieve success to a great extent in negotiations.



यादगार लुम्हे MEMORABLE MOMENTS UNFOLDED



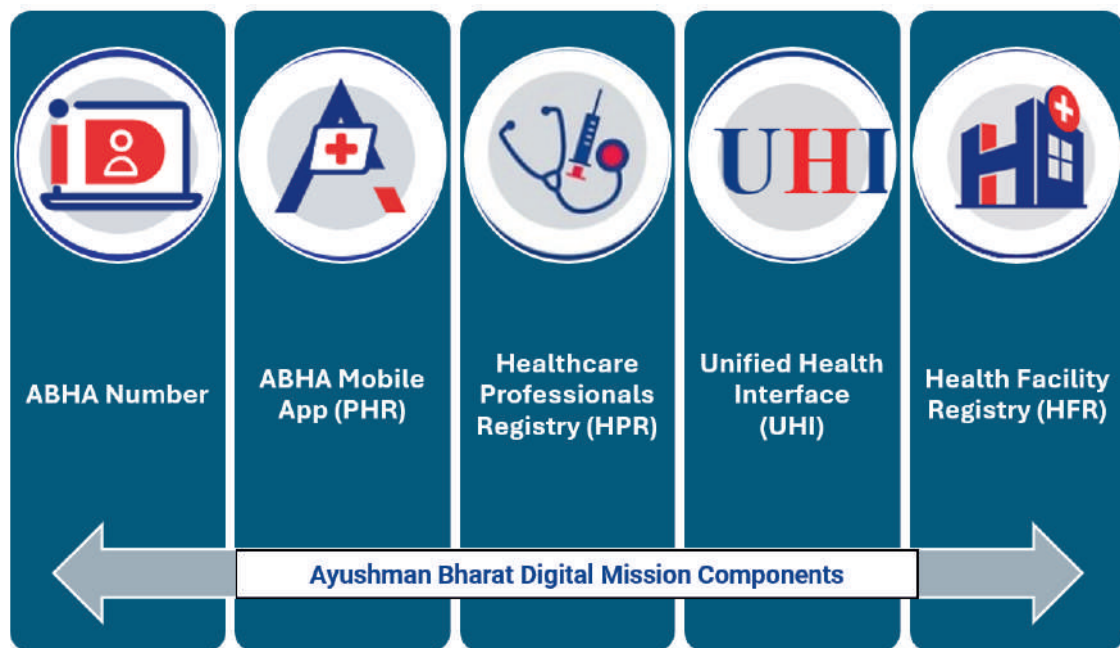
New Interactive Panel has been installed in Conference Hall of the institute. Core faculty (IS) taking session

Ayushman Bharat Digital Mission (ABDM)

G.K. Omeo, Asstt. Audit Officer, Core Faculty

The Ayushman Bharat Digital Mission (ABDM) has been launched by the Government of India for promoting digitization of healthcare and creating an open interoperable digital health ecosystem for the country. It aims to do so by prescribing common health data standards, developing core modules such as registry of health facilities, healthcare professionals etc required for interoperability; so that various digital health systems can interact with each other by enabling seamless sharing of data across various healthcare providers who may be using different digital health systems. It will bridge the existing gap amongst different stakeholders of healthcare ecosystem through digital highways.

There are five components in Ayushman Bharat Digital Mission. They are illustrated below:



ABHA Number

Ayushman Bharat Health Account (ABHA) Number is a hassle-free method of accessing and sharing your health records digitally. It enables your interaction with participating healthcare providers, and allows you to receive your digital lab reports, prescriptions, and diagnosis seamlessly from verified healthcare professionals and health service providers.

ABHA Mobile App (PHR)

A Personal Health Record, or PHR, is an electronic application through which patients can maintain and manage their health information (and that of others for whom they are authorized) in a private, secure, and confidential environment.

Healthcare Professionals Registry (HPR)

Healthcare Professionals Registry is a comprehensive repository of all healthcare professionals involved in delivery of healthcare services across both modern and traditional systems of medicine.

