

Just as the Governor serves as the 'First Citizen' of Telangana State holding a position of immense significance is not the 'First Citizen' (Mayor) of Bhuvanagiri town equally important?

““* "How justifiable is it for thoughtless BJP leaders to disrespect a woman holding the office of 'First Citizen'?" question political analysts.““* "It is regrettable that the 'First Citizen' of Bhuvanagiri town was not invited to the event attended by State Governor Shiv Pratap Shukla," express the distressed residents of the town.““* "The BJP leaders failed to observe proper protocol; surely, either the Governor himself or the former Rajya Sabha members present should have been aware of—and ensured adherence to—these norms," ??remark political observers.““ (Mandava Srishailam — Yadadri Bhuvanagiri District Bureau — Indian Chronicle — March 23): It is a well-known fact that State Governor Shiv Pratap Shukla visited Bhuvanagiri, in the Yadadri Bhuvanagiri district, on Sunday to serve as the Chief Guest at a ceremony. The purpose of his visit was to present awards to the winners of the sports competitions recently held across the Bhuvanagiri Parliamentary constituency as part of the 'PM Sansad Khel Mahotsav' initiative. It is also common knowledge that these 'PM Sansad Khel Mahotsav' sports festivals are being organized nationwide. Residents of Bhuvanagiri town are questioning the conduct of the event organizers regarding the prize distribution ceremony held for winners of the sports competitions. They are astonished that while Shiv Pratap Shukla—the incumbent Governor of Telangana State—was invited as the chief guest, the organizers failed to extend an invitation to Bhuvanagiri's "First Citizen," Municipal Chairperson Tangallapalli Srivani Ravikumar. Not only was she denied a formal invitation or a designated seat, but BJP leaders—who had seemingly sidelined her—then proceeded to call her onto the stage. Intellectuals are expressing the opinion that just as the State Governor holds immense significance for the state, the Municipal Chairperson—as the First Citizen of Bhuvanagiri town—holds equal importance for the town. They argue that, much like the State Governor who functions above party lines within the administrative framework, the First Citizen of Bhuvanagiri also plays a pivotal and significant role in the local administrative system. Town residents and various intellectuals are lamenting the fact that, in an event attended by a State Governor as the chief guest—specifically the "Prime Minister's Sansad Khel Mahotsav" prize distribution ceremony—the organizers failed to invite the relevant town's First Citizen (the Municipal Chairperson), despite proto-

col dictating otherwise. Political analysts are expressing anguish over the absur-



dity of the situation, noting that it is bizarre to call the Bhuvanagiri Municipal Chairperson onto the stage merely as a token gesture to satisfy protocol requirements, without having extended a formal invitation to her in the first place; they question how a female First Citizen is expected to ascend the stage without a proper invitation. The townspeople are expressing their deep concern, asserting that it is inappropriate for event organizers to continue making such errors in the future. It is a well-known fact that India's Prime Minister, Narendra Modi, places great emphasis on empowering women within legislative bodies—a commitment underscored by the introduction of the bill reserving 33 percent of seats for women in legislatures. However, resentment has begun to brew among the residents of Bhuvanagiri town following a glaring oversight by local BJP leaders: the failure to invite the Bhuvanagiri Municipal Chairperson—the town's "First Citizen"—to the awards ceremony and sports festivities associated with the Prime Minister's Sansad Khel Mahotsav. Several political analysts have commented that excluding the town's First Citizen from an event attended by the State Governor amounts to the BJP leaders treating a female political leader with disdain.

