राष्ट्रीय जल विकास अभिकरण की आंतरिक पत्रिका
(Inhouse Bulletin of National Water Development Agency)
An Overview of NWDA’s Involvements

Review Meeting taken by Chief Engineer (South), NWDA

Spillway of Salarpur Tank visit by Chief Engineer (North), NWDA

Lower Orr visit by Chief Engineer (North), NWDA

Swachhta Pakhwara held at Chief Engineer (North) Office, NWDA
From Director General’s Desk

It gives me extensive happiness to present the quarterly issue of Jal Vikas, April 2019. This inhouse bulletin provides a brief overview of the activities of NWDA carried out during the reporting period starting from 1st January 2019 to 31st March 2019. During the period NWDA strenuously started interacting with Water Resources Experts in India as well as Abroad for getting their supports and cooperations in organizing the India Water Week-2019 (IWW 2019)- the sixth event in the series effectively.

Establishing the feasibility of the Link Proposals coming under the Peninsular Rivers Development and Himalayan Rivers Development Components forming part of National Perspective Plan (NPP) are one of the main objectives of NWDA. Accordingly, NWDA along with the support and guidance of the Ministry of Water Resources, River Developmet & Ganga Rejuvenation (MoWR, RD & GR) took concerted and continuous efforts in bringing amendments in the functions of NWDA relating to incorporating Preparations of Detailed Project Reports (DPRs) of Link Projects of both Inter States and Intra-States as a prima facie requirement for consensus building exercises towards implementations of concerned Link Projects. Hence, the entrusted tasks of NWDA such as timely completion of DPR preparations, and getting subsequent consensuses and cooperations of concerned State Governments will play an important role in the sustainable planning and implementation of River Interlinking Projects, commonly known as ILR Projects.

The issue mainly contains Highlights of NWDA Activities during the quarter Technical Digest; ILR in Parliament; Water Resources in Media; Brief on 66th Meeting of Governing Body; NWDA’s involvements in other Technical Activities/Events and Swachhta Pakhwada Campaign conducted by NWDA Offices coming under various jurisdictions.

It is hoped that this issue of Jal Vikas will be useful in getting an overview of NWDA functions/objectives and accomplishments of entrusted tasks/efforts by NWDA during the above cited reporting period.

(M.K. Srinivas)
Director General
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Functions of National Water Development Agency

Ministry of Irrigation (now MoWR, RD & GR) formulated a National Perspective Plan (NPP) in the year 1980 for optimum development and utilization of Water Resources of our country India. The NWDA was set up as a Society under the Ministry of Water Resources, RD & GR in 1982 in July to give a feasible shape to the proposal of the NPP with following functions:

a) To carry out detailed surveys and investigations of possible reservoir sites and interconnecting links in order to establish feasibility of the proposal of Peninsular Rivers Development Component and Himalayan Rivers Development Component forming part of the National Perspective Plan (NPP) for Water Resources Development prepared by the then Ministry of Irrigation (now Ministry of Water Resources, River Development (RD) & Ganga Rejuvenation (GR) and Central Water Commission (CWC).

b) To carry out detailed surveys about the quantum of water in various Peninsular River Systems and Himalayan River Systems which can be transferred to other basins/States after meeting the reasonable needs of the basins/States in the foreseeable future.

c) To prepare Feasibility Reports (FRs) of various components of schemes relating to Peninsular Rivers Development and Himalayan Rivers Development.

d) To prepare Detailed Project Reports (DPRs) of link proposals under the NPP for Water Resources Development after obtaining concurrence of the concerned States.

e) To prepare Pre Feasibility Reports (PFRs)/FRs/DPRs of the Intra-State links as may be proposed by the States. The concurrence of the concerned co-basin States for such proposals may be obtained before taking up their FRs/DPRs.

f) To undertake/construct/repair/renovate/rehabilitate/implement the projects either of its own or through an appointed Agency/Organization/PSU or Company and the projects forming part of ILR, for completion of projects falling under Pradhan Mantri Krishi Sinchai Yojana (PMKSY) of which projects under Accelerated Irrigation Benefits Programme (AIBP) are also included and similar other projects.

g) NWDA to act as a repository of borrowed funds or money received on deposit or loan given on interest or otherwise in such manner, as directed by MoWR, RD & GR and to secure the repayment of any such borrowed funds/money deposits/loan etc. by way of mortgage, pledge, change or lien upon all or any other property, assets or revenue of the society both present and future.

h) To do all such other things the Society may consider necessary, incidental, supplementary or conducive to the attainment of above objectives.
• Director General (DG), NWDA attended the meeting held on 24.01.2019 with Chairman CWC regarding hosting of India Water Week-2019 (IWW 2019).

• DG, NWDA attended the meeting held on 31.01.2019 with Chairman CWC and discussed various issues relating to the organization of the main and side events of the IWW 2019.

• Chief Engineer (HQ) attended the core group meeting of the IWW-2019 held on 31.01.2019 meeting of the core group of IWW-2019.

• 13th meeting of the sub-committee on system studies for identification of most appropriate plan constituted under Special Committee for Interlinking of Rivers (SCILR) was held on 04.02.2019.

• Chief Engineer (HQ) made presentation on the comprehensive report of Ken-Betwa link (phase I & II) in the meeting chaired by Chief Engineer (PAO), CWC on 05.02.2019.

• 66th Governing Body (GB) meeting of NWDA was held on 27.02.2019 at Vigyan Bhavan, New Delhi.

• Website of the IWW-2019 was launched on 27.02.2019 and its first information bulletin had also been released in the 66th GB meeting of NWDA.

• First Meeting of the Technical Committee for organizing the 6th IWW 2019 was held on 14.03.2019.

• DG, NWDA participated as an Eminent Panelist in Cognizance 2019 held on 16.03.2019 at IIT, Roorkee.

• The Hindi Language Implementation Committee meeting of NWDA was held on 18.03.2019 under the Chairmanship of Director (Technical), NWDA.

• Swachhta Pakhwara was organised in NWDA (HQ) during 16th - 31st March 2019.

• Draft DPR of Godavari-Cauvery link has been circulated to the concerned State Governments of Telengana, Karnataka and Tamilnadu in March 2019.
Technical Digest

1.0 Feasibility Studies of Inter Basin Transfer of Water

NWDA carried out Water Balance Studies of 137 basins/sub-basins and 71 diversion points; toposheet studies of 74 reservoirs and 37 toposheet studies of link alignment and 32 PFRs. Based on these studies, NWDA identified 30 links - 16 under Peninsular Component and 14 under Himalayan Component for preparation of FRs.

The FRs of all 16 Projects under the Peninsular Component have been completed except two minor links viz. Bedti-Varda and Netravati-Hemavati for which concurrence of the concerned Government of Karnataka are yet to be received.