Unified Health Interface (UHI)

UHI is envisioned as an open protocol for various digital health services. UHI Network will be an open network of End User Applications (EUAs) and participating Health Service Provider (HSP) applications. UHI will enable a wide variety of digital health services between patients and health service providers (HSPs) including appointment booking, teleconsultation, service discovery, and others.

Health Facility Registry (HFR)

Health Facility Registry is a comprehensive repository of all the health facilities of the country across different systems of medicine. It includes both public and private health facilities including hospitals, clinics, diagnostic laboratories and imaging centers, pharmacies, etc.

Action from Indian citizens

Any citizen of India may visit ABHA web site (<https://abha.abdm.gov.in/abha/v3/register>) and can register for ABHA ID. This registration can be done through Aadhar ID or Driving License. A 14 digit ABHA number will be generated which will uniquely identify an Indian Citizen as a participant in India's digital healthcare ecosystem.



Action from CGHS beneficiaries

Recently our staff wing of CAG Headquarters' office issued a letter (19.04.2024) regarding mandatory linking of CGHS beneficiary ID with Ayushman Bharat Health Account (ABHA) ID. Linking of ABHA number with CGHS Card timeline has also been extended for four months from 30.06.2024. CGHS beneficiaries should visit nearest CGHS dispensary for linking their CGHS Card with ABHA.



Pench Tiger Reserve, Nagpur (Maharashtra)

Shri Narayan Rao Bisen, O/o PAG(Audit), Raipur

(Participant of Orientation Training programme for AAOs and Supervisors)

Maharashtra, being the third largest state in India and a leader in protecting the biodiversity bears maximum numbers (six) of tiger reserves in India along with Madhya Pradesh. Pench Tiger Reserve situated in the northern part of eastern Vidarbha is spread in Ramtek, Parseoni and Saoner tehsil of Nagpur district. It is 25th tiger reserve of India. The Pench Tiger reserve (PTR) which derives its name from its lifeline - the River Pench is spread over 741.41 Sq.km of area.

Pench tiger reserve is an excellent abode to almost all the major floral and faunal species including tiger, leopard, sloth bear, Indian gaur, wild dog, wolf etc found in central India. It has good connectivity with Kanha, Pench (M.P), Tadoba Andhari, Navegao-Nagjhira and Bor Tiger Reserves. Pench River which divides the reserve in almost two equal halves and Totladoh reservoir built on the Pench river plays an important role in enriching and sustaining the wild life in the tiger reserve.

PTR is easily accessible from Nagpur and all the major cities of the country. Best season to travel the PTR is winter and early summer. The tourist can access Pench tiger reserve through 6 tourist safari gates. i.e. Sillari, Chorbahuli, Khuraspar, from NH 44 and Kolutmara, Khubala (Saleghat) and Surewani (Nagalwadi) from Parseoni and Saoner.

Pench National park, nestling in the lower southern reaches of the satpuda hills is named after Pench river, meandering through the park from north to south. It is located on the southern boundary of Madhya Pradesh, bordering Maharashtra, in the districts of Seoni and Chhindwara. Pench National Park, comprising of 758 SQ Kms, out of which a core area of 299 sq km of Indira Priyadarshini Pench National Park and the Mowgli Pench Sanctuary and remaining 464 sq km of pench national park is the buffer area.

The area of the present tiger reserve has a glorious history. A description of its natural wealth and richness occurs in Ain-i-Akbari. Pench Tiger Reserve and its neighbourhood is the original setting of Rudyard Kipling's most famous work, The Jungle Book.

Forests and Wildlife

The undulating topography supports a mosaic of vegetation ranging from moist, sheltered valleys to open, dry deciduous forest. Over 1200 species of plants have been recorded from the area including several rare and endangered plants as well as plants of ethno-botanical importance.

The area has always been rich in wildlife. It is dominated by fairly open canopy, mixed forests with considerable shrub cover and open grassy patches. The high habitat heterogeneity favours high population of Chital and Sambar. Pench tiger reserve has highest density of herbivores in India (90.3 animals per sq km).

