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Digital arrest calls Fake - Beware

Hyderabad, Sept.10 (NSS): Reserve Bank of India (RBI) has stated in a message that Digital arrest calls are Fake and they are aimed at extortion of money. Beware of such calls.

If someone calls you and says you are under digital arrest, do not panic. There is no such thing as digital arrest. Never disclose your personal or financial information. Do not pay anything demand ed. Immediately report to cybercrime.gov.in or call 1930 for help, says the message. It is a matter of irony that inspite of repeated warnings being given by the RBI, police officials, cyber crime branch, some people are falling a prey to the tactics of cyber scammers and losing their money. Media reports indicate that even educated persons and those holding high positions are falling a prey to the Cyber crime scammers and deprived of their money. Beware of scammers.(

Group-1 candidates met state BJP Chief

Hyderabad, Sept.10 Buoyed with the High Court decision, Group -I candidates today called on state BJP President N Ramchander Rao at his residence in Tarnaka and expressed happiness on the High Court verdict.

Group-I candidates expressed their complete satisfaction with the High Court decision and they clarified that it was the result of BJP's continuous struggle. They expressed special gratitude to the state BJP President for extending party support to protect their rights.

Rao said that the court verdict was a result of the BJP's struggle and assured that his party would continue to support the Group-I candidates to protect their rightful interests

CM urges Centre to transfer 98.20 acres of defence land for Gandhi Sarovar project



New Delhi, Sept.10 Chief Minister A. Revanth Reddy has urged Union Defence Minister Rajnath Singh to transfer defence lands to the prestigious Gandhi Sarovar project which is being taken up by the Telangana government soon.Revanth Reddy met Rajnath Singh at the Union Minister's official residence in New Delhi on Wednesday. During the meeting, he briefed the Union Minister about the Gandhi Sarovar project at the confluence of river Musi and Isa rivers in Hyderabad.

"The government has proposed to construct Gandhi circle of unity at the junction of two rivers and it required defence lands to complete the project, Revanth Reddy said. He requested the union minister the transfer of 98.20 acres of defence land to the state government. The Chief Minister also explained to Rajnath Singh that the government is taking up the Gandhi Sarovar project marking as a symbol of National Unity and prapagate the Gandhian ideals. A knowledge hub, meditation village, handloom promotion center, entertainment hub, landscape, ghats, and a peace statue museum will also be part of the Gandhi Sarovar project, he added.MPs Porika Balaram Nayak, Kadiyam Kavya, Chamala Kiran Kumar Reddy, Musi River development corporation managing director E.V. Narasimha Reddy, and central projects and schemes coordinator Dr. Gaurav Uppal were also present.

Congress threatening to stop schemes if people don't vote for them: KTR



Hyderabad, Sept.10 (BRS working president K.T. Rama Rao alleged that the Congress party is intimidating people by threatening to stop welfare schemes if they do not vote for them.He charged that Chief Minister Revanth Reddy is conspiring to win the Jubilee Hills by-election by distributing the massive black money extorted from builders in the name of "Hydra."

KTR criticised that in 22 months of governance, Revanth Reddy has not done a single good deed for the people, and is now resorting to shortcuts to somehow secure victory in the Jubilee Hills by-poll.Addressing the Rahmath Nagar division workers' meeting of Jubilee Hills constituency at Telangana Bhavan on Wednesday, KT Rama Rao said people are disillusioned with Congress, which has failed to fulfil its promises and is shifting blame onto debts for its own inefficiency. Referring to Chief Minister Revanth's recent visit to Ganesh immersion, KTR said the public did not pay him any attention - proof that the government is disconnected from the people. The BRS leader asked whether "Indiramma Rajyam" means demolishing homes. He expressed anguish that Sardar, a BRS worker, was driven to suicide after his house was demolished out of political vendetta for not joining Congress.KT Rama Rao recalled that a woman named Buchamma from Kukatpally took her own life fearing Hydra would demolish her house. He warned that a mistaken vote for Congress in the Jubilee Hills by-election would be equivalent to giving the government a license to demolish homes.KTR demanded to know whether Hydra would dare to demolish the illegal house built by Revanth Reddy's brother Tirupati Reddy in Durgam Cheruvu. He lambasted the Congress government for exploiting the poor with arrogance of power, while sparing the rich. The BRS working president appealed to the people of Jubilee Hills to vote for the "Car" symbol and teach a lesson to the arrogance of Revanth Reddy and Congress.

KTR urged minorities to recognise the reality that Revanth Reddy is acting like a BJP Chief Minister, treating Modi as his elder brother and working under his guidance. He pointed out the irony that while Rahul Gandhi strongly opposes BJP, Modi, and central agencies like CBI, Revanth is acting in complete contradiction to Congress ideology. He said a vote for Revanth-led Congress is essentially a vote for Modi and BJP.

Cabinet okays Rs 3,169 crore project to double Bhagalpur–Dumka–Rampurhat railway line

GNS News Agency, Sept 10

New Delhi: The Cabi-

net Committee on Economic Affairs chaired by Prime Minister Narendra Modi on Wednesday approved doubling of the Bhagalpur-Dumka-Rampurhat single railway line section across a stretch of 177 kms in Bihar, Jharkhand and West Bengal at a total cost of Rs 3,169 crore. The enhanced line capacity will improve mobility, providing enhanced efficiency and service reliability for Indian Railways. The multi-tracking proposal will ease operations and reduce congestion, providing the much-required infrastructural development on the busiest sections across Indian Railways, according to an official statement. The projects are in line with the Prime Minister's vision of a 'New



India' which will make people of the region self-reliant by way of comprehensive development in the area which will enhance their employment opportunities. The projects are planned in accordance with PM-Gati Shakti National Master Plan with a focus on enhancing multi-modal connectivity and logistics efficiency through integrated planning and stakeholder consultations. These projects will provide seamless connectivity for

movement of people, goods, and services, the statement explained. The project covering five districts in the three states of Bihar, Jharkhand and West Bengal will increase the existing network of Indian Railways by about 177 kms.

The project section also provides rail connectivity to prominent destinations such as Deoghar (Baba Baidyanath Dham), Tarapith (Shakti Peeth) etc. attracting pilgrims and tourists from across the country. Multi-tracking projects will enhance connectivity to approximately 441 villages and about 28.72 lakh population and three Aspirational Districts of Banka, Godda and Dumka. This is an essential route for transportation of commodities such as coal, cement, fertilizers, bricks and stones etc.

The capacity augmentation works will result in additional freight traffic to the tune of 15 million tonnes per annum. The railways, being an environment-friendly and energy efficient mode of transportation, will help both in achieving climate goals and minimising logistics cost of the country, reduce oil imports of around 5 crore litres and lower CO2 emissions (24 crore Kg) which is equivalent to plantation of one crore trees, the state-

political criticism under Ar-

HC sets strict guidelines for social media FIRs in Telangana, quashes FIRs against Nalla Balu

GNS News Agency, Sept 10

Hyderabad:

Telangana High Court has quashed the three FIRs registered against Durgam Shashidhar Goud alias Nalla Balu in Ramagundam, Karimnagar, and Godavarikhani police stations. The police cases pertained to some tweets and social media posts of Goud which were critical of the Government.While quashing the FIRs, High Court judge Justice N Tukaramji directed the police department to follow certain guidelines while registering any FIRs based on complaints related to social media posts. The guidelines are as follows: Verification of locus standi: Before registering an FIR for alleged defamation or similar offences, the police must verify whether the complainant qualifies as the "person aggrieved" under the law. Complaints by unrelated third parties without standing are not maintainable, except where the re-



port concerns a cognizable offence. Preliminary inquiry in cognizable offences: Before registering a crime, police shall conduct a preliminary inquiry to determine whether the statutory ingredients of the alleged offence are, prima facie, made out. High threshold for media post or speech-related offences: No case alleging promotion of enmity, intentional insult, public mischief, threat to public order, or sedition shall be registered unless there is prima facie material showing incitement to violence, hatred, or public

disorder. This threshold must be applied according to the principles laid down in Kedar Nath Singh v. State of Bihar, 1962 Supp (2) SCR 769, and Shreya Singhal v. Union of India, (2015) 5 SCC 1Protection of political speech or posts: The police shall not mechanically register cases concerning harsh, offensive, or critical political speech. Only when the speech amounts to incitement to violence or poses an imminent threat to public order may criminal law be invoked. Constitu-

tional protections for free

ticle 19(1)(a) must be strictly enforced. Defamation as a non-cognizable offence: Since defamation is a noncognizable offence, police cannot directly register an FIR or crime in such matters. The complainant must approach the jurisdictional Magistrate. Police action may follow only upon a specific order of the Magistrate under Section 174(2) of the BNSS Compliance with arrest guidelines: Police must strictly follow the principles laid down in Arnesh Kumar v. State of Bihar, (2014) 8 SCC 273. Automatic or mechanical arrests are not allowed, and the principle of proportionality in criminal process must be observed. Prior legal scrutiny in sensitive cases: In matters involving political speech or other sensitive forms of expression, police shall obtain prior legal opinion from the Public Prosecutor before registering an FIR to ensure the proposed action is legally sustainable.

Hyderabad to lead production of India's first indigenous malaria vaccine



GNS News Agency, Sept 10

Hyderabad: A decade-long effort to develop India's first indigenous malaria vaccine could soon bear fruit, with a significant part of the work taking place in Hyderabad. In a major development, two Hyderabad-based vaccine manufacturers, Indian Immunologicals Limited (IIL) and Biological E Limited, have received a licence from the Indian Council of Medical Research (ICMR) to manufacture the country's first indigenous malaria vaccine. Named AdFalci Vax, the vaccine is India's first indigenous, multi-stage recombinant malaria vaccine. Unlike conventional vaccines, it has been designed to attack the malaria parasite Plasmodium falciparum at multiple stages of its life cycle, before it enters the liver and later in the bloodstream, making it more effective in stopping the infection from spreading.

The vaccine has already completed its crucial pre-

clinical trial phase, demonstrating both potential and safety. Senior public health officials said AdFalci Vax has shown excellent efficacy in animal models and laboratory studies. "The ICMR has licensed the entire technology of this vaccine to the pharmaceutical companies. This is a very important step to move the vaccine from a research stage to the development and manufacturing stage. The companies will now take up large-scale production, clinical trials and commercialisation of the vaccine," officials familiar with the development said.

Cockroaches, expired food found in multiple Absolute Barbeque branches in Hyd

GNS News Agency, Sept 10

Hyderabad: Food Safety Task Force and Food Safety Officers, during inspections at ten Absolute Barbeque outlets in the city, found several violations, including dirty utensils, unclean flooring and washing areas, as well as cockroach and housefly infestations in some outlets.

The inspections were carried out at the Absolute Barbeque outlets located in AS Rao Nagar, Kompally, Medipally, Banjara Hills, Jubilee Hills, Gachibowli, Inorbit, Miyapur, Vanasthalipuram, and Secunderabad, following a complaint made to the Commissioner, Food Safety.

Telangana govt activates helpline for citizens amid Nepal crisis



New Delhi, Sept.10 In response to the ongoing civil unrest in Nepal, the Telangana government under the direction of Chief Minister A. Revanth Reddy has activated a dedicated emergency helpline at Telangana Bhavan, New Delhi. This initiative is aimed at assisting Telangana citizens currently stranded in Nepal and extending support to their concerned family members.

While no Telangana citizens have been reported injured or missing, the State government is taking proactive precautionary measures in coordination with the Ministry of External Affairs and the Indian Embassy in Kathmandu to ensure the safety and swift repatriation of its citizens.

For assistance, citizens may contact the following officers, including Vandhana, private secretary to Resident Commissioner & Liaison Head (Phone No.+91 9871999044), G. Rakshith Naik, liaison officer (+ 91 9643723157) and CH. Chakravarthi, public relations officer (+91 9949351270). On the occasion, the State government has urged all citizens to follow official advisories and refrain from sharing or acting upon unverified information. The Telangana government remains deeply committed to the safety, welfare, and timely assistance of its people during this evolving situation, a statement said.

BRS set to nominate Maganti Sunitha for Jubilee Hills by-election



Hyderabad, Sept.10 Bharat Rashtra Samithi (BRS) appears to have made an important decision concerning the Jubilee Hills by-election. Reports suggest that Sunitha, the widow of the late Maganti Gopinath, may be selected as the party's candidate for the upcoming election.

BRS working president KT Rama Rao and Sunitha attended a workers' meeting for the Rahmath Nagar division in the Jubilee Hills constituency at Telangana Bhavan on Wednesday. During this meeting, they subtly hinted to party members about her potential candidacy for the by-election. Given this context, her nomination seems increasingly likely. BRS has already appointed individuals to oversee the Jubilee Hills by-election, and KTR is providing guidance to the workers involved

Jupally unveils vision to promote Basara temple as a spiritual tourism site

Hyderabad, Sept.10 Minister for Tourism Jupally Krishna Rao announced that the Telangana government plans to transform Sri Gnana Saraswathi temple, popularly known as the Basara temple, a significant religious site in South India, into a spiritual tourism hub.

On Wednesday, Jupally Krishna Rao, who oversees the erstwhile Adilabad district, visited the Basara temple located in Nirmal district. Following his visit, he convened a review meeting with officials to discuss the temple's development. During this meeting, he addressed various aspects, including the temple's revenue, expenditures, annual visitor numbers, and income from donations. The Minister directed that all financial records be maintained electronically on a daily basis, and he emphasised that the district collector should perform regular management assessments to enhance facilities for devotees. "Chief Minister A. Revanth Reddy has committed to allocating Rs.190 crore for the enhancement of the Basara temple, emphasising the need to improve facilities for devotees in line with the temple's master plan," he said. Jupally Krishna Rao directed officials to begin preparations for the Godavari Pushkaram, scheduled for 2027, and recommended that appropriate plans be developed and executed in this context.

Indian Chronicle

English Daily

India's response to HIRE Act must be pragmatic and long-term

If US President Donald Trump's 50 per cent tariffs on merchandise exports from India have a debilitating efect on our economy, the Halting International Relocation of Employment (HIRE) Act will worsen the damage as it vill impact India's services exports to the US. For services, India enjoyed a trade surplus of \$3.2 billion in the ast fiscal, exporting an estimated \$28.7 billion and importing \$25.5 billion. Republican Senator from Ohio Bernie Moreno introduced the HIRE Act on September 5. It proposes a 25 per cent tax on outsourcing payments—that s, on any payment made by a US company or taxpayer o a foreign person whose work benefits consumers in he United States.

"While college grads in America struggle to find work, plobalist politicians and C-Suite executives have spent decades shipping good-paying jobs overseas in pursuit of slave wages and immense profits; those days are over," ne observed. Three points need to be made here. First, protectionism in the US is not something that functions as per the whims and fancies of Trump; it is deep-rooted and videspread. It is closely linked to the MAGA (Make America Great Again) movement; there are no signs of he movement weakening; on the contrary, the movement s growing in strength.

Second, the ruling Republicans are MAGA flag bearers. Traditionally regarded as the party of capitalists and he rich, it is championing the cause of the man in the street. As Moreno said, "It's time to fight for working-class Americans and ensure that they can work and retire with lignity. If companies want to hire foreign workers instead of Americans, my bill will hit them where it hurts: their pockets."

Sankatahara Chaturthi: The Divine Vow that Dispels All Hardships."

P.S.ASHOKAN. "Indian Chronicle" Manthani, sept ""Devotees Observe the Auspicious Ritual with Great Devotion Across Temples""On the auspicious Wednesday of Shukla Paksha in the Bhadrapada month, thousands of devotees fervently observed the sacred Sankatahara Chaturthi Vratham, invoking the blessings of Lord Ganesha — the divine remover of obstacles. The Sri Maha Ganapati Temple in Manthani witnessed a significant influx of devotees, all seeking divine grace and spiritual solace. """ Spiritual Significance of Sankatahara Chaturthi "The term 'Sankata' denotes suffering, hardship, and adversity. The Sankatahara Vratham, dedicated to Lord Ganesha, is a spiritually potent vow believed to eliminate all such afflictions. The ritual is also known as Sankashta Hara Chaturthi or Sankatahara Chavithi in various regions. "Contrary to the popular notion that Ganesha creates obstacles when not propitiated, scriptures emphasize that He obstructs only unjust actions and ensures the smooth progression of righteous endeavors. Performing this vratham with sincerity is believed to yield tangible spiritual and material benefits, including the fulfillment of heartfelt wishes and the resolution of persistent difficulties. and Observance "Sankatahara Chaturthi occurs every lunar month on the Chaturthi (4th day) following the Purnima (Full Moon). This typically falls three to four days post-Purnima. The vratham is ideally performed during the Pradosha Kaalam, the twilight period around sunset, which holds immense spiritual significance.""If Chaturthi spans across two days, the ritual must be observed on the second day, provided it coincides with the Pradosha period.""Devotees may undertake this vratham for 3, 5, 9, 11, or 21 consecutive months, depending on their vow or spiritual intention."""Ritual Procedure""The vratham should be initiated on the Bahula Chavithi (waning moon phase) of any month and followed meticulously. Here's a structured its observance:""1. Preparations: "Cleanse the home thoroughly at dawn. ""Take a sacred head bath. ""Adorn fresh, clean garments in preparation for worship. """2. Setting the Altar: "Choose a sanctified space — ideally a home altar or puja room. ""Place a wooden plank (peeta), adorn it with traditional rangoli or muggu, and install an image or idol of Lord Ganesha.""Pour raw rice onto a small plate.""Prepare a turmeric paste idol of Ganesha and place it on a betel leaf.""Position this leaf on the rice with its tip facing either east or north.""3. Commencing the Puja:""Offer prayers to invoke Ganesha's presence and grace.""Take a red or white cloth (preferably a new blouse piece), apply turmeric to its four corners, and lay it before the deity. ""Express your wish or intention with utmost sincerity.""4. Offering the Sankalpa (Sacred Intention): "Place three handfuls of raw rice on the cloth. ""Add two dates, two betel nuts, and a betel leaf with dakshina (monetary offering). ""Tie all items into a sacred bundle, reaffirming your desire in silent prayer. """5. Main Puja:""Offer Durva grass (a sacred item beloved to Ganesha). ""Visit a nearby Ganesha temple, perform 21 pradakshinas (circumambulations), and offer prayers. ""After sunset, take a second purifying bath. ""Light a diya (lamp) and perform Deeparadhana (ritual worship with light). """6. Fasting Guidelines: "Until the evening puja concludes, avoid salt, cooked food, or any solid meals. "Consumption of milk permitted.""Break the fast only after ""Completion of the Vratham""Upon concluding the chosen number of vratham cycles (3, 5, 11, or 21), the devotee must ceremoniously prepare sweet pongal using the rice from the sacred bundle. This is offered to Lord Ganesha as Naivedyam (sacred offering) to mark the successful completion of the vow. """"Spiritual Benefits"

Technology can provide solutions to mental health issues: Sridhar Babu

Hyderabad, Sept.10: Minister for IT and Industries Duddilla Sridhar Babu on Wednesday said technology has the potential to address the rising incidence of stress, anxiety, and other mental health challenges in society.

He was speaking after launching 'Hope I', an Al-based mental health support system developed by the Cyber Hope Help Initiative Foundation, at T-Hub, Raidurgam in Hyderabad on Wednesday.

Thums Up and Biryani, Together at Their Most Toofani



Hyderabad Thums Up, Coca-Cola India's iconic billion-dollar brand, today launched its latest campaign "Biryani Ek Nahi, Do Haath Se Khaate Hai", starring Bollywood superstar Shah Rukh Khan and Telugu cinema legend Jagapathi Babu. This campaign is an ode to the perfect biryani experience, transforming it into an immersive ritual free of distractions. It's about slowing down, savoring every flavor, and truly living the moment. Over the past three years, the brand has taken the nuance of enjoying biryani with Thums Up and shaped it into a celebrated ritual. What began as an instinctive beverage of choice with Biryani has grown into a cultural truth that consumers now recognize as their own. With its strong fizz and thunderous taste, Thums Up elevates India's diverse biryani culture into a

The campaign builds on this momentum, positioning the pairing into more than just a meal. In a world where phones buzz, TVs flash, and life moves fast, biryani deserves more than a rushed bite. So, slow down, keep the phone aside, ditch the spoon and dig in into that plate full of biryani accompanied with a chilled Thums Up.Directed by acclaimed filmmaker Karthik Subbaraj, the TVC opens with a tense standoff between Shah Rukh Khan and Jagapathi Babu that turns into a Toofani experience when biryani and Thums Up arrive.

Sumeli Chatterjee, Category Head – Sparkling Flavours, Coca-Cola India and Southwest Asia, said, "Thums Up has always stood for moments that are bigger than the ordinary. Over the last three years, we've shaped the biryani-Thums Up pairing into a distinct ritual. In 2023, we launched the Toofani Biryani Hunt series which received immense love from fans across the country. Now, we're taking this further, cementing Thums Up and biryani as social currency. It's become a cultural signal, one that people want to share, repeat, and make their own."

Shah Rukh Khan said, "In India, we love to debate which Biryani is the best, Hyderabadi, Lucknowi, or Kolkata, but what's undisputed is the way we enjoy it. You don't rush biryani; you complement it with a Thums Up and let the flavors explode" Jagapathi Babu said, "Biryani is not just a dish where I come from, it's a tradition. You take your time with it, the aroma, the spices, every bite has its own story. And when you've got a Thums Up to go with it, that story always has a perfect ending."Kalpesh Patankar, Group CCO, VML India said, "This campaign redefines the biryani experience, transforming it into a bold new ritual where one hand simply isn't enough. We invite India to put aside all distractions, pick up their favorite biryani with one hand, grab a toofani Thums Up with the other, and indulge in an unforgettable affair. Because biryani and Thums Up aren't just a meal they're a powerful celebration of togetherness."

"Congress Betrayed the Legacy of Visionaries: Former MLA Puttamadhukar Launches Scathing Attack in Manthani"

"P.S.ASHOKAN"Indian Chronicle"Manthani, sep 10:""In a fiery and impassioned address during the death anniversary commemoration of legendary freedom fighter Chakali Ailamma, former Manthani MLA Puttamadhukar castigated the Congress party, accusing it of systematically neglecting and marginalizing the legacy of India's true social reformers and revolutionary icons. ""Speaking after paying floral tributes at Chakali Ailamma's statue, Puttamadhukar stated unequivocally that "No political entity has shown as much disregard for national icons and their historical contributions as the Congress party." He accused the party of hollow promises, particularly its failure to uphold commitments made regarding the official celebration of Ailamma's birth and death anniversaries post coming to power.""> "They couldn't even muster the decency to clean her statue, let alone honor her memory meaningfully," he remarked, calling it a clear reflection of the Congress's apathy towards grassroots revolutionaries. """Puttamadhukar emphasized that Telangana's statehood was achieved through the ideological foundations laid by Dr. B.R. Ambedkar's Constitution, and the sacrifices of fearless fighters like Chakali Ailamma and Doddi Komuraiah. He credited former Chief Minister K. Chandrashekar Rao (KCR) for channeling their legacy into a tangible political movement that led to the creation of Telangana.""Taking direct aim at the sitting MLA and their family, the former legislator alleged a deliberate erasure of historic personalities within the Manthani constituency.""> "The MLA's family has made a concerted effort to keep the memories of these luminaries out of public view. Meanwhile, they continue to venerate their own ancestors—who have done nothing of consequence for society—with garlands and rituals," he criticized sharply."""He went on to question why the statues of Chakali Ailamma and Dr. Ambedkar remain untouched by the ruling Congress leaders, stating that caste-based identity politics is cynically weaponized by them only during election seasons.""> "This selective reverence reeks of political opportunism. If your forefathers



did nothing for public welfare, why expect society to bow before their statues? Power is being handed to those who measure contribution by familial legacy rather than societal impact," he asserted. """Puttamadhukar also challenged the Chief Minister's apparent inclination towards commemorating leaders like Jaipal Reddy, while showing indifference to grassroot revolutionaries who played pivotal roles in shaping Telangana's identity. He called on the public to demand accountability and question such selective glorification. ""Concluding his address, he issued a stark warning:""> "The day society fully understands the sacrifices and ideals of these forgotten heroes, the very chairs you sit on will tremble beneath you. The truth, once awakened, cannot be silenced—not in this era of social media and mass awareness." ""Reaffirming the Bharat Rashtra Samithi (BRS) party's commitment to preserving and promoting the legacy of such stalwarts, he vowed to continue organizing grand commemorations and ensure that the true history of Telangana's heroes is brought to light for future

Minister Adluri Laxman Kumar Inaugurates Health Camp at Special School for the Mentally Challenged in Karimnagar."