Journalists Call for “Chalo Hyderabad” Protest on March 25

““Arvapalli Nagesh Khammam Bureau March 23,(Indian Chronicle):““ Journalists across the state have been called to participate in a large-scale protest titled “Chalo Hyderabad” on March 25 at 11:00 AM at the I&PR Office in Hyderabad. The call was given by Mamidi Somayya, Founder President and State Convener of the TWJF (Telangana Working Journalists Federation). He urged journalists to attend the protest in large numbers to oppose what he described as the government's discriminatory and neglectful attitude toward the journalist community. Somayya alleged that in the two years since the Congress government came to power in the state, it has completely ignored the welfare of journalists. He pointed out that the recently presented state budget made no mention of journalists' welfare, which he termed “shocking” and clear evidence of discrimination. He further criticized the government for failing to issue new accreditation cards and health cards to journalists even after two years in office. He also raised concerns over the lack of progress in allocating housing plots for journalists, accusing the government of avoiding responsibility by citing Supreme Court rulings. “Additionally, Somayya expressed disappointment over the failure to constitute a governing body for the Media Academy. He noted that while retired journalists in several other states receive pensions, the state government has not taken similar steps, reflecting a lack of concern for the journalist community. The protest aims to highlight these issues and demand immediate action from the government.



Four More Key Accused Arrested in Bhoodan Land Case: Town ACP



“Avnreddy Khammam Staff Reporter March 23,(Indian Chronicle):“Town ACP Ramanamurthy announced that four more key accused have been arrested in connection with the illegal occupation and dealings involving Bhoodan and government lands in the Velugumatla revenue area under Khammam Urban limits.“The arrests were made on Monday in connection with Crime No. 101/2026 registered at Khanapuram Haveli Police Station under Sections 111(1)(ii), 318(4) read with 3(5) of the BNS 2023. The arrested individuals have been identified as Kalti Ramachandraiah, Banala Lakshman Chary, Chippanapalli Veeraiah, and Kunja Krishnaiah. All four have been remanded to judicial custody.“The ACP stated that the investigation is progressing intensively.“He further added that the main accused in the case—Poleboina Muthiah, Balli Srinivas, Koppera Venkanna, Kotte Basu, and Sampangi Venkatachalam—were earlier taken into police custody with the magistrate’s permission for questioning. After interrogation, they were sent back to judicial remand on Monday. So far, a total of 16 accused have been arrested in this case. The police are continuing the process of identifying illegal assets acquired by the accused and taking steps to seize them as per law, the ACP said.

Ankurarpanam Ceremony for Sri Sita Ramachandra Kalyanam Held Grandly at TTD Office



“Avnreddy Khammam Staff Reporter March 23,(Indian Chronicle):“The Ankurarpanam (initiation ritual) ceremony for the upcoming Sri Sita Ramachandra Kalyana Mahotsavam was conducted with great devotion on Monday at the local TTD office premises. The grand Sri Sita Ramachandra Kalyana Mahotsavam is scheduled to be held on March 27 at the same venue. As part of the preparations, the Ankurarpanam ritual was organized under the supervision of the Sri Sita Ramachandra Kalyana Mandali Committee.“The ceremony was performed by priest Lakshmi Narayana. Key organizers and devotees, including TTD District Coordinator Karnati Ramakrishna Reddy and his spouse, Mandadapu Shankar Reddy and his spouse, Boyinapalli Kotireddy and his spouse, along with other couples, par-



ticipated in the rituals by sitting on the ceremonial platform and offering prayers.“Sacred “talambralu” (rice mixed with turmeric) were collected from ISKCON Khammam, Balanjaneya Swamy Temple in Raghunathapalem, and Sri Krishna Temple in Dwaraka Nagar, and were combined by the committee for the ceremony. The rituals included Ganapati Puja and Punyahavachanam, after which the priest blessed the devotees. Later, women devotees participated by preparing turmeric sticks and mixing “akshintalu” (sacred rice grains), adding to the spiritual significance of the event. Committee members such as Mandadapu Shankar Reddy, Kondeti Gopi, Karnati Ramakrishna Reddy, Boyinapalli Kotireddy, Uppala Satyanarayana Reddy, and Pabbaraju Achyuta Rama Rao, along with TTD Hindu Dharma Prachara activist Pilaka Nagender Reddy and devotees including Sridevi and Vanam Appaji, took part in the ceremony.

