



AP CM Chandrababu urges people to join earth hour and conserve resources

In a heartfelt appeal, Andhra Pradesh Chief Minister Nara Chandrababu Naidu emphasized the importance of environmental protection, urging citizens to take collective responsibility for safeguarding the planet. On the occasion of Earth Hour, he called on the people of Andhra Pradesh to contribute to this global movement by switching off electricity from 8:30 PM to 9:30 PM today. The Chief Minister encouraged residents to turn off lights and electrical appliances in their homes, offices, and businesses to join millions worldwide in this initiative. CM Naidu expressed his pleasure that Earth Hour coincides with World Water Day this year, highlighting the critical roles that water and electricity play in human life. He stressed that conserving these vital resources is a shared responsibility. In line with this, he mentioned the incorporation of water security and energy cost optimization strategies into the Swarna Andhra-2047 guidelines, aimed at fostering a sustainable future for the state. Andhra Pradesh tourism packages While acknowledging the



Andhra Pradesh government's ongoing efforts in resource conservation, CM Naidu reiterated the necessity for collective action. "The goals we aspire to achieve can only be realized when every citizen collaborates with the state government," he stated. He emphasized that even small individual actions can lead to significant changes and called for personal commitment in conserving water and electricity. In conclusion, CM Chandrababu Naidu urged citizens to actively participate in resource conservation practices, reinforcing the idea that collective efforts can usher in positive and effective changes for a sustainable future.

Unprecedented growth seen in infrastructure, farmers' welfare during PM Modi's tenure

The central government, under the visionary leadership of Prime Minister Narendra Modi, has taken some historic steps for the development of the country's infrastructure and the welfare of farmers in the last decade, show latest industry data. According to the latest information shared by Infoindata on its X social media handle, the Capital Expenditure (Capex) is set to reach Rs 65.82 lakh crore by FY26. "Total Capex in PM Modi's tenure stands at 65.82 lakh crore till FY-26, more than a 5x increase of what it was in the UPA era (2004-14). This massive infrastructural overhaul has been synced with farmers' welfare, which is evident from consistently increasing MSP support also," according to Infoindata, citing the RBI, Ministry of Agriculture and Farmers' Welfare. vital element The Capex was Rs 12.39 lakh crore during the tenure of the UPA government (2004-2014), which shows a massive 431 per cent growth in the last 10 years. Apart from this, there has also been a huge increase in expenditure on Minimum Support Price (MSP), which shows the government's commitment towards farmers. If the data is to be believed, the MSP was Rs 7.04 lakh crore during the UPA government (2004-2014), which is Rs



23.12 lakh crore during the tenure of the PM Modi-led government (2014-2024). MSP figures have seen a tremendous 228 per cent growth during the tenure of the Modi government. According to the government, since 2014, it has allocated a total of Rs 43.53 lakh crore in Gross Budgetary Support (GBS) capital expenditure, an increase of 3.72 times compared to 2004-14. The Centre's focus has been on Capex in the last few years, and now it has also given a huge boost to increasing consumption. In this context, the government has also infused more capital to strengthen the Food Corporation of India (FCI) which procures agricultural goods from farmers at the MSP. In a challenging and increasingly uncertain global environment, the Indian economy is poised to sustain its position as the fastest-growing major economy during 2025-26 as per the IMF and World Bank estimates of GDP growth of 6.5 per cent and 6.7 per cent, respectively, according to the RBI monthly bulletin last month. The Union Budget 2025-26 also prudently balances fiscal consolidation and growth objectives by continued focus on Capex alongside measures to boost household incomes and consumption. The effective capital expenditure/GDP ratio is budgeted to improve to 4.3 per cent in 2025-26 from 4.1 per cent in 2024-25 (revised estimate).

Telangana CM Revanth Reddy Calls for Southern States' Unity Against Delimitation Injustice

Telangana Chief Minister Revanth Reddy urged southern states to unite in opposition to what he termed an unjust delimitation process during the Fair Delimitation Joint Action Committee (JAC) meeting. Speaking passionately, CM Reddy highlighted the significant contributions of southern states to job creation, GDP growth, and welfare program implementation in India. Telangana travel guides "The financial allocations we receive from the central government are starkly disproportionate," he asserted. Reddy pointed out that while states like Bihar receive six rupees for every rupee paid in taxes, and Uttar Pradesh receives



two rupees and thirty paise, southern states fare poorly, with Karnataka getting just 26 paise, Tamil Nadu 16 paise, and Telangana 42 paise per tax rupee. Emphasizing the need for equitable representation, Reddy declared

that southern states would not accept delimitation based solely on population metrics. He expressed his determination to resist the dominance of northern states such as Uttar Pradesh, Madhya Pradesh, and Bihar. "If Prime

Minister Modi intends to carry out delimitation in 2026, he should take a cue from leaders like Indira Gandhi and Atal Bihari Vajpayee," Reddy remarked. He advocated for the implementation of women's reservation and other forms of affirmative action through a localized delimitation process within the states. Out of the current 534 parliamentary seats, Reddy noted that only 130 are allotted to southern states, representing a mere 24 percent. He demanded that this allocation be increased to 33 percent, allowing for better representation and acknowledgment of the southern states' contributions to the nation.