Out of the total 14 links identified under the Himalayan Rivers Development Component, FRs of 2 link projects namely, Sarda-Yamuna and Ghaghra-Yamuna pertaining to the Indian portion & 7 draft FRs of the link projects of Yamuna-Rajasthan, Farakka-Sunderbans, Ganga(Farakka)-Damodar-Subernarekha, Subernarekha-Mahanadi, Chunar-Sone Barrage, Rajasthan-Sabarmati and Gandak-Ganga have been completed.

Survey and Investigation works for preparation of the feasibility reports of 3 links namely Kosi-Ghaghra Link (Indian portion), Sone Dam-Southern Tributaries of Ganga (S-T-G) and Manas-Sankosh-Tista-Ganga (MSTG) Link have been completed.

Remaining 2 links are not taken up, as the Kosi-Mechi link entirely lies in Nepal Territory and Jogighopa-Teesta-Farakka is an alternate of the M-S-T-G proposal.

During the quarter draft feasibility reports of two numbers of alternate studies of links- 1. Mahanadi-Godavari link offtake from Barmul dam and 2. Pennar-Palar link projects have been completed.

2.0 Detailed Project Reports

The DPRs for the KBLP (Phase-I & II), DPLP and PTNLP have been completed. The Draft DPR of Godavari-Cauvery link project has also been completed.

3.0 Status of Intra-state link proposals

NWDA so far has received 47 proposals of Intra-state links from 9 States. Out of which the DPR of (i) Burhi Gandak-Noon-Baya-Ganga and (ii) Kosi-Mechi link projects of Bihar (iii) Ponnaiyar-Palar link project of Tamil Nadu and (iv) Wainganga-Nalganga link Project of Maharashtra have been completed. During the quarter, the preparations of the DPRs of (i) Damanganga (Ekdare)-Godavari and (ii) Damanganga-Vaitarna-Godavari Intra-state link projects of Maharashtra are in progress.

4.0 Alternate proposal of Diversion of Godavari Waters upto Cauvery basin

NWDA has carried out alternative studies to divert unutilized water share of Chhattisgarh State [as per Godavari Water Dispute Tribunal (GWDT) Award] available in Indravati sub-basin of Godavari basin to Cauvery river through Godavari-Cauvery (Grand Anicut) link project. The preparation of the DPR of the link proposal is in progress.
ILR in Parliament

Here, the ILR issues raised in both the houses of Parliament during the Budget session upto 31st March, 2019 and projected, on the Parliament of India website (Lok Sabha and Rajya Sabha), which are of distinctive in nature are placed below for the information and reference of our readers/stakeholders.

A. Lok Sabha

1.1 Whether the Government has conducted or plans to conduct any social and environmental impact assessment studies to investigate the cost benefit of ILR projects and if so, the details thereof; whether the Government is planning to introduce region-specific irrigation projects across the country especially in drought prone and arid areas; and if so, the details thereof?

At the time of preparation of DPR of individual ILR projects, detailed Environmental Impact Assessment (EIA) studies as per Terms of Reference (ToR) approved by Environmental Appraisal Committee (EAC) of the Ministry of Environment and Forests & Climate Change (MoEF&CC) are carried out. The environmental impacts and issues arising out of the EIA studies are addressed in Environmental Management Plan (EMP) which then forms a part of the DPR.

Socio-economic impact assessment including Resettlemen t and Rehabilitation (R&R) Plan in respect of project affected persons/area is an integral part of implementation of any link project and is included in the DPR.

The Benefit-Cost analysis of each link is carried out as per the “Guidelines for preparation of DPR of Irrigation & Multipurpose projects” and is included in the DPR.

Water Resources Projects are planned, funded, executed and maintained by the State Governments themselves as per their own resources and priority. In order to supplement their efforts, the Government of India provides technical and financial assistance to State Governments to encourage sustainable development and efficient management of water resources through various schemes and programmes such as AIBP, Surface Minor Irrigation (SMI) etc., under PMKSY. Ninety-nine (99) on-going Major/Medium Irrigation (MMI) projects under PMKSY-AIBP have been prioritized in consultation with States for completion in phases up to December, 2019 along with their Command Area Development & Water Management (CADWM) works. Funding mechanism through NABARD has been approved by the Government for both Central and State share. Drought Prone areas are given priority under the PMKSY. Total 59 projects benefitting drought prone areas in 11 States are part of the 99 prioritized PMKSY-AIBP projects. Further, special package of Rs.3831.41 crore as central assistance to complete 83 SMI projects and 8 MMI projects in Vidarbha, Marathwada and other drought prone areas of Maharashtra has been approved by the Government in July, 2018.

1.2 Whether ILR helps in harvesting rainwater effectively and provides a solution to our water scarcity woes and if so, the facts thereof; whether there is any proposal to declare all ILR projects in the country as National Projects in a bid to expedite their implementation through quick flow of funds and better monitoring on the ground and if so, the details thereof; whether the Union Government is framing any criteria for the purpose in the backdrop of the Ministry’s decision to begin works on three identified rivers’ linking projects; if so, the details
thereof and whether the Union Government has resolved all the issues to make ILR a reality and if so, the details thereof?

The ILR projects have been planned to transfer waters from surplus basins to deficit basins to check the regional imbalances in availability of water, vagaries in rainfall pattern, etc. The ILR projects envisage construction of reservoirs, which will store more rain water and help in harvesting rainwater effectively and provide a solution to water scarcity woes.

Ken-Betwa Link Project (KBLP) was declared as a National Project by the Government of India in February, 2008, as per the then existing norms for consideration of any project as National Project. No other ILR project has so far been declared as National Project. The MoWR, RD & GR has constituted a Group on Financial Aspects under Task Force for ILR projects. One of the ToR of this group is “to study the options of declaring some of the IBWT links of NPP as National Project on the pattern of K-B link”. The Group has submitted its interim report and the Chairman, Task Force-ILR has submitted the interim report in November, 2018 to the MoWR, RD & GR.

Based on the concurrence of the concerned States, the DPRs of KBLP Phase-I & Phase-II, Damanganga-Pinjal Link Project (DPLP) and Par-Tapi-Narmada Link Project (PTNLP) had been completed. The techno-economic clearance and various statutory clearances of the KBLP Phase-I have been accorded except clearance from Central Empowered Committee (CEC) of the Supreme Court.

Based on the request of the Government of Madhya Pradesh (MP), Lower Orr dam, Bina Complex and Kotha Barrage Projects have been included in KBLP Phase-II. The DPR of these projects have been completed by NWDA/Government of MP. The Environmental Clearance and Forest Land Diversion Clearance for Lower Orr dam have been recommended by Expert Appraisal Committee and Forest Advisory Committee of the MoEF & CC respectively. Clearance for R&R plan of Project Affected Families has also been accorded by the Ministry of Tribal Affairs (MoTA) subject to certain conditions. Environmental clearance and Stage-I&II clearances for Bina Complex Projects have been accorded by the MoEF & CC. The draft Memorandum of Agreement (MoA) for the implementation of KBLP has been sent to Uttar Pradesh (UP) and MP for concurrence. The techno-economic clearance of the DPLP has also been accorded, subject to statutory clearances. The combined draft MoA for implementation of the DPLP and PTNLP has been sent to Maharashtra and Gujarat State Governments for concurrence.

