

## My son's death is a mystery, says Jubilee Hills MLA's mother

Maganti Mahananda Kumari, mother of BRS MLA from Jubilee Hills, late Maganti Gopinath, on Sunday said that his death remains a mystery.

The 92-year-old said, despite being Gopinath's mother, she was not given the information when he passed away.

"I don't know if he passed away on June 6 or June 8," she told media persons, a day after lodging a complaint with the police seeking an inquiry into her son's death and alleged negligence by those responsible for his medical care.

Two days before the by-election in Jubilee Hills, in which Gopinath's second wife, Maganti Sunitha, is contesting as Bharat Rashtra Samithi (BRS) candidate, his mother, along with his first wife Malini and their son Tarak, spoke to media persons.

Kumari alleged that, though her son had earned a big reputation by becoming MLA three times, she was not allowed to see him even once when he was in the hospital.

She said they were told that Gopinath died on June 8. The announcement was made after BRS working president K. T. Rama Rao (KTR) came out of the hospital.

She also revealed that Gopinath had not divorced his first wife, but the legal heir certificate does not have her name and the names of his first wife and their son.

Kumari said she had been pleading with KTR to do justice to her, but he did nothing. KTR did not even inform them while giving the ticket to Sunitha, she said.

"This is not about money. This is about our identity, and that's why we have come before the media," she said.

Kumari said she suffered as Gopinath's mother, while his first wife, Malini, had to bear insults. She believes that Gopinath had a soft corner for Malini as he had not divorced her.

Gopinath's son Tarak lamented that they have no legal status. He also stated that his father had not legally divorced his mother. He said that he was abroad for his studies, and his father wanted to come for his graduation day ceremony, but he died suddenly.

Tarak claimed that Sunitha told him over the phone that he did not need to come to India and that he could send



his resume, as 'KTR uncle' has promised to get him a job in some company.

When Sunitha filed her nomination for the by-election, Malini and Tarak had raised their objections. He had stated that Sunitha was in a live-in relationship with his father, as he had not divorced his first wife, Malini. However, the returning officer accepted Sunitha's nomination.

Mahananda Kumari on Saturday filed a formal complaint with the Raidurgam Police Station, seeking a detailed inquiry into the 'mysterious circumstances' surrounding her son's death.

She stated that her son, who had been suffering from multiple ailments and comorbidities, died at AIG Hospital, Gachibowli, on June 8, 2025. She

alleged that there were inconsistencies in the hospital's handling of his treatment and the timing of his death declaration, indicating foul play.

Kumari further alleged that she was denied access to her son while he was in intensive care at AIG Hospital. According to her, hospital security, acting on written instructions signed by one Dishira, barred her from seeing him.

## Jubilee Hills By-Election polling on November 11



The campaign for the Jubilee Hills constituency by-election concluded this evening, with polling set to take place in just two days. The Election Commission has mandated that non-residents vacate the constituency after 6 pm and has ordered the closure of all wineries and pubs within the Jubilee Hills area. Voting is scheduled from 7 am to 6 pm on November 11. This by-election has arisen following the passing of BRS MLA Maganti Gopinath, prompting major political parties to invest significant efforts into their campaigns. The ruling Congress party and the opposition BRS view this election as a matter of prestige, intensifying their campaigning strategies. Meanwhile, the BJP is also pushing hard for success. Despite the heightened competition, the outcome remains uncertain, leaving many to speculate on the electorate's sentiments.





## Paramita students selected for national Kala Utsav competitions

Karimnagar: Class9 students of Padmanagar Paramita Heritage School from that city that included N Pramadha Sri, S Sri Sanvika, K Sri Vikas, and K Vaishnavi showed their talent in a state-level vocal music group section and won the first prize.

"The students were selected for the national level Kala Utsav competitions," informed school director K Hanmantha Rao, in a statement on Saturday.

The competitions were held under the auspices of the State Education De-

partment at TGIRD (Telangana Rural Development Institute) in Hyderabad earlier this month. The students received a memento, certificate, and a cash prize of Rs 5,000 from the hands of Samagra Shiksha Joint Director Rajiv and Program Coordinator Srinath.

The students and music teachers selected for the national level were congratulated by the Chairman of Paramita Educational Institutions Dr E Prasada Rao; directors Prasuna, Anukar Rao, Rashmita, Rakesh, and VUM Prasad.