Tata Play Binge App Now Available on V's VIDAA-Powered Hisense, Toshiba, and Partner Smart TVs in India

Hyderabad Tata Play Binge and V today announced a strategic partnership, under which the Tata Play Binge app is now available across all VIDAA-powered Smart TVs in India, including devices from Hisense, Toshiba, and other leading TV brands powered by the platform. Tata Play Binge is India's largest OTT content aggregator, with more than 30 national, international and regional apps in their bouquet of offering. With this integration, viewers can seamlessly access Tata Play Binge's extensive entertainment universe - which brings together 30+ OTT apps, 20,000+ movies, 8,000+ web shows, live sports, TV shows, documentaries, and more directly through their Smart TV—without the need for set-top boxes or additional hardware. The launch reinforces V's commitment to making high-quality, multi-genre content easier to access and enjoy, directly on the screen where families already spend time together. India is one of the world's most diverse and content-rich television markets, with audiences consuming entertainment across languages, genres, and formats. By bringing the Tata Play Binge app to VIDAA, V is enabling a more intuitive, streamlined viewing experience—connecting users to a trusted library of OTT content from leading platforms such as Prime Video, JioHotstar, Apple TV+, ZEE5, Lionsgate Play, Discovery+, Fancode, BBC iPlayer, Times Play and many others, all through a single login with universal search and personalised recommendations. This integration ensures that viewers can navigate vast content libraries in a simple, unified, and highly accessible way. This launch is about removing friction from the TV experience," said Denis Oštir, Editor-in-Chief at V. "By making Binge available across VIDAA-powered TVs from Hisense, Toshiba, and our broader brand ecosystem, we're giving Indian viewers easy access to the content they already love—directly on their TV, with no additional setup." Commenting on the partnership, Pallavi Puri, Chief Commercial and Content Officer, Tata Play said, "At Tata Play, we're focused on strengthening how audiences engage with entertainment. Our collaboration with V brings Tata Play Binge directly onto HomeOS, giving viewers a simple way to explore stories, sports, and cinema from 30+ OTT platforms. This partnership reflects our commitment to greater reach and customer value, bringing world class content right to the centre of customers' television viewing experience."



KFC UNVEILS INDIA'S TALLEST SAND BUCKET AT RK BEACH TO CELEBRATE NEW RESTAURANT OPENING

Hyderabad Vizag's RK Beach is synonymous with many things — crashing waves, morning walks, evening strolls and the occasional sandcastle. But this week, beachgoers were in for a surprise as a life-size KFC bucket emerged from the sand. Created entirely by local sand artist Akunuru Balaji Varapasad over 48 hours, using only beach sand, the striking installation transformed 7+ tonnes of sand into one of the world's most recognisable brand icons. Akunuru Balaji Varapasad is a renowned sand artist and sculptor who has crafted over 700 sand sculptures across beaches in India including those at Perupalem, Manginapudi, and Bapatla in Andhra Pradesh. He is a four-time winner of the Konark International Sand Art Festival and has represented India at international sand art competitions in Qatar and Europe. The sculpture celebrates the opening of KFC's newest restaurant on Beach Road, turning the familiar Vizag landmark into a coveted photo spot, with a steady stream of curious onlookers stopping by to click pictures, film reels and share the unexpected sight with friends online. Set against the backdrop of Vizag's vast shoreline, the 2280 sq. ft, 70-seater restaurant draws inspiration from its nautical surroundings. At the heart of the space is boat-inspired décor, a bamboo-clad façade and sea-facing seating, creating a relaxed setting for beachgoers to unwind & enjoy finger lickin' good food. The new restaurant is the perfect stop for beachgoers to grab their KFC favourites — including Hot & Crispy Chicken, Hot Wings, Chicken Popcorn, Peri Peri Boneless Strips, Zinger Burgers, Rolls, Rice Bowlz and more — after a walk along the waves.



