


Raja Narasimha releaseswater to Singur canals

Hyderabad, July 17 After two seasons of crop holidays for the ayacut served by the Singur canals, Minister for Health Damodara Raja Narasimha released 100 cusecs of water into the left bank canal from the Singur reservoir in Sangareddy district on Thursday.Since the irrigation department began lining work on the Singur canals last year, the government announced crop holidays for two consecutive seasons. Currently, the project holds 18.464 TMCft of water, compared to its total capacity of 29.91 TMCft.

The reservoir supports an ayacut of 40,000 acres within the project. This release of water is expected to enhance paddy transplantation efforts across the district. Meanwhile, farmers have voiced their satisfaction regarding the release of water into the canal, stating that it will accelerate their agricultural activities.

CM gets relief in Telangana HC



Hyderabad, July 17 The Telangana High Court has given relief to CM Revanth Reddy in a criminal case. The criminal case registered against him in Gachibowli PS has been quashed by the HC. The current CM, Revanth Reddy, his brother Kondal Reddy, and his followers allegedly tried to encroach upon 31 acres of housing society land in Gopannapally, an IT hub in Serilingampalli mandal of Rangareddy district, in 2016. A criminal case had been registered against the then TPCC working president Revanth Reddy.According to the complaints, Revanth Reddy, his brother and followers allegedly tried to use the disputed society lands without any rights or permissions by threatening the society members and insulting those associated with the lands. Based on the complaint of the victims, the

Gachibowli police registered a case of SC and ST atrocities against Revanth and others. A charge-sheet was also filed in the court regarding the land dispute.

The High Court took up the hearing of the case. Revanth's lawyers argued in the court that they were not involved in the society's land dispute and added that the case was deliberately registered against him for political gains. The police filed another charge-sheet in the court in 2019 in the same case. Revanth's advocates made arguments seeking to stay the legal proceedings in this case. After hearing the arguments of Revanth, the court did not frame any formal charges.In response, the lawyers for the housing society accused Revanth of using his political influence in this case. After hearing the arguments of both the parties, the court issued orders to the then BRS government to prepare a report on the society's land dispute and submit it to the trial court. While the trial of this case was ongoing, Revanth approached the High Court again in 2020. He filed a petition to dismiss the case registered against him in the society land dispute case. The court, which took up the hearing on the petition on June 20, reserved its verdict for July 17.In the hearing held in the court today, the High Court said the investigation revealed that Revanth Reddy was not there at the time of the incident. It stated that the allegations made by the complainant were not based on proper evidence. It dismissed the criminal cases registered against him in Gachibowli PS.

CM Revanth to inaugurate oil palm factory at Narmetta in August: Tummala

Hyderabad, July 17 Minister for Agriculture Tummala Nageswara Rao on Thursday visited the construction site of the oil palm factory at Narmetta village in Siddipet district.During his visit, the Minister announced that the oil palm factory would soon be accessible to farmers in Siddipet district, with the inauguration scheduled for the second week of August, hosted by Chief Minister Revanth Reddy. The Chief Minister will lay the foundation stone for the first oil palm refinery in Telangana on the same day, he mentioned. Later, Tummala, along with Minister Ponnam Prabhakar and Oil Farm Corporation Chairman Janga Raghana Reddy attended the Mega Oil Palm Plantation programme at the farm house in Baswapur village of Koheda mandal of Husnabad constituency.Speaking on the occasion, Tummala Nageswara Rao stated that the Congress government is prioritising agriculture and encouraging farmers to consider oil palm cultivation. He mentioned that the government has set a goal of cultivating oil palm on 12 lakh acres. For those involved in oil palm farming, the government will provide rent compensation based on the distance from the factory, calculated per kilometer, he said. The Minister assured that oil palm crops would thrive in sunny conditions, even with-



out rainfall. Furthermore, the water required for one acre of paddy can support the cultivation of five acres of oil palm, leading to significant income generation.He emphasised that farmers should adopt oil palm cultivation due to its high income potential, as well as benefits in terms of saving electricity and water. Following Khammam, Siddipet district ranks second in terms of the number of oil palm farms, Tummala added.

Kavitha demands CM lead all-party delegation to Delhi on Banakacherla project



Hyderabad, July 17 : Telangana Jagruthi president and MLC Kavitha Kalvakuntla on Thursday demanded that Chief Minister A Revanth Reddy lead an all-party delegation to Delhi coinciding with the commencement of Parliament session next week to bring pressure on the Centre to protect the interests of Telangana regarding Banakacherla project. The delegation should also make all possible efforts to ensure early clearance for the bill pending with the President of India granting 42% reservations for BCs in education, employment and public life. She also demanded that the Chief Minister resign from his post for shamelessly pandering to Andhra Pradesh and in the process permanently foregoing the rights of Telangana on Godavari waters.

Speaking to mediapersons at her residence in Hyderabad, Kavitha said the entire drama enacted in Delhi on Wednesday in the name of meeting of Chief Ministers of

Telangana and Andhra Pradesh to discuss river water issues pointed to ominous signs for Telangana. "Our Chief Minister denied having discussed Banakacherla. AP Minister for Irrigation claimed it was discussed and that a committee would be set up to discuss the project. Who is lying?" Kavitha asked. The MLC wondered why Revanth, who claimed he would not attend the meeting if Banakacherla was part of the agenda, turned up at the venue before his AP counterpart and warmly welcomed the latter. "The bonhomie between the two cannot be missed. He still seems to be in his college (Revanth had once compared his stint in TDP with college days). While he would not lose anything, the injustice that will be caused to Telangana because of Banakacherla will last forever."

She also alleged that Revanth Reddy and AP Chief Minister Nara Chandrababu Naidu have pre-decided to award the Rs 85000 crore project to Megha Engineering Ltd for the sake of commissions. Kavitha warned that Telangana Jagruthi will take recourse to all possible options including approaching courts if the Telangana government does not make a sincere effort to stop the project.When asked about lack of reaction from the BRS top leaders to the abusive attack on her by a fellow MLC, Teenmar Mallanna, Kavitha said Mallanna's comments are even worth discussing. On the BRS appointing a new incharge for the party's Singareni Collieries Workers Union (TBGKS) --a role she played until now as honorary president), Kavitha said she welcomes the responsibility given to senior leader Koppula Eshwar, who has vast knowledge of issues affecting coal mine workers.

Jagadish alleges mortgage of Telangana's water rights to Chandrababu

Hyderabad, July 17 : BRS MLA and former Minister G Jagadish Reddy criticized Chief Minister A Revanth Reddy for conceding Telangana's water rights to Andhra Pradesh. He accused Revanth Reddy of following a script from AP Chief Minister N Chandrababu Naidu and called for his resignation, claiming he has once again betrayed the people of Telangana.

During a press conference at Telangana Bhavan on Thursday, Jagadish Reddy stated that the Congress government is compromising Telangana's hard-earned rights regarding the waters of the Godavari and Krishna rivers,

arguing that Revanth Reddy has sacrificed the state's interests in favor of Chandrababu Naidu. He also challenged the Chief Minister's integrity, pointing out the contradiction in Revanth Reddy's earlier statement that he would not attend a meeting discussing Banakacharla, yet he went to the meeting.Jagadish Reddy further claimed that the ongoing water appropriation for six decades in the unified Andhra Pradesh has been enabled by Chief Minister Revanth Reddy, who he believes has altered his stance and placed Telangana's interests in jeopardy for the benefit of Chandrababu Naidu.

GITAM to confer honorary doctorate on R. Venkateswara Rao

Hyderabad, July 17 (NSS): GITAM Deemed to be University will confer an honorary doctorate on R. Venkateswara Rao, Founder & Chairman of RVR Projects Pvt. Ltd in recognition of his outstanding contributions to India's infrastructure development. The honour will be bestowed during the university's 16th Convocation, scheduled to be held on July 19.

This recognition adds to the university's announcement of honorary doctorates being conferred on two other distinguished individuals Dr B. Venkatraman, former Director of the Indira Gandhi Centre for Atomic Research (IGCAR), Kalpakkam, and Arunachalam Muruganantham, globally renowned social entrepreneur and innovator popularly known as 'Padman.'

CM Revanth calls out KCR for significant damage to Telangana's river waters

Hyderabad, July 17 Chief Minister Revanth Reddy has alleged that former chief minister K Chandrashekar Rao has caused significant damage to the state of Telangana and the injustice done by KCR regarding water will never be forgiven by the farmers of Telangana.In a chit chat with media persons in New Delhi on Thursday, Revanth Reddy stated that the Central and State governments are working together to resolve the water disputes between the Telugu states. He mentioned that the central government has provided information about what happened at the meeting on the Banakacherla proposed project. I have personally no enmity or rivalry with anyone, including BRS president KCR, who is merely a political opponent to me," Revanth Reddy said. However, the Chief Minister alleged that Union Minister Kishan Reddy is making serious efforts to protect KCR (K. Chandrashekar Rao) and that is why he is demanding that the CBI be tasked with investigating the Kaleshwaram and phone tapping cases.He commented that since all central investigation agencies are in their hands, Union Minister Kishan Reddy may be under the impression that the work will be easier. Revanth Reddy also questioned why KT Rama Rao secretly met Andhra Pradesh Minister Nara Lokesh and what was the reason for holding a dinner meeting in the middle of the night. The Chief Minister said BRS working president KT Rama Rao has a gang of drug users around him and that there is no need to pay attention to the words of those who take drugs.Revanth Reddy also questioned, "Who ran away when called for a drug test?" He mentioned that Kedar, a partner and friend of KTR, died in Dubai after using drugs



and that the complete forensic report came out related to it.The Chief Minister made comments directed at KTR, stating that he would not engage in discussions with those who clean the bathroom. He also mentioned that former minister and BRS leader Jagdish Reddy did not know anything except for mixing soda in the liquor. He stated that the investigation into the phone tapping case has been expedited, and all the truths will come out soon. The Chief Minister said he would not create unnecessary fuss about the matter, but accused the central government of interfering and obstructing the issue.Revanth Reddy mentioned that the central government has not taken any action regarding the corruption in the Kaleshwaram project and that arrests are only being made after they come to power. He commented that there is no question of letting the KCR family go under any circumstances. The Chief Minister also disclosed that he will tour Maharashtra for the Tummidihatti project and reiterated that one lakh jobs will be created in two and a half years.

Kishan Reddy writes to CM Revanth about matters of national importance

Hyderabad, July 17 Union Minister for coal and mines G. Kishan Reddy has written a letter to Telangana Chief Minister A Revanth Reddy about matters of national importance that warrants urgent consideration and proactive support from the Government of Telangana. He stated that the Central Public Sector Undertakings (CPSUs) under the Ministry of Coal, notably, Coal India Limited (CIL) and NLC India Limited (NLCIL), have expressed a strong commitment to partner with the State of Telangana in implementing substantial renewable energy projects, encompassing solar and wind power plants, pumped storage projects (PSP), and Battery Energy Storage Systems (BESS). These initiatives are projected to attract investments in the range of ₹10,000 crore over the next three years.



Key proposals include development of solar power plants utilizing Telangana's high solar insolation zones; deployment of advanced Battery Energy Storage Systems to enhance grid stability and energy reliability; pre-feasibility studies and implementation of Pumped Storage Projects to provide critical balancing capacity; and formation of Joint Venture models with State PSUs or on a standalone basis by the coal companies, to ensure faster project execution and maximize local economic benefits. All these proposals and projects would require support in acquisition / allocation of land by the State Government.Kishan Reddy stated that these projects would be instrumental in reduction of carbon emission, improved air quality, and sustainable natural resource management. These also offer substantial socio-economic dividends, including job creation, skill development, enhanced energy security, and affordable power access, driving inclusive growth and improved quality of

life for all. "To take these projects to fruition, I request that a structured and seamless coordination be established between the State Government and the CPSUs. Needless to mention, your active and timely engagement and interventions will be instrumental in ensuring swift and effective implementation of these projects". Given Telangana's substantial renewable energy potential and the Central Government's unwavering commitment to green growth, this collaboration offers an opportunity to accelerate the State's economic development and position Telangana as a key contributor to India's sustainable energy transition. The developmental synergy between the Central and State Governments is critical to realize long-term national priorities like energy security and climate resilience while balancing economic wellbeing and growth opportunities. Your leadership in this matter can serve as a model for constructive Centre-State cooperation in building a greener, self-reliant future".

CM Revanth running police Raj in Telangana, says BRS leader Dasoju

Hyderabad, July 17 : BRS MLC Dr Dasoju Sravan today launched a scathing attack on the governance of Chief Minister Revanth Reddy, accusing him of running a Police State in Telangana. He remarked that while Rahul Gandhi campaigned during elections with slogans of "spreading love", the Congress-led State government is instead spreading fear and oppression using the police machinery.Addressing a press conference at Telangana Bhavan, Dr Dasoju Sravan alleged that the police, who are meant to be protectors of the public, have been reduced to mere tools of political vendetta under Revanth Reddy's rule. In Telangana today, there is no right to question, no freedom to protest. Over 5,000 cases have been filed against BRS workers across the State, signalling a blatant crack-down on dissent and democratic rights.Dr Sravan accused the government of replacing the Constitution drafted by Dr B.R. Ambedkar with what he termed as the "Anumula Constitution" a reference to the CM's authoritarian style. He pointed to a recent incident where the Medak MLA, allegedly accompanied by goons, intimidated a Circle Inspector in Malkajigiri, ordering him to register cases while sitting atop a car. Such acts, he said, are a direct reflection of the lawlessness encouraged by the current administration.He criticized the Chief Minister for demeaning the dignity of the police force. While former CM KCR had established the prestigious Command and Control Centre to modernize policing, CM Revanth Reddy is now using it as a political war room to exert control over law enforcement agencies. Shockingly, despite a steep rise in crime, the Chief Minister has not held a single review meeting with the Home Department. Dr Sravan cited official statistics, highlighting a 43% increase in overall crime rate in the State, with rape

cases rising by 28.9%. On average, eight rapes are being reported every day. In Hyderabad alone, crime has spiked by 41%. He attributed this deteriorating law and order situation to the arrogance, negligence, and incompetence of the Revanth Reddy government.In a serious allegation, he mentioned that Malkajigiri MLA Mynampally Hanumantha Rao and his son were engaging in open rowdiness, and that members of the BC-Yadav community were physically attacked by Mynampally's followers. He questioned the government's integrity in including BRS leader Gellu Srinivas Yadav's wife as an A-25 accused in a case related to an attack on a TV channel. He alleged that she is now being threatened to appear at a police station for interrogation.He highlighted the stark contrast in police treatment. No FIR was filed when CM Revanth Reddy's wife Geetha staged a protest on the road claiming police entered their bedroom in Kodangal. However, BRS leader Shashidhar Goud was jailed for 17 days merely for retweeting a post. Cyber crimes, thefts, and attacks on women are being ignored by the police while they focus only on political targeting, he said. "This is not Ambedkar's democracy, nor is it the democracy Rahul Gandhi preaches," Dr Sravan declared.He said CM Revanth Reddy's only achievements include shackling farmers in Lagacherla and winning "gold medals" for unleashing police brutality. He cited attacks on the offices and residences of BRS leaders, including MLA Palla Rajeshwar Reddy, former MLA Bhupal Reddy, MLA Padi Kaushik Reddy, KTR's camp office in Sirilla, and Harish Rao's convoy in Khammam. He stated that if Revanth Reddy is incapable of handling the Home portfolio, he must hand it over to a more competent leader.

Indian Chronicle

English Daily

India 'umpired' down but victory for Test cricket

There is no denying that poetic justice was rendered at the Mecca of the gentleman's game on Monday as regards the purest form of cricket-Test match. The third match of the India-England Test series may have ended in heartbreak for Team India and millions of fans back home, but the team went down with guns blazing till the very last minute. Taken on a positive note, the exciting match saw the pendulum swinging hither and thither, which is what such an extraordinary match should be. In sports parlance, the Lord's Test had all the ingredients that delights the connoisseurs of the purest form of cricket, for whom who wins eventually hardly matters. They are keen on how the match progresses, the ups and downs and the advantage going from one side to the other down to the wire.

Simply put the third India-England showdown had all the elements that typify a glorious Test match- superlative drama, display of grit and courage, the never-say-die spirit to stay in the hunt staring at adversity and an anti-climax finish but respect intact for the losing side's display of extraordinary courage when the chips seemed down. Incidentally, till the very end it seemed like the writing was on the wall for both the hosts and the visiting team. The Lord's Test symbolized the traditionally held notion- no match is won till the last ball is bowled. On that count, it makes for a classic testimonial for Test cricket. However, caught in this celebratory euphoria one should not forget that the match also brought back the darker and murkier side of the game because of which cricket was in the news for all the wrong reasons before the advent of technology- the dreaded umpiring that was forever biased towards the host team.

Leave Boring Behind: The new BMW 2 Series Gran Coupé launched in India.



Hyderabad;The new BMW 2 Series Gran Coupé was launched in India today. Locally produced at BMW Group Plant Chennai, the second-generation BMW 2 Series Gran Coupé will be available in the country exclusively in the petrol powertrain. The car can be booked at all BMW India dealerships, and the deliveries will commence from today onwards.

Over the past few years, BMW 2 Series Gran Coupé carved out its own niche with its extroverted design and sporty driving character. It brought the Gran Coupé silhouette to the premium compact segment for the first time, and quickly became a favorite among younger urban customers seeking style with substance. Mr. Vikram Pawah, President and CEO, BMW Group India said, "The new BMW 2 Series Gran Coupé attracts attention everywhere it goes

with its sporty silhouette and extroverted design. Packed with luxurious touches and attitude inside-out, it is perfectly suited to your style. It is a car that not only reflects its driver's personality but amplifies it. With this new generation, the new BMW 2 Series Gran Coupé continues to do what it does best: challenge convention, rewrite expectations, and lead with unmistakable style." "Price prevailing at the time of invoicing will be applicable. Ex-showroom prices inclusive of GST (incl. compensation cess) as applicable but exclude Road Tax, Tax Collected at Source (TCS), GST on Tax collected at source, RTO statutory taxes/fees, other local tax cess levies and insurance. Price and options are subject to change without prior notice. For further information, please contact the local authorised BMW Dealer. The car is available in following paintworks – Brooklyn Grey Metallic, Portimao Blue metallic, Black Sapphire Metallic and Alpine White. and the following upholstery options: Veganza Espresso Brown and Veganza Calm Beige. The following upholstery options are available - Veganza 'Mocha' and Veganza 'Oyster'. Service Inclusive and Service Inclusive Plus further reduce cost of ownership. Customers can choose from a variety of service plans according to duration and mileage. The packages cover Condition Based Service (CBS) and maintenance work with plans starting from 3 yrs / 40,000 kms, package extension available up to 10 yrs / 2,00,000 kms. An option to extend the warranty program up to 10 years is also available.

Saas, Bahu Aur Sixes! Cricketers Spill Locker Room Secrets on Netflix's The Great Indian Kapil Show



Hyderabad;The pitch is live and so are the punchlines! This week's episode of The Great Indian Kapil Show Season 3 on Netflix is a full toss of cricket, chaos, and comedy, featuring Gautam Gambhir, Rishabh Pant, Abhishek Sharma, and Yuzvendra Chahal — four men, one couch, and absolutely no filter.

Things kick off with Rishabh Pant reflecting on the mood in the locker room during tight matches, "In the locker room the situation depends on the game, it's a little tense if the match goes up or down." Gambhir — never one to miss a chance for a well-aimed sledge directs the answer to Kapil saying, "Ye toh wohi baat hai, agar show acha na chal raha ho toh kaisi situation ho jaati hai, jo aapki situation hai, wohi meri situation hai! Agar team acha nahin karti toh sabse pehle coach bahar jaata hai, show acha nahin hoga toh sabse pehle aap bahar jaoge!"

In true Kapil fashion, the episode takes a hilarious turn with a rapid-fire round that reimagines Team India as one big joint family. Asked who's the jethani of the team — the one who bosses everyone around — Pant declares, "Rohit

bhai" (Rohit Sharma). As for the devrani, the one who gossips the most, Pant initially accuses everyone but eventually settles on Surya bhai (Suryakumar Yadav). When Siddhu jokes about the risk of spilling locker room secrets, Pant cheekily points to his safety net: "Coach baithe hue hai." Archana Puran Singh joins the roast, suggesting that Hardik Pandya could be the classic damad type — demanding. Kuldeep Yadav gets dubbed the phupha ji, thanks to his peevish demeanour, while jija ji — the team's official complaint box — is unanimously awarded to Mohammed Shami. To which Gambhir adds, "Jija do saal se ghar nehin aaya." And who's the saas of the team, always a little unhappy? Pant, grinning, says it's Bumrah — "he's only a little happy when he takes a few wickets." The episode doesn't stop at family dynamics. Kapil throws in a gem of a question: what's the difference in body language between scoring a century and getting out for a duck? Pant delivers with flair, "Jo zero banake jata hai woh sochta hai doosre dressing room chale jaau, jo sau banana hai woh toh apne pe aa jata hai." Gambhir fires back, "Jo sau banana hai woh toh sochta hai ki hotel chala jaau taaki fielding na karni pade."

Indiramma Housing Foundation Ceremony by Koram Kanakaiah, MLA, Yellandu Constituency. “““““Rayala Kishore, Yellandu Constituency,



July 16, Indian Chronicle:“““Today, in Sulanagar village of Tekulapalli Mandal, MLA of Yellandu Constituency, Koram Kanakaiah participated in the Indiramma Housing Foundation Ceremony and performed the Bhumi Puja (groundbreaking ritual). Afterwards, at the Rythu Vedita (Farmer's Platform) located at Mutyalampadu X Road, he distributed Kalyana Lakshmi cheques to the beneficiaries. “““On this occasion, he stated that the Government of Telangana is providing a financial aid of ₹5,00,000 (five lakh rupees) to the poor for house construction, which is unprecedented in the country. He added that despite the state being in financial debt, the government is sincerely working to fulfill every promise made, one by one, and de-



living benefits to the people. He appealed to everyone to strive towards ensuring a majority win for the ruling party in the upcoming local body elections and to extend strong support to Chief Minister Revanth Reddy. “““Participants MRO Veerabhadram, MPDO Malleshwari, Tekulapalli CI Suresh, SI Rajender, Housing AE Ganesh, Koram Surendar, Mandal Congress President Deva Naik, Eedi Ganesh, Poshalu, Redya Naik, Bhadru Naik, former Sarpanch Bujji - Shiva, Ulloji Uday, ATMA Committee Chairman Boda Mangilal, Bandla Rajini - Srinivas, Saritha, Boddu Ashok, Chennayya, former MPJCI Shankar, Rasamalla Narsayya, Guravayya, Mood Sanjay, and others took part in the event.

Two-day National Seminar on Empowering Women Entrepreneurs

Hyderabad, July 17 (NSS): Centre for Economic and Social Studies (CESS), Hyderabad in collaboration with the Central University of Andhra Pradesh (CUAP) and ICFAI Foundation for Higher Education (IFHE), is organizing a two-day National Seminar on the theme "Breaking Barriers and Building Futures: Empowering Women Entrepreneurs in MSMEs for Vision Viksit Bharat @2047" on July 18 and 19

Farmer Commits Suicide By Hanging Himself...