## Ghana invites Singareni to invest in mining sector

Kothagudem/Hyderabad: The Republic of Ghana has extended an official invitation to Singareni Collieries Company Limited (SCCL) to invest in its mining sector. A delegation from Ghana met SCCL Chairman and Managing Director N Balram at Singareni Bhavan in Hyderabad on Saturday to explore potential business collaborations in the areas of mining and mineral development.

During the meeting, the Ghanaian representatives highlighted investment opportunities in their country's mineral sector and appreciated Singareni's expertise in large-scale mining operations. The delegation also noted the presence of coal mining in Ghana and sought Singareni's cooperation in this area.



involving critical minerals such as lithium and bauxite.

The Ghanaian team informed that a technical delegation from Ghana is scheduled to meet with the Government of India next month and requested a follow-up meeting with Singareni during that visit. Balram confirmed that a delegation of Singareni officials would be deputed to Ghana soon.

Responding to the proposal, Balram stated that Singareni has already begun exploring international expansion and critical mineral ventures as part of its long-term strategy. He assured that SCCL would evaluate the investment potential in Ghana and prioritize projects in-

## Kavitha demands immediate compensation for flood victims



Hanumakonda: Aspart of the Telangana Jagruthi Janambata programme, MLC K Kavitha visited the Warangal-Hanumakonda region on Saturday, raising issues ranging from flood relief to healthcare facilities.

The Telangana Jagruthi president criticised the CM for not fulfilling promises made 15 days ago to families affected by the recent floods in Sammayya Nagar and nearby localities of Hanumakonda. "He said his word is like a government order, yet not a single rupee has reached the victims. It's a disgrace that people who lost their homes haven't received compensation," she remarked.

Calling the disaster a result of human error and official negligence, Kavitha demanded immediate relief, permanent housing, and action against those responsible. "If an NGO like Jagruthi can reach out to the people, how much more should a government do?" she questioned. Speaking to the media at Fatimanagar, Kazipet, Kavitha recalled that during united Andhra Pradesh, government colleges were limited, and private colleges played a crucial role in expanding access to education.

"These institutions borrowed heavily to create infrastructure and educate Telangana students, yet instead of encouraging them, this government is resorting to intimidation," she said. Kavitha added that several colleges had to shut down temporarily as the government failed to release fee reimbursement funds.

"The Chief Minister made promises but hasn't released a single rupee. In-

stead of threats, he should focus on solving the issues faced by students and institutions," she demanded.

Kavitha expressed anguish over the poor state of MGM Hospital, saying, "The situation here is heartbreaking." She pointed out that after Telangana's formation, it was decided to construct a 20-storey super-speciality hospital in the old Warangal Central Jail premises, but the project has now stalled.

"This so-called people's government hasn't even released maintenance funds for MGM. If needles are available, cotton isn't; if cotton is available, there are no needles—that's the reality," she lamented.

Due to lack of medicines and lab reagents, patients are being forced to depend on private diagnostics, she said. "When people suffer, both BRS and Congress share the responsibility. Let's keep politics for election time — right now, we must focus on poor patients," she advised.

She expressed concern that though Warangal district has two women ministers, the condition of female patients remains dire. "In some wards, two patients share a single bed. Still, doctors and nurses are working under tough conditions — I truly appreciate them," she said.

Addressing Ministers Seethakka and Satyavathi Rathod, Kavitha appealed, "This is not about politics. Please visit CKM and MGM hospitals and see the real situation yourselves."

"I haven't come here to ask for votes; there are no elections. I came to understand people's problems and find solutions," said the MLC.



# Launch service resumes from Somasila to Srisailam

Vijayawada: The state government approved Rs 9.94 lakh for urgent repairs and restoration work on Gate No 67 of the historic Prakasam Barrage, which spans the Krishna river in Vijayawada.

For several months, Gate No 67 has not been functioning properly. Given the barrage's critical role in irrigation and drinking water supply, the chief engineer of the Krishna Delta System (KDS) in Vijayawada submitted a proposal to the government requesting immediate financial support for the repairs.

In response, G Sai Prasad, special chief secretary of the water resources department, issued G O Rt No 594 on Wednesday, granting administrative approval for Rs 9.94 lakh.

After thorough examination, the government approved the proposal to ensure the smooth operation of the barrage. The chief engineer of KDS, Vijayawada, has been instructed to verify the accuracy of quantities, provi-

sions, and rates before granting technical approval for the estimate.

Officials report that Gate No 67, one of a total of 70 gates of the Prakasam Barrage, sustained damage in September 2024 during floods in the river. At that time, several sand-laden boats that were moored upstream broke loose and collided with the barrage structure.