"P.S.ASHOKAN"Indian Chronicle"Karimnagar, Sept 10 Telangana:""In a commendable initiative aimed at prioritizing health and inclusivity, Telangana State Welfare Minister Sri Adluri Laxman Kumar formally inaugurated a medical health camp at the School for Mentally Challenged Children located in LMD Colony, Thimmapur Mandal, Karimnagar District.""The health camp was organized under the auspices of the Karimnagar District Freedom Fighters' Trust, in collaboration with LV Prasad Eye Hospital, Siddipet. The event witnessed the presence of several dignitaries including MLA Kavvampalli Satyanarayana and key district-level officials.""The camp aimed to provide essential medical and eye care services to children with intellectual disabilities, ensuring their health needs are not overlooked.""Following the inauguration, Minister Laxman

Kumar shared a midday meal with the students, in a heart-warming gesture of solidarity and compassion. He personally interacted with students, teachers, and school staff to understand their day-to-day challenges and the institution's pressing needs.""> "Every child, regardless of ability, deserves access to quality healthcare, education, and dignity. The government is committed to ensuring that no section of society is left behind," said the Minister during his visit "

"""He assured the school authorities that their concerns would be addressed with urgency and promised to extend further support from the welfare department.""This initiative reflects the government's ongoing efforts to promote inclusive welfare programs and underscores its commitment to uplifting marginalized communities across Telangana.

PhonePe Launches Digital-First Udyam Assist Registration



Hyderabad; PhonePe, today announced the launch of digital-first Udyam generation through the Udyam Assist Platform (UAP), at an event in Delhi. The launch was graced by the Honourable Union Minister for Micro, Small and Medium Enterprises, Shri Jitan Ram Manjhi, in presence of Smt. Y.M. Kumari, Chief General Manager, Small Industries Development Bank of India (SIDBI). This makes PhonePe the first Fintech to offer an end-to-end digital solution directly to its merchants, contrasting with the traditional Udyam certificate issuance used by most other platforms.

By providing micro merchants with a formal business identity, this initiative allows Informal Micro enterprises (IMEs) to unlock a wide range of benefits: access to government schemes and tax benefits, the ability to open business bank accounts, and access to the digital payments ecosystem and financial services. As part of the launch event, Udyam Assist Certificates were issued to merchants through this new digital process, marking a milestone in India's digital financial inclusion landscape. PhonePe also announced the signing of a Memorandum of Understanding (MoU) with SIDBI, facilitating credit access to micro merchants through seamless digital lending solutions integrated with UAP.Mr. Hemant Gala, CEO, PhonePe Lending, added, "PhonePe has always been at the forefront of enabling digital financial inclusion. Today marks a pivotal moment for Digital India and millions of small entrepreneurs across our nation. We are deeply honored to be one of the first institutions to deliver a complete digital-first integration with the Udyam Assist Platform. Our partnership with SIDBI will unlock access to government schemes, credit facilities, and crucial benefits for MSMEs and will help contribute to India's economic vision. Through PhonePe's userfriendly and efficient, end-to-end digital solution, we're not just facilitating registration- we are translating the vision of empowering small and micro businesses into a seamless

Smt. Y.M. Kumari, Chief General Manager, Small Industries Development Bank of India (SIDBI) said, "Udyam Assist Platform has emerged as a major driver for the formalization of non-GST registered Informal Micro Enterprises. The platform enabled issue of Udyam Assist Certificates to more than 2.75 crore small businesses, over a period of more than 2 years. Seamless digital integration with the designated agencies marks another important positive step in the formalization journey. This initiative will further accelerate the formalization of informal micro-businesses into the mainstream economy as well as ease out and enhance credit flow to these entities."

Joy over Kolli Madhavi's appointment as BJP State Vice President""



NSR, Medchal - Malkajgiri Staff Reporter, Hyderabad, September 10, Indian Chronicle: Kommu Mangamma, former Sarpanch of Bhourampet and BJP Medchal District Vice President, expressed happiness over the appointment of Kolli Madhavi as BJP State Vice President. On Tuesday, Mangamma met Madhavi, presented a bouquet, and conveyed her congratulations. Madhavi was later felicitated in a formal program. Speaking on the occasion, Mangamma said the party had made the right decision by recognizing Madhavi's sincerity and dedication through this key responsibility. She appreciated Madhavi's consistent efforts in strengthening the party and raising public issues. Mangamma also wished her success in future endeavors. Several party leaders and activists attended the program.

Case Registered Against Two People For Cultivating Marijuana



"""Indian Chronicle" kumrambheem, Asifabad.District Reporter Jade Srinivas.September,10.""Wankidi:Two Arrested for Cultivating Marijuana"Sub- Inspector. Durgam Mahender said that a case has been registered. According to the details given by the Sub- Inspector, a search was conducted on the basis of information received that marijuana was being cultivated in a cotton field on the outskirts of Arli village in the mandal. As a result, 8 marijuana plants were found in the field of Akireddy Pochayya and 11 marijuana plants were found in the cotton field of Cavude Bajirao.

Ranga Reddy THURSDAY 11 SEPTEMBER 2025 **INDIAN CHRONICLE**

Medchal-Malkajgiri AMC Vice Chairman Pays Tributes to Chakali Ailamma"



""NSR, Medchal - Malkajgiri Staff Reporter, Ecil, September 10, Indian Chronicle: Medchal-Malkajgiri District Agricultural Market Committee Vice Chairman Vithal Naik paid tributes to Telangana peasant movement leader Chakali Ailamma on the occasion of her death anniversary. At the CIL Crossroads, he garlanded the statue of Chakali Ailamma and remembered her contributions. Speaking on the occasion. Vithal Naik said that Chakali Ailamma was a coura-

geous fighter who played a key role in the first Telangana peasant struggle, dedicating her life to the rights of the people and the dignity of the weaker sections.

Senior Congress leaders from Kapra division, including Padamati Malla Reddy, Baburao, G. Satyanarayana, Santosh Chary, and Murtuza, also participated in the pro-

District Press Club Pays Tributes to Veeranari Chakali Ailamma"



"NSR, Medchal - Malkajgiri Staff Reporter, Kushaiguda, September 10, Indian Chronicle: The District Press Club paid rich tributes to Telangana movement leader Veeranari Chakali Ailamma on her death anniversary. On Wednesday, floral tributes were offered at her statue located at ECIL crossroad. The program was organized under the leadership of Telangana Rajaka Sangham State Honorary

President Shanigaram Ashok. Senior journalist Merugu Chandramohan, District Press Club Committee President P. Mallesh Goud, General Secretary Kumar, Treasurer Kola Satish Kumar, Vice Presidents Md. Riyaz, Garlapati Srinivas Rao, Narra Srinivas Reddy(NSR), Kadari Srinivas, Secretary Prashanth Kumar, Joint Secretary Muthyam Mukesh Goud, along with Gadipalli Parameshwar, Mohan Reddy, Singam Raju, Hussain and others participated.

Sankatahara Chaturthi Observed with Devotion in Manthani."



"P.S.Ashokan"Indian Chronicle"Manthani.sept 10:""On the auspicious occasion of Sankatahara Chaturthi, observed this year on Wednesday during the Shukla Paksha of Bhadrapada month, devotees across Manthani and surrounding regions offered prayers with deep devotion at various temples, seeking divine intervention to overcome personal and spiritual obstacles. "At the Sri Maha Ganapati Temple in Manthani, hundreds of devotees gathered from early morning hours, participating in elaborate rituals and seeking blessings from Lord Ganesha, revered as the remover of all hindrances. The temple premises witnessed a spiritual atmosphere, with chants of "Ganapati Bappa Moraya" echoing through the air. ""Sacred Vow Rooted in Scripture "The Sankatahara Vratham, also known regionally as Sankashta Hara Chaturthi or Sankatahara Chavithi, is a monthly observance deeply rooted in Hindu tradition. The word 'Sankata' symbolizes distress and difficulty, while 'hara' signifies removal. Thus, the vratham is performed with the intent to dispel suffering and achieve desired outcomes through divine grace. "Contrary to the common belief that Ganesha must be worshipped first to avoid obstacles, scriptures clarify that He only impedes wrongful acts while supporting noble endeavors. Devotees believe that the Sankatahara Vratham, when performed with sincerity, can lead to both spiritual upliftment and material fulfillment."""Precise Timing and Monthly Observance""The vratham is observed on the Chaturthi (fourth lunar day) following Purnima (Full Moon), typically occurring three to four days after the full moon each month. The rituals are performed during Pradosha Kaalam, the twilight period around sunset, which is considered spiritually potent.""In instances where Chaturthi spans two days, the vratham is observed on the second day, aligning with the sunset timing. Devotees undertake this vratam over a period of 3, 5, 9, 11, or 21 months, based on personal vows or spiritual commitments."""Ritual Procedure Followed by

Devotees"The vratham follows a detailed and symbolic

procedure: "Morning Preparations: Homes are thoroughly

cleaned, and participants take a ritual bath before donning clean attire. "Altar Setup: A small wooden platform is decorated with rangoli, upon which an idol or image of Lord Ganesha is placed. A turmeric idol is also made and positioned on a betel leaf over a plate of rice, facing east or north. "Sankalpa (Sacred Intention): Devotees place three handfuls of rice, two dates, two betel nuts, and a betel leaf with dakshina on a new cloth, which is then tied into a sacred bundle while silently praying for the fulfillment of a personal wish. ""Main Puja: Offerings include durva grass, and the devotees perform 21 circumambulations (pradakshinas) at the temple. A second ritual bath is taken after sunset, followed by Deeparadhana (lamp worship). ""Fasting: Observers of the vratham fast throughout the day, refraining from salt, cooked food, and solid meals. Only milk is permitted. The fast is broken only after moonrise. """Conclusion of the Vow""Upon completing the chosen cycle of the vratham, devotees ceremonially prepare sweet pongal using the sacred rice tied in the bundle.

This offering is made to Lord Ganesha as Naivedyam, marking the successful conclusion of the vow."""Scriptural Assurance of Blessings""The vratham is regarded as a spiritually transformative practice. Ancient texts emphasize that those who perform it with dedication are granted relief from personal and worldly troubles, along with the successful accomplishment of their aspirations. ""As one devotee at the temple shared, "This vratham gives us mental peace and the strength to face challenges. With Ganesha's blessings, every difficulty feels lighter."""Conclusion""The grandeur and devotion displayed during Sankatahara Chaturthi in Manthani underscore the enduring spiritual connection between devotees and Lord Ganesha. As faith continues to inspire ritual and tradition, such observances stand testament to the cultural and religious fabric that binds communities together in reverence and hope.

Training For Artists.... Under The Auspices Of Prajanatya Mandali, DYFI"

"Indian Chronicle" kumrambheem, Asifabad.District Reporter Jade Srinivas. "September, 10." "Training For Artists.... Under The Auspices Of Prajanatya Mandali, DYFI Free training will be provided to artists under the auspices of Praja Natyamandali PNM and DYFI in the district headquarters of Kumuram Bheem Asifabad.

They will be taught games, songs, drums. Those who are interested can contact these numbers.986646 7112,9603791377, "like this. Godisela Karthik DYFI District

Chakali Ailamma's 40th Death **Anniversary Observed at ECIL"**





""NSR, Medchal - Malkajgiri Staff Reporter, Kushaiguda, September 10, Indian Chronicle: The 40th death anniversary of Chakali Ailamma was observed at ECIL Crossroads under the banner of Telangana Rajaka Samithi. Former Ex MLA Bethi Subhash Reddy, corporators Singireddy Sirisha, Somashekar Reddy, Prabhudas, Bonthu Sridevi, state treasurer Mothe Venkat Reddy, National Journalist Union (India) national secretary Merugu Chandramohan and others garlanded the statue of Ailamma and paid floral tributes. Speaking on the occasion, the leaders said Ailamma was a spark of resistance who fought for land, food, and freedom from bonded labor, showcasing the courage and fighting spirit of the people of Telangana to the world. They recalled her role in the Telangana Armed Struggle and said her bravery and spirit remain an inspira-



tion for future generations. They demanded that her history be included in academic curriculum to honor her legacy. Former corporators Kotta Rama Rao, Srinivas Reddy, Kolluru Anjaiah, Kotta Anjireddy, Prasad Gupta, Kasam Mahipal Reddy, Nagilla Bal Reddy, Yadagiri Rao, Chandrasekhar, Rajanna, Mohan Reddy, Sharath, Raghava Reddy, Vanjari Praveen, Raji Reddy, Manemma, Ravinder Reddy, Pedda Srinivas, Alluriah, Bethala Balaraju, Bal Narasimha and several others participated in the event. Telangana Rajaka Samithi state honorary president Shanigaram Ashok, state president Munjampalli Ramulu, state general secretary Gummadi Raju Somayya, state secretary Sakinalla Ravi, state treasurer Janjirala Satyanarayana, Yakayya, Ratnala Kanakaiah, Peddapuram Kumar, Sai, Komurayya, Lingaiah, Venkanna, Yakayya and others also joined the program.

Children's Park Inaugurated in Boduppal Division 21



"""NSR, Medchal - Malkajgiri Staff Reporter, Boduppal, September 10, Indian Chronicle: A new Children's Park was inaugurated at Rajashekar Colony in Boduppal Municipal Corporation Division 21 as part of the Corporation's 100-day action plan. The park was opened by Medchal constituency in-charge Totakoor Vajresh Yadav, Special Officer Pankaj, Commissioner Shailaja, party president Pogula Narasimha Reddy, B-Block general secretary Kotta Kishore Goud, and former Ex corporator Bhukya Suman. The event



was attended by senior leader Rapolu Ramulu, former corporators Sisa Venkatesh Goud and Singireddy Padmareddy, general secretary Vishwangupta, municipal officials, staff, division-level leaders, ward committee members, colony association representatives, senior citizens, women, youth, children, and local residents. The new facility is aimed at providing recreational space for children and families in the locality, and forms part of the civic body's ongoing develop-

Chakripuram Colony Residents Thank Corporator for Road Works"

"NSR, Medchal Malkajgiri Staff Reporter, Cherlapally, September 10, Indian Chronicle: Chakripuram Colony residents expressed their gratitude after 200 meters of road works were taken up in their area. GHMC Standing Committee member and Charlapalli Division Corporator Bontu Sridevi Yadav personally inspected the works along with colony members.

Former association road works. Responding to members had submitted multiple requests for the



these appeals, the corporator took special initiative and

ensured that the project was sanctioned. The colony association members con-

veyed their thanks for her efforts in resolving this longpending issue.

Resolve Disputes Through Amicable Settlements: District Legal Services Authority Secretary"



"""Bhukya Ranjith Naik, Bhadradri Kothagudem, September 10, Indian Chronicle: "District Legal Services Authority (DLSA) Secretary M. Rajender has urged people to make use of the upcoming National Lok Adalat scheduled to be held on September 13 across Bhadradri Kothagudem district to resolve their disputes amicably. ""Speaking at a meeting with advocates at the Library Meeting Hall on Wednesday, Rajender highlighted that the Lok Adalat serves as an effective platform for speedy and harmonious settlement of disputes. He encouraged advocates and litigants to utilize



this opportunity to resolve civil, criminal, matrimonial, NI Act, and mediation-related cases through mutual compro-

"Rajender further appealed to all concerned parties to take full advantage of this initiative aimed at reducing the burden on courts and ensuring faster justice. "The meeting was attended by Bar Association President Lakkineneni Satyanarayana, Gopikrishna, Adapala Parvathi, Chinni Krishna, Purushotham Rao, Niranjan Rao, and several senior and junior advocates.

MPR Pays Tribute to Chakali Ailamma on Death Anniversary at Ramanthapur



""NSR, Medchal - Malkajgiri Staff Reporter, Ramanthapur, September 10, Indian Chronicle: On the occasion of the 40th death anniversary of Telangana armed struggle heroine Chakali Ailamma, tributes were paid at her statue located at Dobhighat near Chinna Cheruvu, Ramanthapur. Floral garlands were offered as part of the commemoration. Speaking on the occasion, Parmeshwar Reddy said that Ailamma's courage and determination in the armed struggle for land, livelihood, and liberation from bondage stood as a symbol of Telangana's identity. He stated that her life itself remains an inspiration and a testament to the Telangana movement. He added that continuous efforts would be made to fulfill the ideals for which

Ailamma stood. Several senior Congress leaders and local activists participated in the program, including Aagi Reddy, Tofiq, Sudhakar Reddy, Rafeeq, Vallapu Srikanth Yadav, Jaleel Pasha, Garika Sudhakar, Kandi Shravan Reddy, Bhaskar Gangaputra, Sandhya Rani, Danayya, Krishna, Jittu, Mogili Lingam, Satyanarayana, Arun Sai, Vijay Kumar, Srinu, Bhimesh, Bikshapathi, Gaddam Laxmareddy, Upender Reddy, Raji Reddy, Poosa Sattanna, Vijay, Mutyala Babu, K. Swamy, G. Swamy, Sandeep, Bhaskar, Shakeel, Sudhakar, Satish Goud, Shag Sridhar, Pentayya Raj Mallu, Chenchulu, Venkateshwara Rao, Mallesh, Sachin, Bullet Ashok, Ashok, Vinesh, Mainga Shobha, Gayathri, and Srilatha.

Swasth Naari – Shwasakt Parivaar Abhiyaan' to Be Implemented Successfully: District Collector Jitesh V. Patil''"



"Bhukya Ranjith Naik,Bhadradri Kothagudem Bureau, September 10,Indian Chronicle:""District Collector Jitesh V. Patil has directed officials to ensure the successful implementation of the Central Government's special initiative "Swasth Naari - Shwasakt Parivaar Abhiyaan", launched with the vision that a healthy woman is the foundation of a strong and healthy family. ""Reviewing the arals of various departments at the IDOC conference hall on Wednesday, the Collector said that special health camps will be organized across the district from September 17 to October 2 as part of the programme. He instructed the concerned departments to make elaborate arrangements for the conduct of these camps, which he termed as a milestone in women's healthcare. ""The Collector explained that comprehensive health services must be provided to women through these health camps in all Palle Dawakhanas (Ayushman Arogya Mandirs), Primary Health Centres, Community Health Centres, District Hos-

pitals, and Teaching Hospitals.""Highlighting changing lifestyles and environmental conditions, he noted that women are increasingly prone to ailments such as hypertension, diabetes, cardiac problems, cancer, PCOD, and menstrual disorders. Early diagnosis through these camps will help ensure timely treatment and free medicines, he added. He further informed that Aarogya Mahila Clinics, NCD centres, and Cancer Day Care centres will also participate in the programme. ""The Collector directed that medicinal plants with their names be displayed in all Ayushman Arogya Mandirs to create awareness among women. Awareness programmes for adolescent girls on PCOD, menstrual health, and women's overall well-being will also be conducted. Additionally, he emphasized large-scale arrangements for a Mega Blood Donation Camp across the district on October 1. "He urged poor women, who face difficulties in accessing treatment at private hospitals, to make use of these health camps. He also instructed medical officers to ensure that routine healthcare services at government hospitals are not disrupted during the camps. ""Calling for active participation, he appealed to medical staff, women's associations, Anganwadi teachers, workers, and ANMs to contribute to the success of the programme. He said the main objective is not only to provide health services to every woman but also to spread awareness on nutritior lifestyle-related disease prevention, and healthy living.""The Collector expressed hope that the programme would pave the way for women's health protection, stronger family systems, and overall social development."The meeting was attended by Additional Collector (Local Bodies) Vidya Chandana, District Medical Officer Jayalakshmi, DCH Officer Ravibabu, District Panchayat Officer Chandramouli, Women and Child Welfare Officer Swarnalatha Lenina, Municipal Commissioners Sujatha and Srikanth, along with doctors and health department staff.

Veeranari Chakali Ailamma – A Symbol of Telangana's Fighting Spirit: District Collector Jitesh V. Patil"



"Bhukya Ranjith naik,Bhadradri Kothagudem Bureau September 10, Indian Chronicle: "Chakali Ailamma, the brave freedom fighter who played a pivotal role in the Telangana Armed Peasant Struggle, stands as an enduring symbol of women's empowerment and courage, said District Collector Jitesh V. Patil. ""Speaking at the Chakali Ailamma Death Anniversary program organized on Wednesday under the aegis of the District Backward Classes Development Department at the IDOC office conference hall, the Collector paid rich tributes by garlanding her portrait. "Addressing the gathering, the Collector said, "Chakali Ailamma's relentless fight for land and livelihood created history and continues to inspire generations. Her sacrifice for the rights of the oppressed and marginalized communities is invaluable. Every individual must remember her ideals, and especially the youth and women should draw inspiration from her indomitable spirit to contribute towards the progress of society." "He further emphasized that Ailamma's path serves as a guiding light for women's empowerment and social equality, adding that her life teaches lessons of human values, social justice, and courage to

today's generation.""Additional Collector (Local Bodies)

Vidhya Chandana, District BC Development Officer

Vijayalakshmi, Scheduled Castes Development Officer

Srilatha, BC association leaders Ajit Kumar, Mudigonda

Rambabu, Sarvesh, Jangampalli Raju, Durishetti Kumar, Vijayalakshmi, Kodumoori Satyanarayana, Kaparthi Venkatachari, and several officials and staff from various departments attended the event.

Tribute to Chakali Ailamma at ECIL Crossroads"



""NSR, Medchal - Malkajgiri Staff Reporter, Ecil, September 10, Indian Chronicle: Telangana State Youth Wing leader Regalla Satish Reddy paid floral tributes to the statue of Chakali Ailamma at ECIL Crossroads on the occasion of her death anniversary. Speaking on the occasion, Satish Reddy said that Ailamma, who stood against the feudal land system during the Telangana peasant struggle, was the spark of the first land movement. He recalled that she rebelled for land and livelihood, raising her voice against antipeople governance. Satish Reddy also raised slogans in her memory. BRS senior leaders Gilbert, Nagunuri Mahesh, and committee members Ashok, Kanakaiah, and others participated in the program.