““Kumrambheem (Asifabad)district Bureau.Jade Srinivas.July, 18““A man named Lenduguri Bheemrao (55) of Kothaguda village in Bejjur mandal committed suicide by hanging himself in his cotton field on Thursday. According to the details given by the SI. The deceased's wife Vimala died six years ago and since then he had become addicted to alcohol. He used to often threaten to die under the influence of alcohol, and in this context, he committed suicide by hanging himself from a tree in his cotton field under the influence of alcohol, the SI said. Farmers who went towards the cotton field noticed and informed the police, after which the police reached the spot and a case was registered based on the complaint given by the deceased's son Ashvik

Conducting extensive awareness programs under the auspices of the District Police Department on drug control“



“District SP Kantilal Patil IPS““Kumrambheem (Asifabad)district Bureau.Jade Srinivas.July, 18““As part of drug control, the Komuram Bheem Asifabad district police officers are conducting extensive awareness programs among the youth and the public in several schools, colleges and villages. The district SP Kantilal Patil IPS said that these programs have been undertaken with the aim of curbing the influence of drugs among students and motivating the youth in a positive direction. The SP said that since last month, these awareness programs have been conducted every Monday and Thursday in every police station in the district. The health problems caused by drugs, side effects on family life, and future“were explained in these programs. The SP clarified that the district police department will continue these programs continuously and work towards keeping the youth away from drugs. Anyone who has cultivated marijuana, consumed, supplied, or sold drugs should immediately dial 100 or 1908 ? 8712670551 3 3 5 and provide information, he said. The details of those who provide them will be kept confidential.

Cyberabad Police conducts Fire Mock Drill to strengthen emergency preparedness

Hyderabad, July 17 A comprehensive fire mock drill was conducted on Thursday at the Cyberabad Police Commissionerate, in collaboration with the Telangana State Fire Department. The exercise was part of the department's ongoing efforts to enhance emergency response systems, improve inter-departmental coordination, and ensure public safety during disaster situations such as fire incidents. Madhapur Station Fire Officer Anjaneyulu Dodla conducted a live demonstration on the use of various fire safety tools and explained different types of fire emergencies along with the appropriate response methods. He also explained how to act during emergencies, the importance of remaining calm, and how to evacuate safely using designated routes.

In the presence of Commissioner of Police Avinash Mohanty, IPS, and Joint Commissioner of Police Dr Gajarao Bhupal, IPS, the need for timely precautions and personal safety awareness was emphasized. The drill began with the sounding of a fire alarm, prompting the immediate and systematic evacuation of the Cyberabad CP Office staff. Trained Fire Marshals guided the personnel to the designated Assembly Point near the National Flag Post. Teams from various wings, including Traffic Police, Cybercrime, SHE Teams, Special Branch, Economic Offences Wing, Bomb Disposal Squad, and CAR Headquarters, actively participated in the drill. Fire alarm systems, lift circuit breakers, and the Public Address System were activated as per Standard Operating Procedures, followed by simulated rescue operations carried out by emergency teams.

Communists Are Lifelong Dedicated to People’s Struggles: CPI (ML)“-Unveiling of Chandrasekhar, Yadanna, and Ellanna Statues.”



““Rayala Kishore, Yellandu Constituency, July 16, Indian Chronicle:“CPI (ML) Mass Line Central Secretary Pradeep Singh Thakur and State Secretary Potu Rangarao stated that every communist leader inspired by communist ideology dedicates their entire life to people’s struggles and continues to fight for public welfare until their last breath, and the sacrifices of many who became martyrs in revolutionary movements stand testimony to this.”On Wednesday, they participated in the unveiling ceremony of statues of martyrs Rayala Chandrasekhar, Yadanna, and Ellanna and the first death anniversary meeting of Rayala Chandrasekhar.”Before the programme, they paid floral tributes at the memorial pillar set up in JK Colony in the town. From there, they conducted a rally passing through the Government Hospital, Jagadamba Centre, and Old Bus Stand Centre, proceeding up to the Chandra Krishnamurthy Trust Building.”In the premises of the Trust Building, they unveiled the memorial pillar of Rayala Chandrasekhar and Ellanna and held the death anniversary meeting. They also released a book printed on the revolutionary life of Rayala Chandrasekhar. In the Chandra Krishnamurthy Trust Bhavan, they inaugurated and named the Chandrasekhar Meeting Hall.”Addressing the gathering afterwards, they remarked that today in the country, the BJP and RSS are



targeting and killing minorities by branding them as enemies. They said that by trampling on citizens’ democratic rights and launching attacks, they are insulting the Indian Constitution. They accused the government of mortgaging the country’s wealth and natural resources to the 1% corporate forces and branding anyone who questions them as “urban Naxals” to imprison them.”They alleged that in the neighboring Bastar region of Chhattisgarh, innocent Adivasis are being massacred, and rivers of blood are flowing, with no implementation of the Indian Constitution in Central India.”At a time when farmers’ and workers’ movements are being suppressed and rights are being trampled upon, the death of Comrade Chandrasekhar is an irreparable loss to the farmers’ movements and the CPI (ML) Mass Line Party, they said.”The event was presided over by CPI (ML) Mass Line State Leader Chandra Aruna.”Among those who participated were CPI (ML) Mass Line State Leaders, former MLA Gummadi Narasayya, Ramakka, K.G. Ramachander, Chinna Chandranna, Chandrasekhar’s life partner Vimala, Ketchala Rangareddy, Mudda Biksham, Nayini Raju, Jagganna, Amarlapudi Ramu, Ajmeer Bicchu, Kothapalli Ravi, Jatoth Krishnaburra Venkanna, Yakooob Shaavali, Race Bosu, PDSU State President Kampati Prithvi, PYL State Secretary Vankudoth Ajay, and others.

Grand Felicitation to Newly Appointed KDCC Bank DE Sandeboyina Srinivas by Single Window Chairman

Kotha Srinivas.”“PS Ashokan”Indian Chronicle”Manthani,July 17.”“In a ceremonious gesture of appreciation and goodwill, Karimnagar District Cooperative Central Bank’s newly posted and promoted Development Executive (DE), Mr. Sandeboyina Srinivas, was accorded a warm welcome and grand felicitation by Single Window Chairman Mr. Kotha Srinivas at Manthani.”“Marking his maiden visit to the Primary Agricultural Cooperative Society Limited, Manthani, Mr. Srinivas was honored with a traditional shawl, symbolizing respect and recognition. On this notable occasion, Chairman Kotha Srinivas extended heartfelt congratulations and conveyed his best wishes for a successful tenure.”“He urged the Development Executive to expedite financial assistance to society members and farmers, ensuring seamless loan disbursal and improved agricultural support through cooperative banking channels.”“The dignified event witnessed the active participation of Branch Manager Ms. Udayashree, Society Secretary Mr. Mamidala Ashok Kumar, along with other dedicated staff members, adding significance to the occasion.”“Such gestures of ca-



maraderie and cooperative spirit reflect the continued commitment toward rural development and agricultural empowerment.

Prohibition & Excise Department – Manthani Station“Swift Crackdown on Illicit Liquor Trade Across Mutharam Mandal.”



“PS Ashokan”Indian Chronicle”Manthani,July 17”“Acting upon credible and actionable intelligence, the Prohibition & Excise Station, Manthani, conducted a series of targeted raids in various villages of Mutharam Mandal, namely Ramakrishnapur, Khammampalli, Jillellapalli, Machchupet, and Tenugupalli. These operations were launched to curb the illicit manufacture, sale, and transportation of country-made liquor.”“During the operation, four individuals—Siddha Rajeshwari, Nallala Nandu, Nakka Ramesh, and Nalivela Prasad—who had previously been apprehended for involvement in the illegal liquor trade, were produced before the Mutharam Tahsildar and have been bound over for a period of one year, each with a personal surety of ₹1,00,000.”“The enforcement team comprised Sub-Inspector Sai Kumar and excise personnel Raj Kumar, Mahender, Niranjana, Hemalatha, and Ravi, who executed the operations with efficiency and diligence.”“The Prohibition & Excise Department appeals to the public to cooperate in eradicating illicit liquor activities. Citizens with any information regarding the production, distribution, or sale of

prohibited liquor are urged to report it to the toll-free number 8712658820. All details shared will be handled with utmost confidentiality, and the identity of informants will be strictly protected.”“The department remains committed to safeguarding public health and upholding the rule of law by continuing its relentless efforts against illicit trade.

Stone laid for IOC Gas storage facility in Tirumala

Tirumala, July 17 TTD Chairman B.R. Naidu performed the Bhoomi Puja on Wednesday for construction of an LPG gas storage facility with a capacity of 45 metric tonnes at Outer Ring Road, Tirumala, to meet TTD’s future requirements.Speaking on the occasion, the Chairman said THE IOCL has been continuously supplying LPG to TTD for the past two decades and that a new agreement has now been signed for uninterrupted supply for the next 30 years. The plant, to be jointly executed by TTD and IOCL, will be built over 1.86 acres at a cost of Rs 8.13 crore and is expected to be completed within six months. The stored LPG will be used for the preparation of laddu prasadam and free meals. The Chairman noted that this initiative will help TTD save approximately Rs 1.50 crore annually.IOCL Marketing Director V. Satish Kumar stated that a bio-gas plant is also under construction near the Tirumala dumping yard at a cost of Rs 12.05 crore. Of the 55 tonnes of wet waste generated daily, around 40 tonnes will be processed by IOCL to produce 1,000 kg of bio-gas each day. The new plant will be equipped with advanced safety and operational features, including 45 MT mounted storage vessels, a 1,500 kg vaporizer.

Mass Protest with Placards Demanding Fulfillment of Promises Made to Telangana Activists by the Congress Government



..”Khammam, July 17, Indian Chronicle.”“A large-scale protest was held under the banner of the Telangana Movement Joint Action Committee (TUJAC) at Khammam’s Mayuri Center, beginning from the Amaraveerula Stupa and marching up to the ZP Center. The demonstrators carried placards and raised slogans urging the Congress government to fulfill the promises made during the elections. Later, a memorandum was submitted at the Ambedkar statue. Speaking on the occasion, TUJAC State General Secretary Dr Battula Somayya said that during the first phase of the Telangana movement, 369 people died from police gunfire, while in the second phase, 1200 sacrificed their lives by suicide. He emphasized that many activists suffered physically, professionally, economically and expressed hope that the current government would support them in all aspects. He criticized the ten-year rule of the BRS, saying it shattered the hopes of activists. While expressing faith in the Congress Party’s manifesto promises made to activists and the families of martyrs, he stated that people voted the party into power hoping that Sonia Gandhi would fulfill those commitments. However, he lamented that while crores are being allocated for projects like Future City, Musi River beautification, and the Regional Ring Road, there has been no justice for the families of martyrs who died by setting themselves on fire and staging continuous protests on the streets. He accused KCR’s family of pushing the state into debt for commissions through useless projects while neglecting the activists. He urged the Congress not to follow the same path and immediately establish a dedicated corporation for the welfare of movement activists.”“The demands of the Khammam District Telangana JAC included Issuance of identity cards recognizing Telangana movement activists. Allocation of 250 square yards of land and construction of 4-room houses for them. A monthly pension of 30,000 for each activist. Free bus passes and health



cards. Priority for activists in government schemes and employment. Employment and livelihood opportunities for artists who actively participated in the statehood movement. Among those present were TUJAC state secretary Ambala Rama Rao, District president Palakurthi Krishna, Angidi Biksham, SK Fakruddin, Tuniki Pati Chari, Ulloju Venkanna, V Rajesh Naik, Vaddaboyina Venkateswarlu, Kommu Rama, K Aruna, Jampan Anjaiah, Balikonda Papayya, Tudum Veerababu, Googulothu Mangyalal, Gumma Shantamma, Kalingi Guravayya, Kurri Muthayya, Chaganti Prasad, Bandi Venkat, Poluri Ramu, Edavelli Srinu, Bayyaram Srinu, Ram Anjaneyulu, Shyam, Upender, Boddu Nageswara Rao, Mary, Nagayya and others.”

Tirupati Urban Development Authority Chairman offered prayers to Goddess Padmavathi.



..”July 17, Indian Chronicle Rayalaseema coordinator”“Tirupati Urban Development Authority (TUDA) Chairman and TTD Ex-officio member, Dollars Divakar Reddy, along with Pritam Swamy from Bihar, visited and offered prayers to Goddess Sri Padmavathi Devi, the Goddess of wealth, at Tiruchanur.”Temple officials welcomed them at the temple and made arrangements for their



darshan (visitation). They participated in the Kumkumarchana seva (ritual offering of vermilion to the Goddess) and offered their prayers.”After the darshan, the priests offered Vedic blessings, and TTD officials presented them with the Goddess’s Theertham and Prasadam (holy water and consecrated food). TUDA Chairman Dollars Divakar Reddy expressed his happiness at having had the darshan of Goddess Padmavathi.

Visit of Former Information Commissioner and Current Dean of Mahindra University School of Law, Prof. G. Sri Madabhushi Sridhar Acharya, to the National Sanskrit University“

“July 17, Indian Chronicle Rayalaseema coordinator”“Prof. G. Sri Madabhushi Sridhar Acharya, renowned former Commissioner RTI, and presently the Dean of Mahindra University School of Law as well as a former Law Professor at NALSAR University, recently visited the National Sanskrit University. He is widely recognized for his extensive knowledge and contributions relating to the Right to Information Act.”“On this occasion, the University Registrar, Mr. Kadiyam Venkata Narayana Rao, warmly welcomed Prof. Sridhar with a bouquet of flowers. Following the welcome, detailed briefings were provided about the various ongoing activities at the university, the diverse courses offered to the students, and other important highlights.”“Prof. Sridhar then toured multiple departments within the university to observe and inquire about the efforts made in the teaching and research of Sanskrit studies. Special focus was given to the Department of Education, where he reviewed programs such as the Four-Year Integrated B.A., B.Ed., and M.Ed. courses related to Sanskrit. He also visited the Department of Yoga Science, where he attentively observed the students perform various yoga asanas and expressed his appreciation for their skill and dedication. He lauded the students’ notable talent in yoga and congratulated the university for securing the second prize at the state-level Yogandhra competition held recently, describing it as a matter of great pride.”“Subsequently, Prof. Sridhar visited the Computer Science Laboratory and the Manuscript Preservation Center located in the university’s Central Library. Personally examining the ancient manuscripts preserved there, he inquired about the scripts and languages in which the foundational texts are maintained.”“During his visit, Prof. Sridhar expressed his admiration for the university’s scholarly environment that elegantly blends profound Sanskrit knowledge with modern learning, technology, and the preservation of ancient Indian literary heritage. He expressed optimism about the university’s continued progress while safe-



guarding these invaluable traditional manuscripts.”“The visit was ably coordinated by the university’s Public Relations Officer Prof. V. Ramesh Babu, Assistant Public Relations Officer Dr. Kanapala Kumar, and Associate Professors of the Department of Education Dr. P. Madhavarao and Dr. A. Shekhar Reddy, who guided Prof. Sridhar throughout and provided comprehensive insights into the university’s initiatives.

Government’s Support for Women's Economic Empowerment - Minister Ponguleti Srinivasa Reddy“



“Khammam Bureau, July 17, Indian Chronicle. “The Telangana state government is working with sincerity and integrity for the economic empowerment of women, stated Ponguleti Srinivasa Reddy, Minister for Revenue, Housing, and Information & Public Relations. On Thursday, he participated in the Indira Mahila Shakti Celebrations held at Rani Event Function Hall in Sathupalli, along with Sathupalli MLA Dr Matta Raghumayi and Additional Collector of Local Bodies Dr P Sreeja. During the event, the Minister distributed interest-free loan cheques, loan and accident insurance cheques and approval letters for Indiramma housing beneficiaries. He expressed happiness at the large turnout of women and stated that with everyone’s blessings, the Indiramma government has completed 18 months. He emphasized that the current administration is fulfilling the promises made to women, continuing beneficial programs from the previous regime and addressing public demands. He announced the sanctioning of 4.5 lakh Indiramma houses with an allocation of 22,500 crores, providing 5 lakh financial assistance for each house. He mentioned that some people are unable to tolerate the joy seen in the eyes of women receiving Indiramma homes. He asserted that funds will be released without any financial hurdles and that eligible poor, regardless of caste, religion or politics, will be allotted these homes. “He highlighted several ongoing welfare programs Distribution of subsidized rice to 93 lakh poor families through ration cards. 500 cooking gas cylinders and 200 units of free electricity. Enhanced diet charges by 40% and cosmetic allowances by 200% for students in welfare hostels. Free bus travel for women across the state. Increase of Rajiv Aarogyasri health coverage to 10 lakhs. Revival of neglected interest-free loans under the previous regime. He announced the government’s plan to disburse 20,000 crores annually in interest-free loans to women, aiming to transform 1 crore women into millionaires. In the first year alone, 21,632 crores in interest-free loans were distributed. From July 12 to 21, cheques for these loans are being handed out. Initiatives also include Setting up solar



power plants and managing electricity businesses through women’s groups. Establishing RTC contract buses, rice mills, government school maintenance through women committees and various trades for women. Insurance programs offering 2 lakhs (loan insurance) and 10 lakhs (accident insurance) to women’s group members. Uniform stitching and supply through women’s groups and skill training at the mandal level. He emphasized that the Indiramma government is one of action, not mere words and stands by its every promise. MLA Matta Raghumayi added that DWCR groups were formed during the previous Indiramma regime and that today, women are matching men in every field. She noted the government’s commitment to expanding membership in women’s groups from 65 lakh to 1 crore members. She also listed multiple benefits being implemented in Sathupalli constituency, including Free bus travel, 200 units of free electricity under Gruha Jyothi, 2200 new ration cards, addition of members to 12,000+ cards, 6 kg of fine rice per member, Rythu Bandhu, Rythu Bima, and minimum support price plus 500 bonus for fine paddy, 3500 Indiramma homes with an additional 1500 for Sathupalli. Solar units, RTC buses, tea stalls, xerox centers, and soon-to-be-distributed rice mills. Unregistered women are encouraged to enroll in the groups. Special groups are also being formed for ages 15-19, above 65 and differently-abled individuals. “Additional Collector Dr P Sreeja stated that several units like RTC buses, women’s marts and dairy sheds were established due to women’s saving efforts. She emphasized that educating a woman uplifts an entire family and that money in a woman’s hands leads to development. Beneficiary Ashwini expressed gratitude, stating that although she was eligible for a double-bedroom house, her name was never in the final list under the previous government. With the current government’s support, her house has been sanctioned and she has already received the first installment. Another beneficiary from Marlapadu village, Kumari, shared that she received interest-free loans and insurance under the Congress government and has successfully educated and married off her two daughters, one of whom is now in the US. At the event, interest-free loan cheques totaling 5.68 crores were distributed to 4819 self-help group members, 46.87 lakhs under loan insurance to 45 members and 20 lakhs under accident insurance (10 lakhs each to two nominees). Approval letters were also handed over to Indiramma housing beneficiaries. Other attendees included DRDO Jayashree, Civil Supplies District Manager Srilatha, Kalluru RDO L. Rajender Goud, Sports and Youth Welfare Officer Sunil Reddy, District Panchayat Officer Ashalatha, Sathupalli constituency tahsildars, MPDOs, municipal commissioners, federation members, APMs, women and public representatives.

SVIMS to become the top Super Specialty Hospital in the country... "“TTD Chairman B.R. Naidu..."



“Multi-national companies should come forward for the development of SVIMS... “TUDA Chairman Dollars Divakar Reddy... “July 17 Indian Chronicle Rayalaseema co-ordinator “TTD Chairman B.R. Naidu stated that the late N.T. Rama Rao established SVIMS to provide better medical services to the poor, and efforts are being made to develop SVIMS into the best medical service institution in the country. He mentioned that TTD is providing necessary facilities for this, contributing Rs. 140 crores annually, and making significant efforts for the hospital’s development. Indian Oil Corporation has donated spiritual medical equipment worth Rs. 22 crores to SVIMS. The state-of-the-art MRI and CT scanners were inaugurated by TTD Chairman B.R. Naidu, TUDA Chairman Dollars Divakar Reddy, SVIMS Director Dr. R.V. Kumar, and others. “Later, the TTD Chairman addressed the media. He recalled that the late Nandamuri Taraka Rama Rao established SVIMS Hospital in 1993 with the aim of providing good medical care to the poor. He informed that after they took charge, a committee was formed under the chairmanship of former TTD EO I.V. Subbarao to oversee the development of SVIMS. He added that the committee’s report was brought to the attention of Chief Minister Chandrababu Naidu, and with his permission, TTD is working on appointing necessary doctors and medical staff, installing state-of-the-art medical equipment, and providing facilities at SVIMS. He explained that TTD is already providing Rs. 140 crores annually for



the development of SVIMS and is fulfilling every request from SVIMS. He emphasized their commitment to providing improved medical services to the poor at very low costs. “TUDA Chairman Dollars Divakar Reddy stated that it is a matter of pride that Indian Oil Corporation, with a large heart, has provided medical equipment worth Rs. 22 crores to SVIMS Hospital. He expressed hope that more multinational companies would come forward to develop SVIMS, taking IOC as an example. He praised the doctors, nurses, and medical staff at SVIMS Hospital for providing excellent medical services not only to the people of the Rayalaseema region but also to the poor from other states who come for treatment, thereby enhancing the reputation of SVIMS Hospital. He added that under the chairmanship of TTD Chairman B.R. Naidu, the Governing Council would discuss the development of SVIMS Hospital and strive to bring in more funds. “On this occasion, IOCL Marketing Head Satish honored TTD Chairman B.R. Naidu, TUDA Chairman Dollars Divakar Reddy, SVIMS Director Dr. R.V. Kumar, and other doctors. Similarly, the SVIMS Director honored the IOC representatives from SVIMS. Executive Director (HR) Mukesh Rajan, SVIMS Medical Superintendent Dr. Ram, Head of Radiology Department Dr. Vijayalakshmi, Narsimulu, IOCL representatives Dattatreya, Badrinath, other dignitaries, and other doctors participated in the program.

Multipurpose center to be inaugurated on this month - District Additional Collector (Local Institutions) Deepak Tiwari“

“Kumrambheem (Asifabad)district Bureau.Jade Srinivas.July,18““The multipurpose centre set up in Limbuguda, Wankidi mandal of the district will be inaugurated by Union Minister of State for Home Affairs Harsha Malhotra, said District Additional Collector (Local Bodies) Deepak Tiwari. On Monday, the Union Minister of State for Home Affairs As part of the Minister’s visit, he visited the newly established multipurpose center in Limbuguda. Speaking on the occasion, the Additional District Collector said that the multipurpose center sanctioned under the Prime Minister’s Jan Mann Scheme will be used for the needs of the people and will be inaugurated on the 16th of this month as part of the Union Minister of State’s visit. He reviewed the details related to the construction work, available facilities and program management with the officials. He said that this center has been established for the development of tribal areas and the welfare of the most backward tribal groups under the Prime Minister’s Jan Mann Scheme. He said that the center will serve as a platform to provide various services like education, health and skill development to the surrounding tribal villages. He said that all the arrangements for the inauguration ceremony are being actively done. This the Above “No“The program was attended by concerned officials and others.



Sanitation Locals are Suffering from the Stench of inattentive Authorities““Ignorant authorities, locals struggling with stench“

“Kumrambheem (Asifabad)district Bureau.Jade Srinivas.July,18““Asifabad District Bureau: The road leading to the SS Venkala Vagu in Wankidi mandal center is filled with garbage and piles of garbage are visible everywhere. The locals are expressing their grief as the authorities who were supposed to remove the garbage and spray bleach on it are not paying attention and are suffering from the stench of garbage. Pigs and dogs are gathering near the garbage heaps and making the surroundings very clean in Wankidi. With the Panchayat Secretary taking over, garbage is being seen everywhere on the roads. The locals are demanding that the garbage heaps be removed and that they be freed from the stench.“



Better medical services should be provided to people coming to the hospital.