This impact damaged the counterweight of Gate No 69 and caused boats to become trapped at Gates 67, 68 and 69, obstructing water flow. Emergency repairs were conducted, allowing normal operations to resume within a few days.

Despite these repairs, Gate No 67 has remained inoperable this year. Therefore, officials from the Water Resources Department have decided to close the gate. They discovered that the rollers on Gate No. 67 are stuck, preventing it from functioning properly.

Due to the situation, the authorities are putting alternative arrangements in place to manage the issue. The jammed



gate has prevented it from being raised, which is necessary for allowing floodwater to flow downstream into the sea. This has been particularly problematic in August of this year. Despite the barrage receiving more than 6 lakh cusecs of floodwater recently, this gate remained

closed.

The recent financial sanction aims to permanently strengthen and restore Gate No. 67 to full operational condition, ensuring uninterrupted water regulation for irrigation and drinking purposes throughout the Krishna Delta.

## 11 candidates selected for Rajahmundry training prog

Vijayawada: HRD and IT minister Nara Lokesh directed officials to accelerate industry partnerships and align skill development with emerging technologies during a high-level review of the skill development department held at his Undavalli residence.

Lokesh said that since the NDA government assumed office, 78,000 youth have secured jobs through 406 job fairs conducted across all 175 Assembly constituencies. He emphasized that more organisations must be brought into the employment network to expand job opportunities for young people.

The minister stressed the importance of integrating digital and artificial intelligence (AI) training into the curriculum to meet global workforce demands. He instructed officials to coordinate with senior Central government authorities and forge partnerships with world-class companies specializing in advanced technologies

Lokesh also called for updating ITI and polytechnic syllabi to reflect the manpower needs of the State's upcoming industries.

Skill development officials reported that 94.6 per cent of polytechnic graduates and 98 per cent of ITI students in Andhra Pradesh are gaining employment. They added that 30 industry-aligned courses have been launched for



blue-collar jobs, while 12 model career centres have trained over 1.22 lakh youth. Plans are underway to collaborate with IFLU to provide foreign language training in German, Italian, Japanese, and Korean, expanding overseas job prospects.

The department has linked ITIs and polytechnics with 273 industrial units across 16 sectors under five industrial clusters, with 17 companies sponsoring laboratories. Lokesh asked officials to identify 16 major industries, one for each cluster, and integrate them directly with the training institutes.

He also suggested examining the establishment of a state-level NAAC center in Mangalagiri and announced that a comprehensive Skill Portal will soon be launched to streamline training and placement services.

## State on fast lane with Rs 60,000 cr road projects

Hyderabad: In an unprecedented move in the history of Telangana, the state government is taking up massive road development works worth Rs 60,799 crore, Roads and Buildings Minister Komatireddy Venkat Reddy announced here on Saturday.

He stated that this large-scale infrastructure development will transform Telangana into a major hub for multina-

tional companies, attracting investments worth lakhs of crores and creating employment for lakhs of rural youth.

Proposals are being prepared to enhance infrastructure across the State so that investors from around the world are drawn to Telangana, he said. As new roads are developed, industries from across the globe are expected to set up operations in various regions of the

State, resulting in significant investment inflows and large-scale job creation, the Minister added. He announced that the Hyderabad-Vijayawada National Highway will be expanded from four lanes to eight lanes, covering the stretch from Abdullapur industrial park to Vijayawada. Of the eight lanes, six will serve as the main carriageway and two as service roads



# Telangana Cyber Security Bureau nabs 81 fraudsters in multi-state operation

Hyderabad: In the first-ever simultaneous multi-state special operations, the Telangana Cyber Security Bureau (TGCSB) arrested 81 cyber fraudsters, including seven women.

The coordinated special operation was conducted for 25 days in October across Maharashtra, Karnataka, Kerala, Tamil Nadu, and Andhra Pradesh.

Shikha Goel, Director, TGSCB, said on Sunday that this multi-state cybercrime crackdown reflects the Bureau's zero-tolerance policy towards cybercrime and its firm commitment to dismantling organised online fraud networks operating across India.

She said in a statement that 28 of the accused were arrested from Kerala, 23 from Maharashtra, 13 from Karnataka, 10 from Andhra Pradesh and seven from Tamil Nadu.

Those arrested include 17 agents, 11 involved in cheque and cash withdrawals amounting to Rs 34,70,900, and 53 mule account holders who received commissions of up to 5 per cent on the fraudulent amounts transacted through their accounts.

The operation also led to the seizure of 84 mobile phones, 101 SIM cards, and 89 bank passbooks and cheque books used in various fraudulent transactions.