Mo Westbrook International School Launched with a Vision to Redefine Modern Education



I am glad and honoured to launch Westbrook International School. A mother is the first teacher of every child, and Sanjana has started this school not from a business perspective, but from a parent's perspective

Hyderabad Westbrook International School was officially launched today at Kavuri Hills, Madhapur, Hyderabad, in the presence of eminent personalities, educators, and well-wishers. The grand launch was graced by Ms. Sudha Reddy, Philanthropist & Director at MEIL, as the Chief Guest. Founded by Ms. Sanjana Reddy, Westbrook International School is more than just an educational institution—it is a vision brought to life by a passionate mother, supported by experienced educators, with a commitment to nurturing curiosity and unlocking every child's true potential from the very first day. Strategically located in the heart of the city, the school offers a comprehensive curriculum aligned with

international standards, while focusing on personalized learning, strong academic foundations, and hands-on experiences. The institution emphasizes quality, transparency, and meaningful education over conventional approaches. Speaking on the occasion, Ms. Sudha Reddy said, "I am glad and honoured to launch Westbrook International School. A mother is the first teacher of every child, and Sanjana has

started this school not from a business perspective, but from a parent's perspective. Teachers play a key role in shaping a child's future. They must guide students towards the right path. I believe nothing is impossible in life—this is something my teachers taught me, and it holds true for every child." Sharing her vision, Ms. Sanjana

Reddy, Founder of Westbrook International School, said, "This school was born from a personal journey as a mother who wanted a more meaningful and engaging learning environment for her child. Our goal is to create a space where children are encouraged to explore their interests, think independently, and grow into confident, compassionate individuals."

Sanam the Band lights up Hyderabad with a night of nostalgia and electrifying live music



“Hyderabad: Hyderabad witnessed an unforgettable evening of soulful melodies, high-energy performances and cherished moments of togetherness as Sanam the Band, one of India’s most loved pop-rock bands, took the stage at Nexus Hyderabad Mall for a special live concert, produced and promoted by TribeVibe Entertainment. “The Hyderabad leg of the tour witnessed an overwhelming turnout, with fans swaying and singing along to Sanam the band’s chart-topping hits like ‘Gulabi Aankhen’, ‘Lag Ja Gale’, ‘Pehla Nasha’, ‘Sanam Mennu’, ‘Yeh Raatein Yeh Mausam’, ‘Ishq Bulaava’ and many more. The band captivated the audience with their signature fusion of melody and emotion, effortlessly bridging generations by blending timeless charm with a contemporary pop-rock sound. “Speak-

ing about the show, Sanam the band shared, “Performing in Hyderabad was an incredible experience. The crowd’s energy, the way everyone sang along and celebrated the music with us made it truly unforgettable. Nights like these remind us of the powerful connection that live music creates between artists and audiences.” Shoven Shah, Founder & CEO, TribeVibe Entertainment, shared, “Watching fans sing along in unison was a powerful reminder of why we do what we do at TribeVibe. Seeing Sanam the band perform and witnessing the audience connect so deeply - singing every lyric was nothing short of magical. This is exactly the kind of emotion and energy we aim to recreate in every city on this tour. For us, it’s about curating moments that stay with people long after the music

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fades”. “Known for reimagining iconic classics with their signature pop-rock sound while seamlessly blending them with original music, Sanam the Band

created a musical journey that cut across generations. Each performance was met with thunderous applause as the audience celebrated every note, lyric and moment on stage.

Lexus India Launches the All-New ES-



The mission to discover better products, better services, and better experiences—and to help guests discover new value in their lifestyles.

“Hyderabad” Lexus India today launched the All-New ES500e in India, marking a significant milestone in the brand’s electrification journey with the introduction of Lexus’s first Battery Electric Vehicle (BEV) for the Indian market. Announced at the Japan Mobility Show 2025, “Discover” lies at the core of Lexus’s brand ethos. The mission to discover better products, better services, and better experiences—and to help guests discover new value in their lifestyles. “Launched alongside the flagship LS in 1989, the ES has been a core model in Lexus, earning global acclaim for its quietness, ride comfort, and spacious interior. The model has been sold in more than 80 countries worldwide. Since the launch of the RX