“Union Minister of State for Road Transport and Highways, Corporate Affairs Harsha Malhotra “Kumrambheem (Asifabad)district Bureau.Jade Srinivas.July,18““Union Minister of State for Road Transport and Highways,Harsha Malotra said that the people of Komuram Bheem district should provide better medical services to the people who come to government hospitals for various health problems. Komaram Bheem District Collector Venkatesh Dotre, District Adanapa Collector Local Bodies Deepak Tiwari along with Asifabad Constituency MLA Kova Lakshmi visited the Primary Health Center located in the Vam Kidi Mandal Center of Komuram Bheem district and inspected the medicine storage room and inquired about the medical services provided by the patients in the hospital. Speaking on the occasion, the Union Minister of State for Road Transport and Highways,The doctors told the staff to work in coordination towards providing better medical services. They suggested that necessary medicines should be kept available and the funds coming under the National Health Mission should be utilized properly and better medical services should be pro-

vided to the tribals. They said that pregnant women should be made aware so that they can undergo the necessary tests on time and pregnant women should be explained about the precautions to be taken during pregnancy. Later, they visited the multipurpose center built with a fund of Rs 60 lakh under the Pradhan Mantri Janman Yojana in Limbuguda 2.2. village of Wankidi mandal and

The Anganwadi Center, Health Center, Computer Classroom, Panchayat Secretary’s Room were inspected.Khan viewed online classes through the website along with the students. He said that the multipurpose centers in the villages are satisfactory and the central government will take steps to provide all types of services at one place through these centers. The Union Minister of State along with the officials performed special pujas to Anjaneyaswamy. District Tribal Development Officer Ramadevi, District Welfare Officer Adepu Bhaskar, Panchayat Officer Bikshapati, District Medical and Health Officer Sitaram and other relevant officials participated in..

TUDA Chairman Dollars Divakar Reddy Receives Congratulations from Business and Local Leaders

“July 17 Indian Chronicle Rayalaseema co-ordinator “Dollars Divakar Reddy, Chairman of the Tirupati Urban Development Authority (TUDA) and State Executive Secretary of the Telugu Desam Party (TDP), along with being the head of the Dollars Group, was formally felicitated today by prominent business and local leaders. “Nadavalooru Madhusudan Reddy, Founder of Praneeth Sun Race Inc. Corporation, and Ramesh, 10th Ward Member of Damedu, paid a courtesy visit to Chairman Divakar Reddy. During the meeting, they extended their heartfelt congratulations and honored him for his recent appointment. “We are delighted that our well-wisher, Divakar Reddy, has assumed the role of TUDA Chairman,” stated Mr. Madhusudan Reddy. He further expressed his strong optimism, “We are confident that under his leadership, Tirupati city will experience significant further development. “The visit underscored the positive sentiment and high expectations from local stakeholders regarding Chairman Divakar Reddy’s new role and his potential contributions to the urban development of Tirupati.



SBI Conducts Statewide Cyber Fraud Awareness Drive Across Telangana



State Bank of India (SBI), Hyderabad Circle, has launched a comprehensive Cyber Fraud Awareness initiative across Telangana. This campaign covers a wide range of public spaces—including educational institutions, NGOs, government and corporate offices, malls, metro stations, and parks—with the goal of educating citizens about digital threats and financial safety. SBI's outreach efforts have been carefully designed to target all segments of society and promote cyber fraud awareness.To deepen its impact, SBI flagged off three mobile publicity vans from its Local Head Office in Koti on 17th July 2025. The event was led by Shri S Radhakrishnan, Chief General Manager (CGM) of SBI Hyderabad Circle, along with General Managers Shri Ravi Kumar Verma and Shri Satish Kumar. These vans will travel extensively throughout Telangana, providing valuable information on recognizing and avoiding cyber fraud.

Speaking at the launch event, Shri Radhakrishnan stressed the importance of personal vigilance in an increas-

ingly digital world. He urged every citizen not only to remain cautious but also to play an active role in spreading awareness within their homes and communities. The overarching aim of the campaign is to ensure that no individual in the state becomes a victim of online scams or financial fraud.Reaffirming its commitment to public trust, SBI emphasized that its awareness efforts will extend beyond its customer base to benefit the wider population. These ongoing activities reflect the bank's dedication to enhancing awareness and preventing fraud. In recognition of its consistent excellence, SBI was recently honored as the World's Best Consumer Bank 2025 by Global Finance, New York—a testament to the enduring faith of its customers and the bank's steadfast commitment to Banking excellence.

Regards
(G Ramakrishna)
ASSISTANT GENERAL MANAGER (M, C & CSR)

Project & Planning Director Visits Yellandu Open Cast.“- Accelerate Work on the New OC Project“Strive for Quality Coal Production – PP Director Venkateswarlu.



“““Rayala Kishore, Yellandu Constituency, July 17, Indian Chronicle:“Project & Planning Director K. Venkateswarlu visited the Koyagudem OC and the newly initiated JK-5 OC under the Yellandu Area on Thursday. During the visit, he inspected the work sites and reviewed the ongoing operations. He inquired about daily coal production, transportation, OB blasting, and loading activities from General Manager V. Krishnayya.“Speaking on the occasion, Director (PP) K. Venkateswarlu gave necessary instructions to the officials regarding challenges likely to arise during the monsoon. He emphasized the importance of exceeding daily coal production and transportation targets while ensuring there are no logistical disruptions. He also instructed that efforts be made to produce high-quality G-13 grade coal. Additionally, he stressed that proper safety measures must be implemented in opencast mines to ensure safe coal production for the workers.“Later, a review meeting was held with senior officials at the General Manager's office. The Director inspected the land related to the new JK Coal Mine Opencast Project and conducted a review. He advised the Area GM to expedite the completion of work on the new OC project to ensure smooth commencement of coal transportation.“The program was attended by GM Estate Radhakrishna, SO to GM Ramaswamy, AGM (ID) M. Giridhar Rao, Koyagudem PO Govind Rao, Area Engineer Narasimha Raju, Area Safety Officer Zakir Hussain, Dy. GM (Civil) Ravi Kumar, Dy. GM (Area Workshop) Nagaraju Naik, Area Survey Officer Ram Murthy, Estate Manager Shiva Veera Kumar, and other senior officials.

Under the Leadership of Aavunoori Madhu, New Democracy Leaders Meet Minister Ponguleti Srinivas Reddy to Present Public Issues.



““““Rayala Kishore, Yellandu Constituency , July 17, Indian Chronicle:“During Minister Ponguleti Srinivas Reddy's visit to Yellandu on Thursday, representatives of the CPI (ML) New Democracy party, led by State Committee Mem-

ber Aavunoori Madhu, met the Minister at the Singareni Guest House. Ponguleti Srinivas Reddy is currently serving as the State Minister for Revenue, Housing, and Information.“During the meeting, the delegation submitted a memorandum detailing several pressing public issues. They highlighted the severe shortage of urea in the state, which is causing great hardship to farmers, and urged the Minister to take immediate action to resolve the problem. They also appealed for steps to ensure that water from the Sitarama Project reaches all regions of the district. Furthermore, the delegation requested that Komaram and Bodu be declared as new mandals (administrative blocks), and that Yellandu be recognized as a Revenue Division.“Responding to their concerns, Minister Ponguleti assured them that he would review the issues presented and take necessary steps to resolve them.“New Democracy State Secretariat member Aavunoori Madhu was joined by IFTU leaders D. Prasad, Kokku Sarangapani, Samuel, Etti Narasimharao, Ramishetti Narasimharao, and several others in the delegation.

Uppal CI Election Reddy suspended in HCA scam

Hyderabad, July 17 : Uppal CI Election Reddy was suspended by the state government after it was found that he was involved in the Hyderabad Cricket Association (HCA) scam. The CID has prepared the ground for the arrest of HCA General Secretary Devaraju. Election Reddy, who collaborated with Devaraju, leaked the CID information in advance. Election Reddy was suspended for leaking the CID information to Devaraju in advance.On the other hand, the Telangana Cricket Association (TCA) has once again filed a complaint with the CID against HCI irregularities. It has also sought an investigation into the involvement of political leaders in this. On this occasion, the TCA mentioned the names of former minister KTR and MLC Kavitha in the complaint given to the CID.The Representatives of

the Telangana Cricket Association met CID Additional DG Charu Sinha. On this occasion, the TCA alleged that BRS working president KTR and MLC Kavitha were behind the HCA irregularities. There are some other accused in the case besides HCA president Jagannathan Rao. The TCA has also filed a complaint against John Manoj, Vijayanand, Purushottam Agarwal, Surender Agarwal and Vanka Pratap.It is known that the CID recently arrested the association's president Jagannathan Rao in the wake of the HCA-IPL franchise Sunrisers Hyderabad dispute. Along with him, treasurer Srinivas Rao, Seetame Sunil, Srichakra Cricket Club General Secretary Rajender Yadav and Srichakra Cricket Club President Kavita were also arrested.

Economic Empowerment and Dignity of Women Possible Only with Congress Government:“– Minister Ponguleti Srinivas Reddy

“““Indira Mahila Shakti – A Symbol of Confidence for Telangana Women:“– Minister Danasari Anasuya (Seethakka)“Distribution of ₹4.85 Crores Interest-Free Loan Cheques““““Rayala Kishore, Yellandu Constituency, July 17, Indian Chronicle:“Congress governance has once again proven that it ensures dignity and economic progress for women, said State Revenue and Information Minister Ponguleti Srinivas Reddy and Women and Child Welfare Minister Danasari Anasuya alias Seethakka.“The “Indira Mahila Shakti” celebrations were held grandly on Thursday at the Singareni High School grounds under the Yellandu constituency. The event was chaired by MLA Koram Kanakaiah and graced by Ponguleti Srinivas Reddy (Minister of Revenue, Housing, Information, and Public Relations), Danasari Anasuya (Minister of Panchayat Raj, Rural Development, Women and Child Welfare), Bhadrachalam MLA Tellam Venkata Rao, ITDA PO Rahul, and SP Rohit Raju, who inaugurated the event by lighting the ceremonial lamp.“Additional Collector Vidya Chandan presented details about the programs run by women's self-help groups and the encouragement provided by the government for women's empowerment across Bayyaram, Kamepalli, and Garla mandals.“We Will Fulfill Every Election Promise:“– Minister Ponguleti Srinivas Reddy““This is not a government of words, but a government of actions. Indiramma's rule, which stood by the poor, is once again winning the hearts of people,” he said. He criticized the previous governments for canceling low-interest schemes that left women financially distressed. In contrast, the current government waived ₹856 crores in interest over the past 18 months, restoring confidence to lakhs of women.“The government's vision to make “one crore people into crorepatitis” is not just a promise but is becoming reality. From day one, free RTC bus travel was granted to women, allowing each woman to save between ₹2,500–4,000 monthly.“Other initiatives include ₹500 LPG cylinders, quality healthcare up to ₹10 lakhs through Aarogyasri, 200 units of free electricity, and ₹5 lakh housing assistance—programs that are changing women's lives.“He added that the government is committed to farmers, with schemes like Rythu Bandhu, input subsidies, ₹21,000 crores loan waiver, and ₹9,000 crores deposited in 9 days, boosting their morale.“Additionally, recruitment for 60,000 government jobs is underway, with another 40,000 appointments soon. For housing, ₹5 lakhs has been sanctioned to 4.5 lakh eligible people statewide, with ₹240 crores allocated solely for Yellandu. From foundation to house entry, every Monday is being utilized for this mission.““This government belongs to the poor. It is proud to stand in Indiramma's name. We are a government that delivers. Respect for women, support for farmers, and opportunities for youth are the hallmarks of our governance,” he emphasized.“Congress is the True Path for Women's Economic Progress, Development, and Dignity:“– Minister Seethakka“Minister Seethakka said that women's economic development is the true strength of a progressive society. “Motherhood is the root of creation. No home or village can be happy without a woman. Therefore, women must be respected and empowered,” she said.“She described the “Indira Mahila Shakti” scheme, launched by Chief Minister Revanth Reddy, as a guiding path for economic self-reliance among Telangana women. With interest-free loans and support from self-help groups, many women have brought light into their lives.““Earlier, women had to borrow even for clothes. Today, they earn ₹20,000–30,000 per month through self-employment,” she noted, calling it a significant transformation.“Only when a woman gains economic independence can she be considered a true citizen of independent India. She emphasized that women's groups are the pillars of this change, and strengthening them is the government's goal.“She highlighted the introduction of loan



insurance, which waives loans upon the death of a member, providing relief to thousands of families. Previously, the age limit for membership was 18–60, but now the government is allowing women above 60 to join. Membership is now open to those aged 15–65.“Efforts are being made to involve young girls from early on in these groups. “Every woman's group should be like a sister or a mother and support single women,” she added.“She proudly mentioned that millet laddus made by Bhadrachalam women impressed the Prime Minister, and tribal women's millet products are gaining national recognition. “Sirisilla handlooms are not from Dubai or Bombay—they are crafted by our own women. We will soon launch their distribution,” she announced.“Within 24 hours of forming the government, free bus travel was offered to women. Not only that, women are being made bus owners and given rent by the government. The government is covering interest on crores worth of loans—all to empower women economically.““Every woman should become a crorepati. Her family should live happily, and her children should succeed. This government works for your prosperity. You should earn with pride and live with dignity. This is CM Revanth Reddy's dream and our commitment,” she concluded.“Yellandu MLA Koram Kanakaiah said:“The government is giving top priority to women's welfare. Its schemes not only develop women economically but also help them participate in social progress.“Subsequently, within the Yellandu constituency,“ Bank linkage worth ₹28.75 crores was distributed to 346 Self-Help Groups.““ Interest-free loans worth ₹4.85 crores were distributed to 5,995 Self-Help Groups.““ Loan and accident insurance worth ₹19,84,317 was distributed to 21 members.““ Under the Mahalakshmi Scheme, ₹3,47,340 was distributed for buses in 5 mandals (with an EMI of ₹69,468/month). Cheques were handed over to beneficiaries.“The event was attended by Bhadradi Kothagudem Additional Collector D. Venugopal, Mahabubabad DRDO Madhusudan Raju, ZP CEO Nagalakshmi, Kothagudem RDO Madhu, Yellandu Tahsildar Ravi Kumar, Yellandu Municipal Commissioner Srikanth, Yellandu MPDO Dhan Singh, DSO Rukmini, District Welfare Officer Swarnalatha Lenina, and other officials.

BJP asks Kisan Morcha to launch agitation on farmers’ problems

Hyderabad, July 17 Telangana State BJP president N Ramachander Rao today called upon party workers to co-operate and work hard with the party's Kisan Morcha wing to try to mitigate and solve farmers' problems arisen due to negligence and wrong farmers policies of the State Congress government.Addressing a BJP Kisan Morcha State office-bearers meeting at State head office here, the president asked Kishan Morcha members to launch agitation on farmers' problems as they always will have direct access to farmers in village level and they should gather all problems of the ryots while highlighting farmers' welfare schemes initiated by Modi government.

BJP activists along with Kisan Morha members should expose deceitful tactics towards farmers, who were cheated by the State Congress government, Rao said stating that even farmers are also looking towards BJP with a hope and party will win elections if we work hard highlighting people's problems.The Central government has been implementing several welfare schemes for farmers like PM Kisan Samman Nidhi, soil health card and Fasal Bhima yojana in the country to help farmers who have faced crop losses even due to natural calamities. But, earlier BRS government did not implement and present Congress government led by Revanth Reddy was depriving farmers by not implementing these schemes, he lamentedRao alleged that the State Congress government is creating artificial Urea scarcity to derive political benefit in view of proposed local body elections in the State. Revanth Reddy government

had promised to make payment of Rs 500 as bonus for one quintal for 14 crops. But so far this bonus has not yet paid anywhere.Denying allegations of State Congress government blaming the Centre for Urea scarcity, the BJP president clarified that the Centre has supplied 12.02 lakh metric tonne of Urea to Telangana State where as the State was needed 9.5 lakh metric tonne Urea for 2024-25 Rabi season. He questioned the Congress government where is about three lakh tonne of Urea. Rao alleged that the State government is spreading false propaganda on supply of UreaRao accused State Congress government of neglecting farmers welfare during last 18 months of its regime and now it is harping on farmers welfare when local body elections are around the corner after High Court reprimanded and directed it to hold elections before September.Giving details of misdeeds of Revanth Reddy government to farmers, the BJP president said Congress has given assurance during elections to give Rs 15,000 financial assistance to every farmer. Later the figure was reduced to Rs 12,000. But as the local body elections have to be held on the direction of the High Court now, the Congress government in a hurry released funds at a rate of Rs 6000.The meeting discussed about the present political situation, farmers' problems and suicides of farmers due to negligent attitude of State government. The State party general secretary Gujjula Premender Reddy, BJP Kisan Morcha National working committee member Goli Madhusudhan Reddy, State-level Kisan Morcha leaders and district incharge attended the meeting.

SVIMS Emerging as India’s Leading Super Specialty Hospital : B.R.Naidu

Tirupati, July 17 TTD Chairman B.R. Naidu stated that SVIMS, established by Late N.T. Rama Rao to offer free and quality healthcare to the poor, is being developed as one of the best medical institutions in India. TTD is allocating Rs. 140 crore annually for its development. On Thursday, the Chairman inaugurated state-of-the-art MRI and CT scan equipment at SVIMS. These advanced medical devices, worth Rs. 22.01 crore, were donated by Indian Oil Corporation (IOCL) under its CSR initiative. The machines include 3 Tesla MRI Scanner (MAGNETOM Vida) worth Rs. 14 crore, 4D CT Simulator System (SOMATOM go. Sim) worth Rs. 8 crore, used in radiotherapy.

These technologies are first of their kind in Rayalaseema, enabling precise cancer detection and brain scans with minimal side effects. Over 2.5 lakh patients annually will benefit from affordable treatment.IOCL Marketing Director Satish Kumar said the equipment donation is



part of their social responsibility and expressed interest in future collaborations. SVIMS Director Dr. R.V. Kumar highlighted that SVIMS is delivering quality free healthcare under TTD and offering top-notch medical education he added . Later a video message of Union Minister for Petroleum and Natural Gas.

‘Without toll, there is no tunnel road’: Karnataka DyCM Shivakumar on Bengaluru’s Hebbal-Silkboard Junction tunnel road project



GNS News Agency, July 17

Karnataka Dy CM ShivakumarShivakumar, who is also the Bengaluru development minister, said that tender works were underway and that global tenders would be issued through a newspaper notification in two to three days. Karnataka Deputy Chief Minister D K Shivakumar said on Wednesday that a tunnel road for Bengaluru’s Hebbal-Silkboard Junction stretch would not be possible without collecting a toll from users, adding that people would pay the toll if they want to save time. Speaking to reporters during his two-day visit to New Delhi, Shivakumar said, “Without a toll, no tunnel road will work out. Other states also have tolls in cities. Even in Bengaluru, tolls are levied on the airport road, Bengaluru-Mysuru expressway, and NICE corridor. If people want to save time, they will pay the toll and use the tunnel.”

In June, the Karnataka Cabinet approved the construction of two major tunnel road corridors in Bengaluru under the build-own-operate-transfer (BOOT) model, clearing the way for toll-based road usage. Under the model, selected private players will recover their investment through toll collection over 30 years.Shivakumar, who is also the Bengaluru development minister, said that tender works

were underway and that global tenders would be issued through a newspaper notification in two to three days.On Union minister H D Kumaraswamy’s representation to Union Road Transport and Highways Minister Nitin Gadkari on June 24 over building underground road infrastructure for Bengaluru, Shivakumar said, “I welcome the suggestions (by Kumaraswamy). Let anybody take credit (for the tunnel road project). Even if some finances can be arranged, I welcome it. Eventually, we want people to save time and commute faster.”The detailed project report of Bengaluru’s twin tunnel road project between Hebbal and Silk Board Junction has estimated a toll of Rs 330 for a distance of 16.6 km. The project is estimated to cost around Rs 18,000 crore.The report also states that tolls for subsequent years are calculated on the basis of a 5 per cent annual increase in the wholesale price index, with a 40 per cent restriction. The base year for the toll revenue is FY 2030-31. Importantly, the toll estimates have been proposed only for cars, with no mention of other vehicles.According to the report, a toll of Rs 320 is estimated for Hebbal-Sarjapur/HSR Layout (16.3 km), Rs 250 for Hebbal-Hosur Main Road (12.79 km), Rs 180 for Hebbal-Seshadri Road (9.05 km), Rs 320 from Outer Ring Road, K R Puram-Silk Board Junction, Rs 245 for Mekhri Circle to Silk Board Junction (12.54 km), and Rs 195 for Race Course-Silk Board junction (9.8 km).Further, the report has also estimated tolls of Rs 255 from Jayanagar to Hebbal (13 km), Rs 245 from Jayanagar to Outer Ring Road and KR Puram (12.36 km), and Rs 130 from C V Raman Road to Hebbal (6.60 km).The north–south corridor, from Hebbal Esteem Mall Junction to Silk Board KSRR Junction, is going to be developed as an underground tunnel having three intermediate locations connected via ramps for entry and exit into the main tunnel. This alignment will connect the Hebbal and Silk Board Junction with the three intermediate ramps—at Mekhri Circle, Racecourse, and Lalbagh—reducing travel time from about 90 minutes to 45 minutes.

Man living in Bengaluru high rise held for stealing valuables worth Rs 60 lakh from flats

GNS News Agency, July 17

A 26-year-old unemployed graduate has been arrested for allegedly stealing valuables from a high-rise apartment in Bengaluru, where he lived with his sister, the police said Seemant Kumar Singh, Commissioner, Bengaluru police, announced the arrest of Nitesh Subbu, who lives in GM Infinite E City Town, Electronics City, Phase 2. Singh said they have seized 15.79 gram of diamond jewellery, 621 gram of gold ornaments, 56.2 gram of silver, and Rs 28,000 cash from him.

The police said the theft came to light after a resident discovered that the front door of one of the flats was broken. They said the flat belonged to Suresh Iyer, a 62-year-old academic working in Dehradun, Uttarakhand. The professor’s house had been locked for several days, as he and his wife visited Bengaluru occasionally.On June 4, Iyer’s wife received a call from a neighbour reporting that their front door had been broken. She immediately contacted her nephew, who rushed to the apartment to assess the damage, and check if any valuables were missing. The nephew filed a complaint with the Hebbagodi police on June 5.A police officer said the suspect, Subbu, whose sister lived in the adjacent block, had carefully observed the professor’s routine when he visited Bengaluru. The officer said the proximity of his sister’s residence also provided him with knowledge of the building’s layout and the residents’



schedules.While reviewing the apartment complex’s CCTV footage, they saw a man in a T-shirt and shorts searching suspiciously around various flats. He was later identified as Subbu.The police said their investigations showed Subbu’s calculated approach to selecting targets. He would begin by ringing the doorbells of apartments he intended to target. If someone answered, he would make an excuse and leave, but if there was no response, he would search for the keys in common hiding spots, such as shoe racks or flowerpots. When keys weren’t available, he would force entry using an iron rod.The police said that after he was detained Monday, Subbu confessed to the theft. They added that they also found that he was involved in two more thefts that had taken place in the apartment on June 22.

Devendra Fadnavis criticises Sanjay Gaikwad, Sena MLA who beat canteen worker; puts onus for action on presiding officers of legislature



GNS News Agency, July 17

sanjay gaikwadA familiar figure in Maharashtra politics, Gaikwad has often been in the news for his aggressive persona, provocative speeches, and frequent run-ins with law enforcement agencies. Maharashtra Chief Minister Devendra Fadnavis said on Wednesday that the chairman of the Legislative Council and the Speaker of the Legislative Assembly should decide on taking action against Shiv Sena MLA Sanjay Gaikwad, who allegedly assaulted an employee in the canteen of his residence over “stale food” on Tuesday.