Youth gets 20-year jail in POCSO case

Anantapur : In a significant verdict, Anantapur Special Sessions Court (POCSO) sentenced an accused to 20 years of rigorous imprisonment in a POCSO case. The court also imposed a fine of Rs 1,000 and directed the accused to pay Rs 3 lakh as compensation to the victim. The accused, Veeranipalli Chiranjeevi alias Chiru (22), son of V Kulayya, hailing from Enumalavari Palli village, Nallamada mandal, had misbehaved with a minor girl after offering to drop her home in his auto-rickshaw. The victim's mother lodged a complaint at Kadiri town police station, following which the then CI B Venkata Chalapathi registered a case under POCSO Act and initiated an investigation. The accused was arrested on March 22, 2019 and sent to judicial custody. After completing investigation, the then CI T Madhu filed a charge sheet in Anantapur district sessions court, which later transferred the case to Special POCSO Court. After examining 14 witnesses, the court delivered its verdict on Thursday (March 20). District SP V Ratna congratulated investigation officer B Venkata Chalapathi and court head constable Anjaneyulu for their diligent work in securing the conviction.



Rs 1 cr donated to TTD's SVIMS

Tirumala : A huge amount was donated to TTD Sri Balaji Arogya Varaprasadini Scheme (SVIMS) by a Hyderabad based devotee. AV Ramanaraju, Chairman of ENERTECH COMNET PvtLtd Company, Hyderabad, has donated Rs 1,00,01,116 and handed over the DD for the amount to TTD Chairman BR Naidu and Additional EO Ch Venkaiah Chowdary at the Chairman's camp office in Tirumala on Friday.



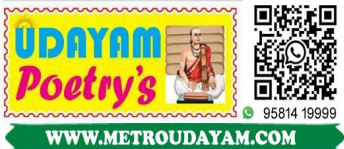
Light to moderate rains to occur in parts of Telangana for three days

In an unexpected turn of events, the weather in Telangana has shifted dramatically, with recent rainfall bringing a welcome coolness after a scorching summer. However, the untimely downpours have left farmers in several districts in a state of anxiety. On Friday, rain fell across multiple areas, including the joint regions of Adilabad, Nizamabad, and Karimnagar, with reports indicating crop damage due to hailstorms. In Kagaznagar, located in the Komuram Bheem district, strong winds uprooted a large tree in Pochamma Basti, resulting in the destruction of two vehicles. Local event listings Telangana travel guides In response, the Hyderabad Meteorological Department has issued a weather alert that a trough persists at an altitude of 1.5 km above sea level, extending from South



Chhattisgarh through Telangana and North to South Karnataka. As a result, light to moderate rainfall is anticipated across Telangana on Saturday and Sunday, with winds potentially gusting up to 60 kilometres per hour, accompanied by thunder and lightning in some regions. The Meteorological

Department has also forecast a slight decrease in temperatures over the coming two days. However, following this brief cool spell, the intensity of the sun is expected to rise once again. Today's maximum temperature is predicted to reach 38.5 degrees Celsius in Bhadrachalam, while the minimum is expected to settle at 34 degrees in Hanumakonda. On Friday, the highest temperatures recorded in Telangana were as follows: Medak at 39.6 degrees, Adilabad at 39 degrees, Nizamabad at 38.6 degrees, Bhadrachalam at 37.8 degrees, Mahabubnagar at 37.6 degrees, and Khammam at 37.6 degrees. Other notable readings included Nalgonda at 37 degrees, Hyderabad at 36.5 degrees, Ramagundam at 35.2 degrees, and Hanumakonda at 34.5 degrees.



The Beauty Within

When dawn paints gold upon the sky,
Or Moonlight shimmers,
soft and shy,
When flowers dance in morning dew,
Is it their beauty—or
yours in view?

A mountains grace, a rivers song,
A face that feels where hearts belong,
They stir a light, a silent gleam,
A glow within—a Souls deep dream.

For beauty lives not just outside,
But in the love you can-



not hide,
In kindness shared, in words made sweet,
In hands that lift, in hearts that meet.