The investigation revealed that the arrested individuals came from varied professional backgrounds, underscoring

the widespread reach of cyber-enabled crime. Among them were three bank employees – a Sales Executive from IDFC Bank linked to 106 cases, an employee from Federal Bank, and a Branch Manager from Bandhan Bank – directly involved in facilitating illegal financial activities.

Other key arrests include a Diploma holder in Computer Operations (96 cases), an Accountant from the Kilpauk Audit Office, Chennai (31 cases), a BBA graduate (45 cases), and an MNC employee who misused his corporate account for fraud. The accused span diverse occupations such as private employees, healthcare professionals, IT staff, brokers, students, and daily wage workers, reflecting the alarming spread of digital financial misuse across all sectors.

Preliminary investigation indicates that some of the accused have links with individuals operating from outside India, and Look-Out Circulars (LOCs) are being opened against the identified foreign-linked suspects.

The arrests made under this operation are connected to 41 cases registered under the seven TGCSB Cyber Crime Police Stations (CCPS). So far, investigators have traced 754 crime links across India, including 128 linked to Telangana, involving an estimated fraudulent amount of about Rs 95 crore.

Out of the 81 arrested persons, 12



individuals were found to have more than 30 crime links across India, while 54 others were involved in more than five different cybercrime cases.

Investigation officers have identified and frozen multiple bank accounts

linked to the accused, and the refund process for victims has already been initiated in coordination with concerned financial institutions.

A critical aspect of this operation is TGCSB's continued focus on breaking the supply chain that enables cybercriminals to operate with impunity.

Facilitators who provide bank accounts, mobile numbers, SIM cards, and financial channels act as essential infrastructure for fraud call-centre networks, often operating from abroad.

By identifying and arresting these enablers, TGCSB aims to dismantle the ecosystem that supports large-scale financial fraud and ensure that such networks are deprived of the tools they depend on, Shikha Goel said.

## Over 20 Injured in Stray Dog Attacks Near Hyderabad; Locals Demand GHMC Action

Hyderabad: Panic has spread across several colonies in Jeedimetla and Balanagar following a series of stray dog attacks that left more than 20 people injured on Sunday morning. The incidents occurred around 7 a.m. when a pack of dogs reportedly attacked women sanitation workers of the GHMC while they were performing their duties.

Several victims sustained injuries and were immediately rushed to a nearby hospital, where they were administered anti-rabies vaccines. Medical teams have advised residents, particularly children and women, to exercise caution while venturing out early in the morning or late in the evening.

Also Read: Illegal Sand Transport Busted in Medchal; Lorry Handed Over to Local Police

Local residents have urged the Greater Hyderabad Municipal Corporation (GHMC) to take swift and effective action to capture the stray dogs roaming in the area. Many expressed concern that the growing number of attacks is creating an unsafe environment, especially for schoolchildren and morning walkers.

Incidents of stray dog attacks have been on the rise across



Telangana and Greater Hyderabad in recent weeks, with multiple reports of dogs injuring pedestrians and children. Fear of rabies has further added to public anxiety, as residents avoid streets where dog packs are frequently seen.

Citizens are demanding that the civic authorities intensify their dog-catching operations and implement stricter control measures to ensure public safety. "We are living in constant fear. It's unsafe even to walk outside," said a local resident, reflecting the growing frustration among the community.

Mohammad Yousuf is an accomplished Content Editor with extensive experience in covering local, national, international, and sports news. Known for his sharp analytical skills and compelling storytelling, he has collaborated with leading media houses and earned recognition for his investigative content editing and insightful analysis of current events, trending topics, and breaking news. Yousuf brings deep knowledge of political and international affairs and a passion for delivering accurate and engaging sports coverage. His dedication to content integrity continues to strengthen Munsif News 24x7's reputation for credibility.

## Ghana team meets Singareni chief in Hyderabad, invites investment

Hyderabad: A high-level delegation from Ghana met with Singareni Collieries Company Limited (SCCL) chairman and managing director N Balram at Singareni Bhavan in Hyderabad on Saturday, November 8, to explore potential business collaborations in the mining sector.

The Ghanaian officials highlighted the country's vast mineral wealth, including diamonds, gold, bauxite, manganese, and lithium, and invited SCCL to invest in scaling up mining operations in Ghana.



The delegation also pointed out Ghana's existing coal mining activities and sought Singareni's expertise and cooperation in that area. They emphasised Ghana's openness to significant investments aimed at boosting production in the mineral sector.