Minister Dr. Vivek Venkatswamy Promises Justice for Siricilla Workers During Grand District Visit.

September,10:" ""Dr. Vivek Venkatswamy, the Hon'ble Minister for Labour, Employment Training, and Mines, conducted a significant tour of Rajanna Siricilla district on Tuesday. His visit was marked by a massive public rally and a grand felicitation ceremony, where thougathered support.""The rally commenced from the Dr. B.R. Ambedkar statue and proceeded with enthusiastic participation to the Lahari Grand Function Hall, where the Minister was formally welcomed by local leaders, party workers, and community representatives."" Highlights from the Minister's Address "Addressing the public, Minister Dr. Vivek Venkatswamy made a series of strong and impactful statements:""He reaffirmed the Congress Government's commitment to ensuring justice for the textile workers of Siricilla, many of whom have long awaited attention and reform. "Reflecting on the struggles of the Telangana movement, the Minister recalled the spirit of sacrifice and dedication that once united people, stating that such ideals must now be revived for the region's

""Massive Rally, Public Felicitation, and Bold Political Remarks Mark the Day.""P.S.ASHOKAN"Indian Chronicle"Rajanna Siricilla



development.""In a pointed critique of the previous regime, he alleged that during the 10-year BRS rule, public welfare was sidelined in favour of family-centric governance.""He condemned the sand mafia's unchecked operations in Siricilla, particularly highlighting the tragic loss of Dalit lives under its influence, calling it a grave failure of governance.""Emphasizing the revival of welfare schemes, he said the Congress party is once again distributing Indiramma housing — a program originally introduced during its earlier tenure.""Dr. Venkatswamy also announced the issuance of new ration cards, noting that Chief Minister Revanth

Reddy is actively working to restore and implement key welfare initiatives across the state.""Looking ahead, the Minister promised the establishment of advanced Skill Development Centres, leveraging modern technology, and committed to the creation of two lakh employment opportunities within the next two years.""On the Kaleshwaram Lift Irrigation Project, he criticized its inefficiency, stating that not a single drop of water has benefited the people, accusing KTR of misleading the public with false claims. "He further remarked that even when Kavitha herself exposed instances of corruption, KTR remained silent, failing to provide any credible explanation to the

public.""""Dignitaries in Attendance""The event witnessed the participation of several prominent figures, including: "State Govern-Whip ment Srinivas "Siricilla Constituency In-Charge KK Mahender Reddy""Mala Mahanadu National General Secretary Ragula Ramulu""Dalit organization leaders "And a large number of Congress workers and supporters""" Thanks People""Concluding his speech, Minister Vivek Venkatswamy expressed deep gratitude to the people of Siricilla for their continued love and affection towards his late father, acknowledging the emotional bond that

ties their family to the region.

AIYF Medchal Committee Rally Against Drugs"





""NSR, Medchal - Malkajgiri Staff Reporter, Kushaiguda, September 10, Indian Chronicle: Medchal District Committee of the All India Youth Federation (AIYF) organized a large awareness rally in ECIL, calling for a strong fight against drugs, ganja, and narcotics, inspired by the ideals of Bhagat Singh. The rally started at Ambedkar Junction and concluded at the GHMC office, with participants carrying placards declaring Ending Drugs is Everyone's Responsibility. Later, the participants took an oath to work towards the eradication of drugs. AIYF state secretary Kalluru Dharmendra, Medchal district president Salman Baig, and district secretary T. Satya Prasad said that the recent seizure of drugs and related chemicals worth crores in Charlapally Industrial Area exposes the failure of the state's surveillance system. They demanded immediate suspension of negligent officers in Eagle, Narcotics Enforcement Wing, Elite Action Group, and the Drug Control Administration, which were specifically created for antidrug enforcement. They criticized pharma and chemical industries that are illegally engaging in drug production and

called for strict punishment of those responsible. Referring to the Bhagat Singh Jayanthi campaign Stop Drugs - Stop Sports being carried out across the state in September, they urged students and youth to shun bad habits and destructive paths, following Bhagat Singh's vision of true freedom. The leaders said that drugs like ganja and synthetic narcotics destroy individuals, families, and society in a short span of time. They demanded that the Telangana government prove its commitment by acting strictly against illegal drug activities. Specifically, they called for stringent action against management of Vagdevi Labs in Charlapally, and named Srinivas, Vijay Oleti, and Tanaji Patwari as prime accused. They also urged monitoring of unauthorized chemical and pharma companies and holding landlords accountable for what is being manufactured in rented industrial spaces. While the Telangana chief minister is showing interest in controlling the drug menace, AIYF alleged that several departmental officials remain negligent and must be sus-

The leaders also referred to recent operations by Maharashtra Thane Crime Branch in Charlapally, where 6 kg of mephedrone, 35,000 liters of chemicals, and 950 kg of powder were reportedly seized, with an estimated value of Rs. 12,000 crore. However, Telangana Narcotics Bureau later claimed the actual value was around Rs. 6 crore and that 13 persons were arrested and shifted to Mumbai. AIYF demanded that the truth about the seized quantities and value be revealed transparently to society. Around 400 students and youth participated in the rally, including AIYF Medchal vice presidents Giribabu, Mosin, and Shekhar, executive members Sameer, Chetan, Shiva, Naresh, Keerthana, Ramya, Ravali, Sujatha, Hasmitha Begum, along with AISF leaders Mahesh, Azeem Pasha, and Intiyaz.

Malkajgiri Police Officers and Journalists Express Condolences on the Demise of Journalist Nalla Srinivas's Mother"

""NSR, Medchal - Malkajgiri Staff Reporter, September 10, Indian Chronicle: Malkajgiri Additional Deputy Commissioner of Police Venkataramana, Kushaiguda ACP Venkat Reddy, and Kushaiguda Inspector Bhaskar Reddy conveyed their condolences on the demise of the mother of senior journalist Nalla Srinivas of Eenadu. Senior journalist and president of Lions Club of Bhagyanagar Green City, Vadloju Jyothirmaya Chari, along with senior journalists Balraj, Bal Reddy, and others also expressed their condolences

They assured their support to Srinivas during this difficult time.



1.52 Crore Collected in Bhadrachalam Temple Hundi Counting



""Shaik Sharief,Bhadrachalam, September 10,Indian Chronicle: "Devotion flowed like a sacred river at the Sri Sitaramachandra Swamy Temple in Bhadrachalam as the temple authorities conducted the periodic counting of hundi offerings on Wednesday. The immense faith of devotees, their deep love for Lord Rama, and His divine grace were once again reflected through their generous contributions.""As the first rays of the morning sun glimmered across the sacred waters of the Godavari, the temple premises resonated with the chants of "Jai Shri Ram". Under this spiritually charged atmosphere, the hundi counting commenced under the supervision of Executive Officer (EO) A. Damodar Rao, with the assistance of endowment officials, volunteers, and temple staff. "By the conclusion of the process, the temple recorded a total cash collection



of ?1,52,59,499. In addition to cash offerings, devotees expressed their devotion through gold and silver ornaments:
•Gold ornaments: 89 grams Silver ornaments: 1,020 grams""What made the event even more remarkable was the participation of devotees from across the globe. Offerings in various foreign currencies were also received, including: "US Dollars: 624" •South African Rands: 450" •Canadian Dollars: 230"Euros: 30"Australian Dollars: 10" • UAE Dirhams: 10"Kuwaiti Dinar: 1"Saudi Riyal: 1""Additionally, contributions came from devotees in Malaysia, Singapore, Nepal, Kyrgyzstan, and Oman, reflecting the temple's global spiritual significance."

"Speaking on the occasion, EO A. Damodar Rao expressed his gratitude and said:""Every offering — be it a coin, a note, or an ornament — is a reflection of the devotees' boundless love and faith in Lord Rama. May Sri Sitaramachandra Swamy bless all devotees with prosperity, good health, and happiness.""Following the counting, the collected cash was securely deposited with State Bank of India (SBI) officials. The event was attended by AEOs Bhavani Ramakrishna and Shravan Kumar, temple officer Saibaba, Katti Srinu, and several other staff members.""The hundi counting once again highlighted the unwavering devotion of Lord Rama's devotees and the ever-expanding spiritual aura of Bhadrachalam, the sacred abode of Sri Sitaramachandra Swamy

Dongergaon Medical Camp....District Medical Officer Walks 3 km On Foot""



"Indian Chronicle" kumrambheem, Asifabad.District Reporter Jade Srinivas.September,10.""Wankidi Stepmother in the mandal center A medical camp was organized in Dongargaon village under the Gram Panchayat lim-



its on Tuesday under the leadership of District Medical Officer Dr. Sitaram and NCD Program Officer Dr. Vinod. They walked 3 kilometers on foot to the remote village of Dongargaon and set up a medical camp. On this occasion, awareness was created among pregnant and lactating women. Pregnant women were advised to come to the hospital a week before delivery. They were told to get vaccinated at the right time and to maintain environmental and personal hygiene. Wankidi medical staff, ASHA workers and others participated in this program."

District Collector Launches IIT & NEET Academic Empowerment Drive at Kottapalli Haveli ZP High School."



S.ASHOKAN"Indian Chronicle"Karimngar, September 10:"""In a landmark effort to bolster academic excellence among rural students, District Collector Smt. Pamela Satpathy formally distributed IIT & NEET preparatory material to students at Zilla Parishad High School, Kottapalli Haveli, under the aegis of TRASMA President Sri Yadagiri Shekhar Rao. The initiative forms part of a strategic MoU between private and government schools, aimed at equipping students with world-class educational resources. ""Addressing the gathering, Collector Smt. Satpathy urged students to make effective and disciplined use of the material to enhance their readiness for national-level competitive examinations. She emphasized that early preparation, combined with determination, could lead to transformational outcomes-not just for the individual but for the academic reputation of the region. """Comprehensive Student Welfare Initiatives Unveiled "In addition to the academic distribution, the Collector also inaugurated the Ragi Java Nutrition Program, an initiative led by Annapurna Trust member Sri Ramaswamy.

The program aims to improve student health and stamina, recognizing the essential link between nutrition and academic performance. "Furthering the vision for holistic education, the Collector officially opened the "Bhavitha Centre", a forward-thinking student development hub designed to promote career readiness, life skills, and mentoring support. "During her visit, the Collector also toured the school library and expressed appreciation for the efforts of Headmaster Sri Kannam Ramesh and Library In-Charge Sri Ramesh, commending them for fostering a rich learning environment and resource accessibility for students. ""Dignitaries and Participants "The program was attended by a host of academic and administrative dignitar-



ies, including: ""Sri Ashok Reddy, Academic Coordinator ""Sri Anandam, Mandal Educational Officer, Kottapalli ""Sri Kannam Ramesh, Headmaster, ZPHS Kottapalli Haveli ""Faculty members, staff, and enthusiastic students from various institutions """

A Step Towards Inclusive Excellence""This multifaceted program reflects the district administration's commitment to bridging educational gaps and creating equitable opportunities for students in government schools. With strong leadership, community participation, and continued focus on quality education, the district is poised to become a model for student empowerment across the state.""

After Consulting... Providing Financial Assistance"

""Indian Chronicle" kumrambheem, Asifabad.District Reporter Jade Srinivas.September,10""Bejjur In the zone"Thorrem Shankar Prasad (42),Age CRT from Salugupalli village,died on Tuesday due to illness.He was working as a CRT at the Bareguda Tribal Primary School in the mandal.On the instructions of DD Ramadevi,Somini Complex Principal Udu Bhikshamayya, SCRP Nandaram and CRTs visited the deceased's family. Later, they handed over Rs.10,000 in financial assistance. ITDA officials assured that they would provide assistance and cooperation.

Timely Treatment Should Be Provided To The People""

Deepak Tiwari Is Investigating The Details.""Indian Chronicle" kumrambheem, Asifabad.District Reporter Srinivas.September,10."Wankidi,Due to the increase in fever in the villages, the medical staff should be alert and provide timely treatment to the people, said District Additional Collector Deepak Tiwari. The government hospital in the mandal center was inspected on today. The staff attendance, details of patients coming on the day, and the records of medicines in stock were examined. The medical officer was asked how the fevers were counted in the villages. He inquired about the registration of toxic fevers like malaria and dengue in the hospital. The medical staff



should be available in the hospital. He ordered that medical camps be organized in every village. Later, he visited the treatment ward. He inquired about the health condition of those un-

dergoing treatment. Varalakshmi, a fifth- grade student at the Chaupanuda Tribal Ashram School in the mandal, was asked about her health condition after she was treated for fever. The

doctors suggested that she be monitored from time to time and provided better treatment.MPDO Khaja Azizuddin, Medical Officer Vinay and Secretary Shiva

*Rice Being Served In Breakfast Insecticides For KGBV Students..



"""Indian Chronicle" kumrambheem, Asifabad.District Reporter Jade Srinivas. "September, 10. """Narnoor: Poor tribal, Adivasi The incident of serving worm rice in the hostel, where students are supposed to study along with their meals, took place in the KGBV hostel in the mandal center. On Wednesday morning, the students who noticed the worm rice being served in breakfast expressed their anger and staged a protest in front of the hostel. Upon learning of the matter, Sub- Collector Yuvraj Marmat visited the hostel. He inspected the food and expressed his anger at the staff. The students brought it to the attention of the Sub-Collector that they were facing difficulties due to lack of proper accommodation and facilities.

The cooking utensils, kitchen and goods were inspected.Later, he said that an investigation will be conducted at the field level and action will be taken against those responsible. He said that a report will be submitted to the Collector, DEO and ITDA PO. He warned that action should be taken to prevent such incidents from recurring. Leaders of tribal associations reached the spot and expressed concern over the serving of worm rice to the duty staff. Tahsildar Rajalingu, MEO Anita, tribal association leaders Pendur Santosh, Pendur Deepak, BJP Mandal President Bhikshapati, Manik Rao, Ada Sriram and others were

"Chakali Ilamma's Ideals Must Inspire Future Generations": District Collector Sandeep Kumar Jha."

""P.S.ASHOKAN"Indian Chronicle"Rajanna Sircilla September 10: ""Commemorating the death anniversary of revolutionary freedom fighter Chakali llamma, District Collector Sandeep Kumar Jha urged citizens to draw inspiration from her unwavering spirit and sacrifice. The tribute event was held on Wednesday at the District Integrated Office Complex, organized under the aegis of the BC Welfare Department.""Paying floral homage to a portrait of Chakali Ilamma, the Collector hailed her as a symbol of resilience and empowerment, who played a pivotal role in the Telangana Peasant Armed Struggle. """Chakali Ilamma was not just a freedom fighter, but a beacon of hope and defiance against oppression. Her courage, leadership, and selfless sacrifice reflect the true spirit of Telangana," he said. "Every citizen, especially the younger generation, should take her ideals as a source of inspiration.""He emphasized that Ilamma's legacy continues to resonate in the hearts of those fighting for justice, equality, and social empowerment.""The event was attended by BC Welfare Officer Soujanya, officials from various government departments, staff members, and representatives of the Rajaka community and other social organizations. All participants



paid their respects, honoring the memory of a legendary warrior who stood tall in the face of adversity.

Railways and allied agencies gear up to meet festival rush

Hyderabad, Sept.10 With festive season travel expected to surge during the coming Dussehra, Diwali and Chhath festivals, Railways and allied agencies have drawn up a joint action plan to manage heavy passenger rush at Secunderabad, Hyderabad (Nampally), Charlapalli, Lingampalli and Kacheguda stations. A coordination meeting was held on Wednesday at Sanchalan Bhavan, attended by Dr. Gopalkrishnan R., DRM (Secunderabad Division) and Santhosh Kumar Verma, DRM (Hyderabad Division). The meeting coordinated by Alakunta Naveen Kumar, Divisional Security Commissioner (RPF), was attended by senior officials from Railways, Railway Protection Force (RPF), Government Railway Police (GRP), local police, traffic police and RTC. The review meeting focused on crowd management and safety, addressing issues such as snatching, pickpocketing, unauthorized entry and congestion at

foot overbridges, waiting halls and circulating areas. Officials also stressed for having preventive measures against stampede-like situations. The key measures finalized included: RPF and GRP will have enhanced patrolling, frisking and anti-sabotage checks; Local police will assist in crowd dispersal and to maintain law-and-order; Traffic police will ensure strict no-parking enforcement, regulated vehicle movement, and dedicated lanes for autos, cabs, and buses, especially at choke points like Secunderabad Platform-10, Charlapalli Platform-1 entry road and Kacheguda temple approach. As for the RTC, it will provide additional bus services during peak and late hours, with staff deployed at bus bays and re-routing of buses to less congested sides. All agencies pledged to have close coordination to ensure safe and hassle-free travel for passengers during the festive rush.

Manage launches "Jai Jawan Kisan" trng prog for defence personnel

Hyderabad, Sept.10 The National Institute of Agricultural Extension Management (MANAGE) inaugurated the 5th batch of its flagship "Jai Jawan Kisan" training program, designed to prepare defence personnel for careers in 'agrientrepreneurship'. The four-month program, scheduled from September 8 to December 26, 2025, welcomed 43 soonto-retire Army, Navy and Air Force officers from across India. It is being conducted in collaboration with the Directorate of General Resettlement, Ministry of Defence, Government of India.In his inaugural address, Dr.Sagar Hanuman Singh, IPoS, Director General, MANAGE, highlighted that the program will provide exposure to core agricultural concepts and Agri-allied sectors such as fisheries, dairy, composting, polyhouse cultivation, marketing, FPOs, agri-startups and related technologies. These learnings will help participants to explore entrepreneurial opportunities in agriculture. Leadership is a unique strength of the Indian Armed Forces and expressed expectation that the participants will emerge as leaders in agri-entrepreneurship after

the course, he noted. Akash Gera, Lieutenant Colonel, Artillery Centre, Hyderabad, emphasized the importance of discipline and promptness in the learning process. The knowledge gained through this program would support participants as they begin the next phase of their lives after retirement, and he wished them the very best for their journey ahead, he added.Dr. N. Balasubramani, Director (CSA & CCA), MANAGE, welcomed the participants and provided an overview of the four-month program. He explained that the training will be delivered in two stages: first, building a foundation in agricultural knowledge, and second, focusing on agrientrepreneurship and agribusiness. Further he highlighted success stories from previous batches who have established ventures in agriculture and allied sectors. MANAGE faculty and consultants were present for the program. Dr. N. Balasubramani, Director (CSA & CCA), MANAGE directing the program in assistance with Dr.Sreelakshmi, Academic Associate, MANAGE and Ms. B. Priyadarshini, Consultant, MANAGE.

Financing Higher Education in the United States: Have you narrowed down your preferences for a US university into a shortlist?



GNS News Agency, Sept 10

It's time to start planning how to finance your program. EducationUSA offers guidance to understand your financial needs, explore funding opportunities, and create a realistic plan. Many students say, "I'll apply first and figure out the money later." However, funding is not a last-minute task, it's a critical step in your research and preparation, and should be done before you apply to a US university. This step is part of your application timeline, impacting when and how you will apply, and it affects your ultimate choice of program and university. Every student's financial situation is unique. Some may need full tuition support, while others seek partial funding or creative ways to reduce living costs. Start by identifying the type of assistance you need:Meritbased scholarships: Awarded for academic, leadership, or extracurricular excellence. Need-based grants: Offered by select universities based on financial circumstances

Graduate assistantships: Common for master's students, often covering tuition and providing stipends. On-campus work opportunities: Part-time jobs allowed under student visa guidelines. Knowing your funding needs and options will help you filter programs and prepare required documents effectively. How to Research Funding OpportunitiesBegin your search on the financial aid page of each university's official website. Funding information may be listed under admissions, graduate school, or international student services. For master's students, scholarships and assistantships are often managed by academic departments, so check department pages as well. If the website lacks clarity, email the university directly. Don't be shy! Ask respectfully and candidly about available funding, eligibility

criteria, and whether a separate application is required. Note priority deadlines for scholarships, as they are often earlier than regular application deadlines. Graduate Students: Explore AssistantshipsFor master's or PhD programs, assistantships are a common way to fund your education. These include Teaching Assistantships (TAs), Research Assistantships (RAs) and Graduate Assistantships (GAs). Assistantships typically offer tuition waivers and monthly stipends for living expenses. However, they are competitive and limited. A strong academic profile, relevant experience, and a well-written Statement of Purpose are essential to securing these opportunities. Once you've identified funding options, gather the necessary documentation An updated resume, Statement of Purpose highlighting your goals, background, and funding needs, Letters of Recommendation, Standardised test scores (GRE, GMAT, TOEFL, IELTS, etc., depending on the program). External ScholarshipsIn addition to university-based funding, explore external scholarships:www.fundingusstudy.org: Curated scholarships for international students.www.finaid.org: General US financial aid information. Government, non-profit, or private foundations: Many organisations in your home country may support higher education in the United States. External scholarships are competitive but worth applying for. They can often be combined with university-based

Involve your family early in the planning process. Consider personal contributions you can make, financial support from parents or guardians, education loans and repayment timelines and emergency funds for unexpected situations. This step isn't just about finding "free" money it's about creating a financial plan that minimises strain and helps you reach your goals. Funding is not an afterthought; it's a parallel process to your application. With proper preparation, you can build a financial plan that enables your dreams rather than limit them. This guidance is drawn from EducationUSA's "5 Steps to US Study" advising framework. Next week's article will feature "Step 3: Complete Your Application," where we'll focus on building a strong application package, including forms, documents, test scores, and timelines. Education USA is the US Department of State's official resource for accurate, free, and up-to-date information about studying in the United States. Students can download the EducationUSA India app, available for free on iOS and Android devices, for the latest information about the college application process. Or visit https://educationusa.in/

'Didn't throw phone, it slipped': TMC MLA Jiban Saha sent to judicial custody till September 12 in SSC scam case

GNS News Agency, Sept 10

The special ED court Saturday sent Trinamool Congress (TMC) MLA Jiban Krishna Saha to judicial custody till September 12. The legislator was arrested from his Murshidabad residence on Monday following raids in connection with the probe into the School Service Commission (SSC) recruitment scam in West Bengal. In a remand request submitted before the court, the Enforcement Directorate's (ED) counsel Bhashkar Prasad Banerjee had sought Saha's judicial custody, citing some developments in the probe. Though Saha's counsel Zakir Hussain did not apply for bail, he submitted, "We are dealing with an education scam. Some of the names in the first remand list have already got bail. I am a third-line agent. I have been summoned twice and have cooperated."

According to sources with the ED, a money trail of over Rs 1 crore has been traced to the MLA's account. Further, the agency suspects that the money which Saha allegedly gained from the scam had been put into other businesses, including the purchase of potato bonds. According to ED sources, Saha has not been cooperating with the probe. While entering the court, Saha told reporters, "I did not throw the phone. I slipped and fell in the mud, and the phone slipped. No property has been bought in my aunt's name. Earlier, the CBI had taken me into custody, now it is the ED. The videos that are circulating are all lies."On Monday morning, when ED officers reached his residence in Burwan constituency, the MLA allegedly tried to escape by jumping from the first floor and scaling the boundary wall of



the compound, but the ED arrested him. Saha has been arrested on allegations of corruption in the recruitment of as sistant teachers carried out by the SSC. Central agencies have alleged that Rs 46 lakh was siphoned off via various accounts of the MLA's relatives. The TMC leader had been arrested in April 2023 by the Central Bureau of Investigation (CBI) on similar charges before being released on bail. While in 2023 the legislator threw his mobile phone into a pond, this time he allegedly threw the device into a drain but it was recovered by ED officials after a thorough search. Saha's aunt Maya Saha, a Trinamool councillor in Birbhum's Sainthia, had appeared before the ED on Thursday after receiving a summons in connection with the case. In April this year, the Supreme Court upheld the decision to cancel the SSC recruitment process of 2016, citing irregularities. With this, over 25,000 teachers and non-teaching staff lost their jobs.