Fadnavis said in the Legislative Council that the behaviour of Gaikwad, the Akashwani MLA from the party led by Deputy Chief Minister Eknath Shinde, was not dignified and tarnished the image of the legislature, after Shiv Sena (UBT) MLC Anil Parab raised the issue in the House.“A senior MLA in the government comes in a vest and towel and beats up an employee. Are there any directions on how legislators should behave? Are these people coming directly from the street? What was the crime of that employee? This is tarnishing the image of your government,” Parab said.“Will you take the support of such people and will you run the government with the support of such people?” the Opposition legislator asked the chief minister.

“Legislators’ residence comes under the purview of the legislature. If I beat up someone in the legislature, you will suspend me. So send a message to the people that we will not tolerate this by suspending this legislator,” Parab added.Fadnavis said that if the food was not good, the MLA could have complained about it. “But beating like this and its video coming out affect our image. This sends the wrong message to the people. It is not right for you (MLA Gaikwad) to behave like this in front of the people as an MLA. The chairman and the Assembly Speaker should take note of this and decide what action to take on this,” he said.

Bombay High Court seeks BMC’s reply to suo motu PIL on lack of electric crematorium for pets in Mumbai

GNS News Agency, July 17

Bombay High Court seeks BMC’s reply on progress of work on electric crematorium for pets at DeonarA division bench of Chief Justice Alok Aradhe and Justice Sandeep V Marne on June 11 initiated the PIL petition.The Bombay High Court on Wednesday sought Brihanmumbai Municipal Corporation (BMC)’s reply to a suo motu PIL petition raising concerns over the lack of electric crematoriums for pet animals in Mumbai.A division bench of Chief Justice Alok Aradhe and Justice Sandeep V Marne on June 11 initiated the PIL petition after taking cognisance of a news report, published in Loksatta on May 8, that the construction of a crematorium for animals at the Deonar slaughterhouse was delayed.The news report further stated that the BMC started a natural gas-based crematorium for pets and stray animals at Malad in the western suburbs in September 2023. Thereafter, based on the response from animal

lovers, the civic body decided to have a crematorium for animals at Deonar. However, the crematorium work was delayed.The report further stated that while the work on the Deonar facility was expected to be completed last year, it was delayed due to technical difficulties in the gas connection and that it was further expected to slow down due to the onset of the monsoon, with residents having to wait for a few more months to avail of the service.The cremation facility will have a capacity of 50 kg and is likely to handle the cremation of five animals weighing 10-12 kg at a time.Advocate Oorja Dhond, appearing for the BMC, submitted in the court that it would file a reply to place on record the progress of the work to construct the crematorium. She added that besides the Deonar facility, there was an electric crematorium for animals in the Mahalakshmi area of South Mumbai.“Are you providing more electric crematoriums? Malad crematorium is already functional?

IMA leads protest against Maharashtra decision to let homeopaths practise modern medicine with bridge course



GNS News Agency, July 17

The Indian Medical Association (IMA) is planning a token strike on July 11 in response to a new Maharashtra government order allowing homeopathy practitioners who complete a one-year bridge course in pharmacology to register and practise modern medicine.The IMA has garnered support from various other medical associations and plans further protests if the government does not revoke the Maharashtra Medical Council (MMC)’s order that lets Bachelor of Homeopathic Medicine and Surgery (BHMS) practitioners who complete the Certificate Course in Modern Pharmacology (CCMP) to register with the MMC from July 15. The Maharashtra Senior Resident Doctors’ Association (MSRDA) has also strongly opposed the government’s decisions emphasising the inadequate training of homeopathic practitioners in modern medicine.

Meanwhile, the administrator of the Maharashtra Council of Homeopathy (MCH), which has 91,000 affiliated homeopathic practitioners, threatened a hunger strike, alleging that the IMA is misleading the public about the qualifications of homeopathic practitioners.Speaking to The Indian Express, Dr Sanjay Patil, chairman of the IMA’s Hospital Board of India (Maharashtra), said, “We are even planning a ‘Chalo Mumbai’ protest on July 19 if the state is not responsive to our demands. Hence, the next two days are crucial as we have sent a letter to the chief minister to withdraw the decision to register homeopathic practitioners as modern medicine practitioners.” Patil was referring to a representation made on July 8 to Chief Minister Devendra Fadnavis through Pune District Collector Jitendra Dudi.Dr Sunil Ingale, president, IMA Pune, said, “This decision is dangerous and directly jeopardises public health. This is a one-year bridge course designed for homeopathy doctors and provides a limited amount of basic knowledge of pharmacology and medicine, and it is in no way equivalent to

the average 5.5-year MBBS degree course.”“If such doctors are recognised as modern medicine practitioners, then ordinary patients will be confused,” Dr Ingale added.According to IMA office bearers, in emergencies, incorrect medication, wrong diagnosis, and surgical ignorance may endanger a patient’s life. They also said the government’s decision to issue an order while the matter is still pending in court can potentially constitute contempt of court. The IMA filed a petition in February 2025 before the Bombay High Court regarding the potential registration of homeopathic doctors with the MMC.

In a statement, the IMA said, “Doctors trained in MBBS are fully trained in scientific and evidence-based treatment methods. Whereas the education of BHMS doctors is completely based on homeopathy and they do not get scientific education in modern medicines, surgery, emergency medical management.”The IMA’s protest plans have been supported by doctors’ associations, including Pune Radiology Association, Society of Anaesthesiologists, Pune, Orthopaedic Association, Pune Radiology and Imaging Association, Indian Pathology Association, Physicians of India, Pune Obstetric and Gynaecological Society, Pune, Pune Arthroscopy and Sports Medicine and others.Meanwhile, a statement issued by Dr Abhijit Helge, president of the MSRDA, said, “This decision amounts to an unacceptable dilution of the scientific and clinical standards that define modern medicine. It is a profound disservice to thousands of MBBS and postgraduate doctors who have undergone a minimum of 8–12 years of rigorous, evidence-based training. Can six months of rudimentary exposure to pharmacology genuinely equip a homeopathic practitioner to prescribe allopathic drugs safely?”Modern medicine is not merely about memorising drug names, and it requires a deep understanding of pathophysiology, pharmacokinetics, clinical decision-making, diagnostic interpretation, and personalised treatment, it said.“To allow such cross-over from a fundamentally different system of medicine via a shortcut is not just dangerous — it is medically indefensible,” the statement added.Countering the IMA, Dr Bahubali Shah, MCH administrator, said, “This is not a new decision and is as per the amendment made in 2014 in the MMC Act to register CCMP-qualified doctors in the body. So far, 9,160 homeopathy doctors have completed the CCMP course. The MMC should have implemented the decision a long time ago.”Shah said he plans to undertake a hunger strike at Azad Maidan in Mumbai from July 16 if the IMA continues with “false narratives”. He said he has given notice to the police station concerned.

After car hits 3 Kanwariyas and breaks Kanwar in Ghaziabad, angry devotees thrash driver

GNS News Agency, July 17

After car hits 3 Kanwariyas and breaks Kanwar in Ghaziabad, angry devotees thrash driverAccording to the Ghaziabad police, the incident occurred around 10 pm, when a car attempted to navigate through the Kanwar traffic. Three Kanwariyas were injured after they were hit by a car, which was allegedly speeding, on the Delhi-Meerut Kanwar Marg near Raj Chaulpla in Ghaziabad late Monday, triggering a brief uproar and a traffic jam on the busy stretch.According to the Ghaziabad police, the incident occurred around 10 pm, when a car attempted to navigate through the Kanwar traffic. They said the car moved close to the Kanwariyas, and struck a group walking along the road, causing them to lose their balance and breaking one of the Kanwars.The police said the victims, identified as Anuj, Om, and Harkesh, sustained minor injuries. They are residents of Mewat in Rajasthan. They said devotees who were enraged after the Kanwar broke, surrounded the vehicle, and allegedly vandalised it by breaking its windows. The driver was forced out of his car, and beaten up by a crowd. He was later taken to a hospital.“There was some traffic due to the yatra when a driver named Rajeev from Muradnagar tried to make his way through. His car grazed three Kanwariyas. In retaliation, a group of devotees stopped the vehicle and broke its windows,” said Naresh Kumar Sharma, Station House Officer, Modinagar.

The Ghaziabad police said they have since seized the



vehicle, and booked the driver for rash and negligent driving. As of now, no case has been filed against the Kanwariyas for vandalism. “The matter is still under investigation,” Sharma saidAfter the incident caused a jam on the Delhi-Meerut Kanwar route, a police team reached the spot within 15 minutes and managed to disperse the crowd, restoring traffic flow while assuring the pilgrims of action.Last Friday, the Ghaziabad police issued a traffic advisory, announcing road diversions for heavy vehicles and restrictions on nighttime vehicular movement.An annual pilgrimage undertaken during the Hindu month of Shravan, Kanwar Yatra draws thousands of devotees every year, who participate in the religious event by travelling on foot. Their routes include roads with heavy traffic

Attempts made to tamper with ‘secret’ second sample of minor driver at Aundh hospital, prosecution informs court



GNS News Agency, July 17

In the 2024 Pune Porsche crash case, attempts were made by the parents of a minor driver and a middleman to tamper with a second blood sample “supposed to be taken secretly” at the district hospital in Aundh, the prosecution recently submitted to a court.The alleged attempt failed as doctors at the Aundh hospital refused to tamper with the sample. This was hours after an alleged tampering of the first blood sample at Sassoon General Hospital, as per the prosecution reported earlier that the DNA analysis of the second sample taken at the Aundh hospital had unearthed a major criminal conspiracy involving the senior doctors at Sassoon General Hospital and the parents of the minor driver and others in the aftermath of the Porsche crash on May 19.

Two IT engineers, Aneesh Awadhiya and Ashwini Koshta, were killed after the speeding Porsche, allegedly driven by an inebriated 17-year-old boy from a Pune realtor family, rammed into their motorcycle at Kalyani Nagar junction. Police investigation unravelled alleged cover-ups, bribery, abuse of power, and tampering of blood samples at the government-run Sassoon General Hospital.An officer from the Crime Branch of the Pune police, who is closely associated with the probe, said, “Under the Criminal Procedure Code section 173(8), which allows further investigation in the case after chargesheet has been filed, we have submit-

ted to the court some important findings in the form of an investigation note and supporting documents and records. These findings and supporting records show that the father and mother of the minor driver and middleman Ashpak Makandar had gone to the district hospital in Aundh when the minor was taken there to collect a second blood sample in the evening on May 19, 2024, by the police team.”“At the district hospital in Aundh, these accused again made an attempt to tamper with the blood sample. While the sample was supposed to be taken secretly, family members still learned about it, as some of them were at the Yerawada police station in the aftermath of the accident. As the parents and middleman made attempts to tamper with the blood sample, the doctors at the Aundh hospital refused to do so,” the officer added.As reported earlier, the first blood sample of the minor was taken around 11 am at Sassoon General Hospital on May 19, 2024, in the hours after the accident. Due to certain inputs regarding possible tampering, the police requested another sample collection at 6 pm, which was taken at the Aundh hospital. On May 20, 2024, the swabs from these two samples were sent to a state-run forensics facility for DNA analysis.On May 21, 2024, after the father of the minor was arrested, the police sent his sample for DNA analysis. The reports of the DNA analysis of these three samples were received five days later, and they suggested that the father of the minor was not related to the Sassoon swab. It also came to light later that the sample taken at the Sassoon General Hospital was that of the mother of the minor driver.On June 27 this year, Special Public Prosecutor Shishir Hiray opened the prosecution case under CrPC section 226. He submitted to the court the evidence they have against the 10 accused and what charges can be framed against them.The accident occurred after the minor and his friends celebrated their Class 12 exam results at a pub on the intervening night of May 18-19, 2024. The minor was allegedly driving a Porsche Taycan luxury car, which did not have number plates. Other than the minor driver, the police have till now arraigned and chargesheeted 10 accused.

Five crew rescued from cargo ship attacked in Red Sea: monitors



GNS News Agency, July 17

Five seafarers have been rescued after a cargo ship was attacked and sunk off rebel-held Yemen, maritime monitors said Wednesday as a search continues for the remaining crew. The attacks mark the first wave of Houthi-linked ship strikes since last month's 12-day war between their main backer, Iran, and Israel. "Search and rescue operations commenced overnight," said the British navy's United Kingdom Maritime Trade Operations. "Five crew members have been rescued and searches continue for those remaining," it added. On Tuesday, the European Union force patrolling the Red Sea told AFP that three people were killed and at least two injured — including a Russian electrician who lost a leg — in the attack on the Eternity

. Twenty-two people were aboard the Greek-operated vessel, all but one from the Philippines, according to Filipino officials. The U.S. embassy in Yemen has accused the Houthis of staging the attack, with U.K.-based security firm Ambre also saying the group was likely to blame.

The Houthis have attacked ships in the vital trade route since the start of the Gaza war, claiming solidarity with the Palestinian cause. But Sunday's (July 6, 2025) attack on the Magic Seas was their first since late last year, following a Gaza ceasefire and a heavy U.S. bombing campaign targeting Houthi areas. The rebels released a propaganda video showing masked, armed men storming the Magic Seas and simultaneous explosions that scuttled the bulk carrier. Houthi attacks have prompted many freight companies to detour around southern Africa to avoid the Red Sea, which normally carries about 12% of global trade.

The U.S. bombing campaign, aimed at stamping out the attacks, ended with a ceasefire in early May. However, the rebels told AFP they would continue to target "Israeli ships". On Monday they said they hit the Magic Seas because the company that owns it had done business with Israel and used its ports. In a statement on Tuesday (July 8, 2025), the U.S. embassy in Yemen blamed the Houthis for the Eternity C attack, calling it "the most violent" yet and accusing them "undermining freedom of navigation in the Red Sea". Meanwhile Israel, stung by regular Houthi missile attacks, has carried out several strikes on Yemen, including a wave of air raids

Kremlin says it's unclear if CNN report that Trump threatened to bomb Moscow is fake or not

MOSCOW, GNS News Agency, July 17- The Kremlin said on Wednesday that it was not sure of the veracity of a CNN article that reported U.S. President Donald Trump had once threatened to bomb Moscow to deter Russian President Vladimir Putin from attacking Ukraine. Cited audio recordings of Trump telling a private gathering of donors amid his pre-election campaign in 2024 that he had once warned Putin that he would "bomb the sh*t out of Moscow" if Russia attacked Ukraine. The Reuters Daily Briefing newsletter provides all the news you need to start your day. Sign up here. Asked about the report, Kremlin spokesman Dmitry Peskov said: "I cannot confirm or deny this, even if I wanted to... Whether it is fake or not, we do not know either. There is a lot of fake news these days." The CNN report did not say when exactly Trump reportedly made the comments about bombing Moscow to Putin. The Washington Post reported that Trump had spoken to Putin by phone last November - after he won the presidential election but before he returned to the White House - and warned him not to escalate in Ukraine. The Kremlin dismissed reports of the phone call as "pure fiction." The first acknowledged phone call between the men this year took place on February 12.

Trump, who promised to swiftly end the war in Ukraine,



has grown increasingly frustrated with Putin in recent months as the conflict has dragged on. He directed his ire at the Kremlin chief during a meeting with his cabinet officials at the White House on Tuesday, saying "We get a lot of bullshit thrown at us by Putin". Trump also said he was considering levying additional sanctions on Moscow. CNN said that Trump also said he had delivered a similar warning to Chinese President Xi Jinping over a potential invasion of Taiwan, telling him that the United States would bomb Beijing in response.

Russia attacks Ukraine with 700 drones after Trump vows to send more weapons

KYIV, GNS News Agency, July 17- Russia targeted Ukraine with a record 728 drones overnight, hours after U.S. President Donald Trump pledged to send more defensive weapons to Kyiv and aimed unusually sharp criticism at Russian President Vladimir Putin. The attack was the latest in a series of escalating air assaults in recent weeks that have involved hundreds of drones in addition to ballistic missiles, straining Ukrainian air defences at a perilous moment in the war, now in its fourth year.

The Reuters Tariff Watch newsletter is your daily guide to the latest global trade and tariff news. Sign up here. Kyiv's military downed almost all the drones but some of the six hypersonic missiles launched by Russia had caused unspecified damage, air force spokesperson Yuriy Ihnat said on Ukrainian television. President Volodymyr Zelenskyy, who will meet U.S. envoy Keith Kellogg in Rome on Wednesday, said the strike showed the need for "biting sanctions" on the sources of income Russia uses to finance the war, including on those who buy Russian oil. Trump said on Tuesday he was considering supporting a bill that would impose steep sanctions on Russia, including 500% tariffs on nations that buy Russian oil, gas, uranium and other exports. "We get a lot of bullshit thrown at us by Putin ... He's very nice all the time, but it turns out to be meaningless," Trump said at a cabinet meeting. When asked by a reporter what action he would take against Putin, Trump said: "I wouldn't tell you. We want to have a little surprise." Separately, Europe is working on a new sanctions package against Moscow.

Trump, who returned to power this year promising a swift end to the war in Ukraine, has taken a more conciliatory tone toward Moscow in a departure from the Biden administration's staunch support for Kyiv. But initial rounds of talks between Russia and Ukraine to end the Kremlin's February 2022 invasion have so far borne little fruit, with Moscow yet to accept an unconditional ceasefire proposed by Trump and accepted by Kyiv. The U.S. president's promise to supply more defensive weapons appeared to reverse a Pentagon decision days earlier to stall some critical munitions supplies to Ukraine, despite increasing Russian at-



tacks that have killed dozens in recent weeks.

Shortly after Wednesday's attack, German Chancellor Friedrich Merz said that diplomatic means to resolve the war have been exhausted. He vowed to continue supporting Kyiv. Following Trump's new promise, Zelenskyy said on Tuesday he had ordered an expansion of contacts with the United States to ensure critical deliveries of military supplies, primarily air defence.

Residents of Kyiv and other major cities spent the night in air raid shelters including metro stations. Part of Russia's overnight strike was aimed at a western region close to NATO-member Poland. The northwestern city of Lutsk, some 200 km (125 miles) from Poland, was the main target, Zelenskyy said, listing 10 other provinces across Ukraine where damage was also reported. Polish and allied aircraft were activated to ensure air safety, Poland's military said. In Lutsk, buildings were damaged but no deaths or injuries reported in what amounted to the biggest air strike of the war on the city of 200,000 people, regional authorities said. A storage facility of a local enterprise and some parking structures were ablaze, said the city's mayor, Ihor Polishchuk. Ivan Rudnytskyi, governor of the Volyn region that includes Lutsk, said 50 Russian drones and five missiles were in the region's airspace overnight.

Turkiye bans Elon Musk's AI chatbot Grok for offensive content

GNS News Agency, July 17

Ankara: A Turkish court ordered Wednesday a ban on access to Elon Musk's artificial intelligence chatbot Grok from Turkey, after the platform allegedly disseminated content insulting to Turkey's President and others.

The chatbot, developed by Musk's company xAI, posted vulgarities against Turkish President Recep Tayyip Erdogan, his late mother and personalities, while responding to users' questions on the X social media platform, the pro-government A Haber news channel reported. Offensive responses were also directed toward modern Türkiye's founder, Mustafa Kemal Atatürk, other media outlets said. That prompted the Ankara public to file for the imposition of restrictions under Türkiye's internet law, citing a threat to public order.

A criminal court approved the request early on Wednesday, ordering the country's telecommunications authority to enforce the ban. The incident is part of a broader



controversy surrounding a recent update to Grok, which resulted in more "politically incorrect" and unfiltered responses. In response to mounting controversy, X said it was aware of the recent posts and had taken immediate action to remove inappropriate content. "

Russian FM Lavrov to visit North Korea later this week



GNS News Agency, July 17

Seoul: Russia's Foreign Minister Sergei Lavrov will visit North Korea later this week, the North's state media reported Wednesday. Lavrov will visit North Korea from Friday to Sunday at the invitation of the North Korean foreign ministry, the Korean Central News Agency said, without providing further details. Once in North Korea, Lavrov is likely to meet North Korean Foreign Minister Choe Son-hui and pay a courtesy call on leader Kim Jong-un. The main agenda of the discussion is expected to be Kim's visit to Russia. Russian President Vladimir Putin invited Kim to Moscow during his visit to Pyongyang in June last year. Lavrov last visited North Korea in June last year, accompanying Putin to Pyongyang, Yonhap news agency reported. The scheduled visit comes as the two countries have dramatically expanded bilateral cooperation and exchanges over the past year, following the signing of a mutual defence treaty in June

in Pyongyang. Earlier on June 17, North Korean leader Kim Jong-un held talks with Russia's Security Council Secretary Sergei Shoigu in Pyongyang as the two countries prepare to mark the first anniversary of their mutual defence treaty.

Kim and Shoigu began their talks in the North Korean capital, citing the press service of the Russian Security Council, shortly after reporting on Shoigu's arrival in Pyongyang. Shoigu had visited North Korea on a special mission from Russian President Vladimir Putin. It marked Shoigu's second visit to North Korea this month, following his previous trip in early June, during which he also met with Kim and discussed security issues involving the Korean Peninsula. Tass Russian news agency, quoted the Russian Security Council as saying that Shoigu's meeting with Kim is part of the agreements reached during his previous visit to North Korea on June 4, adding that it is a follow-up to the mutual defence agreement signed last year between North Korea and Russia. Shoigu's back-to-back visit to North Korea came as Pyongyang and Moscow marked the first anniversary of the signing of the treaty on their Comprehensive Strategic Partnership in June last year in Pyongyang by Kim and Putin, which resulted in North Korea's deployment of troops on the Russian side in the war against Ukraine. The approach of the June 19 anniversary had fueled speculation that Kim may visit Russia for a summit with Putin, although no signs of his immediate trip have been reported. Russia's annual Eastern Economic Forum, scheduled for September in Vladivostok near the border with North Korea, has been speculated as a possible occasion for Kim's trip to Russia and a summit with Putin.

Trump's Escalating Trade War: India Faces Severe Tariff Threats Amid BRICS Tensions

GNS News Agency, July 17

President Donald Trump has intensified his trade offensive against India and other BRICS nations, announcing severe tariff measures that could significantly impact India's key export sectors. The US President announced a 50% tariff on copper imports and issued warnings of potential 200% tariffs on pharmaceutical products, with the pharmaceutical measures potentially delayed by about a year. Live India Yahoo Finance. As per sources, the pharmaceutical sector stands as India's most vulnerable export industry, with the United States representing India's largest medicine export market worth \$9.8 billion in 2024-25. This figure marked a 20% increase from the previous fiscal year, with America accounting for 40% of India's total pharmaceutical exports. The sector has established major manufacturing centers in states like Himachal Pradesh and Telangana.

Copper exports also face significant challenges, with India's copper shipments totaling \$2 billion in 2024-25. Of this amount, the United States purchased \$360 million worth of copper, representing approximately 17% of India's total copper exports. This metal plays a crucial role in technology, construction, and other essential industries. Trump has simultaneously targeted BRICS member countries with an additional 10% tariff, stating that "Any Country aligning themselves with the Anti-American policies of BRICS, will be charged an ADDITIONAL 10% Tariff" CNBC NPR. The BRICS bloc currently includes 11 members: the original five nations (Brazil, Russia, India, China, and South Africa) plus Egypt, Ethiopia, Iran, Saudi Arabia, UAE, and Indonesia.