The names of river linking projects indicating rivers and the States concerned are given at Annexure –I.

The ILR programme has been taken up on priority. The Government is pursuing the ILR program in a consultative manner. A “Special Committee on ILR” has been constituted in September, 2014 under the Chairmanship of Hon’ble Minister of the WR, RD&GR for the implementation of the ILR programme. Fifteen meetings of the Special Committee for ILR have been held so far (last meeting held on 20.08.2018), wherein State Irrigation/Water Resources Ministers along with Secretaries of various States participated. The Special Committee on ILR takes into consideration of the suggestions/observations of the stakeholders while planning and formulating the ILR projects. Vigorous efforts have been made for generating consensus with development of alternative plans and also setting out road maps for implementation of mature projects. Further, a Task Force for ILR (TF-ILR) has been constituted by the MoWR, RD & GR in April, 2015. Ten meetings of the TF-ILR have been held so far and the last meeting was held on 05.10.2018.
### Annexure-I

Names of IBWT Links, the States concerned, name of rivers and status of FRs/DPRs

<table>
<thead>
<tr>
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<th>Rivers</th>
<th>States concerned</th>
<th>Status</th>
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<td></td>
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<tr>
<td>1</td>
<td>Mahanadi (Manibhadra) - Godavari (Dowlaiswaram) link</td>
<td>Mahanadi &amp; Godavari</td>
<td>Odisha, Maharashtra, AP, Karnataka &amp; Chattisgarh</td>
<td>FR Completed</td>
</tr>
<tr>
<td>2</td>
<td>Godavari (Inchampalli) - Krishna (Pulichintala) link</td>
<td>Godavari &amp; Krishna</td>
<td>-do-</td>
<td>FR Completed</td>
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<tr>
<td>3</td>
<td>Godavari (Inchampalli) - Krishna (Nagarjunasagar) link</td>
<td>Godavari &amp; Krishna</td>
<td>Odisha, Maharashtra, MP, AP, Karnataka &amp; Chattisgarh</td>
<td>FR Completed</td>
</tr>
<tr>
<td>4</td>
<td>Godavari (Polavaram) - Krishna (Vijayawada) link</td>
<td>Godavari &amp; Krishna</td>
<td>Odisha, Maharashtra, AP, Karnataka &amp; Chattisgarh</td>
<td>FR Completed</td>
</tr>
<tr>
<td>5</td>
<td>Krishna (Almatti)-Pennar link</td>
<td>Krishna &amp; Pennar</td>
<td>-do-</td>
<td>FR Completed</td>
</tr>
<tr>
<td>6</td>
<td>Krishna (Srisailam)-Pennar link</td>
<td>Krishna &amp; Pennar</td>
<td>-do-</td>
<td>FR Completed</td>
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<tr>
<td>7</td>
<td>Krishna (Nagarjunasagar)-Pennar (Somasila) link</td>
<td>Krishna &amp; Pennar</td>
<td>Maharashtra, AP &amp; Karnataka</td>
<td>FR Completed</td>
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<td>8</td>
<td>Pennar (Somasila)- Cauvery (Grand Anicut) link</td>
<td>Pennar &amp; Cauvery</td>
<td>AP, Karnataka, Tamil Nadu, Kerala &amp; Puducherry</td>
<td>FR Completed</td>
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<td>9</td>
<td>Cauvery (Kattalai)-Vaigai-Gundar link</td>
<td>Cauvery, Vaigai &amp; Gundar</td>
<td>Karnataka, Tamil Nadu, Kerala &amp; Puducherry</td>
<td>FR Completed</td>
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<td>10</td>
<td>K-B link</td>
<td>Ken &amp; Betwa</td>
<td>UP &amp; MP</td>
<td>FR &amp; DPR (Ph-I&amp;II) Completed</td>
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<td>11</td>
<td>Parbati-Kalisindh- Chambal link</td>
<td>Parbati, Kalisindh &amp; Chambal</td>
<td>MP, Rajasthan &amp; UP (UP requested to be consulted during consensus building)</td>
<td>FR Completed</td>
</tr>
<tr>
<td>12</td>
<td>P-T-N link</td>
<td>Par, Tapi &amp; Narmada</td>
<td>Maharashtra &amp; Gujarat</td>
<td>FR &amp; DPR Completed</td>
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<tr>
<td>13</td>
<td>D-P link</td>
<td>Damanganga &amp; Pinjal</td>
<td>Maharashtra &amp; Gujarat</td>
<td>FR &amp; DPR Completed</td>
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<td>14</td>
<td>Bedti - Varda link</td>
<td>Bedti &amp; Varda</td>
<td>Maharashtra, AP &amp; Karnataka</td>
<td>PFR Completed</td>
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<td>15</td>
<td>Netravati – Hemavati link</td>
<td>Netravati &amp; Hemavati</td>
<td>Karnataka, Tamil Nadu &amp; Kerala</td>
<td>PFR Completed</td>
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</tbody>
</table>
### Himalayan Component

<table>
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<tr>
<th>No.</th>
<th>Name of the Project</th>
<th>Source Rivers</th>
<th>Destination Rivers</th>
<th>Status</th>
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</thead>
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<tr>
<td>1.</td>
<td>Manas-Sankosh-Tista-Ganga (M-S-T-G) link</td>
<td>Manas, Sankosh, Tista &amp; Ganga</td>
<td>Assam, WB, Bihar &amp; Bhutan</td>
<td>PFR Completed</td>
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<tr>
<td>2.</td>
<td>Kosi-Ghaghra link</td>
<td>Kosi &amp; Ghaghra</td>
<td>Bihar, UP &amp; Nepal</td>
<td>PFR Completed</td>
</tr>
<tr>
<td>4.</td>
<td>Ghaghra-Yamuna link</td>
<td>Ghaghra &amp; Yamuna</td>
<td>-do-</td>
<td>FR Completed (Indian portion)</td>
</tr>
<tr>
<td>5.</td>
<td>Sarda-Yamuna link</td>
<td>Sarda &amp; Yamuna</td>
<td>Bihar, UP, Haryana, Rajasthan, Uttarakhand &amp; Nepal</td>
<td>FR Completed (Indian portion)</td>
</tr>
<tr>
<td>7.</td>
<td>Rajasthan-Sabarmati link</td>
<td>Sabarmati</td>
<td>-do-</td>
<td>Draft FR Completed</td>
</tr>
<tr>
<td>8.</td>
<td>Chunar-Sone Barrage link</td>
<td>Ganga &amp; Sone</td>
<td>Bihar &amp; UP</td>
<td>Draft FR Completed</td>
</tr>
<tr>
<td>9.</td>
<td>Sone Dam – Southern Tributaries of Ganga link</td>
<td>Sone &amp; Badua</td>
<td>Bihar &amp; Jharkhand</td>
<td>PFR Completed</td>
</tr>
<tr>
<td>10.</td>
<td>Ganga(Farakka)-Damodar-Subernarekha link</td>
<td>Ganga, Damodar &amp; Subernarekha</td>
<td>WB, Odisha &amp; Jharkhand</td>
<td>Draft FR Completed</td>
</tr>
<tr>
<td>11.</td>
<td>Subernarekha-Mahanadi link</td>
<td>Subernarekha &amp; Mahanadi</td>
<td>WB &amp; Odisha</td>
<td>Draft FR Completed</td>
</tr>
<tr>
<td>13.</td>
<td>Ganga (Farakka)-Sunderbans link</td>
<td>Ganga &amp; Ichhamati</td>
<td>WB</td>
<td>Draft FR Completed</td>
</tr>
</tbody>
</table>