Responding to the invitation, SCCL's Chairman, N Balram, assured that the company would review the mining prospects in Ghana, particularly focusing on projects related to

critical minerals.

The Ghanaian delegation also announced that a technical team is scheduled to meet Indian officials in New Delhi next month and requested a follow-up meeting with Singareni.



# CM Revanth Reddy Credits Chandrababu Naidu and YSR for Hyderabad's Growth as Knowledge Hub

Hyderabad: Telangana Chief Minister A. Revanth Reddy made notable remarks on Sunday, acknowledging the contributions of former Andhra Pradesh Chief Ministers N. Chandrababu Naidu and Y.S. Rajasekhara Reddy in transforming Hyderabad into a thriving knowledge hub. He said both leaders had played significant roles in shaping the city's growth trajectory and making it a center for innovation, education, and technology.

Speaking at a public gathering, the Chief Minister said that between 2004 and 2014, when the UPA government was in power at the Centre, the Congress made numerous sacrifices to fulfill the aspirations of the people of Telangana. He emphasized that the Congress Party played a decisive role in the realization of a separate Telangana state.

"The Congress leadership at the

Centre stood by the people of Telangana and granted statehood, respecting their long-standing demand," CM Revanth Reddy stated, recalling the political and emotional journey behind the formation of the state.

Highlighting his government's focus on rural welfare, the Chief Minister reiterated that agriculture is not a business but a festival, reflecting the Congress government's commitment to farmers' prosperity and dignity. He added that the state government would continue to prioritize the farming sector, ensuring that agricultural development remains a celebration of the people's hard work and heritage.

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political and international affairs and a passion for delivering accurate and engaging sports coverage. His dedication to content integrity continues to strengthen Munsif News 24x7's reputation for credibility.

## Illegal Sand Transport Busted in Medchal; Lorry Handed Over to Local Police

Hyderabad: The Special Operations Team (SOT) of Medchal district intercepted a lorry allegedly transporting sand illegally without a valid waybill on Sunday. The vehicle, bearing registration number TG 07 T 2556, was caught at a checkpoint within the Medchal Police Station limits.

According to officials, the lorry was not only operating without proper documentation but was also found carrying an overloaded quantity of sand, violating transportation regulations. Acting on credible information, the Medchal SOT police detained the vehicle and subsequently handed it over to the Medchal Police for further legal action.

Following the seizure, the Medchal Police registered a case and launched an investigation to trace those involved in the illegal transport activity. Authorities have reiterated that strict measures will continue against unauthorized sand transportation in the district to curb environmental violations and ensure compliance with mining and transport laws.

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experience in covering local, national, international, and sports news. Known for his sharp analytical skills and compelling storytelling, he has collaborated with leading media houses and earned recognition for his investigative content editing and insightful analysis of current events, trending topics, and breaking news. Yousuf brings deep knowledge of political and international affairs and a passion for delivering accurate and engaging sports coverage. His dedication to content integrity continues to strengthen Munsif News 24x7's reputation for credibility.



## Sultan Bazar Traffic Police Conduct Intensive Drink & Drive Check Near Narayanguda Metro Station

Hyderabad: The Sultan Bazar Traffic Police conducted a special Drink and Drive cum Vehicle Checking Drive at the Narayanguda Metro Station on Sunday, acting on the directions of higher officials. The operation was carried out under the supervision of East Zone Traffic ACP A. Sreenivas and led by Traffic Inspector G. Bala Krishna, along with Sub-Inspectors Jani Pasha and Manasa and the entire Sultan Bazar Traffic team.

During the drive, police booked sev-

eral cases against motorists for drunken driving, sound pollution, and other traffic violations. Officers also checked vehicle documents, driving licenses, and fitness certificates to ensure adherence to safety norms and reduce the risk of road mishaps.

Authorities emphasized that the drive was part of a broader initiative to promote road safety awareness and instill discipline among motorists. The police reiterated that "Safety Comes

First" remains their guiding principle.

Officials further urged parents not to allow underage children to drive vehicles, warning that legal action would also be taken against parents found responsible for such negligence. Expressing concern over the growing trend of youth performing dangerous stunts, recording reels, and making vulgar videos on public roads for social media attention, the police appealed to youngsters to refrain from such activities.



# When your brain doesn't have your back, it pains

Every other person in the room is either dealing with or has already dealt with back pain, neck problems, or poor posture. The harsh reality is that hunched backs and tilted necks have become a common sight wherever you go.