Beating Retreat ceremony on India-Pakistan border suspended as flood fury hits Hussainiwala

GNS News Agency, Sept 10

The iconic Beating Retreat ceremony at Hussainiwala was suspended on Friday after floodwaters from the swollen Sutlej inundated the area. Nearly six feet of water entered the National Martyrs Memorial complex and the retreat ceremony venue, and the approach road has caved in. The Beating Retreat ceremony, a high-energy joint military parade by the Indian and Pakistani forces of lowering the national flags, is held every evening at the venue, drawing tourists from both sides.

However, the memorials of Shaheed Bhagat Singh, Rajguru, and Sukhdev that stand on a slightly higher ground were not affected by the floodwater. Although the Border Security Force (BSF) has not officially announced the suspension of the ceremony, sources revealed that holding the event under the current conditions appears impossible. Visitor turnout is also expected to be nil as the adjoining Pakistani side is equally flooded, according to the Ferozepur district administration. Deputy Commissioner Deepshikha Sharma visited the site on Saturday to review the situation. Officials explained that the Sutlej takes an 'S' shape near Hussainiwala, with water flowing from India towards Ganda Singh Wala in Pakistan and then curving back. Due to the swollen river, water from the Pakistani side has returned with high velocity, inundating the memorial complex.

Meanwhile, Hussainiwala village and nearly 65 other villages in Ferozepur district have been submerged for over three weeks. The retreat ceremony venue was flooded in the 2023 floods as well. Authorities have also raised concerns over the Hazarewala bridge, which connects over a dozen villages to Ferozepur city. If the bridge collapses, these areas could be completely cut off. This bridge was damaged in the 2023 floods. A similar threat looms in the Fazilka district, where the Sutlej water is overflowing on the Kawanwali bridge. Any damage to the structure could isolate several villages from the main town, sources revealed.



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However, the villagers have complained that repair works were not done on the bridge after the 2023 floods, and hence, chances are high that the structure could be damaged again if rain persists, said a source.

'Ask Eknath Shinde why Marathas are back in Mumbai': Raj Thackeray questions former CM's claim of resolving quota row last year



GNS News Agency, Sept 10

The agitation has disrupted traffic across south and central Mumbai, brought civic services to a crawl, and forced cancellation of several events, as protesters continue their indefinite fast on the streets and at Azad Maidan, keeping the authorities on their toes. The agitation has disrupted traffic across south and central Mumbai, brought civic services to a crawl, and forced cancellation of several events, as protesters continue their indefinite fast on the streets and at Azad Maidan, keeping the authorities on their toes.

Amid the Manoj Jarange Patil-led Maratha quota protest in Mumbai, Maharashtra Navnirman Sena (MNS) chief Raj Thackeray on Saturday launched a sharp attack on Deputy Chief Minister Eknath Shinde by holding him responsible for the ongoing agitation, recalling how he had claimed to have "resolved" the matter in Navi Mumbai last year. "Ask Eknath Shinde why the Marathas have come to Mumbai. Only he can answer this. He was the one who had gone earlier and met Jarange Patil. If he had gone to Navi Mumbai earlier (in January 2024) and claimed to have resolved the Maratha quota issue, then why have they come now? I think everything about this issue should be asked of Shinde only. He can only answer this," Thackeray said.

The MNS chief was referring to January 27, 2024,

when Jarange Patil led thousands of Marathas into Navi Mumbai. After two days of deliberations and meetings, Shinde, then the chief minister, rushed to the protest site and announced a government resolution promising Kunbi caste certificates to eligible Marathas. Jarange Patil had then broken his fast after accepting juice from Shinde and urged his followers to celebrate, hailing and praising Shinde. The mood was jubilant, and crowds cheered, hailing Shinde as the "son of a Maratha" who had delivered long-awaited justice. Thackeray's remarks have come at a time when Jarange Patil and thousands of supporters have been camping at Azad Maidan in Mumbai on Saturday, for the second day in a row, pressing for reservation under the OBC category through Kunbi status. The agitation has disrupted traffic across south and central Mumbai, brought civic services to a crawl, and forced cancellation of several events, as protesters continue their indefinite fast on the streets and at Azad Maidan, keeping the authorities on their toes. The state government, under pressure to respond, on Saturday activated a cabinet sub-committee headed by senior minister Radhakrishna Vikhe Patil. The 12-member panel has been empowered to hold talks with Jarange Patil.After a meeting in Mumbai, Vikhe Patil said the government remained "positive" on the issue. "The Marathas should get reservation. A delegation of retired Justice Sandeep Shinde along with the divisional commissioner and other officials will go and meet Jarange Patil to discuss," he said, adding that facilities were being provided to the protesters. Political observers say that Thackeray's pointed reminder has revived uncomfortable questions for Shinde and shifted focus from Chief Minister Devendra Fadnavis to the deputy chief minister. "If the issue was truly settled in January 2024, why are Marathas once again out on the streets in such large numbers?" Professor Mrudul Nile said, adding, "By insisting that only Shinde can answer, Raj Thackeray has turned the spotlight back on Shinde, forcing him to carry the weight of political accountability for the re-

Akhilesh Yadav slams BJP govt over fertiliser scarcity

GNS News Agency, Sept 10

Samajwadi Party national president and former Uttar Pradesh chief minister Akhilesh Yadav on Saturday slammed the ruling BJP over fertiliser shortage in the state. Yadav shared on his X handle a 49-second video, which showed farmers standing in queue for fertiliser and an elderly man among them crying. "After watching this video, the BJP workers and supporters talking about 'Amritkaal' under the BJP rule should feel ashamed of themselves," Yadav said, alleging that the saffron party misuses the innocence of its supporters to hide its corruption and malicious agenda.

Yadav said educated people must think "with a hand on their heart" how the BJP and its allies have "held hostage their knowledge and wisdom by feeding them communal politics." He alleged that BJP uses such people as "manure to cultivate its false propaganda, spread hateful WhatsApp messages." The Samajwadi Party leader's post read, "First of all, party supporters should remember that 'BJP is no one's own' and it is a 'using' party. One day, BJP will use them and leave them, and they will be left nowhere." He added that the BJP's conspiracy formula is, "Use first, then destroy!" Responding to Yadav's post, the BJP's state



spokesperson Harischandra Srivastava said leaders who are not even close to their own family should not give advice to BJP workers. He said the public is constantly rejecting Akhilesh Yadav and Congress leader Rahul Gandhi, due to which the perplexed Samajwadi Party chief has only one agenda these days: how to confuse the public by performing a sponsored drama of lies and illusion. "However, for the public, Modi-Yogi government has become a synonym of prosperity, so they see through the illusion and lies of Samajwadi Party and Congress. These parties are never going to win now," Srivastava added.

'Going to be a huge backlash': Karnataka HC issues notice to Centre on plea against ban on online money games



GNS News Agency, Sept 10

karnataka hcThe plea, being heard by a bench of Justice B M Shyam Prasad, also sought that the government should either not notify the law or give advance notice of the notification. The Karnataka High Court on Saturday issued a notice to the Centre on a plea against sections of the Promotion and Regulation of Online Gaming Act, which bans online money games. The plea by gaming company Head Digital Works raised concerns about the impact of the Act on employees in the industry, saying "we are talking about employment of lakhs of people", and warned of a "huge backlash".

The plea, being heard by a bench of Justice B M Shyam Prasad, also sought that the government should either not notify the law or give advance notice of the notification. The Act had received presidential assent on August 22 but has yet to be notified. In its petition, Head Digital Works, which owns A23 Rummy, has stated that sections of the Act that define online gaming with money, irrespective of whether it is a game of skill or chance, ban major activities related to operating gaming platforms, and set penalties for the same, are violative of Articles 14, 19, 20, 21 and 301 of the Constitution. The company was represented in court by senior advocates Dhyan Chinappa and Aryama Sundaram.

Opening arguments before the high court, Sundaram submitted, "The challenge to an Act, which is very ironically called Promotion and Regulation of Online Gaming....the act has received assent of the President. It has not yet been notified. We are talking about employment of lakhs of people."

He added, "It is my concern that if this industry is closed overnight, there is going to be a huge backlash. What I would seek today is — let them file their reply. Let them not notify it (the Act) until we are heard in this matter. If they feel they are going to notify it let them inform us a week before

notifying so that we can come before your lordship for relief."Solicitor General Tushar Mehta, representing the Centre, noted that this was the first time a court was examining the competence of the Parliament in this case with regard to gaming involving money. "It has extraterritorial implications because it is not just something within Karnataka or India... Once the honourable President of India has given assent, notifying it is essentially a constitutional legislative function. The judiciary would not prevent by an interim order and without examining – that don't even notify the law," he said. In response to a query from the bench regarding the possibility of an immediate notification, Mehta stated that he would have to take instructions to answer that. However, he added, "I proceed on a hypothesis that there can be a notification."

Anganwadi centres in Karimnagar to grow vegetables under Poshan Vatika scheme

Karimnagar: To provide nutritious food to children, pregnant women and lactating mothers, the government has decided to grow vegetables in anganwadi centres. Along with pre-primary education, anganwadi centres currently supply nutritious meals to children, pregnant women and nursing mothers. Until now, vegetables have been procured from markets, creating difficulties when required items were unavailable. Frequent price hikes and excessive use of chemical fertilisers in commercial cultivation have been additional

To address this, the Centre has launched nutri-gardens under the Poshan Vatika scheme, encouraging organic farming practices in anganwadi centres. Initially, the programme will be implemented in centres that operate from their own buildings or where land is available. As part of the scheme, six varieties of seeds, namely tomato, brinjal, ladyfinger, spinach, amaranth and fenugreek, are being supplied through the National Seed Development Corporation. Each anganwadi centre will receive Rs.10,000 annually for five years to maintain vegetable gardens, with funds earmarked for land levelling, fertile soil, organic inputs, fencing and other needs. In Karimnagar urban CDPO limits, 35 centres have been selected out of 172, and seed kits have already been distributed. Cultivation has begun in some centres following the release of funds.

Evacuation of Gaza City would be unsafe and unfeasible, says head of Red Cross



GENEVA, GNS News Agency, Sept 10 The head of the Red Cross warned on Saturday that it would be impossible to keep people safe during a mass evacuation of Gaza City, as Israel intensifies its assault. Israel is pushing ahead with its plan to take full control of the whole Gaza Strip, starting with Gaza City, with the goal of destroying Hamas after nearly 23 months of war, while facing a global outcry over starvation in the besieged enclave. The Reuters Daily Briefing newsletter provides all the news you need to start your day. Sign up here.

"It is impossible that a mass evacuation of Gaza City could ever be done in a way that is safe and dignified under the current conditions," Red Cross President Mirjana Spoljaric said in a statement. An evacuation would provoke a massive population displacement that no other area in the Gaza Strip is equipped to absorb, amid severe shortages of food, shelter, and medical supplies, Spoljaric said.

The Israeli military said on Friday that it "will continue to support humanitarian efforts alongside ongoing manoeuvring and offensive operations against terrorist organizations in the Gaza Strip in order to protect the state of Israel". Israel has urged civilians to leave for the south of the Palestinian enclave. Many people in Gaza City would not be able to follow evacuation orders because they are starving, sick or injured, Spoljaric said. International humanitarian law requires Israel to ensure that civilians have access to shelter, safety and nutrition, when evacuation orders are issued. "These conditions cannot currently be met in Gaza. This makes any evacuation not only unfeasible but incomprehensible under the present circumstances, Spoljaric added. The conflict began with a Hamas-led attack on Israeli communities on October 7, 2023, killing around 1,200 people according to Israeli tallies and seizing about 250 hostages. Israel's military campaign in Gaza has killed more than 63,000 people in Gaza, mostly civilians, according to Gaza health officials.

Ukrainian former parliamentary speaker Parubiy shot dead in Lviv

KYIV,GNS News Agency, Sept 10 Ukrainian former parliamentary speaker Andriy Parubiy was shot dead in the western city of Lviv on Saturday and a search was under way for the killer. The Prosecutor General's office said a gunman had fired several shots at Parubiy, killing him on the spot. The attacker fled and a manhunt was launched, it said. The Reuters Daily Briefing newsletter provides all the news you need to start your day. Sign up here.

Parubiy, 54, was a member of parliament, had been parliamentary speaker from April 2016 to August 2019, and was one of the leaders of protests in 2013-14 calling for closer ties with the European Union. He was also secretary of Ukraine's National Security and Defence Council from February to August 2014, a period when fighting began in eastern Ukraine and Russia annexed the Crimea peninsula. Officials gave no immediate indication whether the murder had any direct link to Russia's war in Ukraine. "Minister of Internal Affairs Ihor Klymenko and Prosecutor General Ruslan Kravchenko have just reported on the first known circumstances of a horrific murder in Lviv. Andriy Parubiy has been killed," President Volodymyr Zelenskiy wrote on X.He sent his condolence to Parubiy's family and loved ones, and added: "All necessary forces and means are engaged in the investigation and search for the killer."National police said the shooting in Lviv was reported at around noon (0900 GMT). Lviv Mayor Andriy Sadovyi said finding the killer and establishing the circumstances of the attack was of outmost importance. "This is a matter of security in a country at war, where, as we can see, there are no completely safe places," he wrote on Telegram. Tributes poured in from colleagues in parliament and the government, praising Parubiy's contribution to Ukraine's fight for sovereignty and independence as one of the leaders of what became known as the Euromaidan pro-



Former President Petro Poroshenko said on Telegram that the killing of Parubiy, who was a member of the parliamentary committee on national security, defence and intelligence, was "a shot fired at the heart of Ukraine.""Andriy was a great man and a true friend. That is why they take revenge, that is what they are afraid of," he said, lauding Parubiy's contribution to building out the Ukrainian army.In a statement on Telegram, Foreign Minister Andrii Sybiha described Parubiy as "a patriot and statesman who made an enormous contribution to the defence of Ukraine's freedom, independence and sovereignty. He was a man who rightfully belongs in the history books."Ukrainian law enforcement provided no information on the killer's identity or motives. Ukrainian Prime Minister Yulia Svyrydenko called for a prompt investigation of the murder, calling it "a profound loss" for the country. "You always remained a patriot of Ukraine and made a great contribution to the formation of our state," she wrote on X.

'MAHA' calls for limits on food ads to kids likely to face industry opposition



The MAHA movement aligned with Kennedy, a vaccine skeptic and former environmental lawyer, has sometimes been at odds with industry groups and a traditional Republican preference for market-based policy. The draft report criticizes the food industry for annually spending "billions" on "targeted marketing of unhealthy foods to children via television and social media."

GNS News Agency, Sept 10

A White House call to curtail the marketing of unhealthy food to children would be vulnerable to industry lobbying that killed previous government efforts, nutrition and public health experts said.U.S. President Donald Trump's Make America Healthy Again (MAHA) Commission, established in February and led by Robert F. Kennedy Jr., is tasked with investigating what its supporters call an epidemic of childhood disease.The Reuters Daily Briefing newsletter provides all the news you need to start your day. Sign up here.

A draft obtained by Reuters of the commission's upcoming report, which is expected to be published in coming weeks, contains a recommendation that agencies explore "potential industry guidelines" to limit food advertising aimed at children. The MAHA movement aligned with Kennedy, a vaccine skeptic and former environmental lawyer, has sometimes been at odds with industry groups and a traditional Republican preference for market-based policy. The draft report criticizes the food industry for annually spending "billions" on "targeted marketing of unhealthy foods to children via television and social media. "The food industry has beefed up its lobbying since Trump took office in January. Companies have sought to push the White House and other officials on policies such as children's nutrition programs, packaging label rules and the upcoming commission report, according to lobbying disclosures. Companies taking part in the industry's voluntary self-regulation program to limit children's marketing spent \$12.5 million on lobbying in the first half of 2025, up from \$11.3 million in the year-ago period when no major legislation was pending. The disclosures do not detail lobbying expenses on health-related issues versus other areas.specifically mentioned MAHA as a recent lobbying topic with regulators and officials in Washington, according to July disclosures. None of the companies responded to requests for comment.has spent at least \$1.67 million on lobbying since January. Its latest disclosure, filed in July, mentions discussions with lawmakers, regulators and the White House on nutrition and other topics. McDonald's did not respond to a request for comment. White House spokesperson Kush Desai said "Gold Standard Science" would be the only factor guiding the administration's decision-making in its "Make America Healthy Again" efforts.

The Department of Health and Human Services declined to comment. Food marketing is probably the leading influence on eating choices for people and especially children, said Nick Freudenberg, a public health professor at the City University of New York School. He recently coauthored a study reviewing 25 years of research on the effects of marketing unhealthy food to adolescents and young adults. Freudenberg said the U.S. lacks protections against harmful marketing to children found in the European Union and some Latin American countries because of the food industry's outsized influence, and was skeptical that the report's recommendation would lead to policies that meaningfully limit marketing. After the MAHA Commission's first report came out in May, Kennedy said its members had a consensus to prioritize what he called the ultra-processed food crisis and to work to improve the food American children eat

The draft of the upcoming second report recommends that agencies, including the Federal Trade Commission, explore developing industry guidelines to limit the direct marketing of certain unhealthy foods to children, including by evaluating the use of misleading claims and imagery. Most major U.S. food advertisers participate in a voluntary self-regulation pledge program called the Children's Food and Beverage Advertising Initiative (CFBAI). Participants, including McDonald's and Coca-Cola, commit to not advertise directly to children under 6 and to only promote sufficiently nutritional food to children under 13.Jennifer Harris, a research advisor at the University of Connecticut who studies food marketing to children, said the promise made by these companies has "so many loopholes that it's basically meaningless. "CFBAI head Daniel Range disagreed, saying the program has produced "observable, meaningful changes to child-directed food advertising."Public health experts said the draft MAHA report's recommendation resembles a failed 2011 effort by the FTC to adopt guidelines that would have asked companies to voluntarily end all food advertising unless they were promoting healthy fare, such as whole grains, fresh fruits

Protesters set fire to Indonesian Parliament buildings in several provinces



GNS News Agency, Sept 10

Indonesian protesters set ablaze regional parliament buildings in three provinces during continuing demonstrations on Saturday (August 30, 2025), a day after three people were killed in violence that has presented a major test for President Prabowo Subianto.Parliamentary buildings in West Nusa Tenggara, Pekalongan city in Central Java and Cirebon city in West Java were set on fire by protesters, local media reported.Detik.com said the protesters looted Parliament's office equipments in Cirebon while police shot tear gas to disperse them in Pekalongan and West Nusa Tenggara.

Reuters could not confirm the media reports and authorities were not immediately available for comment.Protests began in Indonesia's capital Jakarta earlier this week over lawmakers' pay, escalating on Friday after a police vehicle hit and killed the driver of a ridehailing motorbike. National police chief Listyo Sigit Prabowo said on Saturday the President ordered authorities to take firm action against protesters who violated laws. The arson attacks on parliamentary buildings followed Friday's deadly protest in Makassar, capital of South Sulawesi province, that left at least three people dead and five injured.Local media metrotvnews.com reported one further death from Makassar's parliamentary building fire, though this could not be independently confirmed. The disaster management agency, in a statement earlier on Saturday, did not provide details on the fatalities in Friday's blaze, but state news agency Antara said the victims had been trapped in the burning building. The agency said two people were injured after jumping out of the building to escape the fire. Local media also reported protests in the holiday island of Bali at the police headquarters, and that police had shot tear gas at the demonstrators. Jakarta's mass rapid transit said trains were not stopping at one station on Saturday near Friday's protest site, while services of Jakarta-owned Transjakarta

U.S. appeals court finds Trump's global tariffs illegal, but leaves them in place now

GNS News Agency, Sept 10

A U.S. federal appeals court ruled that most of President Donald Trump's tariffs, impacting numerous trading partners, were illegal — but allowed them to remain in place for now. The 7-4 ruling by the U.S. Court of Appeals for the Federal Circuit affirmed a lower court's decision finding that Mr. Trump had exceeded his authority in tapping emergency economic powers to impose wide-ranging duties. But the judges allowed the tariffs to stay in place through mid-October, allowing the parties to take the case to the Supreme Court. The decision marks a blow to the President, who has wielded duties as a wide-ranging economic policy tool. This could raise doubt over deals Mr. Trump has struck with major trading partners like the European Union.

Since returning to the presidency in January, Mr. Trump has invoked the International Emergency Economic Powers Act (IEEPA) to impose tariffs on almost all U.S. trading partners, with a 10% baseline level and higher rates for dozens of economies. Friday's (August 29, 2025) ruling noted that "the statute bestows significant authority on the President to undertake a number of actions in response to a declared national emergency, but none of these actions explicitly include the power to impose tariffs, duties, or the



like, or the power to tax."The U.S. Court of International Trade ruled in May that Mr. Trump had overstepped his authority with across-the-board global levies. Trump slams court, says 'will win in the end'Mr. Trump vowed on Friday (August 29, 2025) to go to the Supreme Court over the appeals court ruling that most of the tariffs he has imposed on U.S. imports, upending global trade, were illegal. The appeals court "incorrectly" issued the ruling, "but they know the United States of America will win in the end," Mr. Trump said on his Truth Social platform, adding that he would fight back "with the help of the United States Supreme Court."

Sikh man, waving machete on Los Angeles street, fatally shot by police

GNS News Agency, Sept 10

A 35-year-old Sikh man, seen waving a machete on a street in Los Angeles and charging at police officers, has died after he was shot by police following a dramatic car chase.Gurpreet Singh, a resident of Arcadia, sustained gunshot wounds after he was shot by Los Angeles Police Department (LAPD) officers following a car chase on the morning of July 13. He was transported to a local hospital to be treated for the gunshot wounds but succumbed to his injuries on July 17.The LAPD has released a detailed video of the incident that shows Singh waving the 27-inch long machete on the road towards passing vehicles and pedestrians. At one point, Singh appears to gesture to cut his tongue with the machete. The LAPD said its officers gave multiple commands for Singh to drop the weapon but he failed to comply. Singh then returned to his vehicle, retrieved a water bottle, and threw it at the officers.

The video shows LAPD officers chasing Singh in his car across streets in the area. Singh drove off in his car while waving the machete outside the driver's side window. Officers initiated a vehicle pursuit during which Singh drove erratically, driving his car in circles, and colliding with an officer's vehicle. A short time later, Singh stopped his car in a street, exited his vehicle while still armed with the machete, and charged at the officers. The LAPD officers ordered him to stop and fired at Singh as he was charging



towards their vehicle. Singh was struck by gunfire and fell to the pavement. The Los Angeles Fire Department responded and transported Singh, lying in a pool of blood, to a local hospital for medical treatment.