Walking on Walker's Street

Prateek Singh, AAO, O/o PAG (Audit), Raipur

(Participant of Orientation Training programme for AAOs and Supervisors)

While coming to Nagpur I was filled with dilemmas. I have never been away for a training for so long. The main concern was to continue with the fitness schedule I have been following over the years. It was about diet and mobility of my body. Little did I know that I will end up coming to a place like RCBKI Nagpur which has a street named Walker Street which is dedicated to walkers and promoting a fitness culture, inculcating habit of walking in people.

Coming to my experience, I met a friend here who was also a fitness enthusiast and due to lack of time in his office and other issues he was not able to follow fitness routine. But probably it was destiny which brought us together here in RCBKI. We had so much in common yet two completely different human beings. We had so much to learn from each other, atleast I had a lot to learn from him. It was tremendously joyful to walk with my friend as he told me the right way of walking and utilizing the natural resources and feeling the scenic beauty of Nagpur. It was never before that I enjoyed walking so much and Nagpur walker street added a lot to this joy. I am trying to list down some benefits of walking which might encourage others to follow-

Physical Fitness: Walking regularly helps improve cardiovascular health, strengthens muscles, and enhances endurance. It's a low-impact exercise that can be enjoyed by people of all ages and fitness levels.

Weight Management: Incorporating walking into your daily routine can assist with weight loss or maintenance by burning calories and increasing

metabolism.

Joint Health: Walking can help improve joint mobility and reduce stiffness, especially in weight-bearing joints like hips and knees.

Mental Health: Walking has been useful to reduce stress, anxiety, and depression by releasing endorphins and improving mood.

Improved Sleep: Regular physical activity, including walking, can contribute to better sleep patterns and quality of sleep.

Boosts Immunity: Moderate exercise like walking can strengthen the immune system, potentially reducing the risk of illness.

Enhanced Cognitive Function: Walking has cognitive benefits, including improved memory and concentration. It's also linked to a reduced risk of cognitive decline as we age.

Social Interaction: Walking with friends, family, or pets can provide social engagement and strengthen relationships.

Creativity and Inspiration: Walking in natural settings can stimulate creativity and offer a mental break, leading to increased productivity and inspiration.

Accessibility and Affordability: Walking is a simple and cost-effective form of exercise that requires no special equipment and can be done almost anywhere.

Incorporating regular walks into your routine can contribute significantly to overall health and well-being. I would highly recommend my fellow officers to follow this. If they ever feel discouraged or disinterested they can make a friend who will help him and motivate.

Digital India: Empowering a Nation through Technology

Sachin Kumar, AAO, O/o PAG (Audit), Raipur

(Participant of Orientation Training programme for AAOs and Supervisors)

Digital India is a transformative initiative launched by the Government of India with the vision to harness the power of technology for inclusive growth, empowerment, and sustainable development. It aims to bridge the digital divide, promote digital literacy, and leverage digital technologies to improve governance and enhance the quality of life for all citizens.

Digital India encompasses a wide array of initiatives and policies aimed at various sectors, including:

1. **Infrastructure Development:** The initiative focuses on expanding digital infrastructure, such as broadband connectivity, mobile networks, and public Wi-Fi hotspots, to ensure that even remote and rural areas have access to the internet and digital services.

2. **Digital Literacy:** Promoting digital literacy is a cornerstone of Digital India, with programs aimed at equipping citizens with the skills and knowledge to navigate the digital landscape, access information, and participate in the digital economy.

3. **E-Governance and Service Delivery:** Digital India seeks to make government services more accessible, efficient, and transparent through the adoption of e-governance solutions, digital

platforms, and online portals, reducing bureaucratic hurdles and enhancing citizen engagement.

4. **Digital Economy and Innovation:** Encouraging entrepreneurship, innovation, and digital entrepreneurship is integral to Digital India, fostering a vibrant digital economy and positioning India as a global leader in technology and innovation.