So when you say How fair, how true
The World reflects the light in you.
You are beauty, shining bright,
A spark of love, a source of light

Smt. Latha Murthy

TEACHERS

A teacher is a guiding light,
Who shines so bright, in the dark of night.
With patience and care,
they lead the way,
And help us learn, day by day.

Their kindness and compassion, know no bounds,
As they nurture young minds, with gentle sounds.
With every step, they pave the way,
For us to grow, and seize the day.

A teachers role, is not just to teach,
But to inspire, and help us reach.
Our dreams and goals, they help us find,
And with their guidance,



we leave our mark in time.

So heres to our teachers, a tribute so true,
For all that they do, to see us through.
We thank you for your dedication and might,
For shaping our minds, and making us shine so bright.

Rathod Latha (Teacher)
Asifabad dist.

Students need to be aware of social aspects from school level



Metro udayam Nirmal District Staff Reporter Kishore Kumar said that all students should be aware of social issues from school level. The Collectorate held a meeting with Nirmal KGBV students who visited the Collectorate as part of his Balashakti program in his chamber. Speaking on the occasion, he said that the district has launched a special program in the district to increase the abilities of public school students in the district. Students were educated on the Collector's office performance, revenue aspects and so on. He said that all students can easily achieve government jobs if all students have a hold on history, constitution and general knowledge. Students have been educated on the jobs of various central and state governments. The students then visited the integrated district offices.

Officers Salomi Karuna, Dr Srinivas, KGBV students and others participated in the event



Center government is neglecting Telangana

- Uppal-Narapally Fly Over the cause of negligence of the central government.
- Political gain is on the development of the state ...?
- State Secretary John Wesley Fire In the march under the aegis of the CPI(M)

Medipally March 22 (Metro udayam)

Under the auspices of the CPI (M) Medchal Malkajgiri District Committee demanding immediate completion of the work Uppal-Narapally Elevated Corridor Flyover walkout on Saturday From Chengicharla Chaurasta to Uppal Ring Road was held. On these occasion CPM party Telangana Secretary of State John Wesley attended as the chief guest inaugurated March.A large number of people participated and asked to work for victory.Uppal - Narapalli (Medipally) Flyover works began in July 2018.It should be completed by July 2020, but after seven years, only 40 per cent of the work has been completed.People and motorists are in serious



trouble due to the negligence of the BJP at the Center and the state governments.Demanded that appropriate measures be taken to complete the tasks immediately. Hyderabad Bhupala patnam 163 National Highway Traffic problem near Uppal is increasing.In 2017, the construction of the elevated corridor was proposed to allow a 150 - meter service road at the bottom and to allow the vehicles to the Ghatkasar.6.2km from Uppal junction to Narapalli (Medipally). The six -lane plyover designed 45 meters in length.11.5km for Hyderabad International Airport. It was launched at

an estimated cost of Rs 670 crore after PV Narsimha Rao Expressway, built by your length. Only 43 percent of the construction company stopped doing work.Traveling to motorists on that route with incomplete tasks has become hell. Motorists have been in trouble to cross the area for seven years. What is the delay? National Highways, Elevated Corridors and Expenditure are responsible for the central government.Why have the BJP government at the center has been ignored for years after completing 43 per cent of the work, which has been completed with financial difficul-

ties, and the members of the parliament of the project belong to the BJP, and the negligence and the passengers? Is there their political gain on the development of the state? Asked why there are 8 MPs from Telangana, the BJP government at the center of Telangana is silent. He said that it was their responsibility and that the central government was now in a hurry to talk about the laziness of the construction company and the state government. It is to cover up their irresponsibility .Asked why BJP MP Rajender did not talk about the flyover ... If the flyover work is not completed, there will be large struggles against the central state governments in the coming days Vinodha, Red Ashok, G. Srinivas, Rajasekhar CPM party district committee members Venkanna, Rathod Santosh, Lingaswamy, Naresh, Sabitha, Laxman, CPM leaders Chintala Y a d a y a n a , S r i m a n n a r a y a n a , Medipally Mandal Secretary.