The US President criticized the BRICS grouping, claiming it was established to undermine America and weaken the dollar's global position. Trump indicated that while pharmaceutical tariffs might be delayed, other tariffs could take effect as early as August 1. Trump tariffs live updates: Trump says he won't extend August 1 deadline after letters to Japan, South Korea, others, adding urgency to ongoing trade negotiations. India maintains hope for a comprehensive trade agreement that could offset or eliminate some of these proposed levies. Trade negotiations have been ongoing for several weeks, with both sides working to find mutually beneficial solutions. However, the escalating tariff threats have created additional pressure on these dip-



lomatic efforts. The pharmaceutical warning carries particular weight given India's position as a major global supplier of generic medicines. Trump stated that companies would receive approximately one to one-and-a-half years to adjust their operations before facing the potential 200% tariff rate. Trump tariffs live updates: Trump says he won't extend August 1 deadline after letters to Japan, South Korea, others, creating a window for negotiations and potential manufacturing relocations.

These developments represent a significant escalation in Trump's protectionist trade agenda, utilizing broad executive powers to impose comprehensive tariff measures. The copper tariff announcement comes alongside broader investigations into various sectors, including semiconductors, lumber, critical minerals, and energy products, suggesting further trade restrictions may follow. The timing of these announcements coincides with increased tensions between the United States and BRICS nations, particularly regarding currency and trade policies. India's significant exposure through its pharmaceutical and copper exports makes it particularly vulnerable to these trade measures, potentially affecting thousands of jobs and billions in export revenue. As negotiations continue, both countries face the challenge of balancing economic interests with broader geopolitical considerations, while Indian exporters prepare for potential market disruptions and explore alternative strategies to maintain their competitive position in global markets.

Faith over fear: Haitian immigrants in Springfield stand firm as Trump threatens deportation

SPRINGFIELD, Ohio, GNS News Agency, July 17 Accompanied by their newborn son, Michelet and his wife arrived at the St. Vincent de Paul Community Center in Springfield, Ohio, last week looking for help from the non-profit's volunteers. They wanted to apply for a valuable document for the infant that for now seems out of reach for them as Haitian immigrants: a U.S. passport. With their own legal status precarious, Michelet and his wife see the passport as crucial proof that their U.S.-born son is an American citizen. But they know that their son's citizenship will do nothing to stop the Trump administration from following through on its goal of deporting them - and hundreds of thousands of other Haitian immigrants - back to the violence-racked Caribbean island nation. Jumpstart your morning with the latest legal news delivered straight to your inbox from The Daily Docket newsletter. Sign up here. Michelet, who only provided his first name for fear of drawing attention from immigration agents, said he was not interested in migrating to a third country and sees his pending asylum claim as the best option for staying in the U.S. "Moving to Canada or another country would mean starting over," said the 35-year-old, who works for a local auto parts company and came to Springfield via Chile more than two years ago. "I'm already here. I have a job and experience here." Some migrants began exploring such contingency plans after the Department of Homeland Security said on June 27 that it would terminate the Temporary Protected Status providing legal status for half a million Haitians, effective September 2.

On July 1, a federal judge in New York blocked that DHS effort, but the Trump administration is expected to appeal. The Supreme Court already allowed a similar move to go ahead, ruling in May that the administration could end TPS protections for Venezuelans in the United States. Initially granted to Haitians after a devastating 2010 earthquake, TPS has been extended numerous times, most recently due to gang violence and unrest that persists to this day. White House spokesperson Abigail Jackson said in a statement that the earthquake no longer posed a risk and that ending TPS showed Trump was "keeping his promise to restore sanity to our immigration system." Eligible Haitians could pursue legal status through other means, she said. Springfield is home to an estimated 10,000 to 15,000 Haitian nationals. Working at Amazon warehouses and auto suppliers, they help drive the local economy. Predominantly



Christian, many lean on their faith when talking through their deportation fears. "I'm going to stay here. I'm not afraid," said Jean Marc, a warehouse worker in his 20s. "Jesus put me here." Michelet's and Jean Marc's stories were typical of the dozen Haitian nationals interviewed by Reuters in Springfield last week. Of the total, eight said they were banking on asylum claims for a shot at staying in the United States. All said a third country was an unrealistic option for them. Still, a number of migrants with pending asylum claims have been swept up in the immigration crackdown around the country and are now in detention awaiting court hearings. The Haitians interviewed by Reuters said they remain committed to staying despite facing a torrent of threats and online hate last year triggered by false rumors on social media that Haitian nationals were eating local pets. Those claims were then repeated by Trump on the campaign trail. Some Haitians find it hard to believe that Trump, as a former businessman, would want to deport hardworking members of society contributing to economic growth, said Casey Rollins, executive director at St. Vincent in Springfield. "They have been in such denial about this," she said, adding that some Haitians leaned into a belief that God would take care of them or that the administration would somehow change its thinking and let them stay. During an interview at the Haitian Community Help and Support Center just outside downtown Springfield, a Haitian man in his 50s lifted his collared shirt to reveal the scar from a hot iron pressed to his chest six years ago. M.B., who only gave his initials because he was afraid of being singled out by ICE, said

Skeletal signatures: how bone age shapes medicine, law, and sport



In June 2025, the BCCI (the Board of Control for Cricket in India) announced a crucial update to its Age Verification Programme, now offering a second bone-age test for junior cricketers whose skeletal age initially exceeds the fixed limit. Boys under-16 and girls under-15, as determined by wrist X-rays using the TW3 method, will have another opportunity to validate their bone age before being barred from the same age category. The threshold remains a bone age of 16.4 years for boys and 14.9 years for girls; however, a second test ensures that select players do not lose a season due to narrow margins or biological variability.

Protecting fair playAge fraud has long been a concern in competitive sports, particularly in India. Chronological age can be manipulated on paper, but skeletal age estimation offers an additional measure. BCCI's use of BoneXpert software for players ensures a level playing field, preventing older adolescents from unfairly dominating younger age brackets. However, it is important to clarify that a mere mismatch between bone age and declared age does not always imply cheating. Some children naturally mature earlier, and others later. For instance, a 13-year-old with early puberty may have the bone age of a 15-year-old without any foul play. Clinical judgment remains essential.

What is bone age?
Bone age, used in paediatric endocrinology, juvenile law, and age-group sports, is an estimate of skeletal maturity, obtained by examining how far the bones have developed. It is not the same as chronological age, which is calculated by the number of years since birth, but rather a biological index of how mature the body is. To measure bone age, doctors typically rely on a radiograph of the non-dominant hand wrist (usually left). This is chosen because it's less likely to have been subjected to injuries, fractures, or overuse, which could alter the growth plate appearance and distort age estimation. Furthermore, the hand and wrist contain many small bones, each at a different stage of ossification. They offer a broad and reliable picture of skeletal development with minimal radiation exposure.While the X-ray provides the image, the interpretation is based on standardised atlases or scoring systems. Two prominent and common methods exist: the Greulich and Pyle (GP) atlas and the Tanner-Whitehouse (TW) method. The GP atlas compares the child's X-ray to a set of reference images developed from American children in the mid-20th century. Though easy to use, it is prone to subjectivity and may not reflect population differences. The TW method, in con-

trast, evaluates the maturity of each bone—from the radius and ulna to the short carpal bones of the hand—and assigns a score based on its stage, from A to H. The cumulative score is then converted into a bone age. TW3, the latest version (updated in 2001), is considered more systematic and less error-prone.

Bone maturation differs notably by gender, primarily due to hormonal influences. Girls tend to mature faster than boys because oestrogen—present in higher levels (three times higher than boys) even before puberty—accelerates the fusion of growth plates. This results in earlier skeletal maturation in girls, making bone age estimation less reliable for them beyond 14 to 15 years. In boys, growth continues longer, allowing wrist-based assessments up to 16 to 17 years.Bone maturation follows a known sequence: at birth, carpal bones are absent (knee X-rays are used to assess); the triquetral (carpel bone) appears by 2.5 years, and the pisiform by around 11 years. Wrist X-rays help place children accurately into age brackets like 3–10 or 11–17 years. While such ranges can be reliably identified, predicting exact age remains approximate, as ossification varies with genetics, nutrition, hormones and health. Overlapping developmental patterns in mid-childhood further reduce precision. For newborns, knee X-rays are preferred. Clavicle assessment via CT becomes the standard in late adolescence(14-22 years). In adults aged 30 to 65, the manubrium sterni—which fuses progressively with adjacent sternal parts—is sometimes used for age estimation, though with considerable individual and population level variability. Thus, bone maturation is influenced by genetics, nutrition, hormones, and health conditions, leading to biological variability even among children of the same chronological age.Bone age plays a key role in diagnosing growth and hormonal disorders. It helps differentiate between constitutional delays and conditions like hypothyroidism or growth hormone deficiency. In early puberty, bone age is advanced; in delayed puberty it lags. It also guides hormone therapy and predicts adult height. Beyond medicine, bone age aids juvenile justice when birth records are absent, with courts favouring the lower estimate under the Juvenile Justice Act. It is also used in immigration, adoption, and child trafficking or bonded labour—especially for rescued children without documentation—ensuring legal and welfare decisions are based on biological maturity rather than uncertain paperwork.Despite being the world's richest cricketing body, the BCCI still relies on age estimation methods like Tanner-Whitehouse staging, rooted in mid-20th-century England. Cricket in India follows British frameworks, even as the sport thrives locally. With deep pockets, the BCCI can lead a nationwide anthropometric survey reflecting India's vast ethnic and genetic diversity. Our country is a mosaic of races, ethnicities, and genetic lineages. Yet, even today, much of Indian medical textbooks continues to rely on Western normative data—whether it's the average stomach volume, anaemia cut-offs, BMI cut-offs, Negele's rule in estimating the delivery date of the foetus, or the medico-legal documentation of custodial torture. An Indianised framework, grounded in data from our people, remains rare even in our Indian textbooks. By investing in indigenous research, India can move from applying borrowed standards to setting our Indian standards for medicine, law, and sports.

What the ‘neutral clean-up’ of Bihar’s poll rolls really is

In recent years, India has experienced a subtle, yet significant, shift in how citizenship and national belonging are defined, and, increasingly, how voting rights are determined. This transformation is most evident in the ongoing electoral roll revision by the Election Commission of India (ECI) in Bihar, just months before the State Assembly elections later this year. The hurried and opaque nature of this process risks the wrongful exclusion of lakhs of eligible voters, posing a serious threat not only to the integrity of the electoral system but also to the constitutional values of equality, fraternity and justice.Anything but a routine update

On the surface, the Special Intensive Revision (SIR) of electoral rolls in Bihar appears to be a routine update. But in practice, it is anything but. Nearly 4.74 crore voters — close to 60% of Bihar's electorate — are now required to prove their eligibility through a new set of documents. The threshold for inclusion has shifted dramatically. Under the SIR guidelines, any voter not listed in the 2003 rolls must now provide documentary proof of citizenship. This includes birth certificate, school-leaving documents, land deeds, or official citizenship papers, which are records that are difficult to produce even in urban centres, let alone in the rural stretches of Bihar. Crucially, many of these documents, particularly birth certificate, are the responsibility of the state to issue. However, the state has historically failed to do so at scale, placing the burden on individuals to obtain and provide them.What is being presented as a neutral "clean-up" of electoral rolls carries a serious risk of disenfranchising millions. The poor, Muslims and migrant workers, who make up a significant portion of Bihar's population, with migrants alone constituting around 20% are likely to be disproportionately affected. There is a significant risk that large numbers of migrant workers, predominantly men, could be removed from electoral rolls.

This represents a sharp break from previous practices, where self-declaration was deemed sufficient for enrolment, a principle supported by electoral regulations and the Supreme Court of India. The shift suggests a deeper reconfiguration of the relationship between the state and its citizens.The ECI claims that the revision is aimed at eliminating duplicate entries, removing deceased voters and filtering out ineligible electors, while also including newly eligible ones. Legally, the ECI is empowered to do this. But the scale, the timing and the method of the current exercise are deeply problematic. It is neither practical to execute such a massive overhaul within a few weeks, nor reasonable to demand documentation that many voters, particularly from marginalised communities, simply do not possess. Media reports suggest that many such voters do have widely held government-issued IDs such as Aadhaar, voter ID card, labour cards, and MGNREGA cards, none of which is being accepted as sufficient proof of eligibility.There is a Kafkaesque irony at the heart of this: the very voter ID cards issued by the ECI are now deemed inadequate. By refusing to recognise its own identification document, the ECI is not only disenfranchising citizens but also eroding its institutional credibility. If its own ID cards are no longer considered trustworthy for verification, what does that imply about the integrity of the electoral process and the legitimacy of past elections?An encroachment

Electoral integrity is not just about removing duplicates; it is about ensuring that every citizen has an opportunity to vote. The ECI's mandate is to facilitate participation, not put up bureaucratic hurdles. By shifting into the terrain of citizenship verification, the ECI is encroaching upon a domain that lies with the judiciary and designated tribunals. There



is an apprehension that Electoral Registration Officers (EROs) could be given the authority to refer individuals suspected of being foreign nationals to citizenship authorities — a task previously outside the ECI's remit.This shift, and the resistance to it, both have precedent. In the past, the judiciary has expressed concern over attempts to place the burden of proving citizenship on individuals, including those who had already participated in the electoral process. It has held that prior inclusion on an electoral roll implies that verification had already taken place. Again, in 2005, during the Assam roll revision, the Court stressed that anyone facing deletion from the rolls must be given notice and an opportunity to respond, and that questions of citizenship must be resolved by the appropriate authority.The current process in Bihar, with its heavy documentation demands and compressed timelines, is beginning to resemble a de facto National Register of Citizens (NRC) but without any legislative basis or judicial oversight. It imports the logic of citizenship audits into electoral administration, turning a democratic procedure into an exclusionary instrument.There is a deeper political logic behind the timing of this voter roll revision exercise. Its launch is particularly significant in the context of fiercely contested State elections, where every vote matters. The political motivations are hard to ignore: estimates suggest that as many as two crore voters could be removed from the rolls if the current process continues unchecked. In States such as Bihar, the deletion of even a few hundred thousand names could decisively influence outcomes in tightly contested constituencies. Already facing strong anti-incumbency sentiment and a growing challenge from the Indian National Developmental Inclusive Alliance (INDIA) bloc, the ruling National Democratic Alliance (NDA) stands to gain from such revisions. With the outcome still uncertain, voter roll revisions take on clear political significance.

Compounding matters is the logistical challenge. The ECI has launched this document-heavy exercise during the monsoon season, when large parts of Bihar are flood-prone. It has imposed a 30-day deadline — a window in which many migrant workers are still away from home. This confluence of administrative rigidity and ecological vulnerability has created a perfect storm for disenfranchisement. An institution entrusted with ensuring free and fair elections, risks becoming a gatekeeper to democratic participation.Critics rightly see the revision as a form of demographic manipulation — a subtler version of gerrymandering by exclusion. The implications go well beyond Bihar, carrying national significance.This new process is part of a broader political project aimed at weakening pluralism, even as substantive political participation and contestation are systematically constrained. It aligns with majoritarian narratives that cast a doubt on the loyalty and belonging of certain communities, particularly Muslims, and seeks to diminish their political influence by undermining both their representation and their right to vote.

Remembering Guru Dutt’s connect with Madras on his centenary



Today, July 9, 2025, is when legendary director and actor Guru Dutt, had he lived wisely and well, would have completed a hundred. And I could not let pass this opportunity to connect my favourite filmmaker with my favourite city. Much of what I write in this article is sourced from Nasreen Munni Kabir's Guru Dutt, a Life in Cinema (OUP, 1996).Though born in Bangalore and a Saraswat by community, it was Calcutta that Guru Dutt most closely associated with. It featured in many of his films, as also did Bombay where he spent much of his working life. But very interestingly, one film alone had a strong Madras connect in terms of its location, though in the movie this is not spelt out explicitly. It is today considered Guru Dutt's finest film — Kaagaz Ke Phool (1959), which was also the greatest commercial failure among his creations. In fact, it so hurt him that he never directed another film, believing he brought bad luck. He produced films thereafter and in some such as Sahib Bibi Aur Ghulam his touches are very evident, but the credit was always given to others.Kaagaz Ke Phool (Paper Flowers) deals with the rise and fall of a celebrated film director and is set in the glory days of cinema studios. Much of its backdrop, though not all, is provided by Vauhini Studios, Madras, though strangely, its name does not feature in the casting credits. The very opening sequence, where

an aged Sinha Sahab, the director, totters into the gates, is shot at the studio. And so are many other scenes, where you can see studio floors, cranes, arc lights, sheds, and a long driveway where props, scenery, and often equipment are being transported. It shows us what was always referred to as Vijaya Studios, as it was in its heyday. The final scenes of Kaagaz Ke Phool too show the studios at their best and as the principal character rushes out of the gates, we get a fleeting glimpse of Vadapalani in the 1950s — not a soul anywhere and just coconut trees.Incidentally, the most iconic scene of Kaagaz Ke Phool — the song Waqt Ne Kiya, with dust particles caught in rays of light even as Geeta Dutt's (Mrs Guru Dutt in real life) voice sings in the background — was not shot here. That record goes to Modern Studios, Bombay.

For the record, Vauhini Studios was the facility of Vijaya Productions. Though they began separately, they were tightly intertwined by the late 1940s. The films that were produced by the Nagi Reddy-Chakrapani controlled units were always known as Vijaya Vauhini creations, and the vast precinct went by the name of Vijaya Gardens. This was also the home of that very popular children's magazine — Chandamama, in all its languages. A few decades later, Vijaya-Vauhini would become South Asia's largest film production facility. And then, hit by changing trends in cinema, it faded, leaving behind real estate that became hospital, hotel, and much else. Guru Dutt would have relished that, for he focused on dark themes.The absence of Vauhini in the casting credits, and the name Central Studios, Bombay, had me puzzled. And that had me rushing to young Shiva Reddy Chirla, who immediately asked his granduncle Viswanatha Reddy, whose father B. Nagi Reddy owned Vijaya Vauhini. Confirmation was immediate. And I had one more confirmation — in his unique introduction to the cast and crew of Bommai (1964), the brilliant veena maestro and filmmaker S. Balachander shows us a shot of Vijaya Vauhini and it is identical to what Guru Dutt depicts!

The ECI does not have unfettered powers

The Election Commission of India (ECI) ordered a Special Intensive Revision (SIR) of the electoral rolls in Bihar, which will be facing Assembly elections in November. Political parties in the Opposition have alleged that the SIR is aimed at disenfranchising thousands of voters in Bihar by disqualifying them on the ground that they are not citizens of India. The ECI has denied this allegation and justified the revision. In the meantime, many petitions have been filed in the Supreme Court challenging the ECI's order. While the controversy centres on the motive behind this exercise being conducted just a couple of months before elections, especially when electoral rolls were revised in 2024, this article focuses on the legality of this exercise and the powers of the ECI to undertake it.

Reasons for disqualificationArticle 326 of the Constitution declares that elections to the Lok Sabha and the Assemblies shall be held on the basis of adult suffrage. This means every adult person is entitled to be a voter provided they are not disqualified on certain specified grounds. There are two essential qualifications of being an elector under this Article: the person should be citizen of India and should be aged not less than 18. The Representation of the People Act (RPA), 1950, lays down disqualifications for registration as an elector. These are namely unsoundness of mind as declared by a competent court, and disqualification from voting as provided in Section 11A of the 1951 RPA. Conditions for registration as a voter are laid down in Section 19 of the RPA: the person should not be less than 18 years of age and they should be ordinarily resident in a constituency. The term 'ordinarily resident' is explained in Section 20, which says a person shall not be deemed to be ordinarily resident merely because they own or possess a dwelling house in that constituency. Also, a person does not cease to be ordinarily resident if they absent themselves temporarily from their ordinary place of residence.

The ECI enjoys enormous powers in respect of the preparation of electoral rolls and the conduct of elections to Parliament, the State Legislatures, and to the offices of the President and Vice President. Article 324 of the Constitution, which empowers the ECI to undertake these tasks, is characterised by the Supreme Court as a "reservoir of power". Since the conduct of free and fair elections is an essential feature of the basic structure of the Constitution, the ECI needs to be vested with all the necessary powers to complete its task.Nevertheless, it is inconceivable that the Constitution should confer on any authority unfettered powers. The Supreme Court has made it clear that the ECI can exercise all powers in its discretion in areas which are not covered by any statute but shall act in accordance with the law wherever it exists. In Mohinder Singh Gill v. Chief Election Commissioner (1978), the Court stated the law as follows: "Firstly when Parliament or any State Legislature has made valid law relating to or in connection with elections, the Commission shall act in conformity with, not in violation of, such provisions but where such law is silent,



Article 324 is a reservoir of power to act for the avowed purpose of pushing forward a free and fair election with expedition."

The qualifying dateLet us look at the relevant provisions of the the RPA to get a perspective on the powers of the ECI in regard to revision of the electoral rolls. Section 21 of the 1950 RPA deals with the preparation and revision of electoral rolls. It speaks of four stages of revisions: (1) before elections to the Lok Sabha or Assembly; (2) before each by-election; (3) on the direction of the ECI in any year; and (4) a special revision for a constituency or part of a constituency with the ECI recording reasons for doing so. All revisions except (4) are done with reference to a qualifying date, which, under Section 14, is the first day of January. The only exception is (4): no qualifying date is mentioned because it can be done any time.The ECI order of June 24 mentions the qualifying date as 01/07/2025 and is a direction under Section 21(2)(b) of the RPA. It can be assumed that the revision being done in Bihar is under the same Section. But under this provision, the qualifying date should be 01/01/2025. The revision then should have been done from January 1, 2025. The qualifying date mentioned in the ECI order has no sanction under the law. Similarly, the term 'special intensive revision' is not found in the law. The only case where a special revision can be ordered by the ECI at any time is in relation to a constituency or a part of it and not in relation to an entire State.Thus, it is reasonable to conclude that the SIR in Bihar is not in conformity with the provisions of the RPA. The ECI has claimed in its order that it has power under Section 21 to undertake the exercise. True, but that power is limited to a constituency or part of it under Section 21(3) of the Act.While enjoying enormous powers under Article 324, the ECI is responsible to the rule of law and should be amenable to the norms of natural justice as per the Supreme Court. Electoral registration officers cannot summarily reject applications on the ground that foolproof documents are not being furnished to prove citizenship. Rule 8 of the Registration of Electors Rules clearly state that information shall be furnished "to the best of ability" of the citizens. The ECI cannot ignore this statutory stipulation.

Hyderabad couple and two children killed in car crash in U.S.

A holiday road trip turned tragic for a Hyderabad-origin family of four who were killed in a fatal car crash in Greene County, Alabama, on July 6. The family, originally from Kompally in Hyderabad, was residing in Sutton Fields, near Dallas, Texas. The deceased have been identified as Sri Venkat Bejugam, 40, his wife Tejaswini Cholleti, 36, and their children Siddharth 9, and Mrida 7.

The family was returning from a week-long visit during the Fourth of July weekend to Atlanta, where they had been staying with Venkat's sister Deepika and her husband. Just four hours into their journey back home to Dallas, their car was struck head-on by a truck allegedly being driven on the wrong side of the road, leading to a massive fire. All four occupants of the car were trapped inside the vehicle and perished, their bodies burnt beyond recognition.Tejaswini's uncle, Venugopal Choletti, said that the family was just minutes away from the hotel they had planned to stay at overnight. "They frequently travelled on this route and broke the 12-hour journey with a midway stop, but their regular hotel was fully booked this time. They found another nearby. It's heartbreaking..... they were just ten minutes away," he said. He added that he had spoken to the couple and the children only three days earlier.