The machete, two feet in length, was recovered at the scene and booked as evidence. The officers involved in the shooting have been identified as Central Area Police Officer IIs Michael Orozco and Nestor Espinoza Bojorquez. LAPD said it is conducting an investigation and authorities will determine whether the officers' tactics, drawing and exhibiting a weapon and use of deadly force in this instance met the standards expected of all LAPD officers.

Kabul blames Pakistan for airstrikes that killed 3 people in eastern Afghanistan

GNS News Agency, Sept 10

Airstrikes that Afghanistan's Taliban government blamed on neighbouring Pakistan struck two eastern provinces of the country, killing at least three people, wounding seven others, and damaging homes, officials and witnesses said Thursday (August 28, 2025). In Kabul, the Foreign Ministry decried the strikes that took place late Wednesday (August 27, 2025) in Nangarhar and Khost provinces, calling them a "provocative act" by Pakistan and summoning the Pakistani ambassador in Kabul.

The Afghan Defense Ministry also condemned the strikes. "Such barbaric and brutal actions benefit neither sides; rather intensify the distance between the two Muslim nations and fuel hatred. These irresponsible activities will have consequences," it wrote on the X social media platform. Neither the Pakistani government nor the military commented on the alleged strikes.

Kabul previously has accused Pakistan of launching airstrikes in Afghanistan against suspected hideouts of the Pakistani Taliban, a militant group banned in Pakistan and blamed for some of that country's deadliest terrorist attacks. In Nangarhar's Shinwari district, members of a family whose house was reduced to rubble sifted through the debris to try to recover what they could. "They dropped the first big bomb on my house. My house was completely destroyed," said Shah Sawar, a resident of Nangarhar's Shinwari district. "First I pulled a child out of the rubble, then I pulled four children and a woman out."

Nangarhar's Deputy Governor, Maulvi Azizullah Mustafa, said the strikes were fired by Pakistani drones. The Afghan foreign ministry said three people were killed



and seven wounded in Nangarhar and Khost. Kabul in December 2024 accused Pakistan of carrying out airstrikes against suspected hideouts of the Pakistani Taliban in Paktika province. Pakistan also did not acknowledge those strikes at the time. Kabul claimed to have hit several points inside Pakistan in retaliation. The latest violence comes a week after top diplomats from Pakistan, China, and Afghanistan met in Kabul and pledged closer cooperation against terrorism. It also came three months after Pakistan and Afghanistan upgraded their diplomatic ties to improve bilateral relations. However, relations between Islamabad and Kabul have remained tense since 2021, when the Afghan Taliban seized power, mainly over Kabul's alleged support of the Pakistani Taliban, who have stepped up attacks on security forces and civilians in Pakistan in recent years. Pakistan accuses Afghanistan of harboring the Pakistani Taliban, which is separate but closely allied to the Afghan Taliban. Kabul denies that, saying it does not allow anyone to use its soil against another country.

Why Tottenham may have struck gold with the Thomas Frank signing



GNS News Agency, Sept 10

Tottenham Hotspur chairman Daniel Levy had a complicated decision to make after the 2024-25 season. Coach Ange Postecoglou had just secured the club's first silverware in 17 years, but the team had also endured a dreadful Premier League campaign. Would the Europa League triumph outweigh a 17th-place finish, Tottenham's worst since it was relegated in 1976-77? Faced with an "emotionally difficult" choice, Levy was ruthless and sacked Postecoglou. He appointed former Brentford boss Thomas Frank as the north London club's fifth full-time manager in six years and the 13th since Levy became chairman over 25 years ago.

Just two games into the 2025-26 Premier League season, the decision appears to be making a lot of sense. Tottenham has had the perfect launch, beating Burnley 3-0 before outmanoeuvring heavy-hitter Manchester City 2-0. With the City win, Frank became just the third manager to get the better of a Pep Guardiola team away in the league with two different sides after Jose Mourinho (Real Madrid and Manchester United) and Antonio Conte (Chelsea and Spurs). Frank is one of only three managers to have defeated a Pep Guardiola team away in the league with two different sides. Frank, who had also guided Brentford to a 2-1 victory at City in 2022, set Tottenham up in a manner that made life very difficult for a club that has won six Premier League crowns under Guardiola, Frank's side was physical in duels, co-ordinated in a stifling press that discomfited City custodian James Trafford, and compact when forced into a defensive block.

Guardiola, who rates Frank's coaching ability highly, praised the Dane's early work with Spurs on the training ground. "We didn't react well to the marking and the pressing," he said, "because Thomas does it and it happens. We knew it."Spurs had let a two-goal lead slip late on against PSG to lose the UEFA Super Cup in Frank's first game in charge, but rarely looked in danger of suffering a similar fate against City

"From every game you learn and games where you don't get the result you learn even more," said Frank. "I definitely believe in the aggressive press. I believe in being front-footed. I like that mentality, it's a more offensive way of defending. It's more fun to defend in the opponents' half. So, yeah, let's go for it. Defensive principles and mentality are the key things. We need this mentality to win games like this. "The clean sheet makes me very happy. It's a big thing we've been working on, the defensive side of the game, high pressure, middle block, low block, blocking shots, everything, because if you get clean sheets you're closer to winning a game." Frank's coaching philosophy diverges significantly from Postecoglou's gung-ho style. Spurs often played very entertaining football under Postecoglou, scoring a lot, but also conceding a lot. The Australian manager's refusal to adapt his methods to the opposition — he did, however, show a more pragmatic side during the Europa

League campaign, especially in the final against Manchester United — made him a polarising figure. Postecoglou's "it's just who we are, mate" was seen as a badge of defiance; equally, it was viewed as obstinacy the club couldn't afford. Frank, on the other hand, has a reputation of being a flexible tactician, catering to the strengths of his side but also to those of the opponent. Asked about the difference between the two managers, forward Brennan Johnson said, "They are two different coaches. A lot of detail goes into the set-pieces, but at the same time he [Frank] gives us a lot of attacking freedom."

Frank's tenure at Brentford, where he coached the side to constantly punch above its weight, offered glimpses of just how good he was. After taking charge in 2018, he led the London club to the top flight for the first time in 74 years and kept a squad built on a limited budget in mid-table territory in the Premier League, a considerable achievement.Frank's strategic acumen and in-game shrewdness earned the respect of rival managers while his ability to improve players, especially those of a lower profile or those who had not performed at other clubs, made others want to come play for him. Indeed, this quality attracted Spurs' signings this season, midfielder Joao Palhinha and winger Mohammed Kudus. In his short time at Spurs, Frank has already convinced the squad to buy into his vision. He was able to deploy a 3-5-2 to counteract PSG's wide men and false nine, and just as easily switch to two different versions of the 4-3-3 in the Premier League, with the more defensive variant being employed against City. Known as a clear communicator and an understanding manmanager, the 51-year-old has also shown he won't tolerate tardiness.

He dropped midfielder Yves Bissouma, saying "Bissouma has been late several times and now this time, it was one too many. With everything, you need to give your players a lot of love but also have demands and have consequences. And this was the consequence of that."While the early signs are encouraging, it must be noted that the sample is very small. Postecoglou had an excellent start that lasted longer — Spurs won eight of their first ten games under him in 2023-24 — and he, too, beat Guardiola at City. a 4-0 drubbing last season no less. Frank's methods do appear more robust and sustainable, better suited to achieving consistency over a long season. But in the cut-throat Premier League, he will have to repeatedly prove it. Frank will need the club's support to bolster a squad that has been weakened by playmaker James Maddison's injury and talisman Son Heung-min's departure. Indeed, Tottenham's fine start has contrasted with supporters' frustration at the club's dealings in the transfer market. Eberechi Eze's proposed move from Crystal Palace collapsed when the player decided to join north London rival Arsenal. An earlier attempt to sign Morgan Gibbs-White had fizzled out, the attacking midfielder, in a stunning U-turn, extending his contract with Nottingham Forest. With the club also competing in the Champions League this season, Frank does have his work cut out. In that sense, it's a slight gamble from Spurs. The Dane has not experienced European nights and has never won a top-flight trophy in his managerial career. But Tottenham has had Conte and Mourinho at the helm for spells, and even those elite managers found it tough to lead the club to success. Frank has proven he can step up levels, outwit pedigreed managers, and coach his teams to nullify big clubs. He now has the opportunity to add to an impressive managerial catalogue and showcase what he can do on the biggest stage. He certainly won't shrink from

Why doctors say ear-cleaning cotton buds may do more harm than good

Cotton buds have become a household staple, often used to "clean" ears. For many, ear cleaning with buds is part of a daily hygiene ritual. But specialists caution that this habit may be doing more harm than good, leading to wax impaction, ear canal injuries and infections, while disrupting the ear's natural cleaning process.

It's not dirt"Everybody thinks ear buds can clean wax. But in reality, they only scrape a little bit and push the rest deeper into the canal," says Suhel Hasan, senior consultant & head, ENT, Mazumdar Shaw Medical Centre, Narayana Health, Bengaluru. The result, he explains, is wax impaction where hardened wax gets lodged inside and patients come in with complaints of blockage, pain or reduced hearing.

Earwax, or cerumen, is in fact protective. "It lubricates the skin, traps dust and bacteria, and even has antifungal properties," says Gowri Shankar M., senior consultant, SIMS Hospital, Chennai. The ear has a natural conveyorbelt-like mechanism that moves wax outward. "When you keep poking the ear with buds, this system gets disturbed. Wax collects near the eardrum, hardens and causes itching, ringing or pain. Ironically, the more you try to clean, the worse it gets," he adds. The physical risks are also significant. Cotton buds can injure the delicate ear canal skin, sometimes causing bleeding. "In some unlucky cases, the bud goes too deep and tears the eardrum. That is painful and needs proper treatment," warns Dr. ShankarDr. Hasan says: "Vigorous cleaning can traumatise the canal. People even get into the habit of doing it daily, scratching for relief. But this can lead to infection, or in rare cases, perforation of the eardrum.

Ashwini R., consultant ENT, Narayana Health City, Bengaluru, calls cotton buds "the worst offenders" among home remedies. "They give a false sense of cleaning but actually push wax further in," she says, adding that children's ears are especially vulnerable because of their smaller, delicate canals. Studies indicate a significant association between cotton bud use and ear problems, including infections and wax impaction. And a high percentage of people use cotton buds despite potential risks such as Otitis Externa (ear canal infection) and eardrum damage

Though uncommon, wax accumulation can sometimes lead to keratosis obturans, a painful condition where layers of wax and skin collect in the canal. "It can take days of treatment, sometimes even surgery, to clear. Patients never forget the pain," says Dr. Hasan. Overuse of cotton buds can also lead to trauma and perforation of the eardrum. The buds break and remain lodged in the ear canal, potentially causing severe complications, including necrotising otitis externa and may also lead to bacterial growth in the ear canal. Doctors emphasise that in most cases, ears need no cleaning at all. "Just wipe the outer ear with a cloth. Never put anything inside the canal," advises Dr. Shankar.K. Priya, senior consultant, SRM Global Hospitals, Chennai, adds, "If there is a sense of blockage, safer options include wax-softening drops made of glycerin, saline or mineral oil. If symptoms persist, let an ENT remove the wax professionally with suction or instruments."Doctors



routinely see the consequences of misguided home remedies like ear candles, hairpins, matchsticks and even pens. Sunny Mehra, consultant ENT, VS Hospitals, Chennai, says, "I've seen everything from buds to matchsticks pulled out of ears. A few drops to soften wax or a visit to the clinic is far better than poking inside," he says. "Clean only the outside, let the ear's natural system work, and seek medical help if you have real discomfort," says Dr. Hasan. As Dr. Ashwini sums up, "Ears are remarkably delicate and they cannot be replaced. A little restraint with buds can save you a lifetime of problems."

US Department of Justice announces probe into H-1B visa misuse

Washington: The US Department of Justice (DoJ) has intensified its scrutiny of hiring practices under the H-1B visa program, calling on workers and employers to report instances where US citizens are unfairly overlooked in favour of foreign visa holders.

Harmeet Dhillon, the India-born Assistant Attorney General of Civil Rights at the DoJ, is leading the initiative. Dhillon was hand-picked by US President Donald Trump for the job shortly after he won the election in December last year. On Thursday, Dhillon announced that the department has opened "several" investigations and taken action against "some" employers already. "Send us your leads," she urged Americans to reach out on the DoJ hotline.

The H-1B program, capped at 85,000 new visas annually, allows US companies to hire skilled foreign workers in fields like technology and engineering. However, critics, including US Commerce Secretary Howard Lutnick and Florida Governor Ron DeSantis, have argued it enables outsourcing firms to depress wages and displace American talent. In an interview with Fox News on Tuesday, Lutnick termed the current H1B visa system "a scam" and called upon US businesses to prioritise hiring of "American workers."

Why we need to celebrate curiosity in the classroom



A teacher known for her innovative methods was sent as a substitute. In the class, she announced, "Today, I'm not going to teach you any subject. Instead, I want you to raise interesting questions, and together we will discuss them. Are you ready?"The class erupted in cheers at the thought of a lesson-free hour. One curious student immediately asked, "Ma'am, can we ask any question?""Yes," she replied with a smile. "Anything you find curious or challenging. I'll write your questions on the whiteboard, and anyone may try to answer."

One by one, the questions tumbled out: Why does zero mean nothing? Why must two plus two always equal four? Why do we call a pen a 'pen'? If someone gave it another name, would it still be the same thing? The stunned teacher had not expected such probing, thought-provoking, and certainty-shaking questions. As the classroom buzzed with excitement, one question echoed in her own mind: How am I going to handle this and what answers can I possibly give these young thinkers?Now, imagine what an ordinary teacher might do in this situation and what an extraordinary one would.Doubt and certainty "There is one sin I have come to fear above all others: certainty. Certainty is the greatest enemy of unity; the deadliest foe of tolerance," said Cardinal Lawrence in the film Conclave, and adds, "Let us pray that God grants us a Pope who knows how to doubt."

Reflecting on the quote, I wondered whether the Ministry of Education and school administrators should also pray for teachers who know how to doubt and who can instil that same spirit of curiosity in their students. Certainty can hinder both thought and progress. Teachers who cling to certainty often resist challenge and discourage questioning. In doing so, they stifle curiosity — an essential quality that fuels fresh thinking, creative ideas, and innovation. Curiosity and imagination are closely connected and share many common traits. Curiosity prompts questions and drives the desire to explore, while imagination generates new ideas and opens paths to new solutions. Sadly, our education system seldom values the nurturing of either curiosity or imagination. Albert Einstein once declared, "Imagination is more important than knowledge," implying that knowledge is finite, limited to what is already known, whereas imagination allows us to explore possibilities beyond current understanding. It is a powerful driver of creativity and innovation. Yet the teaching community seems not to have realised the value of imagination and the power of curiosity. Those who doubt are often the most curious. They seek truth, question assumptions, and strive to grow. Teachers who embrace doubt encourage students to ask questions, explore ideas, and think deeply. Curiosity leads to clarity. It sparks innovation. It deserves to be celebrated in the classroom. In Jostein Gaarder's novel Sophie's World, which is structured as both a novel and a philosophy course, the main character, Sophie, personifies curiosity. Like the first philosophers who relentlessly questioned the world and examined it with a critical eye, Sophie is driven by an insistent urge to ask and explore. Her search for answers begins with simple questions such as "Who are you?" and "Where does the world come from?" and progresses to deeper inquiries such as "How do we know the world is real?" "What is truth?" and "Are we free thinkers, or are our thoughts shaped by others?" Sophie embodies openness and a thirst for understanding, showing how curiosity fuels self-discovery and intellectual growth. The novel suggests that without the courage to ask "Why?" and "What if?", both Sophie and the reader would remain confined to passive acceptance. Does our education system celebrate certainty while discouraging curiosity? Why is certainty valued more than curiosity? What measures can be taken to foster curiosity in children? Finding answers to these and other related, often unasked, questions can help educators cultivate their own curiosity and make the classroom a better place for seeking knowledge. Why is it important for teachers to encourage students to doubt? How can teachers help students become curious?

Let's assume that a teacher in a class made the following statements: "The Earth is round." "I'm glad you are all very attentive in class." "The object is red in colour." Now let's imagine that some curious students, not fully convinced by these statements, raised the following questions: "If the Earth is round, why don't the people at the bottom fall off?" "How do you know I'm attentive in class and not just dreaming right now?" "Who decided that red should be called 'red'? What if it looks different to you than it does to me?"These questions challenge scientific certainty about gravity, raise doubts about the nature of reality, and question the certainty of language, meaning, and shared perception. In such situations, how should a teacher respond constructively so that children do not lose their sense of curiosity, but instead use these moments as opportunities to develop reasoning, explore ideas.

A constructive teacher values questions rather than dismissing them. Even a simple "That's a good question" validates curiosity. Instead of giving ready-made answers, the teacher can ask, "What do you think?" - turning passive listening into active reasoning. Some truths rest on evidence (like gravity keeping us on Earth), while others are shaped by human systems (like language and meaning). It is also fine for teachers to admit they don't know. Saying "Let's explore this together" shows that knowledge grows through inquiry, not certainty. Above all, the teacher's role is to keep curiosity alive. A classroom blessed with Sophies is like a garden of wonder, where questions bloom into creativity, innovation takes root, and the fragrance of new knowledge spreads everywhere. When teachers nurture learners' natural curiosity, both teachers and students grow wiser and inspire others to think, question, and imagine. What a beautiful garden such a classroom would be!

Suchi Reddy and a study in belonging

Architect Suchi Reddy and I have been friends for more than a decade. She lives in New York, the founder of Reddymade studio; I live in India. I joke that I follow her work around the world. In 2023, we met in Dhaka during the art summit, where she presented the installation Between Earth and Sky. Then in December 2024, in Mumbai, when she unveiled Chromacosm, an installation created in collaboration with Asian Paints to celebrate the launch of the brand's Chromacosm colour library — the world's largest architectural paint system featuring more than 5,300 shades. We then met about a month later in Mumbai at the debut of the Architecture and Design Film Festival, where Chromacosm was showcased again.

It was during this last meeting, over dinner at the Vetro in Oberoi Hotel, that she asked me: "When was the last time you felt a sense of belonging?" What ensued was a conversation about family, community, friendship and making place for oneself in the world. Bias and Belonging — the former a way to 'other', the latter, a possessive — was also the name of a large community project she presented at the Colgate University in upstate New York in April. The exhibit contained woven, textual and digital elements representing what she'd learned from community conversations with students, faculty and staff. It is the typical approach of this Chennai-born architect. She likes stories, she wants to understand, she's an intent listener, a watcher.Reddymade has an impressive list of clients from high-end homes to brands such as Google and Humanscale. The most recent of her many public installations is Turbulence 2025 for the Brooklyn Botanic Garden where she used research on plant acoustics to create an interactive installation comprised of reflective metal panels serenaded by a haunting ethereal soundscape. In early September, Reddy will present Patterns of Protection, a spatial response to the curatorial brief at the debut edition of the Bukhara Biennial. There is a common element of empathy that runs through all of Reddy's works, whether private or public. For years now, the primary focus of her work has revolved around neuroaesthetics, exploring how spaces can be orchestrated to influence the occupants' feelings. In a conversation shortly before her Bukhara trip, she speaks about her work and its evolution:

How does your Indian heritage find its way into your practice?

The sensuality and sophistication of the South Indian aesthetic sensibility is deep in my design DNA. The beautiful light transitions in our layered traditional architecture, the simple, minimal material transitions, the texture in our crafts, the luxuriousness of our textiles, and the fragrance of our flowers all find expression in my work — whether it's architecture, interiors, objects, or art.

How has your parents' Chennai home, and your mother's relationship with colour, impacted your work?

I owe my design chops to my mother. She came from a small village in Andhra Pradesh, never went to school, but mastered six languages, and introduced so many design elements into my first environment, the house I grew up in. It was designed by renowned architect P.S. Govind Rao, and his Japanese-Indian sensibility created a home that opened to gardens, leaving a deep impression on me. My mother had an incredible sense of colour; one of our favourite rituals was a visit to the storied Nalli's to find unusual saris. She also took me with her to weavers in Kanchipuram where she would have saris woven.

What is your relationship with colour?

Colour to me is structural, it's not two-dimensional. The



blue of the sky, for instance, is not a colour; it's a refraction and distribution of light. I use colour in the same way I use light — to enhance materiality, space and contrast. I listen carefully to my client's experiences with colour because it is a primal factor that everyone has an opinion on and reaction to. Colour is also deeply cultural. Working in so many countries and cultures now, I find its nuances in each place fascinating. With Chromacosm, my solution was a 'black space' [black is what you get when you mix all paints] filled with pixels of colour, like some of our ancient tantric paintings

How does the work of hand and technology recon-

Craft and craftsmanship are essential to making our world, whether it's an app or an age-old handicraft. We need to value both more, particularly in the age of AI. The collective and generational wisdom of craft, especially in countries like India and Japan, is a treasure. I recently launched a collectible furniture line called NINE.5 with Ekaya Banaras. Named for the number of yards in a sari, the lines of the collection mimic the wrapping of the garment around the body. The pattern is a series of zeros; an ode to [mathematician and astronomer] Brahmagupta's contribution to mathematics in 685 AD, foregrounded and superimposed on a herringbone, a representation of our colonial heritage.In interiors and architecture, I find every opportunity to highlight Indian craft, such as [textile label] Morii Design for example, whose work I curated for a show in New York.

How central is neuroaesthetics to your work?

Neuroaesthetics is a multidisciplinary field that focuses on understanding the effects of our environments and experiences on our brains and bodies. My research in this area has affected my approach to everything. My mantra is 'form follows feeling', which means that whether I am designing a home, office, institution, or object, my aim is to draw from art and science to create something that makes people feel great, at peace, and grounded. In residential projects, I look at how to create spaces for refuge and comfort using information from studies on texture and colour; in spaces for focus or creativity, I curate intentionally proportioned views through windows or images that can help that work. For instance, in the Salt Point house in New York, the top of the windows align with eye level, making it a very intentional viewing into nature. In retail spaces such as the Google store in New York City, all the textures, materials and colours are organised so that the customer can exhale and enjoy wonder and discovery. The floor is soft, and the furniture is made of cork, which mimics the body's temperature, and minimises experiential friction. Are you working on any projects in India?I am working on two projects, both very different. One is a house for my sister in a village near Tirupati, nestled inside giant rocks, built with local materials and craftsmen.