### B. Rajya Sabha

#### 1.1 Whether it is a fact that linking of rivers such as Mahanadi-Godavari, Godavari-Krishna, Krishna-Pennar, Pennar-Cauvery, Cauvery-Vaigai-Gundar, Bedti-Varda and Netravati-Hemavati have been identified, which benefits Karnataka and other States long ago; if so, when was the feasibility report of each of the above link prepared; the difficulties being faced by the Ministry in preparing DPR for each of the above link;
and by when the Ministry will initiate linking of above rivers and the
time-frame for its completion?

Yes, the status of completion of PFR/FR of inter-State river water transfer links indicating the States benefitted including State of Karnataka in respect of Mahanadi-Godavari link, Godavari-Krishna link, Krishna-Pennar link, Pennar-Cauvery link, Cauvery-Vaigai-Gundar link, Bedti-Varda link, and Netravati-Hemavati link is given at Annexure-II.

Consensus of the concerned States is required for taking up the DPRs of the links viz., Mahanadi – Godavari link and Godavari (Inchampalli)-Krishna links. The PFRs of Bedti – Varda and Netravati – Hemavati links have been completed and the same have been circulated to the stakeholders. The Government of Karnataka has conveyed their concurrence for the preparation of the FR of Bedti – Varda link project. Subsequently, Government of Karnataka have informed that the EIA studies of Bedti – Varda link have been entrusted as per ToR prepared by NWDA to a Consultant. Further, the Government of Karnataka have conveyed that they are not agreeable to Netravati-Hemavati link project of NWDA.

The implementation of river link projects involves various steps such as preparation of PFRs/FRs of links, negotiation and consensus among concerned States, preparation of DPRs of the projects, clearance from appraisal agencies which includes clearance by the MoEF & CC and MoTA, techno-economic clearance by the Advisory Committee on Irrigation, Flood control & multipurpose projects of the MoWR, RD & GR, investment clearance and the construction time required for the completion of the project as per the DPR.

The implementation of the projects will take varying period of time after preparation of the DPRs and the necessary clearances are obtained.

Annexure-II

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Name</th>
<th>States benefitted</th>
<th>Status</th>
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<tbody>
<tr>
<td>Links Coming Under Peninsular Component</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>1</td>
<td>Mahanadi (Manibhadra) - Godavari (Dowlaiswaram)</td>
<td>AP &amp; Orissa</td>
<td>FR Completed 2005</td>
</tr>
<tr>
<td>2 a</td>
<td>Godavari (Polavaram) - Krishna (Vijayawada)</td>
<td>AP</td>
<td>FR Completed 1999</td>
</tr>
<tr>
<td>2 b</td>
<td>Godavari (Inchampalli) - Krishna (Nagarjunasagar)</td>
<td>Telangana</td>
<td>FR Completed 2005</td>
</tr>
<tr>
<td>2 c</td>
<td>Godavari (Inchampalli) - Krishna (Pulichintala)</td>
<td>Telangana &amp; AP</td>
<td>FR Completed 2005</td>
</tr>
<tr>
<td>3 a</td>
<td>Krishna (Nagarjunasagar) - Pennar (Somasila )</td>
<td>AP</td>
<td>FR Completed 2002</td>
</tr>
<tr>
<td>3 b</td>
<td>Krishna (Srisailam) – Pennar</td>
<td>AP</td>
<td>FR Completed 2000</td>
</tr>
<tr>
<td>3 c</td>
<td>Krishna (Almatti) – Pennar</td>
<td>AP &amp; Karnataka</td>
<td>FR Completed 2004</td>
</tr>
<tr>
<td>4</td>
<td>Pennar (Somasila) - Cauvery (Grand Anicut)</td>
<td>AP, Tamil Nadu &amp; Puducherry</td>
<td>FR Completed 2004</td>
</tr>
<tr>
<td>5</td>
<td>Cauvery (Kattalai) - Vaigai - Gundar</td>
<td>Tamil Nadu</td>
<td>FR Completed 2004</td>
</tr>
<tr>
<td>6</td>
<td>Bedti - Varda</td>
<td>Karnataka</td>
<td>PFR Completed 1995</td>
</tr>
<tr>
<td>7</td>
<td>Netravati – Hemavati link</td>
<td>Karnataka</td>
<td>PFR Completed 1995</td>
</tr>
</tbody>
</table>
1.2 Whether Government has initiated work of ILR in the country; if so, the details of all ILR project approved during last three years; whether Government has sanctioned funds for the ILR projects; and if so, the details of funds allocated and expenditure incurred during the last three years, State-wise?

The Government has taken up the implementation of the ILR projects in a consultative manner. The NPP was prepared by the then Ministry of Irrigation (now MoWR, RD & GR) in August 1980 for transferring water from water surplus basins to water-deficit basins. Under the NPP, the NWDA identified 30 links (16 under Peninsular Component & 14 under Himalayan Component) for preparation of FRs.

Under the NPP four priority links have been identified for the preparation of DPRs under the Peninsular Rivers Component viz; KBLP Phase–I & II, DPLP, PTNLP and Godavari-Cauvery Link Project (GCLP).

An enabling allocation of Rs.100 lakhs for ILR programme has been made in the budget of each of the last three years including current year. As per the status, the ILR projects are not at implementation stage, hence, no expenditure has been incurred on implementation of the ILR projects so far.

1.3 Whether State Governments of Karnataka and Kerala have given their consent for inter-linking of Cauvery (Kattalai)-Vaigai-Gundar rivers for which FR has been completed; if so, the details thereof; whether consent for inter-linking of Cauvery (Kattalai)-Vaigai-Gundar rivers by State Government of Karnataka and Kerala was obtained, if so, the reason therefore; and details of steps taken/proposed to be taken by Government to obtain consensus from the two State Governments of Karnataka and Kerala?

Under the Peninsular Component of NPP, Mahanadi-Godavari-Krishna-Pennar-Cauvery-Vaigai-Gundar linking has been identified as the Nine link system. Cauvery (Kattalai)-Vaigai-Gundar link project is the last leg of the Nine link system. The present status of the links under the nine link system is given at Annexure-I from Sl. No. 1 to 9.