Everyone should Take responsibility for the prevention of road accidents



Begumpet Traffic Training Institute ACP Venkateshwar
Hyderabad, March 22, Metroudayam

The lack of awareness is that road accidents are happening Begumpet Traffic Training Institute ACP N.Venkateshwar said. He said the youth were losing their lives with negligence driving. C.Venugopal Reddy Additional Deputy Commissioner of Polic, Traffic-1 North District, Hyderabad Commi ssioner CV.Anand, Traffic Joint

C.P. Joel Davis and Rahul Hegde DCP under the Orders of Power Point Presentations are being conducted on road accidents.Everyone should follow the traffic regulations. The program was held at the Government Polytechnic College for Women in Maredpalli on Saturday under the aegis of Begumpet Traffic Training Institute ACP Venkateshwar and their staff.Students are aware of road accidents and prevention of power point presentation. C. Venugopal Reddy and Additional Deputy



Commissioner of Police Traffic-1 North District were the chief guest. Speaking on the occasion, he said that most of the youth are triple riding, over speed, wrong root, signal jumping and cell phone driving.Road accidents are the responsibility of everyone.Traffic regulations must be followed on roads. Driving without a license is also imposed on a fine and prison sentence.said that should be take Driving Licence.Everyone should wear a helmet while driving the vehicle, and the person sitting

behind the vehicle should wear a helmet proper. TTI ACP Venkateshwar said that the lives were collapsing by driving careless. Wrong side is driving with the pretext of emergency conditions. He said it could be a risk to their lives and other motorists or pedestrians. About 400 students, college principal S.Siva Kumar, TTI Begumpet Inspector V.Ramchander, Staff Krishna, Majid,Hero MotoCorp Pvt Ltd Manager Sadiq Sagar and others participated in this Program.

Conducted world water day in Golnaka Division.



Hyderabad March:23 (Metro udayam)

As a part of world water day along with Ground water department Deputy director Jagannath rao along with Avanti degree college NCC students, Marpu NGO conducted three programmes at new nallakunta Narendra park area under shivam section SD-3 DV-5. 1.Renovation to old ground water harvesting pit 2.Door to door campaign and awareness for not to waste water and utilise the water preciously 3.Rally with slogans theme preservation of glaciers.

Advocates wishes Lawyers Vijayakumari and Pole Vishnu.



Hyderabad March 22 (Metro udayam)

Department of Women Child Welfare Telangana High Court AGP Vijayakumari and Telangana High Court Standing Council Member PVR Prasad, Jeevan, Sundar Rao, Avi Ramana, Chakravarti, Srihari, Vineshwar, B. Lakshmaiah, Anil, Buchibabu, Koteswar Rao, Komaraiah, Chandrasekhar, Veeranna, Suresh and N. Bhagya greeted them with a shawl.

UDAYAM Poetry's



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A TEACHER

A teacher is a constant student..
A teacher is a force of social rebellion..
He draws the rules..
He changes the rules..
He is the one..
A teacher draws the rules..
He erases the boundaries..
He is the one who leads the way without corruption..
He is a teacher for everyone..
He imparts knowledge through games and songs..
He makes people immerse themselves in the bliss of bliss..
A true teacher does not get pride..
does not show ego..
A true teacher chooses the path..
builds the temple of knowledge..
The teacher is the walking library..
The teacher is the having the world of gallery..
The teacher performs like primary..
The teacher is a player of archery..
The teacher is the endless source of knowledge..
The teacher is the Brahma who writes the scriptures..
The teacher is the judge who decides the karmas..
That is why
Let us respect the



teacher..
Let us build a good society..
Let us respect the teacher..
Let us fulfill the responsibility of the teacher..
A teacher is not just someone who teaches within four walls..
A teacher is someone who teaches the unknown..
Every person is a teacher..
A policeman in the protection of peace and security is a teacher..
A priest who worships God is a teacher..
A leader who rules is a teacher..
A person who forgives an enemy is a teacher..
A person who is everywhere is a teacher..
A person who is everything is a teacher..
Everything is its own as a Teacher

Badiginchala Ampaiah
(Writer, Motivational Speaker & Teacher)
Tadipatri,
Ananthapuramu Dist

Knowledge of Spirit.

I am reading myself thoroughly.
Removing the layers of the mind slowly,
Sailing on the waves of thoughts, deeply.
I am making research about myself.
But I cannot understand my mind,
Which is mine, with a different kind.
Is there artificial nature in me, hidden?
Is the sustainability is none in my attitude?
Is there no balance, between Idea and practicality?
Is my behaviour not natural as thoughts?
Shower of doubts showering on me.
Thoughts are became like a net, jig jag.

My thoughts are not clear, to myself.
I stop thinking, put my pen aside.
Unless I lettered my thoughts, more complexity.
My pen is laughing at me, jovially.
I am taking Small trial to know my errors.
To know own mistakes, micro analysis.
How much studies needed to read mind.
How much we have to work hard, to know mind.
Always confusion



,There is no conclusion.
To whom, who know completely about himself,
He is the person of steady wisdom, contented.