400h in 2005, Lexus has led the way in electrification consistently pursuing both dynamic performance and environmental responsibility. With continued focus on HEVs, PHEVs and BEVs, Lexus is working towards realizing a carbon-neutral society while responding to the evolving diverse needs of guests and markets. Lexus is committed to delivering unique brand experience by advancing core vehicle performance through electrification. This movement will drive an engineering focus that redefines the future of

mobility while providing services that enrich modern lifestyle. “Guided by Lexus’ multi-pathway approach All-New ES developed under the concept of Experience Elegance and Electrified Sedan, this model aspires to deliver a refined driving experience, further enhancing quietness and ride comfort while staying in tune with guests needs. In pursuit of carbon neutrality through a multi-path approach, both BEV and HEV are offered to meet a diverse range of mobility demands. Today, the ES BEV has been

launched in India, and the ES HEV details will be announced at an appropriate time in the later part of the year. Present at the launch, Lexus International Chief Engineer, Kohei Chiashi, said, “The ES has long been one of the most popular models in the Lexus lineup for the Indian market, and today we are delighted to launch the All-New ES500e. This feature-rich vehicle is designed for guests who value driving performance, comfort, and safety, while aspiring to be part of the new ES family.

What Binance's \$4 billion fine and CEO resignation mean for crypto | Explainer

The story so far: The U.S. government this week slammed Binance, the world's largest cryptocurrency exchange, with a \$4 billion fine after confirming serious protocol failures as it frequently violated U.S. sanctions. On November 22, Binance's CEO and one of the crypto industry's most powerful players, billionaire Changpeng Zhao, announced his resignation. The crypto market is extremely susceptible to even minor shakeups; the latest update has shocked thousands of traders worldwide who rely on Binance (legally or illegally) to conduct their crypto trades.

Why is Binance's CEO stepping down?

Zhao announced he was stepping down, admitting he had made "mistakes" and that he was doing what he felt was best for the company. In Seattle, Zhao pleaded guilty to violating the Bank Secrecy Act by not maintaining an effective anti-money laundering programme. He will have to pay a \$50 million fine and his resignation is part of a legal deal. "Today, I stepped down as CEO of Binance. Admittedly, it was not easy to let go emotionally. But I know it is the right thing to do. I made mistakes, and I must take responsibility. This is best for our community, for Binance, and for myself," posted Zhao on X on November 22. He named Richard Teng, previously Binance's Global Head of Regional Markets, as the new CEO. Teng has over 30 years of financial services and regulatory experience spanning across Abu Dhabi and Singapore, Zhao said. The former Binance CEO stressed that U.S. agencies did not accuse the exchange of misappropriating user funds or engaging in market manipulation. Zhao also said he would probably be a passive crypto investor focusing on decentralised finance (DeFi), and perhaps train other upcoming entrepreneurs, apart from taking a break. However, he will continue to be a Binance shareholder who is available for company members to consult, Zhao confirmed. Legal experts have pointed out this still leaves the Canadian national with considerable influence over the company he founded in 2017.

What did Binance do to warrant the fine?

Binance was charged with not maintaining a working anti-money laundering programme, as well as running an unlicensed money transmitting business, and violating the International Emergency Economic Powers Act, per court documents dated November 14. U.S. Treasury Secretary Janet Yellen said that the exchange did not report suspicious transactions and it told employees to keep information from law enforcement bodies. That meant millions of dollars in crypto transactions involving criminal actors like the Russia-based dark net marketplace Hydra and users based in sanctioned nations such as Iran were not reported, "allowing illicit actors to transact freely, supporting activities from child sexual abuse, to illegal nar-

cotics, to terrorism, across more than 100,000 transactions." Transactions "associated with terrorist groups like Hamas's Al-Qassam Brigades, Palestinian Islamic Jihad, Al Qaeda, and ISIS" were also unreported. "Binance processed these transactions, but it never filed a single suspicious activity report. And it also allowed over 1.5 million virtual currency trades that violated U.S. sanctions," said Yellen in an official statement on November 21. The Treasury's Financial Crimes Enforcement Network settlement agreement assessed a \$3.4 billion penalty while the Office of Foreign Assets Control assessed a penalty of around \$1 billion, bringing the total to above \$4 billion. This marked the "largest enforcement action" in the Treasury's history, according to Yellen.

Has Binance faced legal issues before?