The Government has taken up the ILR program in a consultative manner. The MoWR, RD & GR constituted a Consensus Group to speed up the process of arriving at consensus among the States regarding sharing of surplus waters and preparation of DPRs. Two meetings of the Consensus Group were held on 23.7.2010 and 27.11.2013 on the proposal of Mahanadi-Godavari-Krishna- Pennar-Cauvery-Vaigai-Gundar link system. The representative of the Government of Kerala mentioned that no water should be transferred from Cauvery basin being a deficit basin. Further, if the requirement of Kerala of 99 TMC in Cauvery basin is considered favourably, Kerala would have no objection to further planning beyond Cauvery. The representative of the Government of Kerala also mentioned that the leg itimate demand of Kerala should be considered before taking up IBWT proposals. The Government of Karnataka has also requested for equitable water availability to the State through ILR schemes.
The Hindu, 11.01.2019

The National Green Tribunal (NGT) has directed the Ministry of Environment and Forest & Climate Changed (MoEF) and the Andhra Pradesh Pollution Control Board to submit to it a ‘factual report’ on the status of the Godavari-Krishna-Penna river linkage within a month. The NGT listed the matter for hearing on April 22.

The Hindu, 22.01.2019

Steel pipes will soon link Godavari and Cauvery, says Gadkari

Union Minister for Water Resources Nitin Gadkari has revealed plans to take the backwaters of the Godavari up to the Cauvery river in Tamil Nadu through Krishna and Penna using steel pipes instead of developing canals en route as suggested by a nonresident engineer from Andhra Pradesh. By doing so, wastage of water from canals could be prevented and the overall cost reduced, he said.

Addressing a BJP meeting here on Monday, Mr. Gadkari said: “The proposal for the river inter-linking project has already been prepared and is in the process of being submitted to the Cabinet. It is estimated to cost 560 crores.”

Claiming that the Central government was spending 100% of the funds for the Po

The Hindu, 02.01.2019

Steel pipes will soon link Godavari and Cauvery, says Gadkari

New Delhi: South Delhi Municipal Corporation has come out with a detailed plan to irrigate over 700 neighbourhood parks using water from sewage treatment plants by the end of this year. The move comes after NGT’s direction to civic bodies last month to maintain public parks, falling within 5km of an STP, with treated water rather than groundwater.

The NGT-appointed Yamuna Pollution Monitoring Committee also directed civic agencies to submit action plans on how they will achieve this. An SDMC official said the department has proposed at least five new STPs this year. In addition to those under pipeline for past year or two. These included three new STPs at Jangpura, Extension, Nizamuddin West and Siddhans

The Times of India, 25.03.2019

Treated water from STPs to irrigate 700 parks in S Delhi

Savings Resources: NGT has asked corporations to maintain public parks, falling within 5km of an STP, with treated water rather than groundwater.

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The Times of India, 25.03.2019

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The Times of India, 25.03.2019

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The Times of India, 25.03.2019

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The Times of India, 25.03.2019

Treated water from STPs to irrigate 700 parks in S Delhi

Savings Resources: NGT has asked corporations to maintain public parks, falling within 5km of an STP, with treated water rather than groundwater.
India stares at water scarcity

The Hindu, 22.01.2019

The coming elections in the

less dogmatic, in the true

phraseology, our position, our

self-righteousness, our only

true sin is our inability to

understand what it means to

be human.

But if others are not

willingly following us, we

may have to wait until

the time is right. The

luck of the draw will

affect us, and we may

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DJB to go underground to plug demand-supply gap

The Times of India, New Delhi, Dated: January 3, 2019

AUGMENTING WATER SUPPLY

HOW THESE FOUR PROJECTS WILL HELP

DEPTH OF WATER LEVEL (bgl)
- <2m
- 2-5m
- 5-10m
- 10-20m
- 20-40m
- >40m

Water extraction from 6 locations between Wazirabad and Okhla
- Potential of 380 MLD water
- DJB already tapping aquifers at Palika other four locations to start working before summer

Restarting closed ramzy wells and borewells

Additional 63 MLD of drinking water

Additional borewells in areas with high water table

Fresh water pockets in Dwarka

Expected to create additional 22.5 MLD

New Delhi: DJB, after consulting with the Central Ground Water Board, has set in motion a plan to plug the ever-widening demand-supply gap in peak summer.

At a meeting chaired by chief minister Arvind Kejriwal, who also heads the DJB as chairperson, a detailed plan for the project to exploit underground water resources has been cleared with a deadline of March 2019.

Additional 63 MLD of drinking water is estimated to be extracted from six locations between Wazirabad and Okhla. DJB is already extracting 22.5 MLD of drinking water from these locations.

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Srivastava said that the four points where pumping will be carried out are:
- North of NH24 near Palika
- South of NH24 near Palika
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The sixty sixth Meeting of the Governing Body of NWDA was held under the Chairmanship of Shri U.P. Singh, Secretary, MoWR, RD & GR on 27th February, 2019 at New Delhi. The secretary expressed concern on the slow progress of the ILR Projects and emphasized the necessities of amendment in the functions of NWDA so that the time involved in the consensus building processes for preparation of DPRs could be saved.

DG, NWDA informed the members that the Hon’ble Minister (WR, RD & GR) has in principle approved that NWDA should first undertake Survey and Investigation works and complete the DPRs of link projects to accelerate the consensus building process and then approach the concerned States for concurrence to implement the projects. While keeping this view intact, the Secretary (WR, RD & GR) further informed that the modification in the function of NWDA is only towards the preparation of DPRs and no ILR projects will be taken up for implementation without obtaining consensus of the concerned States.

The Governing Body also approved the Budget Estimates for the financial years of 2017-18 and 2018-19.
स्वच्छता पखवाड़ा अभियान

माननीय प्रधानमंत्री ने स्वच्छ भारत बनाने का अभियान 2 अक्टूबर वर्ष 2014 से शुरू किया है।

इसका मूलमंत्र है। इस अभियान का उद्देश्य अगले पांच वर्ष में स्वच्छ भारत का लक्ष्य प्राप्त करना है ताकि बापू की 150वीं जयंती को इस लक्ष्य की प्राप्ति के रूप में मनाया जा सके।

स्वच्छ भारत अभियान, सफाई करने की दिशा में प्रतिवर्ष 100 घंटे के श्रमदान के लिए लोगों

को प्रेरित करता है। यदि 125 करोड़ भारतवासी जाने ले कि न मैं गर्दी इधर-उधर फेंकांगा

न फेलाने दूंगा। मैं सप्ताह में दो घंटे स्वच्छता अभियान में भागीदारी करूंगा।। इसी क्रम

में मंत्रालय के निर्देशानुसार स्वच्छता पखवाड़ा राष्ट्रीय जल विकास अभिकरण में दिनांक 16

मार्च से 31 मार्च, 2019 तक आयोजित किया गया। पखवाड़े की प्रमुख गतिविधियाँ निम्न हैं :

राजविभ, मुख्यालय, नई दिल्ली एवं देश में स्थित राजविभ के सभी क्षेत्रीय कार्यालय जो कि

मुख्य अभियंता (उत्तर/दक्षिण) के अधीनस्थ है उनके कार्यालयों में स्वच्छता पखवाड़ा का

आयोजन किया गया। पखवाड़े का शुभारंभ सभी कार्यालय प्रमुखों द्वारा सभी कर्मचारियों को

स्वच्छता के प्रति शांति दिलाकर जागरूक किया गया।

इस दौरान राजविभ के समस्त कार्यालयों में शोधालों की सफाई-सफाई के दौरान जल निकास

की टोटों आदि को चोर करने लीकेज की मरम्मत करवाई गई, अखबार, मैगजीन से संबंधित

रचना को निपटाया गया, पार्टिशन, दीवारें तथा बीलिंग की सफाई भी कराई गई। स्वच्छता

पखवाड़े के दौरान राजविभ के विभिन्न कार्यालयों में अनुप्रयोजक सामग्री, अनुप्योगी फाइलों को

हटाया गया।

दिनांक 22.03.2019 को मुख्यालय में स्वच्छता संदर्भ रैली का आयोजन साकेत कार्यालय के

आसपास के क्षेत्रों में किया गया। स्वच्छता जागरूकता को और अधिक बढ़ाने के लिये दिल्ली

नगर निगम के अधिकारी द्वारा 2 घंटे की कार्यशाला का आयोजन भी किया गया। दिनांक

29.03.2019 को यमुना नदी के उपर जो पुराने लोहे के ब्रिज के नीचे का हिस्सा श्रमदान द्वारा

सफाई किया गया। इस श्रमदान के समय माननीय सचिव जल संसाधन मंत्रालय की उपस्थिति

ने सभी को उत्साहित किया।
राजविधाय, पुख्ताय में दिल्ली नगर निगम के अधिकारियों द्वारा कार्यशाला

राजविधाय द्वारा यमुना की सफाई

मुख्य अभियंता (उत्तर) राजविधाय, लखनऊ द्वारा स्वच्छता पखवाड़ा का आयोजन

मुख्य अभियंता (दक्षिण) के अधीन राजविधाय, वलसाड़ में स्वच्छता पखवाड़ा का आयोजन
# Technical Activities of NWDA at a Glance

The overview shown below indicates the main activities conducted by NWDA during the reporting period starting from 1\textsuperscript{st} January to 31\textsuperscript{st} March, 2019.

<p>| NWDA participated in the 9\textsuperscript{th} International Micro Irrigation Conference held during 16-18\textsuperscript{th} Jan. 2019 at Aurangabad | Director (Technical) and Executive Engineer, Nasik Visited Upper Vaitarna Reservoir |
| NWDA in 13\textsuperscript{th} meeting of the Sub-Committee on System Studies held on 4\textsuperscript{th} Feb., 2019 | DG and CE (South), NWDA visited Godavari-Krishna link canal |
| Chief Engineer (South) and Dy. Director, NWDA at the Pulichintala dam site | DG, NWDA delivered the key note address in the conference on GeoSmart 2019 held on 11\textsuperscript{th} Feb., 2019 at New Delhi |</p>
<table>
<thead>
<tr>
<th>Event</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Chief Engineer (South) addressed on initiatives and current status to implement sustainable WRM in India</td>
<td>13th Feb., 2019 at New Delhi</td>
</tr>
<tr>
<td>DG, NWDA co-chaired a session of the International Dam Safety Conference held on 13th Feb., 2019</td>
<td>Bhubaneswar</td>
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<tr>
<td>DG and Officials, NWDA on field visit at the dam axis of proposed Barmul dam of M-G link</td>
<td>Central Empowered Committee of Hon’ble Supreme Court at Panna Tiger Reserve of K-B</td>
</tr>
<tr>
<td>DG, NWDA chaired the session on Technological Interventions of the Water World Expo held during 20 to 23rd Feb., 2019</td>
<td>Mumbai</td>
</tr>
<tr>
<td>Secretary (WR,RD&amp;GR) released 1st information bulletin and launched website of 6th IWW-2019 during the 66th GB meeting held on 27th Feb., 2019</td>
<td></td>
</tr>
<tr>
<td>DG, NWDA made a presentation in the Roundtable discussions of States on Interstate River Water Governance conducted on 06th Mar., 2019</td>
<td>New Delhi</td>
</tr>
</tbody>
</table>
## Promotions and Retirements

### Promotions

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Name &amp; Designation</th>
<th>Promotion</th>
<th>Place of Posting</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Shri Lal Mohan Mahto, LDC</td>
<td>UDC w.e.f. 15.03.2019</td>
<td>NWDA (HQ), New Delhi</td>
</tr>
</tbody>
</table>

### Retirements

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Name &amp; Designation</th>
<th>Retirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Shri B. C. Patra, UDC, ID, NWDA, Bhubaneswar</td>
<td>31.01.2019</td>
</tr>
<tr>
<td>2.</td>
<td>Shri Ram Dulare, MTS, NWDA (HQ), New Delhi</td>
<td>31.01.2019</td>
</tr>
<tr>
<td>3.</td>
<td>Shri D.S.G. Basha, LDC, O/o CE (South), NWDA, Hyderabad</td>
<td>31.01.2019</td>
</tr>
<tr>
<td>4.</td>
<td>Shri Ch. Rajapal, MTS, ISD, NWDA, Rajamundry</td>
<td>31.01.2019</td>
</tr>
<tr>
<td>5.</td>
<td>Shri A.K. Mohanty, Head Clerk, ISD, Ranchi</td>
<td>28.02.2019</td>
</tr>
<tr>
<td>6.</td>
<td>Shri D. Venkata Ramaiah, UDC, O/o CE (South), Hyderabad</td>
<td>28.02.2019</td>
</tr>
<tr>
<td>7.</td>
<td>Shri G. Satish Chandra, MTS, IC, NWDA, Hyderabad</td>
<td>28.02.2019</td>
</tr>
<tr>
<td>8.</td>
<td>Shri D.K. Kar, LDC, NWDA (HQ), New Delhi</td>
<td>31.03.2019</td>
</tr>
<tr>
<td>9.</td>
<td>Shri A.K. Mishra, Driver Gr. I, , EE, ID, NWDA, Kolkata</td>
<td>31.03.2019</td>
</tr>
<tr>
<td>10.</td>
<td>Shri S.C. Sahoo, LDC, ID, NWDA, Lucknow</td>
<td>31.03.2019</td>
</tr>
<tr>
<td>11.</td>
<td>Shri Harihar Das, MTS, O/o CE(N), NWDA, Lucknow</td>
<td>31.03.2019</td>
</tr>
<tr>
<td>12.</td>
<td>Shri G.K. Behra, D’man Gr.II, ID, NWDA, Kolkata</td>
<td>31.03.2019</td>
</tr>
</tbody>
</table>

### Participations of NWDA Officials in Trainings, Seminars, Conferences and Workshops

During the reporting period about 29 NWDA Officials were nominated for 12 training Seminar/Conferences/Workshops namely, (1)“Digital Surface Modelling and Watershed Modelling using Open Source GIS”; (2)9th International Conference on Micro-Irrigation in Modern Agriculture; (3) GeoSmart Water at 19th GeoSmart India 2019 conference; (4) International Dam Safety Conference – 2019; (5) 4th India European Union Water Forum/Programme; (6) CHEMTECH WaterEX World Conference 2019; (7)“PMKSY – HKKP (Har Khet Ko Paani) - GW Irrigation; (8) Water Digest Awards 2018-19; (9)“Enabling an Ecosystem for Interstate River Water Cooperation”; (10)“Revival of Rivers” Cognizance 2019; (11)“MS – Excel Advance - 02” and 12.World Water Day 2019 on“Leaving no one behind”.

22
1. दिनांक 04 जनवरी से 05 जनवरी, 2019 तक अन्वेषण प्रभाग, बड़ोदरा कार्यालय का राजभाषा संबंधी निरीक्षण सहायक निदेशक (राजभाषा) द्वारा किया गया। इस निरीक्षण में कार्यालय में राजभाषा की प्रगति की समीक्षा की गई तथा राजभाषा संबंधी कार्यों में गति लाने के उपायों पर गहन चर्चा की गई।

2. दिनांक 14.01.2019 से 18.01.2019 तक सहायक निदेशक (राजभाषा) एवं हिंदी अनुवादक द्वारा राष्ट्रीय जल विकास अभिकरण (मुख्यालय) एवं पालिका भवन कार्यालयों का अंतरराष्ट्रीय निरीक्षण किया गया।

3. दिनांक 19.01.2019 को कार्यालय अभियंता, अन्वेषण प्रभाग— || एवं ||, राज.वि.जी., नागिक कार्यालयों का राजभाषा संबंधी निरीक्षण निदेशक (तकनीकी) एवं राजभाषा अधिकारी द्वारा किया गया। इस निरीक्षण में कार्यालयों में राजभाषा की प्रगति की समीक्षा की गई तथा राजभाषा संबंधी कार्यों में गति लाने के उपायों पर चर्चा की गई।

4. दिनांक 24.01.2019 को जल संसाधन, नदी विकास और गंगा संरक्षण मंत्रालय द्वारा संघ की राजभाषा नीति के कार्यान्वयन तथा हिंदी के प्रयोग संबंधी आदेशों के अनुपालन की स्थिति का जायजा लेने के लिए राज.वि.जी. मुख्यालय नई दिल्ली का निरीक्षण किया गया।

5. दिनांक 07.02.2019 को केंद्रीय जल आयोग, सेवा भवन, नई दिल्ली द्वारा हिंदी में हैदराबाद में आयोजित प्रथम तकनीकी संगोष्ठी में राष्ट्रीय जल विकास अभिकरण हैदराबाद से कुछ पदाधिकारियों ने भाग लिया।

6. दिनांक 18.03.2019 को महानिदेशक महोदय की अध्यक्षता में राजभाषा कार्यान्वयन समिति की तिमाही बैठक आयोजित की गई। पिछली बैठक के निर्णयों की अनुवर्ती कार्यवाही पर विस्तार सहित चर्चा की गई और इस बैठक के विवादास्पद विषयों पर गहन चर्चा की गई।
खुन में गुगर की मात्रा के नियंत्रण में रखने का काम इन्सुलिन करता है। इन्सुलिन के कारण हमारे शरीर की मासपेशियों को ग्लूकोज द्वारा ऊर्जा प्राप्त होती है। अपने शरीर में किसी कारण इन्सुलिन का निर्माण कम मात्रा में होता है या इन्सुलिन की कार्यसम्पन्नता कम हो जाती है तो खुन में गुगर का ठीक से उपयोग नहीं होता है और उसकी मात्रा सामान्य से अधिक हो जाती है।

लक्षण--
अधिक प्यास या भूख लगना, अधानक वजन घट जाना, लगातार कमजोरी, थकावट महसूस करना, घाव भरने में ज्यादा समय लगना, बार-बार पेशाब आना, चीजों का धुंधला नजर आना, लचिया संक्रमण या खजली होना, सिरदर्द।

कारण
उच्च स्रोतसार, ज्यादा समय लगातार खाने, अनुरक्षित, कम पानी पीना, अधिक मीठा खाना, उच्च कोलेस्ट्रोल, सही खानपान न होना, अधिक भारी भोजन करना, तनाव, ड्राप्स, स्मोक करना आदि।

डायबिटीज के प्रकार
डायबिटीज के दो प्रकार हैं— टाइप-1 और टाइप-2

टाइप-1 के लक्षण कम समय में ही विकसित हो जाते हैं यह मुख्य रूप से बच्चों व प्रेमकों में होता है। टाइप-2 डायबिटीज में लक्षण धीरे-धीरे विकसित होते हैं। 90 से 95 प्रतिशत लोगों में टाइप-2 डायबिटीज पाया जाता है। यह अधिकतर वृद्धावस्था में पाया जाता है। लगभग 50 प्रतिशत लोगों को अधिक मोटापे के कारण डायबिटीज-2 होता है।

प्री—डायबिटीज
आपकी फास्टिंग शुगर—100 -125 मि.ग्रा. और पी.पी. शुगर (खाने के 2 घटने बाद) 140 से अधिक होने लगे तो इसे प्री-डायबिटीज कहा जाता है।

डायबिटीज के दुष्प्रभाव
डायबिटीज से कई और बीमारियों भी हो जाती हैं, जो कि दीर्घकालिन होती हैं और उसका असर लगभग समय तक शरीर पर दुष्प्रभाव डालता है।
1. डायबिटीज के रोगी को यदि कोई छोटी सी चीज लग जाए या जरूर हो जाए तो वह बड़ा घाव बन जाता है और उसके पकड़ने की आशंका भी बढ़ जाती है।
2. डायबिटिकस में नसी की खराबी होना भी आम है। इसे डायबिटिक नूरोपेशी कहते हैं।
3. डायबिटीज में जिलना पुनरुत्थल होता है नूरोपेशी होने की संभावना उतनी ही बढ़ जाती है।
4. डायबिटीज से पीड़ित मरीज का हमेशा डायबिटिक फुट जैसी समस्या का खतरा रहता है।

*Nipunika Shrivastava, B.D.S (Final Year), Daughter of K.K. Shrivastava, Deputy Director ( MDU), NWDA (HQ), New Delhi-110017
4. डायबिटीज के कारण बढ़ा हुआ शुगर लेवल ब्रेन में ब्लड सप्लाई करने वाली नस्लों पर 
प्रभाव डालता है इसके कारण ब्रेन का कुछ हिस्सा डेमेज होकर मेमोरी लॉस हो सकता 
है।
5. हदय पर— डायबिटीज और हदय रोग में परस्पर संबंध है। उच्च रक्तचाप, असमान 
कोलोस्ट्रम हार्ट अटक को आमंत्रित करता है। अचानक हार्ट बीट बढ़ना, कम होना, 
धमनियों सम्बंधी समस्तयां फैदा करता है।
6. ऑफिटर पर— जब ब्लड में शुगर लेवल बढ़ जाता है तो इस अतिरिक्त शुगर की वजह से 
रेटिना पर स्थित छोटी स्वरूपालंकारी क्षति प्रदर्शित होने लगती हैं। ऐसी समस्या होने पर 
आंग्नों के परियुक्त में सूजन आ जाती है, जिससे रक्तवाहिक नलियां कमजोर पड़ने 
लगती हैं। नासीजिल श्वस्त्र में धुंधलापन आने लगता है।

मधुमेह से बचाव के कुछ उपाय

1. अपने व्यक्तिगत स्टार को जांचें और भोजन से पहले यह 100 और भोजन के बाद 125 से 
ज्यादा है तो सतर्क हो जाएं। हर तीन महीने पर HbA1c टेस्ट कराने रहें ताकि आपके 
शरीर में शुगर के वास्तविक स्तर का पता चलता रहे। उसी के अनुसार आप डॉक्टर से 
परामर्श कर दवाईयां लें।
2. अपनी जीवनशैली में बदलाव करें दिन में तीन से चार किलोमीटर तक जारी पैदल चलें 
या फिट योग करें।
3. अपनी पूरी खाद्य पदार्थों का सेवन करना चाहिए।
4. दिन में तीन समय खाने की बजाय उन्हें ही खाने को छह या सात बार में खाएं।
5. धूर्मण और शराब का सेवन कम करे दे या समय हो तो बिलकुल छोड़ दें।
6. आफिस के काम की ज्यादा टेषन नहीं सके और रात को पर्याप्त नींद लें। कम नींद 
सेहत के लिए ठीक नहीं हैं। तनाव को कम करने के लिए आप ध्यान लगाएं या संगीत 
आदि सुनें।
7. मधुमेह रोगियों को अपने भोजन में करेला, मेथी, सहजन, पालक, तुरई, शलगम, बैंगन, 
पपरल, लोकी, मूली, फूलगोमी, ब्रॉकोली, टमाटर, बंद गोभी और पतेदार सब्जियों को 
शामिल करना चाहिए।
8. फलों में जामुन, नींबू, आंवला, टमाटर, पपीता, खरबुजा, कच्चा अमरूद, संतरा, मौसमी, 
जंगलफल, नाशपाती को शामिल करें। आम, केला, सेब, खजूर तथा अंगूर नहीं खाना 
चाहिए क्योंकि इनमें शुगर ज्यादा होता है।
9. मेथी दाना रात को भिजों दें और सुबह प्रतिदिन खाती पेट उसे खाना चाहिए।
10. खाने में बाद अंदाजे लगने तथा अंदाजे छिलको वाला चना, तत्त्व और 
बाजन आदि शामिल करें तथा आलू, चाल और मक्खन का बहुत कम उपयोग करें।
11. डायबिटीज डॉक्टर विशेषता, खाद्य चौधरी के अनुसार, 72 घण्टे में डायबिटीज में खतरे 
के विन उपाय हैं:

1. दोपहर 12 बजे से पहले कम से कम 700 ग्राम मौसमी फल खायें।
2. लंच और दिनार से पहले कम से कम 350 ग्राम सलाद लें।
3. मिल्क प्रोडक्ट और पैकेड दिच न खायें।
डायबिटीज के लिये योग:

डायबिटीज के लिये निम्न तीन योग प्रमुख हैं जो निम्नानुसार हैं :-

शावासन
शावासन योग अकेला ऐसा आसन है जिसमें सामान्य रूप से लेटना पड़ता है। यह न केवल थकान मिटाता है बल्कि कई बीमारी जैसे डायबिटीज से भी दूर रखता है।

धनुसासन
यह आसन डायबिटीज के मरीज के लिए बहुत लाभदायक है। रोजाना इसकी प्रैक्टिस करने से पेनक्रियाएं उत्तेजित होता है और इन्सुलिन के साथ में मदद मिलती है जो शुगर का संतुलन बना, रखने में सहायक है। यह डायबिटीज टाइप -Ⅰ और डायबिटीज टाइप -Ⅱ दोनों में फायदा पहुंचाता है।

वृक्षासन
वृक्षासन का नाम वृक्ष शब्द से पड़ा है। इस आसन में पेड़ की मुड़ में खड़ा होना होता है जिस वजह से इसे वृक्षासन कहा जाता है। डायबिटीज के पेशेंट्स के लिए यह बहुत फायदेमंद होता है।

डायबिटीज रोकथाम के लिये नारे:

• मधुमेह से बचने के लिये सबसे पहले इसके बारे में जानें।
• कोई भी स्वाद, स्वस्थ रहने के अधिक अच्छा नहीं।
• डायबिटीज एक धीमा जहर है जो शरीर के कई हिस्सों को नुकसान पहुंचाता है। में डायबिटीज के विरुद्ध संघर्ष हूँ।
• पैटिक आहार, स्वस्थ जीवन शैली, सकारात्मक सोच और चिकित्साय परामर्श डायबिटीज के विरुद्ध हथियार।
स्वच्छ गंगा, निर्मल गंगा

गंगा है इस धरती की शान इसने दी हम भारतीयों को पहचान, भारत में गंगा न सिफर पूजी जाती है बल्कि यह तो हमारी माँ भी कहलाती है।
आज गंगा के गंदे पानी को देखकर हम सबको बहुत रोना आता है, इसकी गंदगी के लिये हम सब स्वयं जिम्मेदार हैं क्या यह यह नहीं समझ आता है।

गंगा की सफाई के लिए हमें जन-जन में रोष जगाना है,
गंगा की सफाई के लिए सरकार ही जिम्मेदार, ऐसा सोचकर नहीं सो जाना है।

गंगा से है पानी की आस क्यों न हम मिलकर करें इसे बचाने का प्रयास,
गंगा का जल जब निर्मल हो जायेगा, गंगा का पानी फिर से अमृत बन जायेगा।
गंगा अब न हो गंदी ये बीड़ा क्यों न हम उठायें,
इसमें कारखानों की गंदगी न भिजे इस पर सरकार पाबन्दी लगायें।

अविरल हो, निर्मल हो, कम से कम कुछ तो समान हो,
बहने दो, बस बहने दो, इसमें अद्भुत न डालो, बस यही हमारी मांग हो।

फूल-माला मत चढ़ाओं धार गंगा की बचाओ,
मंत्र पढ़ने से जसरी भक्त-जन स्वयं इसके कचरे को उठाओ?

धर्म के नाम पर मुद्दे को गंगा में न बहाओं,
बल्कि इसे हमेशा शमशान में ही जलाओं,
मूर्ति, फूल, माला, सिकका ये सब गंगा में न बहाओं,
इलाजे मिले पानी से नहाकर अपने आप को बीमार न बनाओ।

गंगा की सफाई के लिए हमें जन-जन में रोष जगाना है,
गंगा की सफाई के लिए सरकार ही जिम्मेदार, ऐसा सोचकर नहीं सो जाना है।

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