Ranga Reddy THURSDAY 11 SEPTEMBER 2025 **INDIAN CHRONICLE**

Beyond the numbers: Why India's education reform must focus on learning, not just access



Five years ago, India launched its most ambitious education reform in decades. The National Education Policy (NEP) 2020 set out a powerful roadmap to move away from rote memorisation toward real understanding, from content delivery to competency, and from standardised instruction to personalised learning. But the success or failure of this initiative will not be defined by how many children we reach, but by how well they learn. Outcomes, not just access, are the true test of this policy. Since its introduction, we have made encouraging progress. As per the ASER 2024 report, enrollment levels have shown significant improvement across age groups and regions in rural India. Student attendance increased from 72.4% in 2018 to 75.9% in 2024. The National Curriculum Framework for School Education (NCF-SE) has been launched. There is greater awareness that education must be student-centred, application-based, and inclusive. But even as these structural shifts begin to take root, the fundamental issue remains unresolved: Is this increased access to education translating into effective learn-

The data, while showing marginal improvements across the years, suggests we still have a long way to go. The ASER report shows that while 84% of rural households now have smartphones, only 42% of Class 5 students can read a Class 2 text, and approximately 30% can solve basic division problems. Results of the National Achievement Survey (2023) that tests proficiency in Language, Maths, Environmental Studies, Science, and Social Studies, indicate that only 42% of students grade 3, 33 % of students grade 5, 27% of students grade 8, and 22% of students grade 10 are at proficient and advanced levels of competency. This disparity in improvement of enrollment vs learning outcomes suggests that India's education challenge is no longer just about reach. It's about efficacy. Despite greater access to digital infrastructure, online learning content, and evolving curricula and teaching practices, we still don't have enough clarity on why student learning hasn't seen a much greater change. The private sector, too, is following a similar pattern. Edtechs have brought lessons to remote geographies, delivered tutoring at scale, and made exam prep more affordable. But success has traditionally been measured through metrics like daily active users, session time, and course completions. This mismatch between what we measure and what we value has left a generation overexposed to content but under-equipped in cognition. Beyond metrics to outcomes

Slow growth isn't a policy problem. This isn't a tech-

nology problem either. It is an implementation problem. We have confused digital access with learning progress, and now we must reassess how we define the accomplishments of our tech-led offerings. Measuring educational outcomes requires different tools from measuring user engagement. It demands sophisticated assessment frameworks that can capture conceptual understanding, not just factual recall. It requires longitudinal tracking that follows students' intellectual development over months and years. And diagnostic tools that pinpoint exactly where a student is stuck and not just what they got wrong.NEP 2020 already provides a viable blueprint with its emphasis on competency-based learning, formative assessments, and flexible instructional design. What we need now are systems and tools that can implement this vision effectively at scale, and without overburdening teachers. This is where AI, used wisely, can be transformativeInstead of simply digitising textbooks or recording lectures, we can now build platforms that dynamically adapt to a student's pace, identify areas of confusion, and provide targeted interventions. These systems can track learning not by time spent, but by mastery achieved.

For example, compact, subject-specific AI models when trained on real curriculum data and student performance trends, can outperform larger, generic models, offering precise feedback, remediation, and revision support. In high-stakes competitive exams, where the margin of error is razor-thin, such models have shown early promise in helping close conceptual gaps faster and more effectively. Tools can be used to allow teachers to conduct instant in-class polls, track attendance, and run real-time quizzes. These real-time diagnostics give educators immediate insight into where students are struggling without needing additional grading or paperwork. But measuring learning requires more than just technology. It requires a mindset shift. We must move from tracking activity to monitoring progress. This is why we propose building what might be called 'learning outcomes as a service', a model where content, instruction, assessment, and intervention are built around clear learning goals. Such systems would leverage existing and new assessment infrastructure to check subject proficiency, use adaptive technology to customise learning, and rely on continuous analysis to ensure target goals are met.Implementing this will require partnerships across the education ecosystem. Schools, NGOs, policy experts, and technology firms must come together to design solutions that prioritise conceptual clarity, lateral thinking, and creative problem-solving. Formative data that already exists-on classroom performance, exam trends, student behaviour—can be used more intelligently to inform remediation. But that will only happen if we set a new benchmark for both public and private educational institutions and organisations. But is there a collective will to put outcomes ahead of optics, and learning ahead of legacy? India stands at a crossroads. We can continue to find hope in marginal improvements and innovation that is limited to pilot projects. Or we can take the harder path of systemic change, creating educational ecosystems that prioritise student learning. The stakes couldn't be higher. In a global economy driven by innovation and problem solving, we are not just talking about education, we are talking about India's future com-

Beyond the tan: Why UV Safety Month matters for Indians all year long

As July comes to a close, UV Safety Awareness Month leaves behind an important public health message: protecting your skin from ultraviolet (UV) radiation is essential for everyone, regardless of skin tone or season. In India, where intense sun exposure persists year-round, this message is particularly relevant.A common misconception is that people with darker skin tones do not need sun protection. However, dermatologists say this belief is misleading and potentially harmful. In fact, individuals with darker skin are at increased risk for pigmentary disorders such as melasma and post-inflammatory hyperpigmentation, which can be exacerbated by UV exposure.While melanin does provide some natural protection, around SPF 13 at best, it is not enough to prevent long-term UV damage," explains D. Dinesh Kumar, president, Tamil Nadu Branch of the Indian Association of Dermatologists, Venereologists and Leprologists (TN-IADVL) and chief dermatologist at Dr. Dinesh's Skin & Hair Clinic. "In a tropical climate such as ours, UV radiation is consistently high, leading to cumulative skin damage over time.'

Somesh Gupta, senior professor of dermatology at AIIMS, New Delhi, emphasises that UV damage in darker skin is often invisible at first but no less harmful. "UV exposure in skin of colour rarely causes sunburn, but it results in cellular damage that leads to pigmentation changes, dullness, premature ageing, and, in some cases, skin cancers," he notes. "In our clinical settings, we often encounter patients who delay seeking help for UV-induced skin conditions because they believe their skin is naturally protected. This false sense of security must be addressed through public education."While skin the bloodstream," says Dr. cancer is statistically less Dinesh. "But both the United common in individuals with States Food and Drug Addarker skin, it can still occur ministration (FDA) and the and is often diagnosed at European Commission have more advanced stages. reviewed the evidence and Cancers in skin of colour concluded that these ingremay appear in less obvious dients are safe for human areas, such as the soles of use."For those with sensitive the feet, under the nails, or skin, physical sunscreens on mucosal surfaces. "Skin containing zinc oxide or titacancer in people with darker nium dioxide are a safe and skin is under-recognised effective alternative. These and under-diagnosed," says are especially suitable for Prof. Gupta. "Low awarechildren and individuals ness and infrequent skin screenings contribute to late reactions. Another persistent detection and poorer myth is that sunscreen use outcomes."AIIMS, under contributes significantly to Prof. Gupta's leadership, vitamin D deficiency. "It is established true that sunscreens can respecialised center for treatduce vitamin D synthesis to ing skin cancer using statea small extent, but in reality. of-the-art Mohs micropeople do not apply enough graphic surgery, an ador reapply frequently enough vanced technique that enfor it to have a significant imsures precision and higher pact," Dr. Dinesh explains. cure rates by removing can-"In India, vitamin D deficerous tissue layer by layer. ciency is more often the re-As a pioneer in the field, he sult of indoor lifestyles, air emphasises the need for pollution, and dietary greater public awareness, habits."Brief exposure to early detection, and specialsunlight, about 10 to 15 minized care. Some concerns utes a few times a week on have been raised regarding

the safety of certain chemi-

cal sunscreen ingredients,

such as oxybenzone and

octinoxate. However, there

is currently no conclusive

evidence to suggest that

these compounds cause

harm in humans. "There have been speculations about chemical filters being absorbed into at least 30 is ideal. In humid

or oily skin conditions, gelbased or matte-finish formuallergic the forearms or legs is usually sufficient for adequate vitamin D production. Supplements and a balanced diet can further sup-

port vitamin D levels. Dr. Dinesh recommends selecting a broadspectrum sunscreen that protects against both UVA and UVB rays. "An SPF of

lations that are noncomedogenic (non-poreclogging) are most suitable," he advises. Sunscreen should be applied 20 minutes before sun exposure and reapplied every two to three hours when outdoors. Commonly missed areas include the ears, neck, and backs of the hands. Sun protection is not limited to sunscreen alone. Both Dr. Dinesh and Professor Gupta emphasize the importance of a comprehensive approach. Wearing clothing made from ultraviolet protection factor (UPF) fabrics, using widebrimmed hats and UVblocking sunglasses, seeking shade or carrying umbrellas during peak sun hours from 10 a.m. to 4 p.m., and monitoring the UV index using weather apps, are all effective strategies. Additionally, incorporating antioxidant-rich foods like tomatoes, berries, and green tea into the diet may offer supplementary protection and supoverall health.Though UV Safety Month is observed in July, its message is intended for every day of the year. In a country like India, where sun exposure is constant, integrating UV protection into routines crucial. "Sunscreen should not be seen as a cosmetic product or a Western import," says Dr. Dinesh

Adulthood, edited: how young India (still) lives



At a recent wedding in Delhi, the bride and groom told everyone they met through mutual friends. What the couple in their late 20s didn't mention was that those "mutual friends" were the algorithm on Bumble, or that they had been living together in Bengaluru for nearly two years. At the sangeet, there were no photos from their apartment, no jokes about the IKEA couch they had painstakingly assembled together. Instead, their friends nodded along as the family described a sweet, serendipitous meeting at a birthday party. The past was not erased; it was simply rewritten to fit the room.

This quiet rewriting of personal history captures something of an essential tension that defines much of modern India. In many ways, young Indians today are global citizens fluent in memes, trends, and aspirations that stretch across time zones. Their cultural references toggle effortlessly between a Brooklyn podcast and a Bollywood romcom. They swipe, stream, and dream like their peers anywhere else in the world. But the shape of adulthood in India remains unmistakably its own. In the West, turning 18 often signals a rite of passage: you move out, claim your independence, and are recognised both legally and emotionally as an adult. In India, that moment is far more ambiguous. You might live alone, earn well, and build a life with someone. But at home, you're still a child. Being an adult in the country is less a celebrated departure and more a lifelong negotiation — where the boundary between child and adult remains fluid, and both generations hesitate to fully acknowledge the separation.

In India's cities, young people are caught in a curious balancing act. On the one hand, they absorb the promise of freedom and self-invention sold to them by western media as their own version of the American Dream, filled with dating apps, late-night parties, and endless possibilities. On the other hand, they return each evening to a world where family expectations and "good behaviour" remain rewarded. It's a double life lived quietly, out of necessity. That tension, that clash, is where the real story lies. JNU professor and sociologist Surinder S. Jodhka calls this landscape a zone of "negotiated freedom" — the space to explore, but within limits. The ability to be yourself, but only in parts. "This is not uniform across genders. Young men often enjoy a greater degree of latitude than women, especially in conservative families," he says. But even this is beginning to shift. As women increasingly outperform men in education and enter white-collar jobs, their negotiating power within families is changing, as observed by the higher average age of marriage. This expanding autonomy, however, does not unfold in a vacuum. It intersects with class, geography, caste, and community norms, all of which shape how much freedom a woman can actually claim. Recent tragic cases, such as that of a young tennis player and coach killed by her father in the name of "honour" in Gurugram earlier this month, are brutal reminders that agency can still provoke

Dr. Jodhka warns that "while India has become more educated, it has not necessarily become more liberal. Education, once rooted in collective ideals of nation-building, social upliftment, and the promise of progress, has increasingly become a vehicle for individual ambition". Young Indians today pursue degrees not to transform society, but to secure personal advancement: a job abroad, a sea-facing apartment, a passport full of stamps, a life that feels self made. But this shift towards self-actualisation, he argues. "hasn't loosened the grip of family or community". You can major in gender studies and still be expected to marry within your caste. You can earn in dollars and still fear disappointing your parents. In India, success may look modern, but it often runs on traditional terms. The result is a quiet contradiction: rising education levels without a corresponding rise in liberal values. For many, this in-between state isn't temporary; it's the cost of modern life. Comedian Aditi Mittal sees this double existence as less of a new phenomenon and more a digital amplification of something old. "We've always been different people in different settings," she says. "Only now, the audience is bigger and the stakes are higher." She compares it to the comedy-drama The Marvellous Mrs. Maisel, where the protagonist is a woman fearless on stage but careful at home. The pressure to be palatable, to be just enough and never too much, shapes how many young Indians move through both real and virtual life. Rohit Biswas, a 33-year-old tech consultant from Gurugram, explains this tension. "Sometimes I feel like my parents and I live in two different worlds. They grew up in a time when life was about duty and survival with no room for questions. I grew up with the Internet, social media, and a thousand voices telling me to find my true self," says the millennial. "We talk, yes, but it feels like they're trying to hold onto a past I'm trying to move beyond. I want to be authentic, but I'm also constantly aware of what would upset them. That tension is exhausting."His father, 62, a retired government official, adds, reflecting on his own upbringing, "My own father was strict; obedience and respect were everything. He never explained why; you iust followed the rules. Being your true self with your parcreated a distance between us. When I had Rohit, I wanted things to be different — to listen more, to be open, but sometimes I wonder if the gap between us is even wider now. With social media and all the influences from outside, it feels like we're living in different worlds, and bridging that feels harder than ever."Things aren't too different with Gen Za generation one might expect to rebel against the status quo or at least take steps towards rewriting the rules. "I do see my parents trying to be more like friends now, and I appreciate that," says Arpit Palod, 27. But the Mumbaibased data analyst adds, "there's still this filter I have to keep on. I catch myself editing what I say, holding back details I know they wouldn't approve of." Across the country in Chennai, Tamma Moksha, a 24-year-old journalist, is of a similar bent of mind. "There are incremental changes. You will have that one friend who drinks with her parents or gives them her dating life updates. But that's not all of us," she says. "We have got comfortable living a double life, and not rocking the boat. Living away from your parents helps you to edit certain portions of your life. I live on my own, so I don't have to share everything with them.

Romance in the time of swipe cultureNowhere is this self-editing more fraught than in the realm of romance. Swipe culture may have redefined how young Indians explore relationships, but the shadow of tradition has coded its own algorithm. Dating apps such as Bumble and Tinder have exploded in popularity. India is now the fifth-largest market globally, with over 82 million users as of 2023, according to a report by German data gathering platform Statista. But just a swipe away, Shaadi.com tells a different story. With 40 to 60 lakh new users registering each year, most of them between 25 and 30, it remains the country's preferred portal to socially sanctioned love. The most-used filters remain unchanged: caste, income, and mother tongue. What has shifted is how some of these profiles are managed. While many men run their own accounts, women often do not profiles are created and controlled by parents or relatives, who upload pictures, answer queries, and sometimes proceed with matchmaking without the woman's full knowledge or consent. The gender imbalance remains glaring: four men for every woman, according to a data analyst at the matchmaking platform, underscoring a systemic skew that shapes the entire matrimonial landscape.

Anthropologist Dinah Hannaford's study, Opting Out: Women Messing with Marriage Around the World, reveals a global shift that resonates deeply in urban India: more women are choosing to forego marriage, no longer viewing it as central to their identity or security. They are subtly rewriting the age-old script, challenging the roles tradition has long prescribed. 'There's this filter I have to keep on. Take Ananya Singh, 32, a software engineer in Bengaluru, who manages her own Bumble profile, swiping and chatting freely to explore who she wants to be with. For many urban women like her, dating apps are not about marriage right away — they are spaces for choice and self-discovery. Yet, this freedom exists alongside the quiet understanding that marriage remains an eventual expectation, adding another layer to the double lives they lead balancing independence online with tradition just beyond the screen. Meanwhile, her parents handle her Shaadi.com account. "I'm open to it because I know it's important to them," she explains. "Honestly, I'd prefer a love marriage, but if things work out through an arranged one, that's okay too." For Ananya, these profiles are not contradictory but complementary, a way to honour her family's hopes while carving out her own path. "It's a balancing act, but it feels like I'm keeping all my options open. I think a lot of us are just trying to avoid conflict and not disappoint the people who raised us."Yet, this search for selfhood can be emotionally exhausting. Psychiatrist Jai Ranjan Ram, who lent his expertise to the film Dear Zindagi, encounters this silent struggle every day in his Kolkata clinic. He describes it as "a profound conflict between duty and desire, a tension that many young Indians carry quietly. Parents often remain unaware or unwilling to acknowledge the complexity of their children's emotional lives". There is no shared language for these unspoken burdens. As a result, the stress of hiding one's true self can manifest in deep anxiety, profound alienation, and sometimes, even social ostracisation. According to Dr. Ram, a shared language can be built — one that starts with listening without judgment. It means making space for vulnerability, both at home and in public life. The goal isn't to reject tradition, but to evolve it. Social media has amplified this dissonance. Though it has brought mental health into public discourse, providing vocabulary and visibility for struggles that were once invisible, it has also encouraged widespread self-diagnosis and the adoption of half-formed coping mechanisms, often without professional guidance," he says. The result is a complex landscape where young people are left to navigate their emotional turmoil largely on their own, sometimes worsening their sense of isolation. Identities lived in translation India is, at this moment, a country defined by its youth. More than half of its billion-plus population is under 30. That fact alone feels both enormous and impossible to grasp. But what does it mean for so many to come of age at once in a society racing towards modernity, yet held in place by tradition. Their double lives are not contradictions but quiet negotiations, shaped by everything from matcha lattes and pickleball to Shaadi.com filters and family WhatsApp groups. A young woman might listen to Pod Save America, a conversation on politics, on her commute to a temple visit. A student in Mumbai might follow the New York City mayor's race closely, cheering for candidates like Zohran Mamdani even while avoiding political debates at home. What emerges is not a clean break from the past but a layered, shifting mosaic of identities lived in translation. Of compromises

Pahalgam Attack: NIA Launches Probe into Killing of Mastermind in Srinagar Encounter

A team of NIA sleuths on Tuesday launched a probe into the killing of the alleged mastermind of the Pahalgam terror attack and his two associates in an encounter with security forces near Srinagar, officials said here. The National Investigation Agency (NIA) team arrived at the Police Control Room (PCR) in Srinagar early Tuesday (July 28, 2025) for the identification of the bodies of the three terrorists, they said. In a major breakthrough, the Army's elite para commandos on Monday gunned down Sulieman alias Asif, the alleged mastermind of the April 22 attack, along with two of his associates, in an encounter at Mulnar in Harwan area near Dachigam National Park here. The security forces launched a surprise action, codenamed 'Operation Mahadev', following a technical signal indicating the use of a satellite phone that was used by the perpetrators of the Pahalgam attack. Three unidentified terrorists were killed in a gunfight with security forces in the Harwan forests near Dachigam, Jammu and Kashmir. The operation was launched based on intelligence inputs and is still ongoing.

ents wasn't something you thought about back then. That

Authorities are verifying the identity and group affiliation of the slain militants. It is unclear if they were linked to the April 22 Pahalgam attack. | Video Credit: The HinduThe other terrorists killed in the action have been identified as Jibran, who was allegedly involved in the Sonamarg Tunnel attack last year, and Hamza Afghani. As many as 26 people, mostly tourists, were shot dead by terrorists at Baisaran meadows in Pahalgam, which prompted the armed forces to launch Operation Sindoor on May 7 against the terror infrastructure in Pakistan. The bodies of the slain terrorists were brought from the encounter site to the PCR here late Monday. The NIA team is taking witnesses in batches of two to three people "for ensuring a cent per cent confirmation that the slain terrorists include Sulieman Shah", officials said. Meanwhile, the operation is ongoing as intelligence inputs have suggested the presence of another group of terrorists in the area, officials said. Jibran was allegedly involved in the terror strike at the Sonamarg tunnel project at Gagangir in October last year. Seven people, including a doctor, were killed in the attack.

GDP surprise: Services pushes up Q1 growth to 5-quarter high of 7.8%

STRONG SERVICES sector activity helped GDP growth comfortably beat expectations for the second quarter in a row, rising to a five-quarter high of 7.8 per cent for April-June 2025, according to data released by the statistics ministry on Friday. It is more than the January-March 2025 growth rate of 7.4 per cent, and first quarter 2024-25 growth rate of 6.5 per cent. The rapid growth in the first quarter of the current financial year further consolidates India's position as the world's fastest growing large economy amid a particularly turbulent time that has seen the US tariff war buffet global economic prospects and push policymakers into a tight spot. On August 27, Indian goods into the US started facing a 50 per cent tariff, with President Donald Trump having announced a doubling of the levy earlier in the month, blaming it on New Delhi's continued purchase of Russian arms and oil.

Earlier this month, on August 6, the Reserve Bank of India (RBI) had forecast GDP growth to edge lower at 6.5 per cent in April-June. While economists from outside the central bank also expected growth to come in below the 7.4 per cent recorded in January-March, they broadly saw the figure closer to 7 per cent. Addressing reporters in a briefing, Chief Economic Advisor V Anantha Nageswaran expressed optimism about the government's growth forecast of 6.3-6.8 per cent GDP growth for the current financial year despite the concerns caused by the 50 per cent US tariff. "Obviously, there is some uncertainty with respect to the duration of the period for which the additional tariff related to Russian crude oil purchase would last. But in general, the conversations are going on and there is an expectation that we will see some kind of a resolution in the notso-distant future... Of course, the downside risk is there in case the tariff impasse remains for a longer period. But we are hopeful that that will be resolved sooner rather than later,"

Services activity zoomsThe sharp pick-up in growth in April-June was on the back of services sector growth hitting a two-year high of 9.3 per cent. High-frequency data since the start of July is indicative of continued robust growth in the services sector, with non-official data released last week showing the HSBC Flash India Services Purchasing Managers' Index rose to an all-time high of 65.6 in August from 60.5 in July. The rise in services growth in April-June was aided by a broad improvement in all three components. While growth in Gross Value Added (GVA) of 'Trade, Hotels, Transport, Communication & Services related to Broadcasting' increased to 8.6 per cent from 6 per cent in January-March and 5.4 per cent in April-June 2024, 'Financial, Real Estate & Professional Services' posted a GVA growth of 9.5 per cent, up from 7.8 per cent in the previous quarter and 6.6 per cent a year ago. Meanwhile, at 9.8 per cent, the GVA of 'Public Administration, Defence & Other Services' grew even faster. On the whole, GVA growth seen as a more meaningful measure of activity levels - in April-June was at a six-quarter high of 7.6 per cent in April-June. GVA is arrived at by subtracting net indirect taxes – indirect taxes after adjusting for subsidies - from the GDP. In April-June, net taxes were 10.3 per cent higher from a year ago, when measured in constant prices. All sectors, from manufacturing to services, fired the economy in the first quarter of 2025-26. Services growth rate was at a 2year high, farm sector expanded 3.7%, and manufacturing 7.7%. If the US trade talks work, the momentum will continue. Agri steady, manufacturing rises Services apart, the primary and secondary sectors also showed robust growth in April-June, with the agricultural sector expanding



by 3.7 per cent, more than double the 1.5 per cent growth recorded in the same three months of last year. However, the GVA of 'Mining & Quarrying' expectedly contracted due to the unexpected heavy rainfall during the quarter that impeded mining activity. The same rainfall also hit GVA growth of 'Electricity, Gas, Water Supply & Other Utility Services'. Due to reduced demand for power because of the cooling effect of the rains, GVA growth of the aforementioned category rose by just 0.5 per cent. Construction activity was impacted too, with its growth slipping to a nine-quarter low of 7.6 per cent. Manufacturing, however, offered support, as the sector expanded 7.7 per cent in April-June, up from 4.8 per cent in January-March and slightly higher than the 7.6 per cent posted a year ago. Madan Sabnavis, Chief Economist at Bank of Baroda, cautioned that the high real GDP growth rate in April-June was aided by low price deflators - due to low inflation. Without adjusting for inflation, nominal GDP growth in the quarter was 8.8 per cent, the lowest in three quarters. Good headache for policymakers

The unexpected pick-up in growth will be welcomed by policymakers, who have been scrambling to offset the impact of the 50 per cent tariff imposed by the US on goods from India. In his Independence Day speech earlier this month, Prime Minister Narendra Modi announced a raft of reforms to boost growth, including the long-awaited rationalisation of the Goods and Services Tax (GST) regime that is widely expected to drive consumption higher. This follows a similar consumption push announced by Finance Minister Nirmala Sitharaman in the Union Budget for 2025-26, when income tax rates under the new direct tax regime were reduced. The latest GDP data, though, showed reasonable growth in private consumption. While lower than the 8.3 per cent growth a year ago, private final consumption expenditure rose by 7 per cent in April-June, up from 6 per cent in January-March. Gross fixed capital formation a proxy for investments – increased by 7.8 per cent, down from 9.4 per cent in the previous quarter, but higher than 6.7 per cent in April-June 2024. In line with the near-10 per cent growth in 'Public Administration, Defence & Other Services' - indicative of high growth in overall government expenditure - government final consumption expenditure rebounded in April-June, posting an increase of 7.4 per cent compared to a contraction of 1.8 per cent in January-March and 0.3 per cent a year ago. According to Sujan Hajra, Chief Economist at Anand Rathi Financial Services, while risks to the economy from US tariffs remain, "reforms gaining traction and inflation staying modest" meant "India continues to stand out as the most compelling macro story in a gloomy world". "Growth for the full year is still likely to average around 6.5 per cent, even after factoring in tariff headwinds, while nominal GDP growth in the high single digits supports corporate earnings expansion of 11-13 per

ONGC group refiners will buy every available drop of Russian oil as long as economical, says chairman AK Singh

Oil and Natural Gas Corporation (ONGC) group refiners will continue to buy and process every available drop of Russian crude as long as it makes economic and commercial sense, and there is no pressure to curtail oil imports from Russia amid US rhetoric and tariff action , the government-owned energy major's chairman Arun Kumar Singh said Friday. Speaking to reporters, Singh said that there is no sanction on Russian oil and unless the government decides otherwise, ONGC group refiners Hindustan Petroleum Corporation (HPCL) and Mangalore Refinery and Petrochemicals (MRPL)—are free to buy crude from Russia

"As long as it is economical, we will keep buying every drop (of Russian oil) that comes to the market," Singh said. Together, HPCL and MRPL have a combined refining capacity of around 40 million tonnes per annum (mtpa). Additionally, HPCL has an 11.3-mtpa joint-venture refinery with Mittal Energy. India's total refining capacity stands at 258 mtpa.Indian refiners' hefty imports of Russian crude have surfaced as a major irritant for the Trump administration. Earlier in August, Trump announced an additional 25 per cent tariff—over and above the 25 per cent tariff announced on Indian goods—as a penalty for India's Russian oil imports. New Delhi has called the targeting of India over the purchase of Russian oil "unjustified and unreasonable" and said these imports began as its traditional supplies were diverted to Europe, with the US having "actively encouraged such imports by India for strengthening global energy markets stability". India's public sector refiners have not received any directive or indication from the government with respect to their Russian oil imports, and their strategy on buying Moscow's crude continues to be dictated by economic and commercial considerations. The Indian government continues to maintain that the country will buy oil from wherever it gets the best deal, as long as the oil is not under sanctions. Russian oil is not under sanctions, and is only subject to a price cap imposed by the US and its allies that applies if Western shipping and insurance services are used for transporting the oil.