5. **Cybersecurity and Data Privacy:** Safeguarding digital infrastructure and ensuring cybersecurity are paramount concerns under Digital India, with measures to protect against cyber threats, safeguard sensitive data, and uphold individual privacy rights.

Digital India holds immense promise in transforming India into a digitally empowered society and knowledge economy. By harnessing the full potential of technology, fostering innovation, and promoting inclusive development, Digital India is paving the way for a brighter, more prosperous future for all citizens, regardless of geography or socio-economic status. However, it is essential to address challenges such as digital inequality, cybersecurity threats, and privacy concerns to ensure that the benefits of digitalization are equitably distributed and sustainable in the long run.

Men's mental health in the workplace

Ran Vijay Kumar, AAO, O/o PAG (Audit), Raipur

(Participant of Orientation Training programme for AAOs and Supervisors)

It's a shocking statistic and one that we all have a part to play in tackling. A key place to start is the workplace. A recent survey of 15,000 employees across 30 organisations conducted by Mind shows that men are twice as likely to have mental health problems due to their job, compared to problems outside of work. In fact, 32 per cent of those asked attributed poor mental health to their job. There are some facts, which need to be pointed out that can impact men's mental health in the workplace and what we can all do to help.

:Tackling the stereotypically 'macho' work culture:

Research has shown that work issues more commonly affect the mental health of men in comparison to women, but more than this – men are less likely than women to speak up, seek help, and take time off work to address these problems.

This may be due, in part, to the stereotypical 'macho culture' of some workplaces and the harmful perception that employees should 'man up' and not talk about their emotions. Some men may feel pressure to be the traditional breadwinner and may assume that by talking openly about their mental health it could be interpreted as a sign of weakness or a lack of resilience in coping, and they may be passed over for promotion.

In addition, research has shown that compared to women, men are less

likely to talk to friends and family about their mental health, less likely to access psychological therapies, and more likely to use potentially harmful coping methods such as drugs, alcohol and such other bad habits.

:Factors that can contribute to poor mental health at work:

:-Lack of clarity about job role and responsibilities

:-Inadequate resources, tools, and training

:-Work overload and pressure to meet targets

:-Job insecurity

:-Long working hours

:-Bullying

:-Poor communication with colleagues and management

:-Lack of control and exclusion from decision-making

:Promoting positive mental health in the workplace:

A workplace where all staff members are supported, communication is open, help is accessible, and positive mental health is actively promoted is a happier and more productive one. The alternative is a workplace where problems are ignored and vulnerable individuals are in danger of spiralling into anxiety and depression.

To help your team/group get the best out of their job and the best out of life, here are five simple things you can start to action today:

1.Challenge outdated and damaging stereotypes about the male role in the

workplace.

2. Regularly check in with all team members, make sure their workload is manageable and that they have access to all the necessary tools and training to fulfil their role.

3. Talk openly about mental health, include it in team training and wellness programmes.

4. Be accessible, listen to employees if and when they feel comfortable talking about problems, and give appropriate support.

5. Understand that not everyone can 'leave their baggage at the door'. Events in a staff member's personal life can have an impact on their work life. Offer them the flexibility to respond to these events if and when needed.

Remember, supporting men's mental health in the workplace is not only beneficial for the employees themselves but also for the overall productivity and success of the organisation. By implementing these strategies and support systems, employers can create a workplace culture where men feel valued, supported, and empowered to prioritise their mental wellbeing. By recognising and addressing the unique challenges faced by men, promoting access to occupational health services, and fostering supportive work environments, we can create a positive shift in the way men's mental health is approached in employment. Let us strive for a future where men feel comfortable seeking help, where mental health is valued as much as physical health, and where workplaces become havens of wellbeing for all.