Venkat's parents, Pashupatinath and Girija Bejugam, both in their 80s, were also in Atlanta on the trip. "Due to their age, they opted to take flights back and forth instead of the road journey," added Venugopal. The decision that saved them from the disaster.Venkat, a software engineer employed with United Services Automobile Association (USAA), moved to the US about three years ago. His wife,

children, and parents joined him about eight months later. Both children were enrolled in school and had adapted well to life in Texas.In the hours leading up to the accident, the couple had been in touch with family members. "Around 6 p.m. IST, Tejaswini texted her mother that they had started from Atlanta. That was the last message," said Venugopal. "Venkat had also messaged his sister Deepika around 10 to 15 minutes before the crash, saying they were close to the hotel." The hotel they booked was in Greene County, 954 kilometres away from their residence in Dallas.Tejaswini's parents, Ravi Kumar Cholleti and Anita Cholleti, flew to the US early at 4 a.m. (IST) on Tuesday (July 8) after hearing the news.According to the family, authorities in the US were able to make initial identifications using documents and Siddharth's school ID card. Given the severity of the fire, DNA and forensic analysis is now underway to confirm the identities through remains recovered from the site."We were told that the police there received nearly 26 calls about a truck being drive in the wrong lane. If that is true, the accident might have been preventable," Venugopal said.Venkat had completed his B.Tech in Computer Science from Jawaharlal Nehru Technological University (JNTU) in Hyderabad in 2006 and worked with several companies including IBM before joining Tata Consultancy Services, which placed him in its San Antonio office in 2019.The family has not yet decided whether the final rites will be held in India or the US, as most of their extended family is now based abroad. "We have been told it could take between 48-72 hours before the DNA reports come. We will make a decision after that," Venugopal informed.

Can you live forever like Bryan Johnson wants to?



Who doesn't want to live forever? The idea of living a long, healthy life appeals to almost everyone. The quest for immortality has fascinated humans for centuries, serving as a central theme in numerous Bollywood and Hollywood films. But one man is taking this dream seriously—Bryan Johnson, a millionaire from the US, is actively trying to reverse his biological age and achieve what many fictional characters have only dreamed of: living forever. In fact, he believes it's possible. Bryan even shares his daily routine on his website, offering people the chance to “subscribe” to his “Blueprint” if they want to follow in his footsteps. But is it really possible to extend your lifespan or, better yet, live forever? What do experts have to say about Bryan's lifestyle? And could you apply his routine to your own life? Before diving into these questions, let's explore exactly what Bryan Johnson is doing in his pursuit of immortality.

Bryan Johnson's blueprintIn 2013, after selling his company to eBay's PayPal for \$800 million, Bryan had plenty of options on how to spend his fortune. He could have travelled the world, bought a mansion, and lived a life of luxury. But instead, he decided to dedicate his life to chasing immortality — a quest that has earned him significant attention, especially after making headlines with his "Project Blueprint", a protocol-based lifestyle designed to help people live longer. The Blueprint, which is available for free, outlines Bryan's daily routine and how it has allegedly helped him achieve the biological age of an 18-year-old. For context, biological age refers to how old your cells are, and some experts consider it a more accurate measure of ageing than chronological age. Recently, Bryan visited India to promote his "Blueprint", and since it's starting to create a buzz, we decided to decode his routine. A day in the life of BryanBryan starts his day at 4:30 am, and, by 11:30 am, he's done with dinner. His daily routine includes light therapy, and taking 111 supplements, including the widely discussed 'Rapamycin' (he paused taking it after a few years).

Good sleep and daily workouts are also a few key aspects of Bryan's lifestyle. He consumes precisely 1,977 calories a day and eats 70 pounds of vegetables per month. His breakfast consists of a standard mix of broccoli, cauliflower, black lentils, mushrooms, garlic, and ginger. His next meal is "nutty pudding" with nuts and berries, and his final meal includes vegetables, berries, nuts, seeds, 15 grams of 100% dark chocolate, and 30 millilitres of extra virgin olive oil. He also allows himself 'three' ounces of wine to end his day. Managing stress is vital for him, and he claims it plays a key role in living longer. PS: Although Bryan's Blueprint is technically free to access, he also sells products like protein powder and (soon-to-be-released) sunscreen under the guise of promoting health and longevity.

What has Bryan achieved so far?

Bryan claims his lifestyle has helped him reverse his biological age by over 5 years, and his blood transfusion has helped his father do the same. After having poor health habits as a kid, running myself into the ground from 20 years of building companies, and a decade of chronic depression, now, at the chronological age of 46, my health biomarkers are in the top 1%Bryan on his Blueprint websiteHis website further claims that his lifestyle has placed him in the top 1% of 46-year-olds and, in some markers, even in the top 1% of 18-year-olds.

But can you escape death with his routine?

India Today spoke to various experts to evaluate Bryan's routine. Here's what they had to say about its key components. 1. Working out

Bryan prioritises workouts, recommending three days of strength training and three days of cardio each week. Dr Aijaaz Ashai, a physiotherapist and celebrity fitness expert,

supports this, stating that exercise can delay age-related diseases, preserve mobility, and enhance mental sharpness.

On a cellular level, regular exercise helps maintain the length of telomeres—protective caps on DNA—which slow down the ageing process. "While no one lives forever, a regular exercise routine can certainly add to your lifespan and improve the quality of your remaining years," says Dr Ashai.

2. Mental healthAccording to Bryan's Blueprint, if you buy his products — especially his "Best-selling longevity kit" with 70+ health actives — you'll be able to manage daily challenges "with ease as stress-reducing ingredients promote calm and balanced emotions". While managing stress is undoubtedly a priority for Bryan, can it help you live forever? According to mental health expert Shreya Kaul, the answer is a firm no. "Our bodies naturally start to deteriorate after a certain point. Our cells, organs, and genetics all begin to disintegrate. No living being is truly immortal," she says. However, she does agree that managing stress is essential for leading a better, healthier life. She highlights that mental and physical health are deeply connected, with better mental health leading to improved immunity, energy, and agility.

3. Clean diet and supplementsOne of the biggest pillars of Bryan's Blueprint is his ultra-clean diet and daily consumption of 111 supplements. While research does show that healthy eating can reduce the risk of premature death by nearly 20%, it's unlikely to guarantee immortality. Dr Nivedita Pandey, a senior gastroenterologist and director of Dr Good Deed Clinic, Patna, agrees. She highlights that free radicals (unstable molecules generated during digestion) damage our organs, leading to ageing. Eating natural, whole foods can help reduce free radicals, promoting longer and healthier lives. Now let's talk about supplements. When it comes to supplements, dietician Sohom Singh Roy says they can bridge nutrient gaps in our diet. Targeted supplements can support immunity, brain function, and overall health. However, Kumar Bagrodia, a neuroscientist from Mumbai and founder of various companies like HALE, NeuroLeap, Arkni and PhotoBioLife, tells us, not all supplements have enough scientific evidence as to their benefits. He notes that while calcium, iron, Vitamin D, folic acid, and omega-3 have strong evidence supporting their benefits, supplements alone can never replace a balanced diet.

4. Sleep, sleep, sleepBryan treats sleep as a non-negotiable part of his day. Experts agree. Kumar calls it the "golden hour" for mental health, as it helps with memory consolidation, emotional processing, and tissue repair. Good sleep is essential for a healthy living. "Sleep is crucial for mood regulation. It reduces symptoms of anxiety and depression and promotes emotional balance. It also supports biological well-being by enhancing energy levels and strengthening immunity," he says. 5. Light therapyBryan's routine also includes light therapy - a growing trend, with even celebrities like Kim Kardashian adopting it. "It naturally improves cellular mitochondria function. The therapy is non-invasive and promotes cellular repair, similar to how sunlight influences vitamin D synthesis," he says.

The final breath: Can you live forever?

After speaking with various experts, one thing becomes clear - biological immortality is still a fantasy. While Bryan's lifestyle may help him maintain youthful biomarkers, there's no scientific evidence that it will prevent death. Biologically, the human body is subject to the processes of ageing and senescence," says Kumar. "Cells accumulate damage over time due to oxidative stress, DNA mutations, and telomere shortening. Despite advances in regenerative medicine and anti-ageing therapies, these natural constraints make true immortality unlikely," he adds. Shreya also points out that discussions on health and longevity are often rooted in privilege. "Bryan Johnson's 'Don't die' movement is great. Everyone wants to live longer and healthier, so why not? But not everyone has the luxury of prioritising longevity," she explains. "For people struggling to survive day to day, thoughts like 'This is killing me faster' don't even cross their minds. Their main concern is, 'How will I get food on the table tomorrow?'," Shreya adds. While Bryan Johnson's efforts are admirable, the idea of living forever remains a distant dream. For now, the best we can do is strive for a healthier, longer, and more meaningful life, so think twice before investing in someone's blueprint of living forever.

Why a turtleneck is the fashion BFF you need this (and every) winter

POV: It's time to get up! The alarm rings, but you're so cosy under your layers of blankets that the snooze button is just too tempting. You give in and drift back into sweet sleep, only to be awakened by the alarm again a few minutes later. You may hit snooze once more, but eventually, you know it's time to muster the courage to face the bone-chilling cold. As you prepare for the day, you begin the usual routine - brushing your teeth, enjoying a hot shower, and finally gearing up to pick your OOTD. You want something that keeps you warm while also checking the style box. Sounds like a daily sartorial conundrum? You're not alone. But here's the good news—we have a suggestion: befriend a few turtlenecks. You can go experimental or keep it classy when it comes to styling turtleneck sweaters. Photos: Instagram/Shanaya Kapoor (left) and Instagram/Khushi Kapoor (right) Warm and cosy, turtlenecks are a basic winter staple, but when styled well, they can be the secret to a fabulous winter wardrobe. On mornings when you're running late and don't want to spend hours deciding what to wear, turtlenecks come in handy. Pair one with a pair of jeans, and you're good to go! If it's too cold, layer up with a faux-leather jacket or an overcoat, and you're all set. For party nights when you want to slay without freezing, pair your turtleneck with a leather skirt and boots. It's as simple as that!

Stylists highly recommend including turtlenecks, even when building a minimalist winter capsule wardrobe. Think of it as the white T-shirt of your summer wardrobe. From beach outings to workdays and brunch dates, your favourite white T-shirt works for almost any occasion, right? A turtleneck serves the same purpose during winter. And let's not forget how it keeps your neck warm, protecting it from the winter chill. Its versatility is its biggest strength! It goes well with just about anything. You can wear it on its own or layer it with an open jacket or a cosy cardigan.

No surprises here that celebrity winter looks are incomplete without a few iconic turtleneck moments every year! This winter, it has already begun! Priyanka Chopra recently flaunted an ivory turtleneck that she teamed with matching trousers and a black jacket with faux fur accents. So luxe! Priyanka Chopra's monochrome winter fashion moment with a turtleneck sweater. Priyanka has had several stunning turtleneck moments in the last few years! She often throws over long overcoats. Deepika Padukone is the

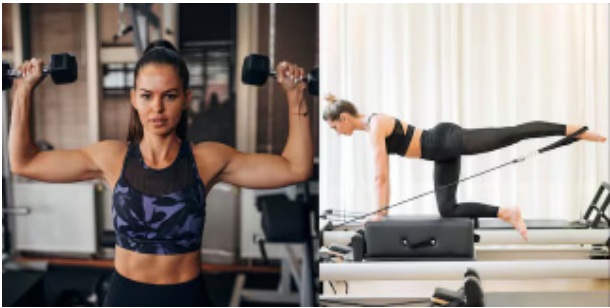


quintessential poster girl for turtleneck sweaters. Whenever the temperatures dip in Mumbai, she turns to her trusted turtlenecks — especially for her airport looks. Deepika Padukone wears her love for turtle-necksweaters every winter. Sonam Kapoor, the OG fashionista, loves her turtlenecks too. A stylish skirt is her usual choice to serve an edgy winter fashion moment. Here are some celeb-approved ways to rock a turtleneck that are sure to inspire your winter wardrobe: Turtleneck blouses make for great winter blouses to go with your sarees. Here's Shilpa Shetty proving the same.

Winter brings with it a series of parties to attend. Take a cue from Hailey Bieber on how to keep it cute and stylish.

Hailey Bieber styled a classic black turtleneck with a checkered mini skirt. Shorts for parties is a good idea! But in winter, rock it with a turtleneck and a long fur coat like Beyoncé did. You can take Ananya Panday's turtleneck + blazer + skirt set easily to your office as well as to a winter holiday. Invest in basic turtlenecks like black, beige, fawn, and maroon first. To give a glam makeover to a turtleneck, add a statement piece — it can be a skirt, a stunning jacket, or a quirky jewellery piece Turn to vibrant or multi-coloured turtlenecks to make winter fashion look edgy. Pair an oversized turtleneck with your favourite jeans and sneakers for a relaxed look. Layer a neutral-coloured turtleneck under a tailored blazer or a coat to ace the 'office chic' vibe A black or metallic turtleneck paired with a leather skirt and knee-high boots is the ultimate party combo To keep it sporty and athleisure, style a loose turtleneck with tights and chunky sneakers.

Pilates vs weight training: Which one helps you lose weight faster?



If there's one thing Bollywood icons like Kareena Kapoor Khan, Alia Bhatt, and Janhvi Kapoor all have in common in their fitness routines, it isn't a magical elixir for their youth and glamour - it's their dedication to Pilates. In the past few years, Pilates has become quite the buzzword in the fitness industry. Though in India, it is gaining prominence now, Bollywood celebs have been obsessed with pilates for some time now. But if you're not aware, let us give you a crash course. What exactly is Pilates? Pilates is a form of low-impact exercise that focusses on strengthening muscles and improving flexibility, balance, and posture. "The practice emphasises controlled movements, core strength, and proper alignment," says Dr Vipul Lunawat, a fitness expert and the founder-director of the Institute of Sports Science and Technology of Pune. Pilates has become the Bollywood favorite. Photo: Instagram/Dr Lunawat says that there are a few core principles of Pilates, like:

1. Concentration: Mindful engagement with each movement.
2. Control: Precision and mastery of your body's movements.
3. Centering: Focus on your core, often referred to as the "powerhouse".
4. Flow: Smooth, continuous movements.
5. Precision: Attention to detail in form and technique.
6. Breathing: Proper breath control to enhance movement and relaxation. From World War I to celeb favorite Meenal Pathak, tells India Today that Pilates was developed by Joseph Pilates in the early 20th century during World War I as a method to rehabilitate injured soldiers and dancers. "Today, it has become particularly relevant because of our sedentary lifestyles, poor posture, and long sitting hours, which often lead to issues like wrist pain, shoulder pain, and joint discomfort," says Meenal. According to her, Pilates is highly effective (for both men and women) for addressing these problems as it, focuses on improving mobility and flexibility, alongside other benefits. It works wonders for posture, core strength, and spinal health. Pilates is all about strengthening, lengthening, and protecting your spine, which makes it an excellent choice. Now, there are two ways of doing Pilates: mat Pilates (which is done with very minimal or no equipment) and the more famous and preferred one by celebs is the other type - which uses a machine called reformer. This reformer Pilates has not only made quite a buzz on social media, as they are preferred by not only Bollywood celebs but by also influencers. According to Meenal, "Mat Pilates is a fantastic way to start. It allows you to build strength and learn proper alignment without any tools. Small props like resistance bands can enhance the workout, but they're not essential." For those who want more variety, reformer Pilates uses machines with springs and straps to add resistance. Abhishek Bhadauria, Head Coach at MultiFit, notes, "The

essence of Pilates lies in core engagement, and that can be achieved with or without equipment."

Weight training and Pilates: which can help you lose weight faster?

Now, the question of the hour is, if you are trying to lose weight, which one can help to reach the goal faster, and which one should you prefer? We spoke to experts, and let's have a look at both of them in depth. 1. Calorie burn Weight training: A single high-intensity session burns more calories than Pilates and induces the afterburn effect (EPOC), where the body continues to burn calories post-workout. Pilates: While it generally burns fewer calories, advanced Pilates sessions incorporating faster transitions or reformer machines can boost calorie expenditure. 2. Muscle building and metabolism Weight training: Builds lean muscle, increasing resting metabolic rate (RMR) for long-term calorie burn. Pilates: Tones muscles and enhances functional strength, but its impact on RMR is less significant. Abhishek says, "Pilates excels in improving flexibility, balance, and core strength, making it an excellent choice for those seeking low-impact exercise or rehabilitation. Weight training, on the other hand, is ideal for building muscle mass and boosting metabolism. Ultimately, the best choice depends on individual goals and preferences." 3. Functional benefits Pilates: Excels in flexibility, balance, and posture, reducing injury risk. As Dr Lunawat, explains, "Pilates is crucial for mobility and flexibility, which are often overlooked in traditional strength training but are vital for long-term health and injury prevention. Weight training: Improves bone density and overall strength, which is essential for physical resilience and metabolism. Finally, as Jashan Bhumkar, fitness enthusiast, notes, "Both have their merits, but if Pilates motivates you to stay active, it's just as effective in the long term."

Which is faster for weight loss?

In simple terms, weight training has the edge for rapid weight loss, largely due to its calorie-burning potential and metabolic benefits. A 2019 study in the Journal of Strength and Conditioning Research found that resistance training significantly improves body composition by reducing fat while preserving lean muscle. Dr Lunawat adds, "A combination of weight training and a calorie-controlled diet is ideal for quicker results. But Pilates can play a complementary role, improving mobility and aiding recovery." Meenal says, "If your goal is to lose weight, you need to create a calorie deficit. Pilates tones and builds functional strength, but adding weight training will help preserve muscle mass."

Why not combine the two? For maximum benefits, a balanced routine combining Pilates and weight training is ideal. Dr Lunawat advises, "Strength training is crucial for athletes, but ensuring optimal flexibility and mobility is equally important to enhance performance and prevent injuries." For example, your weekly routine could include: 3 sessions of weight training to build muscle and boost metabolism sessions of Pilates for recovery, flexibility, and functional strength. The final word Choosing between Pilates and weight training depends on your fitness goals: However, the ultimate solution lies in integration. As Dr Lunawat says, "Fitness is not about choosing one over the other. It's about finding the balance that works best for you. Both Pilates and weight training have unique benefits, and together they can create a complete fitness regime." So, whether you're perfecting your deadlift or nailing a roll-up, remember: consistency and enjoyment are the cornerstones of a sustainable fitness journey!

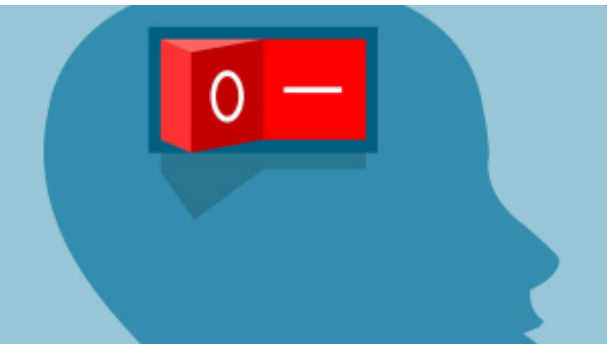
Indians need the right to disconnect

Soon after death of an EY employee in September, allegedly due to work pressure, MP Shashi Tharoor had said that he would raise the issue in Parliament. He said that "inhumanity at the workplace must be legislated out of existence." A recent report by The Hindu reveals that Indian women in professional jobs, such as auditing, Information Technology, and media, work more than 55 hours a week. The working hours vary for those who belong to the marginalised sections of society and work in the unorganised sector. According to a study by ADP Research Institute, 49% of Indian workers said workplace stress negatively impacts their mental health. As French politician Benoit Hamon said, "Employees physically leave the office, but they do not leave their work. They remain attached by a kind of electronic leash like a dog. The text, the messages, the emails colonise the life of the individual to the point where he or she eventually breaks down".

Right to disconnect lawsSuch tragic incidents, research, and statements highlight how the right to disconnect is an important right. It allows employees to disconnect from their employer outside of working hours. The Labour Chamber of the French Supreme Court ruled in 2001 that an employee is under no obligation to work from home or take home files and working tools. This decision was subsequently confirmed by the Cour de Cassation (the highest court in the French judiciary), which said, "The fact that [the employee] was not reachable on his cell phone outside working hours cannot be considered as a misconduct". Portugal has a Right to Disconnect law, which makes it illegal for employers to contact employees outside working hours, except in emergencies. Similarly, according to Article 88 of the Organic Law 3/ 2018 on the Protection of Personal Data and Guarantee of Digital Rights in Spain, "Public workers and employees shall have the right to switch off devices in order to guarantee that, outside of legal or conventionally established working hours, their time off, leave and holidays are respected, in addition to their personal and family privacy, with the aim of promoting a good work-life balance". This year, the Australian Parliament passed the Fair Work Legislation Amendment, which gave employees the right to disconnect from work outside of working hours. Ireland has also recognised the right to disconnect for employees.

Where does India stand?

India does not have specific laws recognising the right to disconnect from work. However, the Constitution, the Directive Principles of State Policy, and various judicial pronouncements have spoken of the right to work in a conducive and healthy environment. Article 38 of the Constitution mandates that "the State shall strive to promote the welfare of the people". Article 39(e) of the Directive Principles of State Policy directs the state to direct its policy towards securing the strength and health of its workers. The Supreme Court, in Vishakh v State of Rajasthan (1997), ruled that sexual harassment at the workplace violates fundamental rights, recognised the right to dignity at the workplace, and issued guidelines to ensure that there is a safe working environment for women and gender equality. In Ravindra Kumar Dhariwal and Ors v. Union of India (2021), the Court read Article 14 to include ideas of inclusive equality to reasonably accommodate persons with disabilities. Justice D.Y. Chandrachud said that an employer must consider an employee's individual differences and capabilities. In



India must recognise that the right to disconnect will increase productivity and ensure the overall growth and well being of employees and employers

Praveen Pradhan v. State of Uttaranchal (2012), the High Court of Uttarakhand held that "under the pretext of administrative control and discipline, a superior officer cannot be left to enjoy extreme liberty to make the intense humiliation and scolding inhumanly in front of all the subordinate staff members for a little lapse." Despite the clear recognition of the right to dignity at the workplace and a direction for employers to be sensitive towards mental health concerns, and also laws that fix accountability in the case of breaching working hours, violating dignity is unfortunately common in Indian workplaces.

Prolonged working hoursIn 2018, MP Supriya Sule introduced a Private Member Bill in the Lok Sabha, which delineated the right to disconnect from work after working hours. The bill included the provision of a penalty of 1% of the total remuneration of all employees to be paid by companies for noncompliance with its provisions. However, in recent years, there has been no significant legislative effort to recognise employees' right to disconnect from work outside working hours or to impose a duty on employers to be mindful of employee well-being and avoid overworking them. Research by Harvard Business Review shows that working prolonged hours causes stress, coronary heart diseases, and impacts overall health. Contrary to the widespread belief that overworked human beings bring in productivity, research by the University of Oxford in collaboration with British multinational telecoms firm BT found a conclusive link between happiness and productivity. Therefore, employers need to take into account psychological factors while dealing with employees. In its march towards becoming the third largest economy by 2030, India must recognise that the right to disconnect will increase productivity and ensure the growth and well-being of both employees and employers.

Vedanta shares plunge after US short-seller flags ‘unsustainable debt’



The shares of Vedanta Ltd plunged by as much 8.7 per cent to Rs 421 intraday, and that of Hindustan Zinc by 5 per cent to Rs 415, after Viceroy Research, a short-seller and US-registered financial research group, flagged the Vedanta Group for carrying “unsustainable debt”. The shares have recouped part of the losses since.The research group claimed that the Vedanta holding companies — Vedanta Resources Limited (VRL) along with intermediate holding companies above Vedanta Limited (VEDL) — resemble “a financial zombie” with “approximately \$4.9 billion in gross interest-bearing liabilities as of FY25” but “no significant operations of its own,” being “propped up entirely by cash extracted from” its subsidiary VEDL.