The renewed pressure from the US and other Western powers—pressuring India to cut down on imports from Russia—is evidently aimed at forcing the Kremlin's hand into ending the Ukraine war. For Trump, who wants the threeyear-old Russia-Ukraine war to end within days, this is an opportune time to pressure India over its Russian imports, given the long-drawn-out trade pact negotiations between New Delhi and Washington have been hit by impediments. Russia is currently the largest source of crude for India, accounting for 35-40 per cent of New Delhi's oil imports. Notably, while Trump has slapped additional tariffs on India as a "penalty" for buying Russian crude, it has not taken any such action so far against China-the top buyer of Moscow's oil. When Russia invaded Ukraine in February 2022, Moscow's share in New Delhi's oil imports was less than 2 per cent. With much of the West shunning Russian crude following the invasion, Russia began offering dis-

counts on its oil to willing buyers. Indian refiners were quick



to avail the opportunity, leading to Russia—earlier a peripheral supplier of oil to India—emerging as India's biggest source of crude within a matter of months, displacing the traditional West Asian suppliers. Notably, India was encouraged by the US to buy more of Russian oil as Washington did not want that oil to go off the market, as that would have led to a surge in energy prices globally.

US court strikes down Trump's reciprocal tariffs, relief likely for India New York: In a possible reprieve for India, a federal

appeals court has struck down the reciprocal tariffs imposed by US President Donald Trump, ruling he did not have the extensive powers to set them.

The court, however, left the tariffs in place till October 14 to give the Trump administration time to appeal to the Supreme Court. Soon after the decision was announced on Friday afternoon, Trump denounced it as "highly partisan" and vowed to appeal to the Supreme Court, where he said he would find "help". "If allowed to stand, this Decision would literally destroy the United States of America", Trump wrote on Truth Social. White House Deputy Press Secretary Kush Desai said, citing the temporary stay, "The President's tariffs remain in effect, and we look forward to ultimate victory on this matter". The ruling applies mostly to the reciprocal tariffs imposed by invoking the International Economic Emergency Powers Act (IEEPA) and not to the others set under the national security provisions. The 25 per cent reciprocal tariff that hit India will certainly be removed under the ruling if it survives the Supreme Court challenge. It was not explicit if the punitive 25 per cent tariff for buying Russian oil is covered by the court ruling because Homeland Security Secretary Kristi Noem said it was to address "threats to the United States" by Russia. The court ruling does not cover the duties imposed on steel, aluminium, and copper under national security provisions, leaving open the possibility that the oil tariff may stand.

Can you exercise safely with high blood pressure? Here's what you need to know

Most of my patients with high blood pressure often ask me if it is okay for them to exercise and pursue vigorous physical activity. Or if exercising could raise their readings higher and trigger a sudden emergency. No doubt regular physical activity is one of the most effective tools to manage blood pressure, outside of medication. However, for many diagnosed with hypertension — especially those with significantly elevated readings — exercise can feel intimidating, even risky. The concern is valid. Physical activity, particularly if intense or sudden, can lead to a temporary spike in blood pressure. For someone already in a hypertensive range, this can cause symptoms like dizziness, shortness of breath or headache. But this does not mean that exercise should be avoided. On the contrary, with the right precautions and pacing, it lowers blood pressure over time and improves overall cardiovascular health. During exercise, it's normal for blood pressure to rise. In healthy individuals, it returns to baseline quickly afterward. In people with hypertension, this spike can be more pronounced and recovery slower. However, consistent, well-managed exercise improves the elasticity of blood vessels, reduces resting blood pressure, and strengthens the heart - reducing the long-term risk of complications. The challenge lies in knowing how to begin safely.

- 1. Get a Baseline Evaluation: Get a blood pressure check and, if needed, an ECG or stress test especially if BP is consistently above 160/100 mmHg (normal is 120/80 mmHg) or if other risk factors (like diabetes, smoking, or high cholesterol) are present.
- 2. Start Low and Slow: Begin with low-intensity activities such as walking at a comfortable pace, gentle yoga, or stretching. Introduce movement in a way that it doesn't overwhelm the cardiovascular system. Sessions can start at just 5 to 10 minutes and gradually increase over weeks.
- 3. Monitor Your Blood Pressure: Check your BP before and after activity. A mild increase during exercise is expected, but if readings exceed 180/110 mmHg, the session should be paused and medical advice sought. Keeping a log of these readings can help adjust your plan safely.



- 4. Avoid High-Strain Activities Initially: Isometric exercises like heavy weightlifting, holding planks, or pushing through high-resistance workouts can lead to sudden spikes in blood pressure. Instead, opt for aerobic activities such as walking, light cycling or swimming, which promote steady blood flow.
- 5. Use the Talk Test: During exercise, you should be able to talk but not sing. If you're gasping for air or feeling faint, the intensity is too high.
- 6. Pay Attention to Warning Signs: Any episode of chest discomfort, dizziness, blurred vision, or unusual fatigue during or after exercise should be taken seriously. These could indicate a need to adjust your routine or in some cases, seek medical evaluation.
- 7. Stay Consistent: Even moderate daily activity can lower systolic blood pressure by 4–9 mmHg, comparable to the effect of some medications. The key is regularity: aim for 30 minutes of moderate activity on most days of the week. This can be broken up into smaller chunks throughout the day. Exercise is most effective when combined with other blood pressure-lowering habits reducing salt intake, maintaining a healthy weight, limiting alcohol, and managing stress. With a cautious, gradual approach, the body adapts to movement in a way that supports lower blood pressure, better heart function, and improved quality of life.

Chennai cardiac surgeon, 39, dies of sudden cardiac arrest while at hospital: Are burnout and stress the biggest risk factors for young Indians?

On the face of it, Dr Roy was expected to live, considering he was in a hospital setting when he had a sudden cardiac arrest, which is a cessation of the heart's electrical impulses and pumping. On the face of it, Dr Roy was expected to live, considering he was in a hospital setting when he had a sudden cardiac arrest, which is a cessation of the heart's electrical impulses and pumping. The death of 39-year-old cardiac surgeon, Dr. Gradlin Roy, at Saveetha Medical College in Chennai, Tamil Nadu, from a sudden cardiac arrest while performing duty rounds raises questions about the risks of stress and burnout.

On the face of it, Dr Roy was expected to live, considering he was in a hospital setting when he had a sudden cardiac arrest, which is a cessation of the heart's electrical impulses and pumping. He was surrounded by colleagues who immediately administered CPR (cardio-pulmonary resuscitation) and other advanced treatments. Since he had a 100 per cent blockage in his left main artery, he underwent angioplasty, a procedure to unblock it and was even put on an ECMO machine, which functions as a temporary heart and lung support system. Dr Ranjan Shetty, lead cardiologist and medical director at Sparsh Hospitals, Bengaluru, says, "His death has brought attention to why many young cardiologists are vulnerable because of the toll that a high stress environment, burnout, long duty hours, irregular diet and sleep patterns takes on their bodies." He himself has seen at least two cardiologists die in a hospital setting when he had been present. A proponent of CPR training for everybody, Dr Shetty says, "Without it chances of survival from sudden cardiac arrest are almost nil, but with it, chances of survival are 40 per cent. Death happens when the sudden cardiac arrest has damaged a significant portion of the heart muscle." A 100% blockage of the left main artery cuts off about 50 per cent of the blood supply to a critical section of the heart muscle, damaging it completely. This can cause the heart's normal electrical signals to become erratic, what we call arrhythmia. The most dangerous is ventricular fibrillation, where the heart's lower chambers beat chaotically, preventing the heart from pumping blood effectively. This causes sudden cardiac arrest and can be fatal within minutes as oxygenated blood cannot reach organs.

Why are we seeing more doctors die of cardiac complications?

Stress and burnout lead to chronic inflammation, which weakens the blood vessels in the heart, making them prone to wear and tear. Now their damaged walls allow "bad" or low density lipoprotein (LDL) cholesterol to enter and get trapped. This leads to plaques and blockages. Many studies have highlighted how a doctor's lifespan is actually lower than the general public. A 2017 study by the IMA in Kerala found that doctors died nearly 13 years earlier than the general public. It reported the mean age of death for a Malayali



doctor as 61.75 years, while the life expectancy for a person from Kerala was 74.9 years. Doctors also tend to ignore symptoms like sudden and unexplained fatigue, mild pain, nausea and light-headedness as exhaustion.

What are triggers for young doctors and busy professionals?

Doctors work long, irregular hours under immense pressure and emergency situations, 80-hour work weeks being common. This leads to poor lifestyle choices, including irregular eating, lack of sleep, unhealthy diets and insufficient physical exercise. The stress impacts their mental health status too, leading to high anxiety and depression. Medicos have a higher suicide risk than the general population. Retention of tension is hypertension. Young doctors and professionals must keep their BP levels in check. High BP with stress leads to overproduction of stress-related hormones in the body. These damage artery walls

What about genetic conditions young people must be

Some Indians inherit a condition, which increases their levels of LDL cholesterol and make them not only vulnerable to developing heart disease at a younger age but expose them to a higher risk of mortality. This disorder, called hypercholesterolemia, allows cholesterol to build up regardless of your weight, diet, habits and exercise. Within LDL cholesterol too, the ratio of 'small dense' LDL fraction to the 'big buoyant' fraction is important (the smaller closely packed particles being more damaging to blood vessel walls). You can do a full lipid panel test for apolipoproteins A1 (ApoA1) and B (ApoB), which are proteins essential for transporting fats (lipids) in the blood. ApoA1 is the main component of "good" or high density lipoprotein (HDL), and ApoB is the primary protein for LDL. Their comparative ratio is a risk marker. You may find people with 'normal' total cholesterol levels having heart attacks because these figures are abnormal. Keep your LDL levels low to less than 70 mg/dL, preferably 50 mg/dL.

Gut bacteria pill may reduce diabetes, heart disease risk: Study

New Delhi: Intake of healthy gut bacteria in a pill form can act as a holy grail to tackle weight loss as well as metabolic syndrome that drives the risk of heart disease and diabetes, according to a study. Metabolic syndrome is a cluster of five conditions - high blood pressure, high blood sugar, large waist circumference, high triglycerides (fat in the blood), and low HDL ('good') cholesterol. The study, published in the scientific journal Nature Communications, showed that the transfer of healthy gut bacteria via a single capsule may bring significant health benefits. A team of researchers from the University of Auckland included 87 obese adolescents to probe whether faecal transfer (taking 'good' gut bacteria from healthy donors and giving them in capsule form to people with a less healthy microbiome) would make a difference to their health and weight. While the adolescents did not lose weight, they also did not put it on, said Professor Wayne Cutfield, from the University's Liggins Institute. More important was the impact on metabolic syndrome, Cutfield said. In particular, the overweight teenagers who received the transfer had reduced risk for a

bunch of metabolic changes which can lead to heart disease, stroke, and diabetes, compared with the participants who received the placebo. "More than one in three of the original teenage participants in our study had metabolic syndrome," Cutfield said. "Metabolic syndrome has severe consequences, including a doubling in risk of death from heart disease or stroke and a five-fold increased risk of type 2 diabetes. "What is impressive is that just a single FMT [faecal microbiota transplantation] treatment produced a dramatic reduction in metabolic syndrome that lasted at least four years. This means participants are at much lower risk of developing diabetes and heart disease over the long term," the expert said. Notably, after four years, the introduced healthy bacteria were still present and thriving in the guts of the participants who had taken the capsules, said Professor Justin O'Sullivan from the varsity. "Imagine being able to programme your microbiome to reduce the risk of conditions before they occur. This work is paving the way for next-generation probiotics that target specific conditions through sustained changes to the microbiome,"

How Virat Kohli reacted to Rajat Patidar's appointment as captain and why RCB paid Rs 11 crore for Jitesh Sharma



It is 5 pm at King's Cross Railway junction, the rush hour at London's busy commuter-hub. Those reaching their offices at 9 am are rushing back home. In the sea of humanity, dressed in formals with laptop bags loosely hanging on the shoulder, Mo Bobat appears as just another office-goer enduring the 9-to-5 monotony. The place Mo has decided to meet is a popular watering hole, where tables sit so close to each other that it is difficult not to eavesdrop on the work-place gossip floating around.

Mo, in a way, is a white-colour worker but his office has been at Lord's and Chinnaswamy Stadium in Bangalore now. He has a sparkling CV. He is in the business of shaping champion cricket sides and has a habit of doing the impossible. Mo was part of the ECB set-up when England won the cricket World Cup and if that lifetime achievement wasn't enough, he would go on to help Royal Challengers Bangalore live up to their ambitious 'Ee Sala Cup Namde' (This time the Cup is ours) promise this year. So what's the secret of RCB's 2025 heist? Why did they pick Rajat Patidar as skipper? How did Virat Kohli react to this change of guard?L-R: RCB skipper Rajat Patidar with coach Andy Flower and Virat Kohli during IPL 2025.(Sportzpics/ IPL) L-R: RCB skipper Rajat Patidar with coach Andy Flower and Virat Kohli during IPL 2025. (Sportzpics/IPL) Mo is methodical, he loves his conversation to have a sequence. He also likes to give the context to what he does. He starts this story by mentioning RCB's 2024 skipper, the South African great Faf du Plessis. Letting him go in the 2025 auction, according to the RCB's cricket director, was the toughest decision he had taken. "We could have easily just continued with Faf. Unfortunately, maybe his age was working against him but certainly his leadership capability and his batting weren't working against him," recalls Mo. The team management wasn't averse to looking within the team. Was there anybody in RCB with captaincy potential? That's when Mo had a word with Rajat Patidar. On the foothills of the Himalayas, the issue got discussed.

"This was the 2024 season, we were playing Punjab away at Dharamshala and we were at practice. I just took the opportunity to ask Rajat for his views on leadership. He's a very quiet guy. I asked him – 'Do you have any captaincy aspirations?' He looked at me a bit surprised, he wasn't expecting the question," recalls Mo. "But he did say he was interested and he likes leadership." Mo would make it clear that there was no guarantee that he would be made the RCB captain, this was the franchise putting in place a

group of Indian leaders. Informing Virat

The RCB man also explains why they didn't take the obvious decision of making Virat the captain. "Virat would have been a very comfortable choice and we could have offered it to him and I'm sure if we'd have done it for RCB since he loves the franchise a lot. But we just thought it's a good opportunity for us to take this leap and go for a new RCB captain," says Mo.After Rajat's acceptance of captaincy, Mo and Flower would call on Virat. "We went to see him in Ahmedabad and talked it through with him. He really liked the idea. We said, we're going to need your support and he said "I'm there for Rajat, I'll support him. You know it's nice to have his blessing and support. And it was then we spoke to Rajat and offered him the role and the rest is ... narrates Mo.RCB director of cricket Mo Bobat. (Special Arrangement) RCB director of cricket Mo Bobat. (Special Arrangement) "Rajat has Virat's respect as a cricketer. Virat knows what it takes to deal with RCB's expectation, which I think is a privilege, but some people are daunted by that. He liked what he saw in Rajat ..."Virat would deliver on the promise, he would be all that Rajat wasn't and much more. 'Rajat's a calm guy and he doesn't have to bring the intensity because Virat brings the intensity and the standard. I love that about Virat. He's the sort of player that I would want to take the field with because he's so aggressive. He just sets the bar so high," he says.

Why Rs 11 crore for Jitesh Sharma?

It doesn't take just the captain or the team's star player to make a team win the IPL. The standout feature of the 2025 IPL champions was the contribution of players like Jitesh Sharma, Krunal Pandy, Bhuvneshwar Kumar and Tim David. This once again wasn't the case of RCB's leap of faith working. This again was a result of hard planning and process. Mo likes face-to-face discussions with players, he prefers to "interview players, look them in the eye to get a sense of what they want to achieve." After the interaction he had with Jitesh, Mo liked the drive and passion in him. He was very keen to sign him, the same was true for Krunal. When on the auction day, the RCB table kept raising the paddle, many didn't agree with their valuation of these non-regular Team India players. Royal Challengers Bengaluru's Jitesh Sharma, Virat Kohli and Rajat Patidar after winning IPL trophy. (Virat Kohli/Instagram) Royal Challengers Bengaluru's Jitesh Sharma, Virat Kohli and Rajat Patidar after winning IPL trophy. (Virat Kohli/Instagram)To make his point, Mo gives Jitesh's example. "Scouting him, video analysing his performances, meeting him face-to-face, DK (RCB mentor and batting coach Dinesh Karthik) talking to him, getting him at auction and making him central to our plans. We got him at auction initially at Rs 7 crore. Then we had to write a match. We went up to 11. People thought we were mad," he says. Jitesh's 33-ball 85 in the last league game that helped RCB reach the play-offs and has been called the inning of the IPL. RCB were not mad, they were methodical. Mo is getting late. The interview continues as he walks to the platform where the train that would take him home waits. Before leaving, the seller of the dream and keeper of promises, says RCB is now on the grand path that has MI and CSK in the front. It's 7 pm and Mo once again is lost to the crowd.

Tushar Deshpande aspires to play Test cricket for India: 'I've lost considerable time off the game last year'

GNS News Agency, Sept 10

Tushar Deshpande bustles through the crease and bowls a heavy ball well. After a couple of brilliant years for the Chennai Super Kings in seasons 2023 and 2024 with consistent domestic outputs for Mumbai, the seamer was in and around the Indian side in white-ball squads. However, last year in October, Deshpande sustained an ankle injury, which took its toll on his body as he had to go through surgery and missed the Ranji season last year. He did return for the Indian Premier League season in 2025 for the Rajasthan Royals, but has had a mixed season with them. But the pacer is hopeful to make a strong comeback for the Duleep Trophy and also aspires to play for India in red-ball cricket.

"I have put in a lot of effort, actually," Deshpande said in Chennai. "It was a major ankle surgery and that being my landing foot, it was necessary that I get operated at that moment of time because coming ahead are a lot of international tours as well. I'm aiming for that and I'm feeling good now for the start of the season," Deshpande recalled speaking to The ESPNCricinfo. "The aspiration is always to play Test cricket for India, but I'm taking one match at a time, one day at a point, and just following a good process and keeping myself fit because I've lost considerable time off the game last year. So just keeping myself fit so I can again hit the hard yards for Mumbai," he said.



While bowling is his main forte, he is no mug with the bat either. Deshpande has scored his maiden Ranji ton last year batting at number eleven. "Fast bowling was the second thing which I later picked up in my career when I was at Under-13. So, I feel batting comes naturally to me, but my dad always told me that if you bat with patience you'll be a good batter," Deshpande said. "He just told me 'don't throw your wicket away and let the bowler earn your wicket'. "During my hundred, Tanush [Kotian] trusted me and rotated the strike – so credit goes to him as well. I had scored 70-odd runs (62 from No. 7) against MP (Madhya Pradesh) back in 2016 in my debut season."

Suresh Raina picks Hardik Pandya as future ODI captain after Rohit Sharma ahead of Shubman Gill: 'Will do a lot of miracles...a glimpse of MS Dhoni in him'

GNS News Agency, Sept 10

While many former players and pundits have been in favour of Shubman Gill to take over the ODI captaincy after Rohit Sharma and Virat Kohli, former Indian cricketer Suresh Raina went with Hardik Pandya. The Baroda all-rounder has won an Indian Premier League title with the Gujarat Titans and was in contention to take over the T20I captaincy last year when Rohit and Kohli decided to step down from the format. However, the selectors ended up making Suyrakumar Yadav captain, citing Hardik's fitness issues. But Raina offered a different perspective on how there is a bit of MS Dhoni to Hardik, and he drew similarities between the current fast bowling all-rounder with Kapil Dev, who won the first World Cup title for India in 1983.

"Shubman Gill any day, the way they decide but I think Hardik Pandya will do a lot of miracles in white-ball cricket as a captain. Even Shubman Gill can be that guy. Hopefully, he [Hardik] should become captain again. He has experience like Kapil Paji whether it's batting, bowling or fielding," said Raina on Shubankar Mishra's YouTube channel. "And he's a very very positive guy. The way he has performed, he is a captain for the players. I see him as a glimpse of MS Dhoni in him, the way he interact and conduct on the



ground, the energy, I like the most," he added.Hardik in 94 ODIs has scored 1904 runs at an average of 32.82 and a strike rate of 110.89, and with the ball, he picked up 91 wickets at an economy rate of 5.60.Despite choosing the captain of his interest Raina, he maintained that both Rohit and Kohli should play the 2027 ODI World Cup. "Ro-Ko should play the 50-over World Cup because they won Champions Trophy. They have a lot of experience and you know Rohit will play domestics; he is even practicing. All depends on the selectors what team they are forming."