यादगार लम्हे MEMORABLE MOMENTS UNFOLDED



Tree Plantation by Ms. Lata Mallikarjuna, Director General

हिन्दी रचनाएँ

ऑफिस

आर के जोनवाल

पर्यवेक्षक

वित्त एवं संचार लेखापरीक्षा कार्यालय, भोपाल

ओरियंटेशन ट्रेनिंग प्रोग्राम फॉर

AAO एवं पर्यवेक्षक के प्रतिभागी

ऑफिस क्या है ?

ऑफिस हमारी कर्म भूमि है, हमारी रोजी रोटी है, हमारा मान सम्मान गर्व व गौरव है, हमारी निष्ठा है, हमारा कर्तव्य है, हमारी आन बान और शान है ।

आओ हम सब मिलकर यह प्रतिज्ञा करें, सब मिलकर मेहनत व ईमान से काम करें, ऑफिस का नाम गोरवान्वित करें ।

हमे अपने ऑफिस पर नाज हो ऐसा काम करें । माहोल बनाए ऐसा कि, हर जन को हम पर नाज हो, हर पल बेहतर से बेहतर करने का अंदाज हो, हम शिष्ट हो कर्तव्य निष्ठ हो, कर्मठ हो, सुदृढ़ हो, परस्पर सदभाव हो, मेहनत करें हम इतनी की खुद पर हमको नाज हो ।

प्यारा लगे ऑफिस हमे, हर पल अपने घर से भी ।



यादगार लम्हे MEMORABLE MOMENTS UNFOLDED



Ms. Lata Mallikarjuna, Director General, IA & AS Trainees and RCBKI, Nagpur Staff with Ms. Keerti Tewari, ADAI (CB & CKO)

हिन्दी रचनाएँ

कभी खुद से भी मिला कीजिए

के पी संतोष, सुपरवाइजर
प्रधान महालेखाकार (लेखा व हकदारी), रायपूर

ना चादर बड़ी कीजिए,
ना ख्वाहिशें दफन कीजिए।
चार दिन की जिंदगी है,
बस चैन से बसर कीजिए।

ना परेशान किसी को कीजिए,
ना हैरान किसी को कीजिए,
कोई लाख गलत भी बोले,
बस मुस्कुराकर माफ कीजिए।

ना रूठा किसी से कीजिए,
ना झूठा वादा किसी से कीजिए,
कुछ फुरसत के क्षण निकालिए,
कभी खुद से भी मिला कीजिए।



कर्म

अरुण पाराशर
सहायक लेखा अधिकारी
प्रधान महालेखाकार (लेखा व हकदारी)-II
मध्यप्रदेश, ग्वालियर

माना कि है अंधेर बहुत और चारों ओर नाकामी है ।
माना कि थक कर टूट रहे और सफर अभी दूरगामी है ॥
माना कि जीवन के आपाधापी में जीने का ठिकाना छूट गया ।
माना कि थक गए सपनों का नींदो में आना छूट गया ॥
माना कि हिम्मत टूट गई आँखों में निराशा छाई है ।
माना कि चाँद पर ग्रहण है और रात अभी गहराई है ॥
बस कर्म तुम्हारा कल होगा और कर्म में अगर सच्चाई है तो कर्म कहा निष्फल होगा ।
हर एक संकट का हाल होगा वो आज नहीं तो कल होगा ॥
लोहा जितना तपता है उतनी ही ताकत भरता है
सोने को जितनी आग लगे उतना वो प्रखर निखरता है
हीरे पर जितनी धार लगे वो उतना खूब चमकता है
मिट्टी का बर्तन पकता है तब धुन पर खूब खनकता है ॥

हिन्दी रचनाएँ

जिम्मेदारी

अभिजीत कुमार साहू

सहायक लेखापरीक्षा अधिकारी

कार्यालय प्रधान महालेखाकार (लेखापरीक्षा)

छत्तीसगढ़, रायपुर

आंखों के दो पौधे रोपे थे मैंने घर के कोने में,
कुछ समय लगा, नए पत्ते आने और बड़ा होने में,