What is in the layers of mind are brain?
Is there any similarity to our philosophy?
From somewhere, unbearable bad smell.
Immediately I Criticised the society in my mind.
Then after I realised, it is coming from me.
We have own errors.
But criticides others.
The body which is temporary tells us more.
How much knowledge, we gain from permanent soul?
Still I am trying to get knowledge of spirit.

Writer: MUKKA SATYA-NARAYANA
PENU-
GANCHIPROLU, NTR
DT

SUNDAY BOOK REVIEW

AUTOBIOGRAPHY OF A SEX-WORKER

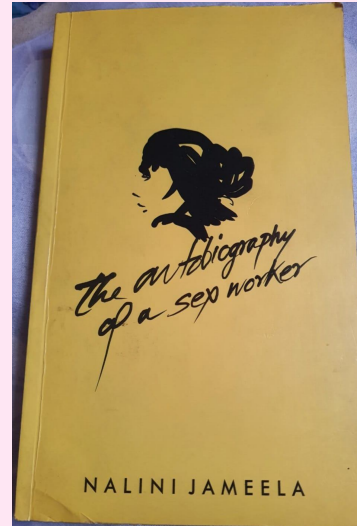
At the 97th Academy Awards, the movie Anora won 5 Oscars. The movie is about a sex-worker. The success of the movie prompted me to write a review of a 2005 autobiography by a sex-worker.

Two women writers from Kerala wrote their autobiographies and created literary storms of sorts. Way back in 70s, Kamala Das, a bilingual poet and author, wrote her My Story and attracted rare admiration from readers and rave reviews by critics for her unwomanly openness in writing about gender and racial discrimination in her life, her crushes, sexual desires, about her married life and her extramarital affairs.

Though this partly autobiographical and partly fictional work was praised and criticized as much for its bold content as for its literary style, it is viewed even today as one of the best autobiographies ever written by a woman. In turn, her critics gave Kamala Das the pejorative title, the Queen of erotica. Nalini Jameela a sex-worker had in 2005 taken this crown of thorns from Das when she penned her life story The Autobiography of a Sex-Worker

In this book, Jameela gives us a simple account of her life from the dark days of her childhood in stinking poverty, of her temptations in her teenage, of the hard work and romantic encounters she faces as a labourer in a clay mine, later as a maid in a house, of her new challenges when she becomes a mother of a son and a daughter, of the circumstances that turn her into a sex worker. Very early in life Jameela was convinced that Life is a great struggle: in order to live, one must fight, fight incessantly

This is the story of her fight for respect and dignity, a fight for acceptance of sex work by the society as a profession. Chapter after chapter unfolds to us the story of her journey from place to place, of the practices, tricks, and hazards in her profession. Like in the life of every sex-worker, in Jameela's life also we find many men coming and going some for pleasure, some for a short-term relationship, some men sympathize with her, some love her, and some marry only to ditch her later. This aspect makes her story universally appealing. Amidst all these happenings, one can see Jameela as a true mother struggling to bring up



her daughter, to protect her and give her a life of safety, security, and respect.

Again we find Jameela moving one sort of life to another, starting small businesses to eke out a respectful living. The narrative reaches the high point when the protagonist becomes a trade union leader to fight for the rights of sex-workers, to free them from the clutches of police, goons, and parasite lawyers. This kind of thinking by Jameela in terms of asking for the rights of sex-workers and asking to treat their work as a profession made the people around to sit and think about it. Her fair point is a unique feature of her autobiography, making it a hot topic in those days among the literary critics, academic circles, and social reformists.

Written first in Jameela's mother tongue Malayalam, this book created a storm for its boldness, for the unique way of thinking of the author. This autobiography was translated into English by J. Devika, a social reformist herself. Unfortunately many critics in those days failed to read this book the way that Jameela expected them to read and look at sex work in a new perspective. Indeed, this book has added a new dimension to sex work and it is glaringly visible if you read this book in the light of the fact that our mobile phones and dating apps have redefined, added new shades and hues to our sexual and social life.

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मेहनत किए बगैर आसानी से दूसरों की मेहनत की कमाई लूटने का तरीका सूद है। सूद से दौलत कमाना जुआ और शराब की ही तरह धर्म की दृष्टि में हराम (धर्म निषिद्ध) कार्य है। ... (शकील उवाचा - 308)

इंसान मेहनत किए बगैर आसानी से दूसरों की मेहनत की कमाई लूटने के लिए चोरी करता है और डाका डालता है। चोरी और डाका तो दुनिया की नजर में गलत है ही लेकिन उससे बड़ी लूट सूदखोरी (ब्याज से पैसा खाना) होती है। लेकिन समाज इस लूटमार के तरफ ध्यान नहीं देता। और इस सूदखोरी के लूटमार को लूटमार नहीं समझता, बल्कि इसे एक व्यापार समझता है।