Ugly confrontation between Nitish Rana and Digvesh Rathi overshadows record chase as Delhi Premier League Eliminator spins out of control



Nitish Rana and Digvesh Rathi engaged in an ugly altercation during DPL Eliminator match. (Screengrab - Delhi Premier League/X)Nitish Rana and Digvesh Rathi engaged in an ugly altercation during DPL Eliminator match. (Screengrab - Delhi Premier League/X)The second season of the Delhi Premier League has witnessed tempers flaring throughout, but the Eliminator match between West Delhi Lions and South Delhi Superstarz appears to have crossed several boundaries. On Friday night, as the Lions took on the Superstarz at the Arun Jaitley Stadium for a place in Qualifier 2, the high-octane game saw West Delhi skipper Nitish Rana and South Delhi spinner Digvesh Rathi engage in an ugly altercation during the second innings.

The incident occurred during Rathi's over, when the leg-spinner halted his bowling stride as Rana shaped up for a sweep. Rathi, who had made a habit of this during the Indian Premier League 2025 while playing for Lucknow Super Giants, was seen smiling as he walked back to his mark. Rana, however, was not pleased. On the next deliv-

ery, the left-handed batter backed away just as Rathi was about to bowl. It was then that the West Delhi Lions' captain retorted, saying, "Chal dalta reh chal. (Keep bowling)."In the following ball, Rana attempted a reverse sweep and connected perfectly for a six. The left-hander then mocked Rathi by doing the bowler's trademark notebook celebration with his bat. An infuriated Rathi responded with unsavoury words, prompting Rana to charge toward him to make his feelings clear. Realising the seriousness of the situation, the rest of the South Delhi Superstarz players quickly intervened to separate the two. This was not the only incident in the game, as Sumit Mathur and Krish Yadav also exchanged words, unable to control their emotions in the heat of the moment.

As things turned ugly, it was Rana who channelled his aggression into his performance, playing an absolutely bonkers innings. He scored an unbeaten 134 off just 55 balls, including 15 sixes, to help his team chase down a target of 202 with seven wickets in hand and 17 balls to spare, qualifying for Qualifier 2.Leg-spinner Rathi, who came into the limelight during the Indian Premier League 2025, though not always for the right reasons, was repeatedly reprimanded and became a talking point for getting under the batters' skin with his aggressive notebook celebration. He endured a terrible day with the ball, conceding 39 runs in just two overs. All involved players have been docked match fees for a breach of the code of conduct. Rathi was fined 80% of his match fee for a Level 2 breach, while Rana and Sumit Mathur were fined 50% each for Level 1 breaches Krish Yadav was found guilty of breaching the Level 2 code of conduct and was fined 100% of his match fee. Aman Bharati was fined 30% of his match fee for a Level 1 breach

'He must have felt a little injustice was happening to me...': Former India batsman Manoj Tiwary on how Virender Sehwag supported him

GNS News Agency, Sept 10

Manoj Tiwary could never cement his spot in the Indian cricket team after making his international debut in an ODI against Australia in February 2008. The 39-year-old former Indian batsman could only play in 12 ODIs and three T20Is for India before he announced his retirement in 2024. Tiwary, who entered politics towards the end of his playing career and is now the the Minister of State for Sports in West Bengal, recalled that he had received backing from Virender Sehwag. "I've always said that Viru paaji is one of the individuals who has really backed me. In fact, the century that has come in the West Indies game where I got Man of the Match," Tiwary told Crictracker.

"He's the one who sacrificed his place, and he took rest before the game. And everyone knows that in that series, where Sehwag scored a double-hundred. So he would have loved to continue and score more runs. But he's such a good human being that he was observing my career in the Indian team for so many years. So he must have felt a little injustice was happening to me."Prior to his international debut against Australia in Brisbane, Tiwary had amassed 796 runs at an average of 99.50 in the 2006-07 Ranji Trophy and was set to make his debut for India in the first ODI against Bangladesh in Mirpur in May, 2007. A shoulder injury during training meant that Tiwary was sidelined from the series and had to wait for more than eight months for his ODI debut in Australia.

Tiwary then returned to the Indian ODI team in 2011 for their tours of the West Indies and England and it was in the former that he scored his maiden international century. Tiwary recalled his conversation with Sehwag, who did not play in the final ODI, in the team bus. "And I felt that when he (Virender Sehwag) got the opportunity to rest himself and



make a place for me in the playing 11, and not only make a part of the Playing XI, but also to give me my batting position, which was at number four. Initially, when I told him, when he asked me in the bus 'Which number you want to bat?' So before that, I was not playing. So I said, 'Viru paji, playing for India is a big thing and an honour for me. Wherever you ask me to bat, I will bat there.' But he said, 'No, you tell me, where have you batted so much in your First-Class cricket?' So I said at number 4. So he said, 'Yeah, that's your number. You will go at 4," added Tiwary, who scored 10,195 runs in his first class career. The former Indian cricketer also recalled how Sehwag had conveyed the message to Gautam Gambhir, who captained India in the last ODI against West Indies, about Tiwary's batting position. "And he conveyed the message to (Gautam) Gambhir who led in his absence in that particular game. So he conveyed that Manoj should bat at number 4. And that is the reason you see that 100 which happened. And it was all God's plan, basically, through him, which happened. So he always backed me. I've always been in debt to him till the time I'm breathing,"Tiwary concluded.

Rahul Dravid and Rajasthan Royals part ways after denying 'broader position at the franchise' post-structural review



GNS News Agency, Sept 10

Rahul Dravid and Rajasthan Royals have decided to part ways after a disappointing 2025 Indian Premier League season. The Royals have finished ninth on the table of the recently concluded season with four wins from 14 games. Dravid also had stints earlier with the franchise, both as a captain and coach. The 52-year-old took the Royals job in September last year after stepping down as the Indian Coach in July after winning the T20 World Cup 2024. "Rahul has been central to the Royals' journey for many years. His leadership has influenced a generation of players, instilled strong values within the squad, and left an indelible mark on the culture of the franchise. As part of the franchise structural review, Rahul had been offered a broader position at the franchise, but has chosen not to take this. The Rajasthan Royals, its players, and millions of fans worldwide extend heartfelt thanks to Rahul for his remarkable service to the franchise," an RR statement read.

Royals find themselves in a catch-22 situation with Sanju Samson's situation, who missed the bulk of the 2025 season with an injury and has expressed his desire to part ways with the franchise. The big dilemma in front of the franchise now is whether to accept Samson's request and release him back into the auction pool or indulge in a trade. Having retained him last year before the big player auctions, Rajasthan can still hold onto the player for the next two seasons, but The Indian Express understands that for the status quo to continue, both the player and the franchise have to bury a few differences. If Rajasthan refuse to

release the player, then Samson will have no choice but to stay put as IPL rules bestow the power to the franchise, which has signed the player on a three-year agreement. The development in the Rajasthan camp is being seen with keen interest from Chennai Super Kings, who have expressed their interest to sign the player. After the conclusion of the IPL, Samson even met with CSK management and head coach Stephen Fleming during the Major League Cricket season in US. It is understood that Chennai are open to the idea of bringing the 30-year-old to Chepauk through a trade deal via cash. But it has hit a roadblock, with Rajasthan preferring an exchange of two players from Chennai. The five-time champions as a CSK policy have traded players with other franchises. When they bought Robin Uthappa ahead of the 2021 season from Rajasthan it was an allcash deal.

Satwiksairaj-Chirag reach badminton world championship semifinals, secure India a medal

Hyderabad: India's top men's doubles combination of Satwiksairaj Rankireddy and Chirag Shetty will be in the battle for a final spot when they face 11th seeds Chen Bo Yang and Liu Yi of China in the World badminton championship at the Adidas Arena in Paris on August 30.

The Indian pair defeated Malaysia's World No. 2 duo, Aaron Chia and Soh Wooi Yik, in the BWF World Championships quarterfinals, guaranteeing a medal and prolonging India's streak of winning at least one medal at the tournament starting with the 2011 edition.

The Indian shuttlers delivered a commanding performance, outplaying their opponents in straight games 21-12, 21-19 in a 43-minute clash to storm into the semifinals. With this win, Satwik-Chirag have secured India a medal at this year's edition as well. This also marks the duo's second medal at the prestigious event, following their bronze at the 2022 edition in Tokyo.

She was called a 'witch' when her husband died after their separation; said it was the 'best thing that ever happened' to her



All she wanted in her life was to be a wife and a mother, but as she grew up and witnessed the cruel realities of the world around her, Bhanurekha, popularly known as Rekha, got a sense that she had to be an independent woman. She was born out of wedlock, was never accepted by her father, and was pushed into a business where she was frequently harassed at 13. Even when she fell in love with a movie star, it was more of a scandal than a love story as he was a married man, and never said a word about her, not even to deny the stories about their rumoured affairs. So, when Rekha decided to get married to a businessman in Delhi, she believed this would be a new beginning. Unfortunately, the happiness was short-lived. Within months of being married, they filed for divorce. Shortly afterwards, he died by suicide. In the aftermath of the tragedy, Rekha was expected to prove that she wasn't to blame

Rekha met Mukesh Aggarwal in the early months of 1990 through mutual friends. She was starting to get to a stage where she wanted a break from the movies. Mukesh, who was two years older than her, wanted the same things as she did. He was based in Delhi and she lived in Mumbai, but after a couple of meetings, they knew that they were ready to get married. In a chat with Simi Garewal in 2004, when Rekha was asked if it was an arranged marriage, she said simply, "It wasn't love, for sure." She also described him as a 'stranger'

Back in 1990, it almost seemed like Rekha was finally going to get her happily ever after, but unfortunately, that wasn't the case. They went for a honeymoon to London and after spending a few days together, reality started to dawn upon them. A few months later, they filed for divorce. In an interview with Filmfare shortly after Mukesh's death, Rekha clarified that divorce "was not my idea in the first place," and claimed that Mukesh "broached it first." Rekha shared that it was during the honeymoon that she had started to sense the "vast differences in our outlook and temperament."

Despite their differences, she believed that they could not work things out. "A stage came in our relationship when both of us decided that our incompatibility was too much to overcome and that we should part as friends. As evident from the divorce papers, the decision was to separate by mutual consent. There was absolutely no reason for anybody to hide the divorce papers from Mukesh since he was party to it," she said. Mukesh passed away only a few months later. Rekha was treated the same way that Rhea Chakraborty was treated in 2020 after the passing of her partner, actor Sushant Singh Rajput. She was called a "witch" and gossip magazines casually implied that she had played a role in his death. She maintained her silence for a while but when the gossip started to become too much to handle, she gave the aforementioned interview, which was titled, "I didn't kill Mukesh."Rekha and Mukesh were married for 8 months Rekha and Mukesh were married for 8 months. Fourteen years later, Rekha opened up about it once again in the Simi Garewal interview, and shared that this was the phase of her life when she "really grew up." She said, "It was, as morbid as it sounds, the best thing that ever happened to me because I got a crash course of what people are all about." When asked if she ever realised what was happening around her, to her husband, she said, "I didn't realise anything. Before I could say the full name, it was all over (sic)."Rekha opened up about the different stages of grief that she went through after Mukesh's death and shared, "One went through the whole gamut of feelings. The initial shock and then denial that 'no, this can't be really happening to me' and later on, this intense anger and then you go on this self pity trip that 'what did I do wrong? I never meant to hurt anybody'. Then trying to understand it, in vain, of course, because you never understand it. And then, finally, of course, acceptance."

Esha Deol's ex-husband Bharat didn't want her to 'put on weight' after they got married, described her as 'gharelu' who 'took care of his mom'

Esha Deol and her ex-husband Bharat Takhtani ended their marriage of 11 years in 2024 and almost a year and a half later, it seems like Bharat has moved on. He recently shared a photo with entrepreneur Meghna Lakhani Talreja with the caption, "Welcome to my family," followed by a red heart emoji. Esha and Bharat got married in 2012 in a star-studded wedding ceremony thrown by her parents — Dharmendra and Hema Malini. Esha was a film actor and Bharat wasn't really connected to Bollywood but he seemed to enjoy the glamour that came along with being a star-husband.

In an interview with Filmfare shortly after getting married, Esha said that she almost felt like Hema Malini's character from Satte Pe Satta as she was the first bahu of the Takhtani family, where Bharat had six other cousins. She also shared that Bharat expected her to not put on any weight after getting married, and he said that she had adapted to his ways and had learnt how to keep him happy.

She said, "Bharat doesn't want me to put on weight. We'll soon be joining ashtanga yoga classes." Despite being a working woman when she got married, she shared that her mother, Hema Malini, wanted her to play the role of a dutiful wife where she woke up before her husband, and helped her mother-in-law with the household chores. "There's mom's never ending advise — you shouldn't be sleeping late, you've got to wake up before your husband, help your mother-in-law, don't give up your dance practice…" she shared.Bharat, who was also a part of the same interview, said that Esha had always been "gharelu" even though



she "liked to believe she was the boy of the house." Esha, by her own admission, did not even know how to prepare tea when she met Bharat but learnt it all to please him. "She takes care of my mother, her moods, she's gelled so well. Actually, Esha's always been gharelu though she liked to believe she was the boy of the house. She's caring and responsible. She's aware of what keeps me happy. I'm a foodie, I live to eat. And she sees to it that my favourite dishes are prepared at home. In fact, for someone who didn't know how to make chai, just the other day, she cooked Khow Suey," he said.

Munawar Faruqui's abusive father pushed mother to her death, became paralysed two years later: 'Iss insaan se mai kaise nafrat karu?'



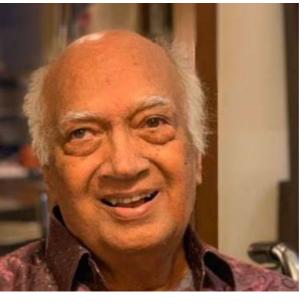
Former Bigg Boss winner Munawar Faruqui recently talked about his extremely tough childhood, and recounted the circumstances behind his mother's passing when he was a teenager. In an interview with Prakhar Gupta, Munawar said that his family never let him process his mother's death, and how his hatred for his father evolved over time. Munawar recalled the day that his mother passed away, and how his family had other priorities on their mind. He confessed that he viewed his father as a 'villain'.

"She never got any kind of appreciation from her family, and she endured so much during those 22 years of marriage with my father. She was very patient, but that sabr (patience) has a limit, and she had been bottling up so much

for so long. I was 13 years old, and someone woke me up in the morning and told me that she is in the hospital. When I reached there, I found out that my family refused to tell anyone that she had taken poison, for reasons I never understood. There was a nurse at that hospital who was a family friend from my mother's side, and I told her. She was shifted to the ER immediately, but she passed away," recalled Munawar. He said that he would often witness his mother suffer abuse at his father's hands, and feel helpless about the situation.

Munawar said that he never got the chance to grieve. "They didn't let me process my mother's passing. The very next morning after she was gone, they called me and handed me a bunch of tasks and said stuff like 'don't cry'. They made me the one responsible for everything and told me that I have to be strong and take care of everyone. It wasn't their fault, but that's what happened. I don't remember feeling sad, and I remember pretending that everything was completely normal even during the last rites. I was crying inside, but none of that came out. I was mad at everyone, and I remembered everyone who was ever bad to my mother, but at one point I forgave them all."He talked about his father too and said that no matter how hard he tried, he couldn't hold on to his hatred for him. He said, "Initially I was very angry at my father, but when I saw the realisation hit him, I let my anger go. Two years after Mom's passing, my dad got a paralytic attack, and 80% of his body was paralysed. He was that way for 11 years, and I thought of him as a villain, but he was still my father.

This Bollywood producer lost all his money on flop films; his enmities in the industry caused problems for his children



Krishan Dev Shorey is the father of actor Ranvir Shorey. This Bollywood producer bankrolled several Rishi Kapoor, Sanjeev Kumar and Shatrughan Sinha films.

Being born in a film family is often considered a privilege, especially for those who want to become actors or filmmakers themselves. However, for some, it is a traumatic experience. Ranvir Shorey, best known for films such as Khosla Ka Ghosla, Titli, and Bheja Fry, was born to Bollywood producer Krishan Dev Shorey. In normal circumstances, this would have been a ticket for Bollywood success, but in his case, it was more like an obstacle. Krishan Dev Shorey was the producer of the Rishi Kapoor-starrer Zinda Dil (1975), Sanjeev Kumar-Shatrughan Sinha's film Be-Reham (1980) and the 1998 film Maha-Yuddh.

In a recent interview with Digital Commentary, the actor shared, "My dad was a producer, but that never inspired me to become one because I have witnessed a lot of negative sides to it. My father lost all his assets and money in

producing Hindi films." His father's relationships in the industry soured, which created further problems for Ranvir and his brother, who also wanted to become an actor.

"My oldest brother tried acting, things didn't work out, he went back to doing business. My other brother also has a business. I remember, my father was not a big producer, but was quite active in Producers' Association. This created many enemies for him. This caused problems. We often told our father to not get involved in all this. We would end up arguing. But, he wouldn't listen. He has his own reasons. I can't tell he was right or wrong. But the trade magazines used to have a full page stories about his arguments within the industry. This sort of made me want to fix things for him." After his dad's fortunes faded, Ranvir Shorey and his two brothers were strictly instructed to get regular jobs. Ranvir shared, "I started to work at 21 because my father was extremely strict. He had warned me and my brothers to start earning money for the house as soon as we hit 21. If not, leave the house. I was not sure about my acting career until Khosla Ka Ghosla because my family was struggling financially. At the same time, my mother passed away. We were going through a very dark phase. I was not convinced if I should pursue acting.

However, his trip to US played a key role in shaping his career. "Later, my brother took me to the US because I was suffering emotionally and financially. After the US stint, I decided I will give acting a shot, and I did Khosla Ka Ghosla. This and Pyaar Ke Side Effects changed the game for me, he said. In 2020, Ranvir took to his X handle to wish his father on his 90th birthday. Sharing a picture of him, the actor wrote, "My father, Krishan Dev Shorey, turned 90 today. He has survived poverty, Bollywood and cancer. He's one of the toughest guys I know. Happy Birthday, Pops." The producer passed away in 2022 at the age of 92. The news was shared by Ranvir on social media. He wrote, "My beloved father, Krishan Dev Shorey, passed away peacefully last night at the ripe old age of 92, surrounded by his children and grand children. He leaves behind wonderful memories and many admirers. I have lost my greatest source of inspiration and protection.'

Ranvir Shorey says YRF reduced his fee for Tiger Zinda Hai; he did Tiger 3 only out of spite: 'If this is what you have reduced my character to...'

When Aditya Chopra decided to make his first-ever spy film in 2012, Ek Tha Tiger, he cast actors Salman Khan and Katrina Kaif in the lead roles. In the supporting roles, he chose critically acclaimed actors Ranvir Shorey and Girish Karnad. Upon the film's release, the actors received immense praise for their performances. This led to the makers approaching them again for a sequel in 2017. While Salman, Katrina and Girish returned, Ranvir was nowhere to be seen.

Now, in a new interview, the actor shared the reason behind his absence in the film. Speaking with Digital Commentary, Ranvir shared, "After Tiger, YRF offered me Tiger 2 as well. But, the issue was that the role was smaller than the prequel. This was despite Yash Chopra and Salim Khan appreciating my work in the first film. When I received the script for the second film, I noticed my role was smaller than what I had done in the previous film, and so was my fees. I was like: 'Why are you doing this?' My logic was that if my role is being liked then my fees should increase and even my screen time.' They said: 'This is all we can offer.' After that, I turned it down."In 2023, when the makers came with a third installment, they returned to Ranvir. This time with a twist, which angered the actor and yet he took up the offer

"When the time came to make Tiger 3, actor Girish Karnad passed away. So after him, I was the only one left from Tiger's original team. This time they approached me again, but with similar issue. I was like: 'You are asking me to return just to kill my character?' They said: 'Yes.' This angered me. I took up the role in anger: 'Theek hai mai apne character ko maut dene aajaunga (I will come just to kill my



character). If this is what you have reduced my character to, then let him die'," shared the Khosla Ka Ghosla star. The actor, however, shared this time the money offered was better than the previous films. "This time they offered me decent money. It was not great, but decent amount. I solely went to kill my character in the film. His death reminded me of the ending of the first film.

"The success of the 2012 film Tiger kick started the beginning of Aditya Chopra's spy universe. The success of the film didn't just gave two more installments to the original film, but also helped introduce more stars to the universe with their films War starring Hrithik Roshan and Pathaan starring Shah Rukh Khan. All of them, except War 2, were commercial hits. The production house is now gearing up for the release of their seventh film in the universe Alpha. This spy thriller will introduce actors Alia Bhatt and Sharvari Wagh as the female leads

Bengal Files actor who distanced himself from the movie touches Vivek Agnihotri's feet as filmmaker gives tour of his house

Director Vivek Agnihotri has been promoting his upcoming movie, The Bengal Files, which is set for a release on September 5. In a new interaction with Pinkvilla, the filmmaker invited a camera crew inside his house, and showcased pieces of furniture that he picked up or designed along with his wife, Pallavi Joshi. He proudly displayed a sketch of the 1983 cricket World Cup-winning team, which was gifted to him by cricketer Balwinder Sandhu.

It had the signatures of all the team members. Vivek said, "I have kept it right at the entry of the house because it's one of my most prized possessions." He explained the story behind the home itself and said, "This is now technically my second home, because we bought another house. I and my wife moved here in 2000 and lived here till 2024. My kids were also born in this home, and I am still very attached to this place. Even though we don't live here, I kept the place as it is, and I still have all my meetings in this house."Vivek then showed the audience an oil painting hanging on the wall. He said, "This is my own painting. When I used to live in Delhi, I used to paint a lot, and I even used to sell them. I sold most of my paintings, but this remained here because my wife and kids like it a lot. I made it right here in this house, while my kids would be playing with the paints and getting it all over the walls." He then told the story of a table placed in front of the painting, and said that he holds all his meetings there." After showing off some more artefacts and film posters, he took viewers inside a room which used to be his study. There was a framed Indian flag kept there. He picked up the framed Tiranga and said, "You will find the Indian flag everywhere, but this is very special. But this is made from the same khadi cloth that was used for the first independent Indian flag back in 1947. I designed these myself, and whenever young children come to our house, I gift them one of these." He then opened the doors



to his pantry, and he explained that he eats a very different kind of diet, which is completely plant-based and doesn't need a lot of preparation. He moved to his main meeting room, where actor Sourav Das, who is a part of The Bengal Files, was already sitting. Sourav got up and touched Vivek's feet, and the director said, "Aap log miliye inse. Yeh Bengal ka superstar hai (Meet this gentleman. He is the superstar of Bengal.) Even though he is married, whichever girl meets me in Bengal asks about him being in my movie."The director also revealed his 'den', where he keeps books by other authors and himself on display. Along with that, he showed some old images of him and his wife from their school and college days. Sourav Das had previously appeared to distance himself fromwife, Pallavi Joshi, called them both liars for saying that they weren't aware of the full story.

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