पूरे मनोयोग से देता था मैं, खाद और पानी,
दोनों थे हरे-भरे और जीवन में थी रवानी,

फिर यूँ ही प्रयोग के तौर पर.....
एक की नियमित काट-छांट शुरू कर दी
और दूसरे को अपने हाल पर छोड़ दिया,

दूसरे को कर प्रकृति के हवाले,
पहले की अनावश्यक डालियों को तोड़ दिया।

एक को न भोजन कम दिया,
और दूसरे ने शायद न पानी ज्यादा पिया।

बराबर मात्रा में थी भोजन पानी की व्यवस्था,
लेकिन यह क्या ? बढ़ोतरी की न थी एक जैसी अवस्था ।

जिस पौधे के तने पर था भार डालियों का,
वह भारी हो गया, मोटा हो गया, मजबूत हो गया,

और सबसे बड़ी बात ऊंचाई.....
शायद आसमान छूने की होड़ लगाई।

और उधर केवल १० फीट की दूरी पर.....
जिस पौधे के तने पर भार कम था डालियों का,
वह हल्का रह गया, पतला रह गया, कमजोर रह गया,

और सबसे बड़ी बात नीचाई.....
शायद जमीन से न उठने की कसम खाई, ।

ए नौजवान, तू मत हो हैरान, तू मत हो परेशान,
इस प्रयोग से तू, प्रकृति के संदेश को पहचान,

गर बनना है तुम्हें मजबूत, गर पाना है तुम्हें अपना
मुकाम,
तो वहन कर उत्तरदायित्वों को और जिम्मेदारी पहचान।

जिम्मेदारी समाज की, जिम्मेदारी परिवार की,
जिम्मेदारी राष्ट्र की, जिम्मेदारी घरबार की।
गर तुम बने गैर जिम्मेदार तो जीवन संघर्षमय है,
लेकिन यदि उठाया भार जिम्मेदारियों का तो जीत
तुम्हारी तय है।

हर नौजवान में तभी समझदारी आती है,
जब कंधों पर कुछ जिम्मेदारी आती है।

जिम्मेदारी तुम्हें हार के बाद जीतना सीखा देगी,
जिम्मेदारी तुम्हें हर खट्टा मीठा अनुभव दिखा देगी,

चलना नहीं आता होगा तुम्हें ओ नौजवान
लेकिन जिम्मेदारी तुम्हें दौड़ना भी सिखा देगी ॥

यादगार लुम्हे MEMORABLE MOMENTS UNFOLDED



Lush green Campus of RCBKI, Nagpur Creating an ideal tranquil atmosphere to relax

हिन्दी रचनाएँ

सतर्कता एवं जागरूकता

राजेश कुमार मीना
सहायक लेखापरीक्षा अधिकारी
कार्यालय महानिदेशक लेखापरीक्षा (केन्द्रीय प्राप्ति)
शाखा ग्वालियर मध्य प्रदेश

ये संकल्प हमारा है. भ्रष्टाचार मिटाना है।
जागरूक नागरिक बन कर इसका अंत कराना है।।
बच्चे हैं कर्णधार देश के. इनका भविष्य बनाना है।
जागरूक सबको बनाकर उनको ये समझाना है।।
रिश्त लेना देना, कालाबाजारी और भाई-भतीजा व्यवहार।
बेईमानी और यौन उत्पीड़न हैं कदाचार और भ्रष्टाचार ।।
भ्रष्टाचार है घातक बीमारी इससे देश बचाना है।
योग्यता को आगे बढ़ाकर अयोग्य सब हटाना है।
हम सब की है यही पुकार बंद करो ये भ्रष्टाचार।
जब शिक्षित होंगे सब नर-नार मिट जायेगा भ्रष्टाचार ।।
अपने अधिकारों को जानो और पहचानो यही जागरूकता है।
सही गलत में फर्क करो बस यही सतर्कता है।।
पारदर्शिता पर आधारित नीति-नियम बनाना है।
सदाचार और नैतिकता से. भारत को विश्वगुरु बनाना है।।



संपर्क करें

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