सूदखोरी के माध्यम से दूसरों की कमाई लूटकर दौलत कमाने और अपनी दौलत बढ़ाने का सबसे आसान मार्ग है। इसीलिए आज सूद से पैसे देने वालों की जमातें कुकुरम, नुतों की तरह उग आई हैं। वर्तमान पत्र, दृक्श्राव्य माध्यम, यूट्यूब, फेसबुक, ट्विटर जैसे अनेक इलेक्ट्रॉनिक माध्यमों में सूद पर कर्ज देने वाले लुभावने विज्ञापन हम देख सकते हैं।

इसके अलावा जुआ जैसे हराम बातों से दूर रहने की बात पहिले सभी को सिखाई जाती थी लेकिन आजकल जुआ का ही एक रूप लॉटरी खेलने का आमंत्रण देने वाले विज्ञापन हम हर दिन देख रहे हैं। जुआ और शराब की ही तरह धर्म की दृष्टि में हराम (धर्म निषिद्ध) कार्य है। इसलिए इस मार्ग को धर्म ने कभी पसंद नहीं किया। हमेशा धर्म ने सूदखोरी को याने ब्याज लेने को अजीम गुनाह (बड़ा पाप) बताकर इस पाप से बचने की बात कहता है।



कुरान में आया है के, "ऐ इमानदारो! ब्याज के दूनादून खाते ना चले जाओ और अल्लाह (सु.) की अवज्ञा से डरो, ताकि तुम मुक्ती पा सको। और जहन्नुम की इस आग से डरो जो जो इनकार करने वालों के लिए तैयार की गयी है। और खुदा व रसूल (ईश्वर और पैगंबर साहब) के फरमावरदार (आज्ञापालक) बनो ताके (तुम पर) रहम (कृपा) किया जाए।" (पवित्र कुरान, अध्याय क्रमांक 3, सूराह आले इमरान, आयत क्रमांक 130, 131 और 132)।

उपरोक्त आयत में केवल सूद खाने को निषिद्ध ही नहीं बताया गया है बल्कि इसे परमात्मा की अवज्ञा बताकर इस से दूर रहने को कहा गया है। इसके अलावा पवित्र कुरान में और यह भी कहा गया है के जो परमात्मा की अवज्ञा करते हैं उन्हीं के लिए नरकानी तैयार की गई है। और कहा गया है के सूदखोर हमेशा हमेशा के लिए नरक में रहेगा और उसके लिए कोई मुक्ति नहीं है। पवित्र कुरान के अनुसार, सूदखोर एक कृतघ्न पापी है, जो नरक का निवासी होगा।

पवित्र कुरान सूद के कारोबार (व्यापार) को हराम (धर्म निषिद्ध) काम बताकर सूद की सजा (दंड) को कई अन्य गुनाहों (पापों) की सजा से कहीं ज्यादा गंभीर बताया है। और परमात्मा के आदेशों को, धर्म के आदेशों को इनकार करना बहुत बड़ा गुनाह (पाप) बताकर पवित्र कुरान कहता है के, "और उस आग से बचो जो (ईश्वर की आज्ञा को) इनकार करने वालों के लिए तैयार की गयी है।" (पवित्र कुरान, अध्याय क्रमांक 3, आयत क्रमांक 131)।

-डॉ. मोहम्मद शकील ताज मोहम्मद जाफरी (शकील मंवर), मंवर, पुणे (महाराष्ट्र) भारत

HOW? WHEN?

Dear readers!
Yesterday we dealt with What and Why, yes?

Topic for today!
How and When in life!
Once the problem of any issue come out from What and Why! Here again two more!

When to commence?
How to proceed?
First one always drags us back!
Gives wrong signal to postpone!

Must and should pay a deaf ear!
This WHEN ever follow us!
Try by all means to stop us to start!
There is specific time to move further!
Your decision time it



self best when to start!

Then% "HOW it is your own Planning!
Past experience guide us!
Leave the dilemma of How and When!
Prove yourself as hard worker to achieve the goal of task!

Composed by:
B. Satyanarayana Rao,
(Ba Sa. Raa)
Vijayawada.

Spotlight on new rules, fresh leaders, and saliva ban reversal as IPL kicks off

Kolkata: New rules and new captains will be in focus but the razzmatazz will be pretty much the same when the 18th Indian Premier League kicks off here on Saturday with defending champions Kolkata Knight Riders taking on perennial underachievers Royal Challengers Bengaluru amid a looming threat of rain. There is plenty to look forward in the league. Among the most prominent rule changes is the lifting of saliva ban. For the first time since the COVID-19 pandemic, bowlers will be allowed to use it to shine the ball. The BCCI lifted the ban after receiving a majority consensus from IPL captains in a landmark decision taken at the captains' meeting in Mumbai. The International Cricket Council had made the saliva ban permanent in 2022, but the IPL operates under its own regulations and the latest move could set a precedent for the global game. The 18th season will also witness tactical innovations, including a major change to counter dew's impact. The second innings of evening matches will see a fresh ball introduced from the 11th over, provided the on-field umpires deem the dew factor significant as the trend of high-scoring games is likely to continue. However, this rule will not apply to afternoon games. Additionally, the Decision Review System has been expanded to include height wides and off-side wides, ensur-



ing a fairer adjudication of deliveries. Despite debates about its influence on the game, the Impact Player rule remains in place. Captain's corner: As many as seven teams will start IPL 2025 under new leadership, although some of them will be a stop-gap arrangement due to varied reasons. The most surprising of them all is Rajat Patidar, who is yet to play a T20I for India, leading the RCB team that features mega-star Virat Kohli. Axar Patel takes charge of Delhi Capitals to lead, among others, his Team India senior KL Rahul, who would be aiming to shake off the disappointment of a turbulent stint with Lucknow Super Giants in 2024. Shreyas Iyer, fresh off leading KKR to glory in 2024, will don the captain's armband for Punjab Kings with Ajinkya Rahane replacing him in the Kolkata team. Rajasthan Royals will start the season with Riyan Parag as

interim captain for the first three matches due to Sanju Samson's recovery from a finger injury taking longer than expected. Mumbai Indians will be led by Suryakumar Yadav in their away opener against Chennai Super Kings on Sunday, as Hardik Pandya serves a suspension for an over-rate violation from last season. Pant's redemption arc: Rishabh Pant is set to begin a crucial new chapter in his career after his resolute comeback from a life-threatening accident became part of cricketing lore. The IPL's most expensive player in history -- acquired by Lucknow Super Giants for a record INR 27 crore -- will be eager to silence his critics. There are changes in the support staff line-ups too. Ricky Ponting has moved from Delhi Capitals to Punjab Kings as head coach. Hemang Badani has replaced Ponting as Delhi Capitals' head coach. Kevin Pietersen has joined Delhi

Capitals as mentor, while Rahul Dravid returns to Rajasthan Royals as head coach, his first IPL coaching stint after leading India to the T20 World Cup title last year. CSK veteran Dwayne Bravo will be KKR mentor, replacing Gautam Gambhir, who is now India's head coach. Bumrah's fitness: A major question mark hangs over Jasprit Bumrah's fitness. The pacer, back at the National Cricket Academy in Bengaluru, is undergoing assessments to determine his readiness for the IPL. Mumbai Indians coach Mahela Jayawardene remains optimistic but cautious, given that Bumrah's availability crucial not only for MI but also for India's upcoming tour of England. The Dhoni question: As the IPL returns, so does the never-ending speculation: Is this Mahendra Singh Dhoni's last season? The 43-year-old, who retired from international cricket in 2020, remains an enigma, gracing the field only during the IPL. While he may not be the consistent match-winner of old, his presence alone bolsters Chennai Super Kings. His sharp cricketing brain, field placements, and ability to finish games with quick cameos make him an invaluable asset. Exactly 30 years his junior is Vaibhav Suryavanshi, a prodigal batting talent acquired by Rajasthan Royals but it remains to be seen how many The season opener at Eden Gardens revives an iconic

rivalry. Seventeen years ago, Brendon McCullum's blistering 158 in the inaugural IPL match set the tone for the league's legacy. But much water has flown under the nearby Hooghly since then as KKR have won three titles, while RCB is still in search of the elusive crown. This time, KKR, often known to slump after a championship win, will look to defy history under Rahane's leadership. Focus will be on Varun Chakravarthy, the architect of India's Champions Trophy victory, when he takes on Kohli, who has worked intensely against spin in the nets. Meanwhile, Sunil Narine, still a force at 36, will look to complement Chakravarthy while also firing at the top to compensate for Phil Salt's departure to RCB. For RCB, the firepower of Salt and Kohli at the top, complemented by finishers like Jitesh Sharma and Liam Livingstone, looks formidable. However, their bowling, weakened by the absence of Mohammed Siraj (now with Gujarat Titans), will lean on veterans Bhuvneshwar Kumar and Josh Hazlewood to make an impact on Eden's spin-friendly conditions. Orange warning: The tournament will begin with a glitzy opening ceremony featuring Shreya Ghoshal, Karan Aujla, and Disha Patani. However, all the excitement might quite literally be dampened as there is a forecast of thunderstorms and rain on match day. (PTI)

INTENSIVE TICKET CHECKING DRIVES AND CROWD MANAGEMENT



In a focused effort to enhance safety, ensure effective crowd management, and curb ticketless travel across the division, the Commercial Department of Waltair Division, in association with the Railway Protection Force, has launched special ticket checking drives. Shri Lalit Bohra, Divisional Railway Manager of Waltair, emphasized the importance of these initiatives, highlighting that the primary goal is to ensure a comfortable and safe travel experience for passengers across all stations. To ensure smooth train operations, orderly passenger entry and exit, efficient queuing, and overall crowd control, joint teams consisting of Commercial staff and RPF have been deployed to conduct special drives at major stations. These checks are aimed at preventing unauthorized entry to reserved and designated coaches for Divyangjan passengers, women travellers, and others. In the special drive, which began on March 19, 2025 by the ticket checking staff of Waltair Division, in just three days, they collected ₹17 lakhs towards fares and penalties by detecting 3,368 cases of ticketless and irregular travel. Additionally, ticket sales across the divisions counters have increased by more than 10% as a result of these drives. Divisional Railway Manager commended the relentless efforts and meticulous planning displayed by the ticket checking staff. He urged passengers to travel with valid tickets, maintain proper queues for convenient ticketing and boarding, utilize digital payment options with QR-enabled facilities, refrain from carrying inflammable items, and present valid ID proof upon request by the Ticket Checking Authority.



karate free training poster were unveiled by DCP Balaswamy IPS

Hyderabad March 22 (Metro Udayam)

GVR Karate Academy to provide free karate teacher training course for unemployed youth A poster for a special training program was unveiled by East Zone DCP B. Balaswamy and Additional Deputy Police Commissioner J. Narsaya, GVR Karate Academy Director Dr GS Gopal Reddy. The poster was unveiled at the office on Saturday. On this occasion, DCP B. Balaswamy said that karate is not just a martial art, but also the youth is a tool for discipline, bravery and moral values. He said karate was an important tool for learning womens protection, youth development and self-defense skills, and that this course would also provide employment opportunities for unemployed youth. It is commendable that the Karate Academy is free of charge and that the youth should take advantage of this opportunity. Narsaya said that

"Success happens when preparation meets opportunity"

GVR KARATE ACADEMY

OFFERS

Empowering Young Talent with Training and Career Opportunities

KARATE TEACHER'S TRAINING COURSE

A Unique opportunity for unemployed individuals to receive free training and build a career in Karate.

Course Duration : 1 year

Course Details :

1. Karate Training.
2. Practical Field Training in Karate.
3. Effective Communication Skills.
4. Personality Development.
5. Ethics & Discipline Development.
6. Placement Guaranty.

FREE TRAINING

ELIGIBILITY : Open to Intermediate & Degree Qualifications (Pass / Fail) Students. Preference Given to Candidates with a P.E.T and sports Background.

(Eligibility age : 19 to 24 years)

Gupta Towers, Pillar No. 1178, Narayanaguda, Hyd.

unemployed youth training in karate will improve employment opportunities. Sports are very useful for youth traveling in the path. The organizers were specially congratulated on this

occasion The course will last for a year, including karate training, practical field training, effective communication skills, personality development, morality, discipline development and ensuring job opportunities. Intermediate and Degree (Pass/Fail) students will be interested in participating in this training and prioritizing sports background. Young people and young people aged 19 to 24 years can take advantage of this opportunity. State Physical Education Teachers Association Honble Someshwara Rao, State Junior College Physical Directors Association Presidents Dr B Lakshmaiah and State Degree College Physical Directors AssociatioDr. GS Gopal Reddy, Director of Balaraju GVR Karate Academy, Senior Black Belt Subhash and Amrita Reddy. Interested candidates can register until April 10 Contact 9494112424 .

Rakulslays vacation fashion with bold and breezy looks

Rakul Preet Singh is setting serious vacation fashion goals, ditching the usual travel basics for high-glam style. The actress kicked off her summer getaway in a bold blue bralette paired with a matching skirt and a breezy shrug. Completing the look with stylish sunnies and her signature radiant smile, she exuded effortless charm. Switching up her fashion game, Rakul later stunned in a dreamy pink floral cutout dress, celebrating International Happiness Day with grace and joy. The actress shared glimpses of her vibrant vacation wardrobe, proving once again why she remains a fashion icon. While her recent film Mere Husband



Ki Biwi didn't make waves at the box office, Rakul's style statements continue to captivate fans. Whether it's

beachy elegance or breezy florals, she knows how to turn heads with every outfit!