Binance has faced legal and compliance issues in a number of countries, but swiftly moved past most barriers under Zhao's audacious leadership style, with the company loudly expressing support for regulation while also pulling out of the jurisdictions which tried to regulate or probe its activities. However, the U.S. Treasury alleged that Binance had lied about exiting the U.S. years ago, and that it retained U.S. users as well as "significant" ties with the country. In June this year, the U.S. Securities and Exchange Commission (SEC) hit Binance with a lawsuit, claiming that it was comingling and diverting customer assets to a third party linked with Zhao, and that the exchange broke federal securities laws by "illegally conducting unregistered offers and sales of securities to U.S. investors." How will this affect crypto investors and the sector? While U.S.-based individuals are barred from using the Binance platform, it remains to be seen whether this policy will be strictly enforced under the company's next CEO. Binance has been ordered to completely exit the country and will be strictly monitored from here on.

BNB, the cryptocurrency that helps facilitate trades on the Binance exchange and is native to the BNB blockchain ecosystem, fell by more than 10% to a price of around \$234 as the news of Zhao's resignation broke. However, it slowly began recovering. As more crypto exchanges with U.S. customers come under regulatory pressure, they may decide to comply with the country's registration requirements (even if just on paper alone), or exit the country completely. Some exchanges try to evade legal action by basing their headquarters in foreign tax havens. However, crypto investors who do not want their transactions monitored by centralised authorities or the U.S. government may explore the riskier DeFi route or transact through non-regulated decentralised exchanges (DEXs).

What did Binance's CEO say about FTX?

On December 9 last year, Zhao fired off tweets criticising the collapsed FTX



crypto exchange headed by former billionaire and CEO Sam Bankman-Fried, who was found guilty of financial fraud on multiple counts this October. "You don't have to be a genius to know something don't smell right at FTX," Zhao said and called attention to the company's "reprehensible

misuse of customer funds." But almost a year later, Zhao apologised for his own actions and is leaving behind his crypto exchange which was condemned by U.S. regulators in the harshest terms for criminal practices. This is yet another case which illustrates just how quickly the illusion of stability can shatter in the crypto sector.

With looming TikTok ban in the US, the death of the global internet

The history of the global internet is the history of local apps that strove to become big, fulfilling promises of global connectivity. Our current spate of digital applications stands on the graves of a large number of platforms, applications, environments, products, and tools that were once in vogue. I remember the world before Google, where the only way to find credible information online was through a p2p network of carefully maintained links to discussion forums which were not just digital dumpster fires. There was a time before Facebook where we had just discovered blogging and were finding communities that were experimenting with user generated content. Before Twitter, there were enough spaces on the internet which were fuelled by rage and hate. We didn't have to wait for Instagram to go and get ourselves bullied, negged, and sexualised — there were enough spaces for whoever wanted it, where the most vulnerable people were constantly being violated and attacked. Our social media practices are so overwhelming and encompassing that we forget how new and temporary they are. Many of the legacy apps have already wrapped up. The more persistent ones have evolved so much that they bear almost no resemblance to their original versions. The breathless air of innovation and disruption and the desperate search for something new constantly bombard us with the next big thing which is going to make everything else obsolete. Once the hype dies, the initial curiosity falters and most of these disruptors find their space in the digital ecosystem, with things more or less scrolling along. If there is one unwritten rule of the internet that is rooted in information and

attention economies, it is that this too shall pass. Apps will come and go, with digital life cycles that are more akin to that of fruit flies than tortoises. Given the ephemeral nature of these apps, it does come as a surprise that so many governments around the world keep on trying to control one which has recently been on an upswing — TikTok. In India, we have already mourned the death of TikTok, and a slew of old and new apps have evolved to replace it, grabbing the mindless, repetitive, memetics-driven interactive video-platforming space that TikTok ushered in. The Indian users, devastated when the app first got banned, along with the hyperbolic analysts and speculators who warned us that it was the beginning of the end, have all survived the great loss. As the United States government now considers the banning of TikTok, the questions have come to the fore again — what is it about TikTok that seems to trouble so many people so profoundly? The usual arguments about the brokenness of the internet — misinformation, manipulative algorithms, immersive frivolous content that shapes political decisions, rampant hate and violence, radicalisation of young people on ideological grounds, exploitation of users by selling their data, targeted messaging that makes people vulnerable through AI analytics, and polarisation of societies intensified by filter bubbles — do not work. This is because TikTok doesn't have a monopoly or uniqueness on any of these. If these are the reasons why TikTok has to be banned, we might as well shut down the internet, wear tinfoil hats and wait for the rapture. There is nothing exceptional about TikTok and its policies around content curation, data brokerage and ownership.