While it's easy to blame the tech neck issue and tensed-up muscles on a sedentary lifestyle, long screen hours, and endless scrolling, what if that's not the only problem you should be looking at? Maybe it's not always about that non-ergonomic chair or how you sit, but more about how you feel.

Your thoughts may also lead to back pain and spine issues. And that's called stress, the psychological one. There's a spine-stress connection that often goes unnoticed, mostly because we tend to focus only on the physical causes. But it turns out your mental health plays an important role too.

Experts break down what happens to your back when your brain stays stressed for too long.

## Brain and backbone connection

According to the World Health Organisation (WHO), lower back pain has already affected over 619 million people across the globe. The numbers are expected to rise, reaching about 843 million cases by 2050.

Yes, the situation is grave. But let's take a moment to understand how your stressful thoughts can be the culprit too. Why? Because the nervous system has a lot to do with emotions.

Psychological and musculoskeletal health are strongly interconnected. "When you are stressed or anxious, your body releases stress hormones like cortisol. Muscles, especially those in the neck, shoulders, and back, stay in constant tension. This leads to reduced spinal stability, pain, and stiffness," Dr Ashish Agrawal, director - physiotherapy, CK Birla Hospitals, Jaipur, tells India Today.

Dr Amitabha Chanda, director - neurosurgery, CMRI Kolkata, agrees and explains why this happens: "Stress-induced cortisol and adrenaline prepare us for action, but when stress lingers, the body forgets to relax. Muscles of the neck, shoulders, and lower back remain in guarded tension, pulling the spine into distorted alignments. Over time, this tension may translate into chronic neck or back pain, stiffness, or postural fatigue."



Stress is one of the rather overlooked causes of back pain (Photo: Pexels)

And it's not limited to this. When under constant stress, it's natural for the body to stoop and hunch forward. This posture, in turn, sends a signal to the brain, a physical message of defeat or helplessness, reinforcing low mood.

And that's how poor posture slowly alters the curvature of the spine over time.

Due to this, the chest muscles get compressed, leading to shallow breathing. It's all like a vicious circle, an endless chain reaction. Stress can cause you to hunch, hunched posture affects your breathing further.

According to Dr Agrawal, "When you're stressed, your breathing becomes shallow, which means less oxygen reaches your muscles. This lack of oxygen causes fatigue, tightness, and pain. At the same time, the brain becomes more sensitive to pain signals, amplifying even minor discomfort."

Hence, your emotions and thoughts take a scientific route, taking a toll on your posture. But how can one really differentiate between back pain caused by chronic stress and regular muscle pain?

Emotion-induced physical pain is more diffuse in nature and shows a different pattern than musculoskeletal pain, which is usually associated with a specific movement or posture. Stress-re-

## Back pain, posture issues, tech neck are all common problems. But what if it is not just about how you sit, but also how you feel.

lated pain, on the other hand, tends to worsen during stressful periods.

Lower back pain is predicted to affect over 840 million people by 2050 (Photo: Pexels)

It may start with digestive issues, headaches or migraines in some cases, and poor sleep patterns. Sometimes, one may even experience back pain without any particular injury. When you are stressed, the body unconsciously takes up a hunched posture, which can also trigger pain.

Therefore, it's all interconnected and, in the end, it is essential for individuals to understand their body's call for help.

Gentle movement, ergonomic awareness, and regular exercise help restore spinal balance. For some, counseling or physiotherapy offers an added bridge between thought and posture.

Experts also suggest postural resets a few times a day — take a moment to sit or stand tall, roll your shoulders back and down, and take three deep breaths. This simple 30-second practice can interrupt anxiety spirals and reset your nervous system.

By now, it's well established that it is not just an age thing any more. You can be in your twenty-something and wake up one day to find yourself with a stiff neck. Next thing you know, you simply can't get up from bed.



# Elon Musk net worth: How Musk will spend his \$1 trillion salary

Elon Musk has danced his way into the record books with a potential pay package than any corporate executive in history, literally. The Tesla chief was certainly buzzing with energy as he celebrated the approval of his \$1 trillion pay cheque by shaking a leg with his company's humanoid robot at the company's annual general meeting. That's a one and 12 zeroes - an obscene amount of money, which can not only end world hunger but also buy him the top three US oil companies.

Musk has been one of the world's richest people for several years now. And the approval by Tesla shareholders for a \$1 trillion pay package, which comes with unprecedented challenge and conditions, will only make him richer. It has led social media to wonder how Musk, who is known not to live an extravagant life of excess luxury, will spend his money.

In several interviews, Musk has said that he "prefers a simple lifestyle with few belongings". He avoids spending on things that most wealthy people enjoy - like mansions or fancy food.

In fact, in a 2021 interview with TED's Chris Anderson, Musk revealed that he doesn't own a house and sleeps in a friend's spare bedroom.

"Bro does not live like a billionaire. Bro lives at times below the poverty line," Musk's former partner Grimes, with whom he has two children, told Vanity Fair in 2022. Grimes said Musk once refused to buy a new mattress despite it having a hole in it.

She also recalled staying in a "\$40,000 house" (presently Rs 35,45,580) with no security.

That's how miserly Musk is. It must have caught Trump's eye when he chose him to lead his DOGE department to cut federal funding.

Thus, it may be assumed that the Tesla CEO is unlikely to splurge on buying lavish properties or bungalows with his \$1 trillion salary. In fact, Musk sold seven of his residences in California between 2020 and 2021 for \$100 million.

Among the properties was a ranch house once owned by the famous Willy Wonka actor Gene Wilder.

The properties were located in the prestigious neighbourhood of Bel-Air, home to many Hollywood icons and celebrities, from Beyonce, Lady Gaga, to Jennifer Aniston and Taylor Swift.

"Don't need the cash. Devoting myself to Mars and Earth. Possession just weighs you down," Musk had then tweeted. He moved into a small 375-square-foot house on the southern tip



of Texas.

It appears to be the only official house he personally owns, even though there have been reports that he secretly bought a 14,400-square-foot compound in Texas for \$35 million (Rs 295 crore) to house all his 11 children and his three former partners.

While buying luxurious properties may not be Musk's calling, he may splash out his \$1 trillion on luxurious cars, jets, and unique automobiles.

If one thing Musk loves, it is extraordinary vehicles. He even has one car that can morph into a submarine, according to the BBC. He also has a private jet collection, including a number of Gulfstream models, worth tens of millions of dollars each.

Among the vehicles he owns is a Ford Model T, the 20th-century car that was the first mass-produced and affordable automobile. He also possessed a 1967 Jaguar E-Type Roadster, a 1997 McLaren F1, and a Tesla Roadster, the first Tesla model to go on sale.

In 2018, the Tesla Roadster, along with a mannequin named 'Starman', was launched into space on a SpaceX Falcon Heavy rocket.

Elon Musk

Musk has a 1976 Lotus Esprit that featured in the 1977 James Bond film (Getty)

Among the most unique, however, is a 1976 Lotus Esprit that featured in the 1977 James Bond film 'The Spy Who Loved Me'. In the film, the car, nicknamed Wet Nellie, could transform into

a submarine. The tech titan bought the car in an auction for almost \$1 million.

The world's richest person is also into philanthropy, but it has courted controversy for being "haphazard" and "largely self-serving", according to a report in The New York Times.

## GTA VI delayed by another 6 months, this is when Rockstar will launch next Grand Theft Auto game now

GTA VI is arguably the most highly anticipated game of this decade. The next Grand Theft Auto game was scheduled to release in May 2026. However, game developer Rockstar Games has announced that GTA VI's release has been pushed back by another 6 months. The game will now be released in November.

Rockstar Games issued a statement on X, notifying fans about the new release date. The company confirmed that GTA VI will "now release on Thursday, November 19, 2026."

Why is GTA VI delayed to November 2026?

According to the company, the reason behind this delay was to ensure that the game had the "level of polish" that fans have come to expect from the Grand Theft Auto franchise. Rockstar Games acknowledged that the wait has been quite long and thanked fans for their "patience and support."

The report has said Musk's donations were lined with making him eligible for enormous tax breaks and helping his own businesses. Citing the Musk Foundation's tax filing, NYT said many of the donations went to organisations with links to Musk.

The company concluded, "While the wait is a little longer, we are incredibly excited for players to experience the sprawling state of Leonida and a return to modern-day Vice City."

This is the second major delay to GTA VI. The game was originally scheduled to launch in fall 2025, following the release of the first trailer by Rockstar Games in December 2023. Grand Theft Auto VI was then postponed to May 2026.

When will GTA VI launch?

Now, GTA VI is said to release on November 19, 2026. The game will first launch on consoles - the PS5 and the Xbox Series X/S. Rockstar Games will likely launch GTA VI on PC at a later date. Fans of the Grand Theft Auto franchise have been eagerly waiting for the next-generation game. GTA V was launched in September 2013, over 12 years ago. The game was a big hit and sold over 200 million copies worldwide.



# Mohan Bhagwat says Muslims, Christians can come to RSS but on one condition

Rashtriya Swayamsevak Sangh (RSS) chief Mohan Bhagwat on Sunday said that people from all religions, including Muslims and Christians, can join the organisation, but as members of a unified Hindu society, setting aside religious separateness.

Responding to a question on whether Muslims are allowed in the RSS, Bhagwat said, "No Brahmin is allowed in Sangha. No other caste is allowed in Sangha. No Muslim is allowed, no Christian is allowed in the Sangha... Only Hindus are allowed."

He, however, clarified that followers of all faiths are welcome to participate as long as they come "as sons of Bharat Mata."

"So people with different denominations — Muslims, Christians — any denomination, can come to the Sangha but keep your separateness out. Your speciality is welcome. But when you come inside Shakha, you come as a son of Bharat Mata, a member of this Hindu society," he said.

Bhagwat added that the Sangh does not ask the religion or caste of anyone attending its daily shakhas. "Muslims come to Shakha, Christians come to Shakha, as all other castes from the routinely called Hindu society, they also come to Shakha. But we don't take their count, and we don't ask who they are. We are all sons of Bharat Mata. That is how Sangha works," he said.

His remarks came during an in-house question-and-answer session organised by the RSS, where he also fielded queries on the organisation's registration status, political leanings, and relationship with other faiths.

In a veiled response to criticism from Congress leaders who questioned the RSS's registration and sources of funding, Bhagwat said, "RSS was established in 1925, so do you expect us to have registered with the British government?" He added that after Independence, registration was not mandatory.

"We are categorised as a body of individuals, and we are a recognised organisation," he said, explaining that both the Income Tax department and courts have described the RSS as a "body of individuals," exempted from income tax.

Referring to past government actions against the Sangh, Bhagwat said, "We were banned thrice. So government has recognised us. If we were not there, whom did they ban?"



He also responded to allegations that the RSS does not respect the national flag, saying the organisation holds the tricolour in high regard. "We always respect, offer tribute and protect our tricolour," Bhagwat said, while clarifying that saffron, treated as a Guru in RSS tradition, also holds symbolic importance.

Bhagwat reiterated that the Sangh does not support any political party but backs policies it believes are in the national interest. "We do not participate in

vote politics, current politics, election politics, etc. Sangh's work is uniting the society and politics, by nature, is divisive, so we keep out of politics," he said.

On India's relations with Pakistan, the RSS chief said peace is possible only if the neighbouring country stops attempts to harm India. "It is Pakistan which doesn't want peace with us. As long as it gets satisfaction from causing harm to Bharat, it will keep on doing it," he said, warning that if Pakistan continued on that path, it "will learn a les-

son one day," recalling the 1971 war that led to the creation of Bangladesh.

Addressing social issues, Bhagwat said casteism no longer exists but "caste confusion" does, driven by electoral politics and concessions. "There is no need to eradicate caste; there is need to forget caste," he said.

On the issue of so-called 'love jihad,' Bhagwat urged people not to focus excessively on what others do but to strengthen "Hindu samskara" (values) within their own homes.

## After row over VIP perks for ISIS recruiter, rapist in jail, Karnataka orders probe

Bengaluru, Nov 10

The Director General, Prisons and Correctional Services, Karnataka conducted an inquiry after videos surfaced on Saturday showing high-risk inmates, including an ISIS recruiter and a convicted rapist-killer, using mobile phones and receiving what appeared to be VIP treatment inside Bengaluru's Parappana Agrahara Central Jail.

"It is being investigated how these prisoners obtained mobile phones, who brought the phones inside the prison, who handed them to the inmates, when the footage was recorded, who circulated

it to the media, and so on," Additional Inspector General of Prisons, P.V. Anand Reddy, said in a statement.

Among those spotted is Umesh Reddy, a well-known convicted serial rapist, allegedly seen operating a phone. Another video shows a suspected ISIS recruiter, fuelling fears about external communication.

Telugu actor Tarun, implicated in a gold smuggling case, also appears in separate clips. Administrators suspect insider involvement enabling these unauthorised privileges.

The footage triggered alarms over

security lapses, prompting authorities to verify its authenticity and identify individuals responsible. Officials say immediate corrective steps are planned, and the Chief Superintendent, Central Prison, Bengaluru has been directed to initiate legal action against the guilty prisoners and any responsible officers or staff. Following reports of preferential treatment being meted out to high-profile prisoners, Home Minister G Parmeshwara said, "Such things cannot be tolerated. If this continues, it cannot be called a jail anymore. I will call a meeting of senior police officers and take this issue seriously."