In a media statement, the Vedanta Group described the Viceroy report as “a malicious combination of selective misinformation and baseless allegations,” issued with the sole objective of creating false propaganda, and “without making any attempt to contact” the Group.“It only contains compilation of various information — which is already in the public domain, but the authors have tried to sensationalise the context to profiteer from market reaction. The timing of the Report is suspect and could be to undermine the forthcoming corporate initiatives,” the Vedanta statement said.Viceroy Research acknowledged it is a short seller and that it stood to profit if the Vedanta stocks fell as a result of its report. “As of the publication date of this report, you should assume that the authors have a direct or indirect interest/position in all stocks (and/or options, swaps, and other derivative securities related to the stock) and bonds covered herein, and therefore stand to realize monetary gains in the event that the price of either declines,” the Viceroy report said in a disclaimer.“To service its own debt burden, VRL is systematically draining VEDL, forcing the operating company to take on ever-increasing leverage and deplete its cash reserves. This looting erodes the fundamental value of VEDL, which constitutes the primary collateral for VRL’s own creditors... (and) drives the increase in the Group’s insolvency risk,” the report said.In a post on social media platform X, former Rajya Sabha MP and BJP national executive member Swapan Dasgupta said: “Is there a concerted attempt by dodgy US financial entities/ research organisation to undermine India’s corporates/ financial institutions? There are too many coincidences. I think the security agencies should investigate.” Is there a concerted attempt by dodgy US financial entities / research organisation to undermine India’s corporates/ financial institutions.? There are too many coincidences. I think the security agencies should investigate.

The Viceroy report pointed out that the Vedanta Group’s gross finance costs and effective interest rate rose consis-

tently from \$1.3 billion (7.2%) in FY21 to \$2 billion (13%) in 2025, while the Group’s gross interest-bearing liabilities fell from \$17.5 billion in FY21 to \$15.6 billion in 2025.However, the report noted that the Group’s cash and short-term investments have fallen from \$5.9 billion in FY21 to \$2.6 billion in FY25. “Net debt has increased, as cash and short-term investments have been depleted at a disproportionately higher rate than debt has been repaid,” it said.The report claimed that Vedanta’s “proposed demerger will merely spread the Group’s insolvency across multiple, weaker entities, each burdened with a legacy of impaired assets and unserviceable debt.”

Founded and chaired by Anil Agarwal, Vedanta Group is a global conglomerate, primarily focused on India. Listed on the Bombay Stock Exchange and the National Stock Exchange, Mumbai-based VEDL is a “uniquely diversified company across the natural resources spectrum.” VRL, the London-based holding company, was founded in 2003.According to a disclosure to SEBI on July 5, encumbrance over 220.5 crore equity shares of VEDL, representing 56.38% of the total share capital held by VRL through intermediate holding companies, was released following the full repayment of a \$200 million facility agreement, for which a no-objection certificate was received from Canara Bank London Branch on July 3.

Founded in 2016 by British short seller Fraser John Perring with Australian partners Aiden Lau and Gabriel Bernarde, Viceroy Research LLC claims to be an investigative financial research group registered in Delaware, United States. On its website, Viceroy says its research has raised red flags on many companies, including Wirecard, the German payment giant that filed for bankruptcy in 2020.Multiple “material quantitative and qualitative discrepancies” listed in the Viceroy report include claims that “Vedanta’s interest expenses vastly exceed its reported note rates, expenses across operating subsidiaries are systematically capitalized, and billions of dollars of disputed expenses are kept off-balance sheet and undisclosed in financial reports.”“Unsustainable” DividendsVEDL has paid “disproportionately large” dividends totalling \$10.7 billion (₹85,503 crore) since FY21, consistently exceeding its free cash flow and accrued \$5.6 billion free cash flow shortfall over the last 3 years, the report pointed out.Claiming that VRL’s financing needs dictate VEDL’s dividends, which are “funded not by free cash flow but by taking on more debt,” the report called this upstreaming process “highly inefficient” because “a significant portion of every dividend issued leaks to minority shareholders.”According to the report, VRL extracts hundreds of millions of dollars annually from VEDL and its subsidiaries through “brand fees” that lack any commercial justification and are “designed to bypass dividend leakage to minority shareholders, including the government of India.”In FY24 alone, the report said, these fees amounted to \$338 million, representing 37% of the net profit of VEDL and its subsidiaries. By comparison, it pointed out, Tata Steel’s brand fees are 0.25% of the turnover, capped at 200 crore (\$24.01m) “despite operating a brand with far greater public recognition and that is actually being used.”According to Viceroy, VRL uses loans from VEDL subsidiaries to aggressively purchase more VEDL stock in “blatant violation of the Companies Act.” Also, over \$122 million of the loan was “written off” and never repaid to VEDL, said the report.

Chinese economy to top \$19.5 trillion this year, says state planner

The size of China’s economy will exceed 140 trillion yuan (\$19.5 trillion) this year, the head of the state planner said as policymakers look to steer the country beyond the current five-year policy plan, which concludes at the end of 2025. The world’s second-largest economy is grappling with a prolonged trade war with the United States and persistent deflationary pressures.“Looking back at the 14th five-year plan period, the challenges encountered were greater than expected, but the achievements exceeded expectations,” Zheng Shanjie, chair of the National Development and Reform Commission, said at a press conference.



Zheng highlighted progress made under the 2021–2025 five-year plan, which focuses on key priorities such as economic development, technological innovation, green transformation, and improvements in people’s livelihoods.

In its 14th five-year plan released in 2021, China dropped a specific gross domestic product growth target for 2021–2025, but has continued to set annual growth targets during the plan period, with the goal for 2025 set at around 5%.The economy grew at an average annual pace of 5.4% from 2021 to 2024, despite the impact of COVID-19, official data showed.Zheng said China has built the world’s largest and most comprehensive manufacturing sector, strengthening its industrial and supply chains and

boosting confidence in the country’s ability to handle various risks and challenges.Foreign technology curbs would only strengthen China’s self-reliance and its capacity to be innovative, Zheng added.Officials at the briefing offered no details on the 15th five-year plan, as Chinese leaders are still gathering proposals for the blueprint, which will outline national priorities through 2030.Chinese government advisers are stepping up calls to make the household sector’s contribution to broader economic growth a top priority at Beijing’s upcoming five-year policy plan, as trade tensions and deflation threaten the outlook.

Apple names India-born Sabih Khan as COO: Moradabad-born techie succeeds Jeff Williams

Sabih Khan holds a dual bachelor’s degree in economics and mechanical engineering from Tufts University. (Photo: X/@SabihKhanApple)Sabih Khan (second from left) holds a dual bachelor’s degree in economics and mechanical engineering from Tufts University. Apple Inc. has announced a major leadership change, naming India-born Sabih Khan as its new Chief Operating Officer (COO). Khan will succeed longtime executive Jeff Williams later this month, as part of a planned succession strategy under CEO Tim Cook.



Khan, currently Senior Vice President of Operations, has been with Apple since 1995 and is widely credited with transforming the company’s global supply chain. Since 2019, he has led Apple’s operations team, overseeing manufacturing, supplier responsibility, and environmental sustainability initiatives across the globe. As COO, Khan will be number two in the tech firm below Tim Cook.All about Sabih Khan’s education and career

The 58-year-old executive was born in Moradabad, Uttar Pradesh, in 1966 and moved to Singapore during his school years. He holds a dual bachelor’s degree in economics and mechanical engineering from Tufts University of the US and a master’s degree in mechanical engineering from Rensselaer Polytechnic Institute. Sabih has played an important role in delivering each of Apple’s innovative products to market. Prior to Apple, Sabih worked as an applications development engineer and key account technical leader at GE Plastics.Khan’s promotion marks a significant milestone in Apple’s leadership evolution. His deep operational expertise and long tenure within the company make him a natural successor to Williams, who will retire after

nearly three decades of service. Appointed Chief Operating Officer in 2015, Jeff Williams expanded Apple’s global operations while also spearheading the development of the Apple Watch and laying the foundation for the company’s growing focus on health technologies.

Apple, headquartered in Cupertino, California, is a global technology powerhouse known for its flagship products, including the iPhone, iPad, Mac, Apple Watch, and AirPods. The company also offers a suite of software platforms — iOS, macOS, watchOS — and services such as the App Store, iCloud, Apple Music, and Apple TV+. It has a market capitalisation of around \$3.28 trillion.Founded in 1976 by Steve Jobs, Steve Wozniak, and Ronald Wayne, Apple has grown into one of the most valuable and influential companies in the world. It is listed on the NASDAQ under the ticker symbol AAPL and continues to shape the consumer electronics and digital services landscape.

Prioritising emotional and mental well-being in marital relationships



Relationships are constantly evolving—some flourish, others fade. Intimate partnerships, especially within marriage, are known for their inevitable highs and lows. Many couples eventually find themselves coexisting without the comfort of true companionship or the resolution of closure, as love’s initial spark dims into quiet routine. This emotional stagnation can leave partners searching for traces of affection in what was once familiar, now shadowed by exhaustion and doubt.Social and intimate connections play a vital role in mental health and well-being. A healthy intimate relationship can help keep an individual happy, grounded and well balanced, whereas a relationship that is unhealthy can take a serious toll on mental health. A relationship that has silently “paused” often shows subtle but consistent patterns of emotional withdrawal. These signs indicate that partners

may be coexisting rather than truly connecting:

A children-centric life: Partners live “for the kids”, making them the sole focus of the relationship. Conversations, decisions, and daily routines revolve only around children, leaving no space for the couple’s bond.An emotional shut-down: Only surface-level emotions (anger, frustration, or sadness) emerge— there is no joy, affection, or vulnerability. One or both individuals distance themselves emotionally, avoiding deep conversations or intimacy.Avoidance & passive waiting: Issues remain under the carpet—neither partner initiates a resolution. One waits for the other to bring up separation, signalling disengagement from the relationship. A sense of “let life be like this” resignation sets in.A functional, not emotional, connection: Communication becomes transactional (e.g., bills, chores, kids’ schedules). There is no effort to rebuild friendship, companionship or intimacy.External validation over internal repair: More energy is spent pleasing outsiders (e.g., portraying a “perfect couple” image) rather than on fixing the relationship. Time and emotions are invested elsewhere (work, friends, hobbies)— but not in the partnership.Silence after the storm: Some couples stop fighting not because they’ve resolved issues, but because they’ve given up. Monotony, boredom, and emotional loneliness replace conflict—a sign of complete disengagement.

When intimacy fades, so too can faith in the relationship, leaving people to question whether love has simply run its course. Yet even in disconnection, there remains hope—rediscovering what binds two people together is possible, though not every couple succeeds. The path back to each other requires courage, honesty, and a safe space to reflect, share, and ultimately choose: to reignite what was lost, to part with kindness, or to simply pause and acknowledge where the couple stands. The beauty of love lies not in its permanence, but in its capacity to transform—whether together or apart.A “paused” relationship isn’t always loud with fights—it’s often quiet with neglect. Recognising these signs early allows couples to choose between reconnection or honest closure, ultimately contributing to a healing journey where both individuals’ mental and emotional health is prioritised. “A paused relationship isn’t broken—it’s waiting for someone to press ‘play’ again.”

Is your blood sugar high despite having zero maida, multigrain bread, diet snacks? Learn to track hidden carbs in sugar-free foods



One of my patients was at the crossroads. She said she had completely switched over to eating healthy. She was having multigrain bread for breakfast, nut butter for good fat, diet snacks and low-fat, zero maida biscuits at work. Still there was no difference in her blood sugar level readings. What was stalling the sugar?When people talk about eating healthy, they often focus on calories, fats or protein. But one key component often slips under the radar — hidden carbohydrates, especially in the form of added sugars or simple starches that behave like sugar in the body. Even foods labelled “healthy,” “low fat,” or “natural” may carry a surprising carb load that can affect blood sugar levels, weight and metabolic health.Carb Confusion in Healthy Foods

On a nutrition label, watch out for added sugars that do not naturally occur in the food (like lactose in milk or fructose in fruit) but are added during processing. The added sugars may not always be mentioned clearly but hidden under names like maltodextrin, fructose syrup, corn syrup

solids, brown rice syrup, invert sugar, agave nectar and cane juice. These may not sound like “sugar,” but they raise blood glucose levels rapidly. Worse, food manufacturers often split sugars into multiple types so they don’t appear first on the ingredient list, masking how much sugar is actually present.Granola and Muesli: Marketed as a high-fibre breakfast, many granola mixes contain added honey, dried fruits soaked in sugar, or sweetened puffed rice. A single serving may contain 20–30g of carbs, most from sugar.Flavoured Yogurt: Low-fat or fruit-flavoured yogurts often compensate for fat loss by adding sugar. A 150 g pack can carry 18–25g of sugar — as much as a dessert.Packaged Juices and Smoothies: Even “no added sugar” juices are concentrated sources of natural sugars without the fibre of whole fruit. Blended fruit smoothies also spike carbs fast.Energy Bars and Protein Bars: These come loaded with honey, syrups and dried fruits. A typical protein bar can contain 15–25g of sugar or sugar substitutes.Brown Bread or Multigrain Bread: Often made with refined wheat flour and a sprinkling of other grains, these can be high in starch and even have added sugar to enhance taste and shelf life.Nut Butters: While plain peanut butter is fine in moderation, many store-bought versions (especially low-fat or flavoured ones) contain added sugar, molasses or corn syrup.Read the label carefully. Look beyond “calories” and check total carbohydrates and sugars. Choose whole foods. Watch portion sizes. Even healthy carbs like brown rice or dal can spike sugar in large amounts. Use the “less than 5 g sugar” rule. For packaged food, try choosing items with under 5 g of sugar per serving. Be ingredient-savvy. Learn the 50+ names sugar hides behind.

Indian drug regulator recommends flushing 17 expired medicines, including painkillers and anxiety drugs — Here’s why it matters



Improper disposal of medicines can contaminate the soil and water, which can be detrimental to the health of humans, animals as well as the environment.Improper disposal of medicines can contaminate the soil and water, which can be detrimental to the health of humans, animals as well as the environment. (File photo)What do you do with expired tablets and syrups lying in your medicine cabinet? If you have been throwing them along with the household waste, then know that practice can be dangerous and lead to environmental pollution. That’s why the country’s apex drug regulator has asked state drug control departments and chemist and druggist associations to set up ‘drug take-back’ sites where people can drop the expired or unused drugs.

The Central Drugs Standard Control Organisation (CDSCO) has issued a guidance document on how to safely dispose of drugs. It has even listed 17 high-risk drugs — including painkillers and anxiety medications — that should be flushed down the toilet to prevent harm to humans, animals and the environment.Why is it necessary to return unused or expired drugs to such “take-back” centres?

Improper disposal of medicines can contaminate the soil and water, which can be detrimental to the health of humans, animals as well as the environment. Improperly throwing away unused or expired antibiotics can drive up antibiotic resistance in the surrounding areas. When thrown with household waste, children or scavengers may also come in contact with these medicines. Importantly, improperly disposed expired medicines may be diverted back to markets for resale or misuse.While most drugs become less effective past their expiry date, some may lead to adverse reactions as well.The guidance document lists 17 drugs that should be flushed down the toilet or sink if not being used or have expired. These medicines may be especially harmful — sometimes fatal — if used improperly and by those who have not been prescribed them. The flush list has been prepared to immediately dispose of these medicines in order to prevent danger to people or pets in a household.Most of the drugs on the list are strong pain

medications called opioids that are used for pain management in cancer patients or those with severe injuries. These include natural opioids such as morphine and synthetic opioids such as fentanyl and oxycodone. The list also includes methadone, which is used for replacement therapy in people addicted to opioids such as heroin. Other drugs on the list are anti-anxiety medicines such as diazepam, ADHD medicine such as methylphenidate and the central nervous system depressant such as sodium oxybate used for the treatment of narcolepsy (a chronic sleep disorder).The guidance document lists specific methods for disposing of different types of medicines. Solid, semi-solid and powder drugs can be sent to the landfill, provided it does not make up more than one per cent of the daily municipal waste. Other than that it can be encapsulated (putting the drugs in a steel or plastic drum and filling the remaining space with materials such as cement, cement-lime mixture, plastic foam or bituminous sand), incineration (where the pharmaceuticals are mixed with lime, cement and water to form a paste that can be allowed to solidify with municipal waste), or it can be sent for medium to high temperature incineration. Liquid medicines, other than cancer drugs, can be diluted and thrown down the drain. Radioactive drugs have to be buried deep underground.These measures are mainly the responsibility of the manufacturer, who is supposed to take back all unused and expired medicines from the retail stores.

Why even with Jasprit Bumrah’s return, Shubman Gill’s team can’t afford to let guard down against England



GNS News Agency, July 17

Unfiltered excitement to watch Shubman Gill bat, unequivocal anticipation to witness Jofra Archer’s return to bowl. The series level, no clear patterns or obvious favourites. The India-England Test at Lord’s isn’t a hard sell anyway but this one has characters, context and an unusual chaos to manage last-minute tickets.India and England come to Lord’s for the third Test with a mixed taste in the mouth – having alternately experienced a bitter defeat and sweet success. It can be argued that India, after their 336 run-win in the second Test, have an edge. So did England after India’s Headingley heartbreak in the opening Test. But they couldn’t make it 2-0.

This is a series of new beginnings and teams moving on from the past. This is also a series that busts the momentum myth. As England might have realized, nosing ahead proved to be a momentary high. In this Wimbledon season, the home team’s 1-0 lead proved nothing more than ‘advantage’ that got negated by a quick ‘deuce’. The visitors came up with a resounding return winner pretty quickly.India needs to be careful, it could very well be ‘deuce’ again. England can go for the lines or India are known to commit unforced errors.

England faces a similar dilemma that confronted India before the second Test. Which spinner do they play? After hyping the 21-year-old off-spinner Shoaib Basheer, there has been a sudden change of heart.When Basheer foxed Rishabh Pant with a subtle change of pace and flight and got him caught at long-on, he was seen as a quick learner taking rapid strides towards greatness. He did take a few wickets but conceded lots of runs.Now, they are asking that one question that all Test-specialist bowlers dread these days: Can he bat? No, he can’t. That means he awaits the same fate as Kuldeep Yadav, being on drinks duty. Washington Sundar’s wicket of Ben Stokes on the final day of the last Test has sealed the spot for him.Basheer’s possible replacement could be all-rounder Jacob Bethell. IPL enthusiasts would remember him as the efficient left-arm spinner who bowled in the powerplay and played smashing cameos as the floater top of the order.This is a strange series,

2026 FIFA World Cup to be most climate-damaging ever, says report

GNS News Agency, July 17

After Qatar, Saudi Arabia will host the FIFA World Cup . (AP Photo)The FIFA World Cup trophy is displayed on the pitch ahead of the World Cup final between Argentina and France at the Lusail Stadium in Lusail, Qatar. A scientific journal has released a report stating that next year’s Fifa World Cup is set to be the most climate-harming ever in the 95-year history of the tournament.

Scientists for Global Responsibility (SGR) have calculated the greenhouse gases that will likely emit in and around the tournament. The increase in teams from 32 to 48, as well as the size of the three host nations and the travel involved in all was a significant factor.The group claims that nine million tons of carbon dioxide equivalent will be generated ‘driven by a high reliance on air travel and significant increase in the quantity of matches.’SGR also said in the report that this was almost double the average of the last four World Cup’s and significantly above the 5.25 million tons of CO2e produced during the 2022 Qatar World Cup. The report was produced with Sport for Climate Action Network and the Environmental Defence Fund.Fifa has previously committed to achieving a fifty percent reduction in emissions by 2030 and then a net zero state by 2040.Fifa in the past has acknowledged the effect of football tournaments and said that it had devised various ways to bring their emissions down. “On the environmental side, green-

that at least from the scoreboard, looks like a run-making race but also provides those limited periods of play when the bowlers get the spotlight. And it is those short phases when wickets fall in clumps — after unending hours of dominating batting – that decide the game. Refer to those pulse-racing spells of Akash Deep and Mohammed Siraj.If the questionable reading of pitches by experts is to be believed, Lord’s will be consistently kind to bowlers, unlike the unpredictable moodiness of Headingley and Edgbaston. From a distance, the pitch looks brownish green – the ambiguous colour code that comes with the promise of both runs and wickets.The return of Jasprit Bumrah, and the anticipation to watch him bowl with Siraj and Akash Deep, is one reason for the usual queue from St John’s Wood tube station to Lord’s getting longer. Like everything, this too comes with a dilemma. Who will bowl from which end?It is said, first timers at Lord’s take time to adjust to the slope that cuts the ground horizontally. In case one walks from point to fineleg, with the bowler bowling from pavilion end, it’s all downhill with the storied surface of the hallowed ground sinking on one side. This is what makes the in-coming ball to the right-hander sliding in much more.

Bumrah is a master of ball-control, he can adjust, manage to take full advantage of the slope, making his incoming ball deadlier. Akash Deep and Siraj too do their nip-backers spectacularly. As the second and third bowlers of the Indian pace attack, they too wouldn’t mind this extra fillip. Or will it be suitable for them to take the anti-slope end and bowl under conditions they are used to?England are at their Home of Cricket and they have with them Chris Woakes, a pacer that historically does well at Lord’s. He has 32 wickets from 7 Tests and he also scored 137 against India during the 2018 series. With the focus on Archer and his return, India could be surprised by Gus Atkinson, who has been included in the Test keeping in mind the workload on their pacers, who have been tired of bowling to Shubman, who scored a record 430 runs in the Test.The overnight success of Akash Deep has raised the pace bowler’s stock in England. Media reports are extolling the team to go with a Woakes, Archer and Atkinson trio and blow away India at Lord’s.It wouldn’t be easy since the Indian batting line-up are in the form of their lives. Yashasvi Jaiswal, KL Rahul, Shubman, Pant have had near hundreds, hundreds, daddy hundreds, double hundreds and two hundreds in each innings. But then Lord’s is uniquely different. Forecast says Thursday, unlike the mostly sunny series, can be a new chilly day.India needs to be prepared. They need to remind themselves that winning momentum is a myth. Recall the start of the opening BGT Test at Perth. It was the game the then captain Rohit Sharma had missed and the team was led by Bumrah. Bumrah took 5 wickets, there were 100s from Jaiswal and Virat Kohli and India won the Test. The momentum was India’s but they went tumbling down after that as the ball rolls on the Lord’s slope.



house gas emissions have been assessed and mitigated, waste has been substantially reduced and tonnes of material have been recycled and diverted from landfill, and stadium construction and operations have been certified according to green building standards,” Fifa has said in the past. But their efforts and figures have been questioned, as was the case in 2023 when a Swiss regulator called the premier body of football out for making unsubstantiated claims.In the original bid, the three countries had claimed that 3.6 million tons would be the figure of CO2e. But that figure was made with 80 games in mind as the plans to expand the World Cup only came about later.