Are gallstones linked to an increased risk of Gallbladder Cancer (GBC)? Health expert answers

Gallstones have long been recognised as a significant factor associated with gallbladder cancer (GBC), particularly in regions like northern India where the incidence of both conditions is high but it involves a complex interplay of genetic predisposition, environmental factors and chronic inflammation. While gallstones serve as a risk factor for GBC, health experts reveal that it is essential to recognise that not all individuals with gallstones will develop cancer.

What are the factors associated with Gall Bladder Cancer?

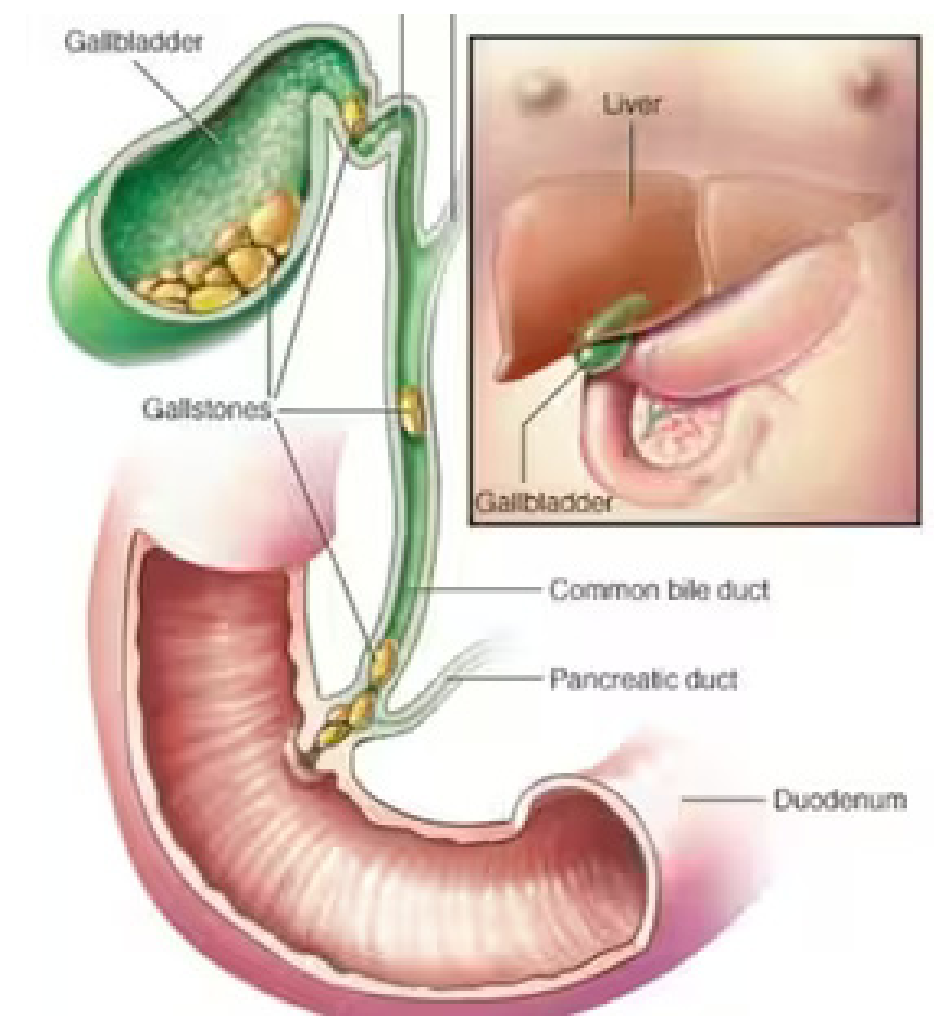
In an interview with HT Lifestyle, Dr Shivendra Singh, Senior Consultant and Chief of GI Oncosurgery and Liver Transplant Services at Rajiv Gandhi Cancer Institute and Research Centre (RGCIRC), explained, "Gallstones are often detected during examinations for gallbladder cancer, and often, it remains a reason for misdiagnosis. Various studies in India have documented presence of gall stone in 70–90% of patients with GBC. The pathogenesis of GBC is influenced by various co-factors, including age, gender, socio-economic status, and comorbidities such as chronic infections with *Salmonella typhi* or *Helicobacter pylori*. Furthermore, environmental factors like exposure to pollutants, heavy metals, and dietary habits also play a role in carcinogenesis." He shared, "It has been observed that middle aged women around 40 and above with a demographic profile, often referred to as "fat, fertile, female over forty" are generally the subset which is mostly affected with gall stone disease. Additionally, the type of gallstones prevalent in different regions also contributes to the varying incidence of GBC. For instance, in northern India, where cholesterol/mixed stones are predominant, the association with GBC may be more pronounced compared to regions like South