ICC Rankings: Shubman Gill rises up to career-best position in Test batters’ list after Edgbaston heroics

GNS News Agency, July 17

GillIndia’s captain Shubman Gill celebrates after their win against England on day five of the second cricket test match at Edgbaston in Birmingham, England,

India skipper Shubman Gill broke into the Top 10 of the ICC men’s Test batting rankings for the first time in his career, courtesy of his brilliant performance in the England vs India 2nd Test at Edgbaston. Gill smashed 269 and 161 in the game, becoming only the second player in history to score more than 150 in both innings of a Test, helping India soundly defeat the hosts by 336 runs to level the five-match series 1-1.The victory in Edgbaston was the 25-year-old’s first win as a captain for India in the longest format which also helped him jump 15 places to a career-best No.6 in the rankings. Before this, his best rank was 14th which he achieved in 2023. In the ongoing series, he has already notched up 585 runs with three Tests still to play.In ODIs, Gill continues to lead the batting chart, while Sri Lanka’s Charith Asalanka (up to sixth) and Kusal Mendis (up 10 spots to 10th) made strides after their 2-1 series win over Bangladesh. Wanindu Hasaranga jumped 11 places to eighth in the ODI bowling rankings after taking nine wickets in the series. A change at the top of the Test batter rankings following the completion of the second Test between England and India at Birmingham ??Among bowlers, Jasprit Bumrah remains the top-ranked player in Test cricket despite missing the Edgbaston game to manage his workload.Mohammed Siraj moved up six spots to 22nd after a good outing, while West Indies quicks Shamar Joseph and Alzarri Joseph also made gains.Meanwhile, England’s Harry Brook has reclaimed the number 1 spot in the Test batters’ rankings after scoring 158 in the first in-



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nings at Edgbaston.

Joe Root slipped to second, 18 points behind Brook, while New Zealand’s Kane Williamson is third.India’s Yashasvi Jaiswal is placed fourth, and Australia’s Steve Smith is fifth. Gill is now only 79 rating points behind Brook.England wicketkeeper Jamie Smith also achieved a career-best ranking, climbing 16 places to break into the top-10 after scoring 184 not out and 88 in the second Test against India.South Africa’s Wiaan Mulder rose 34 places to 22nd following his unbeaten 367 against Zimbabwe. Mulder also moved up to third among Test all-rounders, with India’s Ravindra Jadeja still leading the pecking order.

Red Bull fires Christian Horner after 20 years amidst team crisis, names Laurent Mekies as new CEO



GNS News Agency, July 17

In a shocking development, Red Bull Racing CEO and Team Principal Christian Horner was sacked from his role with immediate effect on Wednesday, with Racing Bulls team boss Laurent Mekies set to take over.Horner has been in charge of Red Bull since 2005 and has held the same role for 20 years, leading them to six Constructors and eight Drivers’ Championships.“Red Bull has released Christian Horner from his operational duties with effect from today and has appointed Laurent Mekies as CEO (chief executive) of Red Bull Racing,” read the statement released by Red Bull confirming his exit.

Horner’s exit comes at Red Bull’s lowest competitive point in years, with the team currently sitting in fourth place in the constructors’ championship, a staggering 288 points behind leaders McLaren, while star driver Max Verstappen sits 69 points adrift of Oscar Piastri in the drivers’ standings following another disappointing weekend at Silverstone

Yuvraj Singh on Shubman Gill: I am very proud of him and I am sure that his father will also be very proud

GNS News Agency, July 17

After losing the first Test in Leeds, India bounced back emphatically in the second Test at Edgbaston. Shubman Gill, who has taken the reins as the new Indian captain, not only excelled in the second Test with the bat by scoring 430 runs also his captaincy decisions on the field and the selection calls did show positive results.“Shubman Gill did amazing captaincy and batted really well. I am very proud of him and I am sure that his father will also be very proud...I am very impressed...I hope that he goes on to make a lot of centuries in international cricket,” said former Indian cricketer Yuvraj Singh speaking to ANI.In addition to Gill scoring 430 runs in the Test match, Akash Deep, who has come into the side in place of Jasprit Bumrah, has picked up 10 wickets in the match. “The overall performance of the Indian team was outstanding. Mohammed Siraj and Akash Deep bowled amazingly. Ravindra Jadeja and Rishabh Pant batted well...I am also very happy for Akash Deep as his sister is recovering from cancer. I will give him a huge hug when I meet him,” said Yuvraj.Shubman Gill could have broken Brian Lara’s record

Gill looked in sublime form in the first innings of Edgbaston Gill piled on a 269-run marathon innings. The pitch was conducive to batting, and Gill looked in the zone to pile on a mammoth total. Former England cricketer Stuart

where the Dutchman could only manage fifth after starting from pole position – a far cry from the team’s dominant 2022-23 form that saw them win 21 of 22 races in one record-breaking season.The Briton’s departure from Red Bull follows a period of turmoil that saw the once-dominant team engulfed in controversy both on and off track. It began with allegations against Horner of inappropriate behaviour in February 2024, the claims he consistently denied and which were eventually dismissed after an internal investigation. Red Bull also saw a mass exodus of key technical personnel, including legendary designer Adrian Newey and sporting director Jonathan Wheatley.“With his tireless commitment, experience, expertise and innovative thinking, he has been instrumental in establishing Red Bull Racing as one of the most successful and attractive teams in Formula 1. Thank you for everything, Christian, and you will forever remain an important part of our team history,” he added.The current Racing Bulls Racing Director, Alan Permane, will be promoted to Team Principal at the sister outfit.

“The last year and a half has been an absolute privilege to lead the team with Peter [Bayer, Racing Bulls CEO],” said Mekies.“It has been an amazing adventure to contribute to the birth of Racing Bulls together with all our talented people. The spirit of the whole team is incredible, and I strongly believe that this is just the beginning.“Alan is the perfect man to take over now and continue our path. He knows the team inside out and has always been an important pillar of our early successes.”Horner has been part of Red Bull’s dominance in F1, with Sebastian Vettel and the team winning four consecutive drivers’ and constructors’ championships from 2010-2013 and Max Verstappen winning the last four drivers’ championships from 2021-2024.



Broad said Gill looked like he could break Brian Lara’s highest individual Test score of 400.“I think India were ten out of ten. Sometimes in Test match cricket, when you get such a one-sided result, it’s easy to be critical of the other team which is England at this time, but India were just superb. Shubman Gill 269, honestly it looked like he could have got Lara’s record. He was just cruising. It didn’t look like anything could trouble him. Goodness me that move to four, spent most of his career opening the batting, moved to number four since Kohli has retired and gone to a hundred, big double, big 150. Looks like he’s got no weaknesses at all,” Broad said, speaking on the For the love of cricket podcast.

YouTubers Angryginge, Chazza and SamHam detained for allegedly causing damage to F1 car at British Grand Prix



GNS News Agency, July 17

YouTuber Angryginge, whose actual name is Morgan Burtwistle, has been arrested by the Northamptonshire police with other YouTubers “Chazza” and “SamHam” on suspicion of causing damage worth of 30,000 pounds to a F1 car at Silverstone (A village West of Northamptonshire) which has been at display as part of British Grand Prix.“On Friday, July 4, Northamptonshire Police received a report that a classic Formula 1 car on display at Silverstone Circuit during the British Grand Prix event had sustained several thousands of pounds worth of damage, which was alleged to have been caused by someone accessing the dis-

play stand and climbing into the vehicle,” said a policeman as per Daily Star.

“Officers carried out initial inquiries, and suspects were identified. Three men, aged 23, 25 and 27, were arrested on suspicion of causing criminal damage to a vehicle and taken into police custody,” the Policeman further added.“A Silverstone spokesperson said they had issued a trespass notice and banned the trio from the Grand Prix,” quoted the English publication The Telegraph.The video circulated on social media showed Chazza’s real name is Charlie Clark, entering the cockpit of an F1 car, which is on display in Silverstone. “I think the suspension on the car has just gone,” said Angryginge on the video.Post the incident the three of them were held in a cell, and were released with no further action taken. “

I’m genuinely traumatised,” Angryginge told followers. “For sitting in a car, they got us, you don’t do that at F1.“They locked us up for watching somebody else sitting in a car – they locked SamHam up for watching somebody else sit in a car. They locked Chazza up for sitting in a car, criminal damage, they tried to say. 30 grand, they tried to say...” said Angryginge.Angryginge is one of the most popular streamers in the UK and has featured at Baller League, a shorter form of football with emphasis on streaming and integration of celebrities,” quoted the Telegraph.

Karan Singh becomes India’s No. 2 tennis player with career-best ATP ranking

GNS News Agency, July 17

Hyderabad: Roundglass Tennis Academy’s Karan Singh has climbed to a career-high ranking of World No. 426 in the latest ATP Rankings, making him the second ranked Indian singles player, just behind India’s No.1 Sumit Nagal (World No. 307).With an 11-place jump from 437, Karan has claimed the No. 2 spot among Indian men in the ATP singles standings. This ranking leap comes on the back of an impressive run of form for the 22-year-old, who has featured in three consecutive ITF World Tennis Tour M15 finals between May and June 2025, winning his maiden ITF title in Tehran, Iran, against Aleksandr Lobanov in straight sets 7-6, 6-2, and finishing runner-up in the other two at Tehran and Tashkent, Uzbekistan.

Karan has been steadily progressing since his Davis Cup debut win for India in February 2025, where he helped the team seal a 4-0 win in the World Group I Playoff. He is currently part of the ATP Challenger Tour swing in India, using these higher-tier tournaments to push toward further



ATP ranking gains.Most recently, Karan competed in the ITF World Tour M25 tournament in Monastir, Tunisia, where he delivered a gritty performance to reach the quarterfinals. He narrowly lost to Italy’s Fabrizio Andoloro in a thrilling three-set match: 6-4, 6-7(5), 6-7(7).

Sanjeev Kumar ‘numbered’ his girlfriends, feared gold-diggers; died without home or wife after failed relationships with Hema Malini, Shabana Azmi



Sanjeev Kumar's life story is nothing short of a film. Coming from a middle-class Gujarati family in Surat, Gujarat, Sanjeev was among the few aspiring outsiders who made it big in the Hindi film industry. Though he may not have enjoyed the same popularity as his contemporaries like Dilip Kumar, Rajesh Khanna, and Shatrughan Sinha, he earned a cult following through character-driven performances in films like Khilona, Aandhi, Mausam, Namkeen, Koshish, Anamika, and more. He was also one of the rare actors who didn't shy away from experimenting with roles early on, even playing older characters in films like Trishul and Sholay while still in his 30s. While his fans fondly remember his powerful on-screen presence, Sanjeev's personal life also remained in the spotlight. The actor was popular among women, and he didn't shy away from admitting it. In an old interview with Filmfare, actor Anju Mahendroo, who shared a close friendship with Sanjeev, recalled how the actor used to number his girlfriends. She said, "Whenever he was seeing a girl, he'd share it with me. We had numbered his girlfriends 1, 2, 3... He'd call up and say, 'Number 3 called me up today and number 9 reacted in this manner'." Sanjeev was linked to many actresses in his lifetime, including Saira Banu, Hema Malini, Jayshree T, Shabana Azmi, and Sulakshana Pandit. However, his love story with Hema Malini drew the most attention. At the time, Hema had many suitors — Jeetendra wanted to marry her, and so did Dharmendra. She grew close to Sanjeev on the sets of Seeta Aur Geeta (1972), and the actor expressed his desire to marry her. However, Sanjeev's condition that she stop working after marriage ended their relationship. "The cultural difference did not pose a hurdle, but Hema Malini's film career became a bone of contention," the book An Actor's Actor mentions.

Actor Sulakshana Pandit was deeply in love with Sanjeev Kumar, opposite whom she made her acting debut in Ulihan (1975). She even proposed marriage to Sanjeev, but he turned her down, as he was in love with Hema at the time. His rejection reportedly left Sulakshana heartbroken, and she never married. Sanjeev was also infatuated with Shabana Azmi and knew she had a fondness for him too. However, due to religious differences and his mother's disapproval of having a Muslim daughter-in-law, he never pursued the relationship. In an interview with Vijaya Irani in the December 1979 issue of Star & Style, he said, "I knew Shabana for a longer period than I had known any other girl in films. What she felt for me that time must've been mere puppy love, but it could have culminated in an alliance with me if my mother had not put her foot firmly down. My mother, tolerant in other respects, was adamant about her refusal to accept a Muslim bahu."

Sanjeev's makeup artiste Sarosh Mody summed up the actor's tragic love life in an interaction in 1982. He said, "Every woman whom Sanjeev loved and yearned for, ditched him, leaving him high and dry. His ego is terribly hurt. Sanjeev is suffering from some kind of a complex. Luck has never been in his favour." Sanjeev was afraid that women were only after his wealth. While Sanjeev had many relationships, he never truly trusted the women in his life — partly due to heartbreak and partly because of what people around him made him believe. Anju Mahendroo once revealed how he became wary of women, suspecting they were only interested in his money. She said, "I don't know whether he kept falling in love, or women kept falling in love [with] him. But there were lots and lots of women around him all the time. He was charming, he had a wonderful smile. They tried wooing him by sending him dabbas. Some women were genuinely in love with him. But he believed they were after his wealth, which was so sad because at the end of the day he had neither a home nor a wife." Sanjeev was known for his fondness for food and alcohol. The actor never cared much for maintaining a fit physique. After suffering a heart attack, he underwent bypass surgery and significantly reduced his alcohol intake. Recalling a meeting with Sanjeev during that phase, Anju shared, "He had stopped going out to prevent himself from eating and drinking. He was aware that premature death ran in his family what with an inherited congenital heart condition. He'd keep saying that in his family, the men didn't live beyond 50." Apart from longing for a life partner, Sanjeev also dreamed of living in a house of his own. Towards the end of his life, he managed to buy a large property. However, due to a legal dispute within the seller's family, he was never able to claim ownership of it. Sanjeev Kumar passed away after suffering a heart attack in 1985 at the age of 47, without fulfilling his two dreams — spending life with a wife and owning a home.

Kajol believes that Ibrahim Ali Khan needs to ‘unlearn’, ‘reinvent’: ‘It’s a do or die situation’



Bollywood star Kajol says star kids now face the pressure of delivering immediate results rather than being given space to grow as actors. The actor, who is the daughter of yesteryear star Tanuja and one of the most

successful female stars of her generation, said she had the space and time to grow. "Trolls will criticise you whether you have parents who are well-known or not. But we listen to them a little more when they're talking about somebody whose parents are well-known, maybe. "We had that chance to grow; we were given that time, or maybe enough films, to grow and to become who we are. Today it's almost like a do-or-die situation for them, and for this, they're very well prepared. I have to give them that. But we can be a little kinder," Kajol told PTI.

The 50-year-old actor will be seen playing the role of a mother to Ibrahim Ali Khan, son of Saif Ali Khan, in the upcoming movie Sarzameen. Ibrahim was trolled badly for his debut performance in Nadaaniyan. "Reinvention" is the key for actors to evolve continuously, Kajol said. "For actors, it's necessary to understand that you have to unlearn everything that you have learnt earlier and keep doing new things, whatever they may be." Despite these challenges, Kajol commended the current crop of actors and said they are seeking longevity not just through acting but by engaging in different ventures. "Longevity now means something else. So, my kind of longevity may not be there. But in this day and age, the great thing about all these actors is that they will keep coming up with different kinds of films, and they will do other things as well, along with it (acting). It won't only be about movies for them. So, their longevity might not be limited to movies," she said. Kajol was last seen in Maa, a mythological horror film directed by Vishal Furia of Chhorii fame.

Pakistani actor Humaira Asghar Ali, 32, found dead in apartment after landlord alleged unpaid rent since 2024, police says ‘advanced stage of decomposition’

Pakistani actor, model, and reality TV star Humaira Asghar Ali was found dead in her apartment in Karachi on Tuesday. According to a report in Dawn, the actor was living on rent, and her decomposed body was discovered after the authorities broke the locks to enter the property. Humaira's body has been shifted to a medical centre for a post-mortem examination. A police official, South DIG Syed Asad Raza, confirmed the news to the website, saying that the 32-year-old actor was found dead in her rented flat located on the fourth floor of a building in Ittehad Commercial, Phase VI. The DIG also shared that Humaira's body had been lying in the apartment for several days. However, police surgeon Dr. Summaiya Syed stated that the body was in a "very advanced stage of decomposition."

The police sprang into action after Humaira's landlord filed a police complaint, accusing her of not paying rent since 2024. The court then ordered the flat to be vacated. It was only after the court's order that the police entered the flat and discovered Humaira's body. The police are not suspecting any foul play in the matter, as all the doors of the apartment were locked from the inside. The news of Humaira's death comes shortly after another Pakistani TV actor, Ayesha Khan, was found dead last month in her apartment. Humaira's last Instagram post dates back to September 30, 2024. She had been absent from social media for the past nine months. The post was a collection of photos of herself, where she was seen posing in a beige and orange salwar kameez.

Humaira Asghar Ali was born in Lahore. She received formal training in Visual and Performing Arts at the National



College of Arts (NCA) in Lahore and the College of Art & Design (PUCAD). She began her modelling career in 2013 and later ventured into the television industry. She played supporting roles in shows like Just Married, Ehsaan Faramosh, Guru, and Chal Dil Mere. She also appeared in films like Jalaibee (2015) and Love Vaccine (2021). She gained popularity after joining the reality TV show Tamasha Ghar, which aired on ARY Digital.

‘Elated’ Rajkummar Rao and Patralekhaa confirm pregnancy after 15 years of togetherness



Rajkummar Rao and Patralekhaa took to their social media handles on Wednesday to announce their pregnancy. The couple shared a post on Instagram that read 'Baby on the way' with a picture of a stroller. In the caption of the post, the couple wrote, "Elated (with a heart emoji)." The couple's friends from the industry showered the comments section with congratulations. Neha Dhupia, Dia Mirza, Farah Khan, Sonam Kapoor, Huma Qureshi, Bhumi Pednekar, Bharti Singh were some of the first celebrities to drop in their good wishes. "Finally the news is out!! I was having a tough time keeping it to myself ??"

congratulations ??????" wrote Farah. Sonam wrote, "So happy for you both my dear friends ??"

In 2022, Rajkummar was asked about his plans of having a child during an interaction with Shehnaaz Gill on her YouTube channel. When she asked, "Toh aap kab baby kar rahe ho?" (So when will you have a baby?). "Rajkummar laughed and replied, "Main kab baby kar raha hoon? Yeh toh mere ghar wale bhi nahi puchte." (When will I have a kid? My folks also don't ask me this). He added, "To be honest, I have not thought about it. I just feel like I am still a small kid." When Shehnaaz said, "Acha theek hai jab mann kare tab kar lena. (Do it when you want)." Rajkummar said, "If I have a baby girl, I want her to be like you. Sweet, simple, sundar, and talented."

In the past few years, there have been many rumours about the couple's pregnancy and in a chat with Galatta India in 2024, Patralekhaa responded to these rumours as she shared, "How many times has it happened that I was having bloating, but people feel that I am pregnant. Now who will explain to those people that there are some days in the month when one does not feel good. Earlier I used to be troubled by these things but then I stopped reading all the comments of people. Now I don't care about all these things. I post photos but don't read comments." Rajkummar and Patralekhaa got married in 2021 in the presence of their family and friends. The two started dating in 2010 when they were both trying to make it in Bollywood.

R Madhavan believes married star couples don’t have any chemistry on screen: ‘It might work if they are separated or broken up’

Ahead of the release of their upcoming Netflix film Aap Jaisa Koi, actors R. Madhavan and Fatima Sana Shaikh are making the rounds of the press trying to promote their film. During one such interview, Madhavan and Fatima shed some light on romantic narratives in general, and the actors gave their two cents about what they think is required for a successful film of this particular genre. While talking to India Today, Madhavan broke down what he thought were the key ingredients of a romantic scene and put the chemistry between the actors right on top of that list. Madhavan argued that the desire for the person in front of you needs to be very visible, and according to him, married couples fail to bring that to the table. "You really have to feel the desire for the person in front of you, or else the scene just seems untrue. I might cause some controversy, but married stars are never able to create that on the screen. When you are already together, that kind of chemistry just doesn't translate on the screen. If they are separated or not together anymore, it might work."

Fatima also asked about the genre and her character in the film, who is involved with an older man. She defended the script and said that the story is just emulating what is happening in the real world. "I don't think that it is unrealistic; I think cinema reflects whatever is happening in our society right now, and these kinds of conversations are already happening out there." R Madhavan added that even though the characters in the film have an age gap, these kinds of pairings have been under a lot of fire lately. "At this point, there is a bigger demand for



more narratives where the couple are closer to each other in age. Most of the actors my age are slowly realising that they can't keep getting away with pretending to be the same age as their co-star," said Madhavan. The pairing and its chemistry will be tested come July 11 when the film releases on Netflix for audiences worldwide. Directed by Vivek Soni, the cast of the film includes Madhavan, Fatima, Sachin Kavetham, Ayesha Raza Mishra, Manish Chaudhari, Namit Das and more. The story has been penned by Radhika Anand and Jehan Handa.

James Gunn says he ‘did a lot of drugs’ from the time he was ‘very little’: ‘I would wait for it to be 10 am so I could light a joint’



For any director, the week leading to the release of their film is a tough and testing time. Especially when you are James Gunn, who is trying to reinvent the wheel itself with a movie like Superman. The character has been played by several greats of the game and has been adapted from comics for film, television, animated series and everything in between. While the movie has received positive first reviews, the jury is still out on whether it will be a success or not, and Gunn is definitely putting in the work on the promotional front. During a recent interview, Gunn went on a surprising tangent about his early life and opened up about his journey to becoming a filmmaker.

While sitting down with Dax Shepherd and his co-host Monica, Gunn talked about the troubles he had with addiction while growing up and how the Missouri-born boy had tried everything under the sun before he was even 19. He said, "I did a lot of drugs from the time I was very little. I was already doing speed, and I started using cocaine in college. I did everything, but marijuana was the one that really held on to me. Some days I would just wake up and wait for it to be 10 am so that I could light up a joint, and you just become very blind to the consequences when you are in that situation. I was smoking weed all day long, and I refused to accept that it was a problem."

He shared how once he got sober, he dropped out of college and started pursuing music professionally, only to return to college a few years later to finish his degree,

a decision that would change his life forever. "I wasn't playing music anymore, so I had to figure out something to do, and I thought I could teach, and so I started learning creative writing. I wrote a play in that class, and I remember the reactions I got when my classmates read the play. I felt seen and appreciated, and that was great." He added that he actually went to Columbia University to learn writing, but not for learning how to write a screenplay but to become a novelist. The director shared how he was rejected from all his safety schools, like Georgetown and Iowa University, but somehow managed to land a spot at Columbia, which was his first choice. After several interesting and downright dramatic chapters of his life, Gunn is currently spearheading DC Studios with Peter Safran, and the duo have made some big promises about the future of the company. Superman is the first big step towards that vision, and on July 11, the world will truly know if DC is back in the running or not. The cast of the film includes David Corenswet, Rachel Brosnahan, Nicholas Hoult, Nathan Fillion, Isabela Merced, Maria Gabriela De Faria, and more.

CBFC removes objectionable content from Udaipur Files, Delhi HC informed

New Delhi: The Central Board of Film Certification (CBFC) on Wednesday told the Delhi High Court that the alleged offending portions of the film 'Udaipur Files' have been removed.

A Bench of Chief Justice D.K. Upadhyaya and Justice Anish Daya was hearing a batch of pleas, including a plea filed by Maulana Arshad Madani, the President of the Islamic cleric's body Jamiat Ulema-i-Hind, seeking a prohibition on the release of the film based on the Kanhaiya Lal murder case. The movie, slated to be released worldwide this Friday, revolves around the brutal murder of Kanhaiya Lal, a tailor in Rajasthan's Udaipur, in June 2022 by Mohammad Riyaz Attari and Ghaus Mohammad by slitting his throat. In its order, the CJ Upadhyaya-led Bench recorded Additional Solicitor General (ASG) Chetan Sharma's statement that before the film was certified, the CBFC proposed certain cuts, and the producer of the film had implemented them. Further, the Delhi High Court asked the film's producer to arrange for a private screening of the movie and the trailer on Wednesday itself for the counsels appearing in the matter. It will take up the batch of pleas for further hearing on Thursday (July 10).