India, where pigment stones are more common."

Should you opt for gallbladder removal due to fear of cancer?

Dr Shivendra Singh revealed, "It's important to note that gallbladder issues, including the presence of gallstones, do not always lead to gallbladder cancer. While gallstones are a known risk factor for cancer development, the majority of people with gallstones will not develop cancer. It's crucial not to generalize the need for gallbladder removal solely based on the presence of gallstones or fear of cancer. Each case should be evaluated individually, considering the patient's symptoms, medical history, and overall health." He asserted, "It's essential to weigh the risks and benefits on an individual basis, considering factors such as age, overall health, and the presence of red flag symptoms. Regular screening and surveillance may be warranted for individuals with known risk factors, especially those with a family history of GBC or other biliary tract malignancies. A comprehensive understanding of the underlying mechanisms, coupled with personalised risk assessment, is crucial for effective prevention and management strategies. Chronic irritation caused by gallstones has been linked to gallbladder cancer, presenting symptoms such as loss of appetite and stomach fullness. However, pain is uncommon in gallbladder cancer, typically occurring only during inflammation due to cholecystitis."

Pointing out that gallbladder cancer may not show much symptoms as such because it spreads very fast, Dr Shivendra Singh said that patients may face certain discomfort and while symptoms can vary, there are some common signs to be aware of: Warning signs include nausea, vomiting, weight loss, and discomfort in the right hypochondrium or lower right side of the



chest wall. In some cases, gallbladder problems can lead to jaundice, a condition characterized by yellowing of the skin and eyes. Jaundice occurs when bile flow from the liver is obstructed, often due to gall-

stones or inflammation of the gallbladder. Some individuals may notice a lump or heaviness in the right upper abdomen. This sensation can be accompanied by discomfort or a feeling of fullness.

Are you parenting your partner? Therapist drops truth bombs that we should be aware of

In a relationship, two people create their own dynamics – the kind of relationship pattern that they are comfortable with. This is also based on the attachment style that they have. From avoidant attachment to anxious attachment, a partner can have any of the four types of attachment styles, or a combination of multiple ones. This further decides the behavioural patterns in the relationship. However, when we start to parent the partner and take care of them without them doing it for us, it can lead to a dip in emotional intimacy and connection. This can slowly turn frustrating. "Together we'll go through a 4-step process to figure it out. How you and your partner are incompatible and if there are any deal breakers you might be ignoring? Whether your emotional connection is compromised and what you can do about it? Whether you're

trapped in a doomed dynamic that's never going to go anywhere? If you have inner love blocks that sabotage your relationship without you knowing," wrote Relationship Coach Marlina Tillhon. Signs of parenting the partner: Reminding them: We are constantly reminding them of things that they need to take care of – from their responsibilities to their meetings. Paying for them: Paying bills for them and allowing them to be financially immature is a toxic pattern in a relationship. Walking on eggshells: We constantly walk on eggshells around them because we cannot predict their mood and do not want to overwhelm them. Not sharing needs or feelings: We think that they will not be able to understand how we are feeling, hence we try to stop ourselves from sharing our needs and feelings. Harsh reality we need to know: Enabling immaturity:

