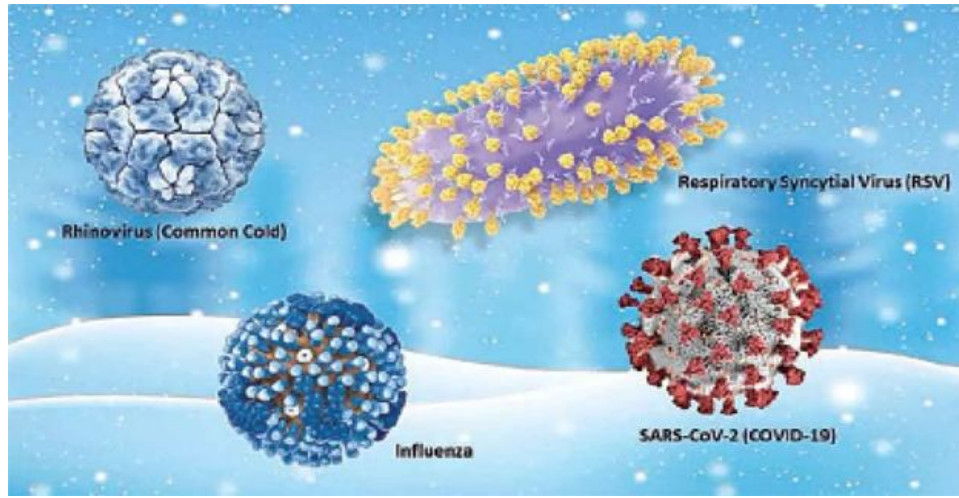


Bonalu festival will start On July 27 in Chengichers...



Winter viruses can trigger heart attack or stroke; time for a Covid shot

Winter is almost here, along with cold days and the inevitable seasonal surge in respiratory viruses. But it's not only the sniffles we need to worry about. Heart attacks and strokes also tend to rise during the winter months. In new research out this week we show one reason why. Our study shows catching common respiratory viruses raises your short-term risk of a heart attack or stroke. In other words, common viruses, such as those that cause flu and Covid, can trigger them. Wait, viruses can trigger heart attacks? Traditional risk factors such as smoking, high cholesterol, high blood pressure, diabetes, obesity and lack of exercise are the main reasons for heart attacks and strokes. And rates of heart attacks and strokes can rise in winter for several reasons. Factors such as low temperature, less physical activity, more time spent indoors – perhaps with indoor air pollutants – can affect blood clotting and worsen the effects of traditional risk factors. But our new findings build on those from other researchers to show how respiratory viruses can also be a trigger. The theory is respiratory virus infections set off a heart attack or stroke, rather than



directly cause them. If traditional risk factors are like dousing a house in petrol, the viral infection is like the matchstick that ignites the flame. For healthy, young people, a newer, well-kept house is unlikely to spontaneously combust. But an older or even abandoned house with faulty electric wiring needs just a spark to lead to a blaze. People who are particularly vulnerable to a heart attack or stroke triggered by a respiratory virus are those with more than one of those traditional risk factors, especially older people. Our findings: Our team conducted a meta-analysis (a study of existing studies) to see which respiratory viruses play a role in trig-

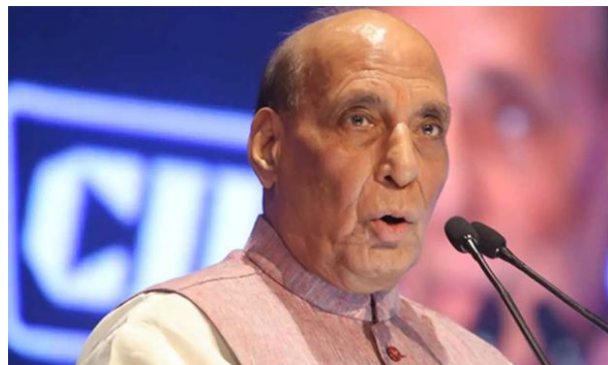
gering heart attacks and strokes, and the strength of the link. This meant studying more than 11,000 scientific papers, spanning 40 years of research. Overall, the influenza virus and SARS-CoV-2 (the virus that causes COVID) were the main triggers. If you catch the flu, we found the risk of a heart attack goes up almost 5.4 times and a stroke by 4.7 times compared with not being infected. The danger zone is short – within the first few days or weeks – and tapers off with time after being infected. Catching Covid can also trigger heart attacks and strokes, but there haven't been enough studies to say exactly what the increased risk is. We also found

an increased risk of heart attacks or strokes with other viruses, including respiratory syncytial virus (RSV), enterovirus and cytomegalovirus. But the links are not as strong, probably because these viruses are less commonly detected or tested for. What's going on? Over a person's lifetime, our bodies wear and tear and the inside wall of our blood vessels becomes rough. Fatty build-ups (plaques) stick easily to these rough areas, inevitably accumulating and causing tight spaces. Generally, blood can still pass through, and these build-ups don't cause issues. Think of this as dousing the house in petrol, but it's not yet alright. So how does a viral infection act like a matchstick to ignite the flame? Through a cascading process of inflammation. High levels of inflammation that follow a viral infection can crack open a plaque. The body activates blood clotting to fix the crack but this clot could inadvertently block a blood vessel completely, causing a heart attack or stroke. Some studies have found fragments of the COVID virus inside the blood clots that cause heart attacks – further evidence to back our findings. We

don't know whether younger, healthier people are also at increased risk of a heart attack or stroke after infection with a respiratory virus. That's because people in the studies we analysed were almost always older adults with at least one of those traditional risk factors, so were already vulnerable. The bad news is we will all be vulnerable eventually, just by getting older. What can be done? The triggers we identified are mostly preventable by vaccination. There is good evidence from clinical trials that flu vaccines can reduce the risk of a heart attack or stroke, especially if someone already has heart problems. We aren't clear exactly how this works. But the theory is that avoiding common infections, or having less severe symptoms, reduces the chances of setting off the inflammatory chain reaction. Covid vaccination could also indirectly protect against heart attacks and strokes. But the evidence is still emerging. (Tu Nguyen is with the University of Melbourne. Co-writer Christopher Reid is from Curtin University, while Diana Vlasenko, Hazel Clothier and Jim Buttery are from Murdoch Children's Research Institute)

Rajnath Singh to push anti-terror agenda at SCO meet in China

New Delhi: Defence Minister Rajnath Singh, in a renewed diplomatic push against Pakistan-backed cross-border terrorism, is set to call on the Shanghai Cooperation Organisation (SCO) to intensify efforts to curb terrorism during a two-day conclave in China's Qingdao, beginning Wednesday. Singh will be visiting the port city in China's eastern Shandong province to attend the SCO Defence Ministers' meet from June 25-26, which is expected to deliberate extensively on the evolving regional security architecture. His visit comes just over a month after Operation Sindoor, under which India conducted targeted airstrikes on nine high-value terrorist infrastructures in Pakistan and Pakistan-occupied Kashmir (PoK) following the deadly Pahalgam terror attack. This marks the first trip to China by an Indian Union Minister since bilateral relations were severely strained by the military standoff along the Line of Actual Control (LAC) in eastern Ladakh that began in May 2020. National Security Advisor Ajit Doval is also currently in China for a meeting of SCO national security chiefs. According to an



official readout, Singh will reaffirm India's steadfast commitment to the SCO's core principles and objectives while laying out New Delhi's vision for enhanced regional cooperation to combat terrorism and extremism. The Defence Minister is expected to highlight the importance of joint, consistent, and coordinated action to eliminate threats to peace and stability in the region. He will also underscore the need for deeper trade, economic collaboration, and improved connectivity within the SCO framework. In addition to addressing the plenary, Singh will hold bilateral meetings with his counterparts from several participating nations, including China and Russia.

"India attaches special importance to SCO in promoting multilateralism, political, security, economic and people-to-people interactions in the region. SCO pursues its policy based on the principles of sovereignty, territorial integrity of nations, non-interference in internal affairs, mutual respect, understanding and equality of all member states," the Ministry of Defence said. China is hosting the conclave as the current chair of the SCO. Relations between India and China have remained tense since the violent Galwan Valley clash in June 2020, though recent diplomatic engagements have aimed at thawing ties. The military standoff officially ended following the completion of disengagement at Demchok and Depsang in October last year. NSA Doval's Beijing visit in December and his discussions with Chinese Foreign Minister Wang Yi under the Special Representatives (SR) framework marked a key step in reviving dialogue. The decision to reactivate the SR mechanism was reached during a meeting between Prime Minister Narendra Modi and Chinese President Xi Jinping in Kazan on October 23.

Chandrababu urges ministers to address Telangana concerns over Polavaram-Banakacharla project



In a recent cabinet meeting held at the Secretariat, CM Chandrababu Naidu has called on ministers and leaders to address the concerns raised by Telangana regarding the Polavaram-Banakacharla connection project. Emphasising the project's role in managing floodwaters, he stated that Telangana has not incurred any losses due to the initiative. The state cabinet approved a total of 42 agenda items during the meeting, after which political issues were deliberated. Naidu remarked, "Many projects have been undertaken in Telangana without the necessary permissions, yet no objections have been raised. All leaders must engage in dialogue about the Polavaram-Banakacharla connection project. It appears that some individuals in Telangana are voicing objections purely for political reasons."

AP cabinet to meet to approve major investments and development projects

The Andhra Pradesh Cabinet is scheduled to convene at 11am on Tuesday, where it is expected to approve investments totalling Rs 28,546 crore for 19 projects that were greenlit during the recent 7th State Investment Promotion Board (SIPB) meeting. A significant item on the agenda is the discussion surrounding the establishment of Cognizant in Visakhapatnam. In addition, the Cabinet will review plans to invite tenders for the development of infrastructure across 1,450 acres within the Amaravati Government Complex, estimated to cost Rs 1,052 crore. Another critical proposal involves inviting tenders for the connection of the Seed Access Road to National Highway 16, estimated at Rs 682

crore. Moreover, the Cabinet is likely to explore land allotments to various organisations and is anticipated to address the acquisition of an additional 44,000 acres through land pooling in the second phase of the Amaravati project. This discussion coincides with the coalition government's completion of one year in power. Also on the table will be the Aerospace and Defence Policy, with recommendations for the establishment of two new urban development organisations in the state as part of a broader reorganisation initiative. Approval for these measures is likely to be secured during the forthcoming Cabinet meeting. Additionally, the Cabinet will deliberate on the operational details of the Annadata



Sukhibhava scheme. Following the meeting, it is expected that Chief Minister Chandrababu Naidu will engage with ministers regarding the latest political developments.

Bandari Yadagiri, Subhash Nayak harshments to innocent people

Pattas given by the government to the poor were forcefully taken by them

The gang was formed and the plot business is going on

Former Mayor Amar Singh is the leader of the gang

Unable to see political growth showing faction on me....

The fight does not stop until justice is done to the victims

Immediate action should be taken on land grabber Bhandari Yadagiri, former corporator Subhash Nayak

Congress leader Srilata Bhadrak on Fire



***Medipally June:24 (Metro Udayam)**

Yadagiri, a land grabber, former corporator Subhash Nayak who illegally plunged the houses given to the poor in Bapujinagar,

in Madipally Bapujinagar Congress leader Srilata Bhadrak has demanded that legal action be taken against them and justice should be done to the victims. A press confer-

ence was held along with the victims on Tuesday at their residence in Medipally. Speaking on the occasion, she said that they have complained to local MRO, RDO and Medchal district collector on behalf of the victims at National ST commission in Delhi. The National ST Commission has promised to do justice to the victims. As part of this, the Medchal district collector Rachakonda Commissioner was summoned on May 15 issued to attend at the National ST Commission. The Medchal Collector and the Police Department attended the trail at Dilkusha Guest House Hyderabad. Explanation was also given before the Commission and promised that We will work hard to investigate and do justice to the victims. The governments house pattas were

taken by some of the land grabbers and politicians. About 75 pattas from the 86 Pattas issued by the government Bandari Yadagiri and former corporator Subhash Nayak formed a gang and forced people to return the pattas and taken back from the innocent people. Constructing the guest house, who is seriously considering setting up CC cameras by which no one should come there on the receiving from the victims Revenue Department immediately recovered 75 pattas from the poor and to do justice to the victims. The National ST Commission has been given orders to the Medchal district collector to submit a report on the actions taken within 30 days of a comprehensive inquiry into Medipally MRO and submit the detailed report to ST Commission.

SHRI B. SRIKRISHNA RAJKUMAR ASSUMES CHARGE AS ADDI- TIONAL GENERAL MANAGER OF EAST COAST RAILWAY

Shri B. Srikrishna Rajkumar has assumed charge as the Additional General Manager (AGM) of East Coast Railway (ECOR) today.

He is an officer of the Indian Railway Service of Engineers (IRSE), 1989 batch, Shri Rajkumar has over three decades of rich and diverse experience in railway engineering and infrastructure development. Prior to this appointment, he served as the Principal Chief Engineer of East Coast Railway, playing a key role in navigation of important infrastructure projects in the zone.



An alumnus of Andhra University, where he completed his degree in Civil Engineering, Shri Rajkumar further did Industrial Engineering (Management) from the Indian Institute of Management - Mumbai. Throughout his illustrious career, he has held several senior management positions, including Chief Engineer, North Eastern Railway, Chief Project Manager, Rail Vikas Nigam Limited (RVNL).

He has successfully led the execution of large-scale railway infrastructure projects, overseeing end-to-end responsibilities including planning, design, land acquisition, tendering, and project delivery.



Hyderabad June:24 (Metro Udayam)

Telangana State Chief Minister Enumula Revanth Reddy's rainy season for 2025 crops started from June 16 and completed at 4 pm today at 4 pm. R. Ambedkar was organized by the Farmer Nestam program organized by the Heavenly Rajeeva Gandhi Statue in front of the Telangana State Secretariat

Illegal Constructions on the Rise - GVMC Officials Turn a Blind Eye...

Illegal constructions are rapidly increasing in every part of the city ever since the new government took office. Neither the government officials nor the GVMC (Greater Visakhapatnam Municipal Corporation) City Planning officers seem to notice what is going on - as if nothing has come to their attention. Local political groups are openly violating regulations and appear to have significant influence over GVMC officials.

In the 23rd ward, particularly in Chaitanya Nagar of Nakkavanipalem, ille-

gal constructions have picked up momentum recently. People are encroaching on land and building structures without allocating proper parking spaces. Despite these clear violations, neither the local secretariat nor GVMC city planners are showing any concern. Residents fear future fire accidents as narrow apartment buildings are being constructed without any safety precautions. They urge GVMCs planning department to respond immediately and take strict action against those responsible.

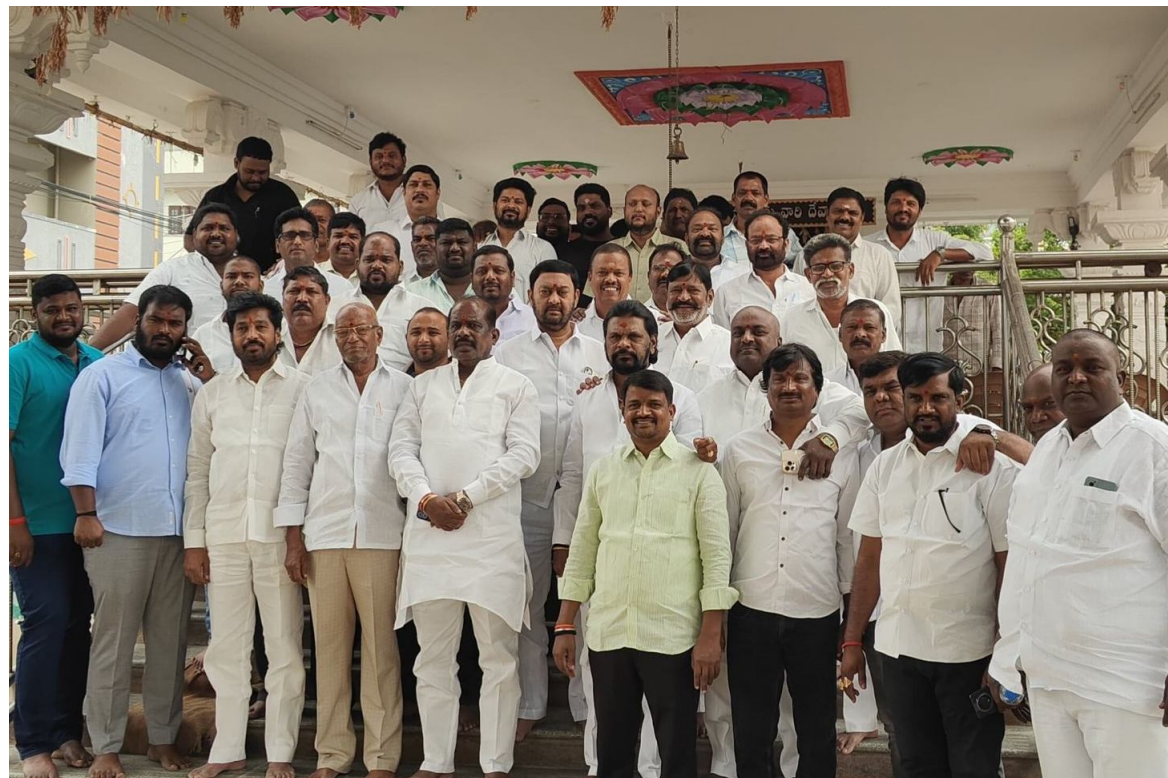


Bonalu festival will start On July 27 in Chengichers...

Celebrate Bonalu Festival peacefully...kotta Chandar Goud Kotta Ravi Goud.

Medipally June:24 (Metro Udayam)

The festival of worshipping Amma in Telangana is the festival of Bonalu festival of our cultural tradition. The state festival is being celebrated at Chengicharla in Boduppal Municipal Corporation. On Sunday, July 27, village elders, former corporator kotta Chandar Goud, Boduppal Corporations former Deputy Mayor husband, Chengicherla Gram Panchayat, Senior BRS party leaders Kotta Ravi Goud Senior leaders of the Congress party kotta Prabhakar Goud and Kurri Shivashankar, kotta Srisailam Goud, kotta



Gopal Goud, kotta Vikram Goud, Kurri Mahesh, leaders of various caste groups, leaders of various parties, colonial presi-

dents and others have been unanimously resolved. Afterwards, the kotta Chandar Goud and the kotta Ravi Goud said

that our Bonalu festival, which is considered sacred, is to be celebrated with happiness and peace.

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**आलिम (ज्ञानी)
को जब ईश्वर
उपहार देता है
तो वह ईश्वर
के प्रति कृतज्ञता
व्यक्त करता है,
लेकिन जाहिल
(अज्ञानी, मूर्ख)
ईश्वर के उपहार
पाकर भी ईश्वर
के प्रति कृतघ्न
ही बना रहता
है। ... (शकील
उवाचा -394)**



भी ईश्वर के प्रति कृतघ्न रहता है। ज्ञानी को जितने नेमतें (उपहार) ज्यादा मिलते हैं उतने ज्यादा अच्छाइयां उसमें जन्म लेती हैं लेकिन अज्ञानी उपहार जितने ज्यादा पाता है उतना ही ज्यादा बुराइयों में डूबा चला जाता है।

पैगंबर साहब मोहम्मद (स्व.) के पहिले उत्तराधिकारी इमाम अली इब्न अबू तालिब अलैहिस्सलाम कहते हैं के, "जाहिल की नेमतें (ईश्वरीय उपहार) जैसे जैसे बेहतर होती जाएगी वैसे वैसे उस के अंदर बुराई पैदा होती चली जाएगी।" (हैदरी कुतुबखाना, मुंबई द्वारा प्रकाशित उर्दू पुस्तक तजल्लियाते हिकमत, जहालत 52, हदीस क्रमांक 55, पुष्ट क्रमांक 120)।

आदमी अपनी जरूरत के लिए आलिम (ज्ञानी) से मदद लेना चाहिए लेकिन कभी किसी जाहिल (अज्ञानी, मूर्ख) से मदद नहीं मांगना चाहिए। जाहिल हमारी मदद करता भी तो उसके बदले में हमसे ऐसे काम करवायेगा जो धार्मिक, सामाजिक और नैतिक मूल्यों को बर्बाद करने वाले होंगे। हम लाख चाहकर भी उस के उपद्रव से बच नहीं सकते। वह जो कहता है उसे मजबूर होकर हमें करना ही पड़ता है क्योंकि हम जिस से मदद मांगते हैं उसके असीर (कैदी) हो जाते हैं।

पैगंबर साहब मोहम्मद (स्व.) के पहिले उत्तराधिकारी इमाम अली इब्न अबू तालिब अलैहिस्सलाम कहते हैं के, "जाहिल (अज्ञानी, मूर्ख) अपनी गलती से नावाकफ (अनभिज्ञ) रहता है और नसीहत (उपदेश) कबूल (स्वीकार) नहीं करता।" (हैदरी कुतुबखाना, मुंबई द्वारा प्रकाशित उर्दू पुस्तक तजल्लियाते हिकमत, जहालत 52, हदीस क्रमांक 58, पुष्ट क्रमांक 120)।

आलिम (ज्ञानी) को जब ईश्वर नेमतें (उपहार) देता है तो वह ईश्वर के प्रति कृतज्ञता व्यक्त करता है, लेकिन जाहिल (अज्ञानी) ईश्वर से उपहार पाकर

Humanity

Humanity is a tree
ancient, breathing,
boundless.
Its roots sink deep
into the soil of time and
truth,
and from one silent seed,
all of us have blossomed.



We are not strangers
we are branches,
stretching in different
directions
but drinking from the
same Earth.
Our leaves differ in
shape, in hue,
yet they flutter to the
same wind,
whispering the story of
life together.

One may rise tall into the
Sun,
another may bend in the
shade
but neither is less,
neither is more.
Each has its role,
a purpose only it can fulfill.

What binds us is not
blood,
but breath.
Not opinion, but origin.
Not likeness, but love.
We belong to each other
in the deepest, most
Sacred way.

Look closer
behind every skin, every
language,
every wound, every tri-

umph
is the same spark
that lit the first dawn.

Let us stop counting
differences like fences
and start seeing
how wondrously alike we
are.

The tree does not fight its
own limbs.
It does not ask its leaves
to match.
It only grows
quietly, wildly, beautifully
with all its parts intact.

So, wake up not to win
arguments,
but to open your heart.
Let compassion be your
Sunrise.
Let kindness be your
root.

The World does not need
another voice shouting
into silence
it needs a hand,
a heart, a Soul
that remembers
we are One.

Smt. Latha Murthy

Invitation of Applications of Outsourcing Teaching Eligible Candidates in

Telangana Minority Residential Schools and
Colleges in Hyderabad District



Hyderabad, June: 24, Metrodayam

Representatives of SSV Enterprises, said in a statement on Tuesday that the Telangana Minority Residential Schools and Colleges in Hyderabad will be invited from eligible candidates for the recruitment of teaching and non-teaching staff on the basis of outsourcing in colleges. Junior Lecturers English, Economic, Maths, Physics, Chemistry, Zoology, Botany, History, Microbio, JL, THM, JL GFC, They have revealed that they are inviting applications for the posts of English, Telugu, Maths, Physicals, Social, TGT English, General Science Social, Slav Nurse and DY Wardens According to TRIB, all qualified candidates are room with relevant certificates Public Garden, Nampally in front of No. 606 Hazlis He said that the Hyderabad office should be submitted individually by 28 this month. They have revealed that only the short-listed candidates are called for the selection process.

DRUCC MEETING HELD AT WALT AIR DIVISION

The 1st Divisional Railway Users Consultative Committee (DRUCC) meeting of 2025 was held on 24th June at the Divisional Railway Managers (DRM) Conference Hall in Visakhapatnam. The meeting was chaired by Shri Lalit Bohara, Divisional Railway Manager, Waltair Division, and was attended by senior officials and Divisional Branch Officers.

A total of 11 DRUCC members participated in the meeting, including the Honble MLA of Visakhapatnam South, Shri Ch. Vamsi Krishna Srinivas, along with representatives from various sectors such as the Chamber of Commerce, industries, cultural associations, recognized passenger associations, special interest groups, and nominees of Honble Members of Parliament.

Shri K. Sandeep, Senior Divisional Commercial Manager and Secretary of DRUCC, welcomed the members and introduced the Chairman and other officials. In his address, Shri Lalit Bohara, DRM and DRUCC Chairman, extended a warm welcome to all attendees and encouraged them to share valuable suggestions, advice, and feedback to help improve services provided by Indian Railways.

The DRUCC Members attended were:

Shri Ch. Vamsi Krishna Srinivas, Honble MLA (Visakhapatnam South)
Shri A.V.S. Prasad (Special Interest)
Dr. B. Rajesh (Nominated by Chamber of Commerce, Visakhapatnam)
Shri Ch. Avataram Naidu (Visakhapatnam Port Trust)
Shri Ch. Gandhi (Nominated by Honble MP, Lok Sabha, Visakhapatnam)
Representation of Shri Satyaprakash Panda (Andhra Odisha Railway Users Association, GNPR)
Shri G.V.V. Jagadish (AP Tourism)



Dr. Pentakota Ramarao (Visakha Consumers Council)
Shri S.K. Mishra (NALCO, Damanjodi)
Shri U. Dilip Patro (The Ability People, Visakhapatnam)
Shri V. Satyanarayana Rao (Parvatipuram Town Passengers Association)
Dr. Y. Raghuram Reddy (Special Interest)

During the meeting, members raised several concerns and suggestions related to passenger amenities, including enhanced facilities for Divyangjan, the introduction of special trains & regular trains,

increased train frequency, naming of train, and the construction of additional platform shelters.

DRM assured the committee that appropriate actions would be taken within the available provisions and constraints to address the issues highlighted. Further DRM expressed appreciation for the proactive and constructive role played by DRUCC members and resolving the concerns raised to the best possible extent. Vote of thanks proposed by Sr DCM-II Shri K Pawan Kumar.

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HEAR TO THE ELDERS!

Youth have their own thoughts!
Their feeling, planning
generally not match with
elders!
This is due to age gap!
One thing they miss!
Now old are once youth!

Main difference old have
experience!
That lacks in youth!
Old have faced so many
issues
and solved!
At least some weightage
and consideration must be
given to
elders thoughts!

Of course youth may not
agree to hear and follow!
Here the guidance is
very
important!
That one is with old one
only!



Utilising their experience
is left
to the will of youth!

Instead of facing unex-
pected
hurdles and difficulties
better
for you youth to hear the
advice
of grand parents and
parents who
wish welfare and safety
of youth.

What do you say my
dear youth
of new generation!

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

KL Rahul Hits Century in Leeds Test, Earns Praise for Hard Work and Form



Team India's stylish batsman KL Rahul is performing excellently across all formats – T20, ODI, and Test. No matter which format he plays, he delivers runs consistently. Rahul impressed in this year's Champions Trophy and maintained his form during the IPL. He is now shining in the ongoing Test series against England. In the Leeds Test, Rahul led the batting with a brilliant 137 in the second innings. Everyone is celebrating his century. He received praise for his outstanding batting performance. Rahul stitched a crucial 195-run partnership for the fourth wicket with Rishabh Pant, who made a much-needed 118. The massive partnership between the duo helped India post a total of 364 runs on the scoreboard. Cricket enthusiasts and critics are applauding Rahul alike for filling the gaps left by Rohit Sharma and Virat Kohli, and for maintaining India's strong batting lineup. Fans are hopeful that Rahul will continue this momentum. Amid this, a practice video of KL Rahul before the match is going viral on social media platforms. The clip shows him doing fitness drills, running, and practicing shots. Netizens say that centuries don't come easily—it takes hard work. Many believe that if he keeps up this level of effort, Rahul will reach legendary status in a few years.

Aamir Khan's Sitaare Zameen Par Shines at Box Office, Crosses ₹66 Crore in 4 Days



Aamir Khan's new film Sitaare Zameen Par is doing very well in theatres. In just four days, it made more money than his old movies Laal Singh Chaddha and Taare Zameen Par. How Much Money It Made in 4 Days: Friday: ₹10.7 crore Saturday: ₹20.2 crore Sunday: ₹27.25 crore Monday: ₹8.5 crore Total: ₹66.65 crore This is more than: Laal Singh Chaddha – ₹61.36 crore Taare Zameen Par – ₹62.95 crore Why People Like It: People are saying good things about the movie online. Families are watching it and telling others to watch. If more people keep watching, the movie might make over ₹100 crore by next weekend. Next Goal: The movie now wants to beat Ghajini, another Aamir film that made ₹114 crore in 2008. Top Aamir Khan Movies (Earnings in India): Dangal – ₹387.38 crore PK – ₹340.8 crore Dhoom 3 – ₹284.27 crore 3 Idiots – ₹202.47 crore Thugs of Hindostan – ₹151.3 crore Ghajini – ₹114 crore Sitaare Zameen Par – ₹66.65 crore (so far) Taare Zameen Par – ₹62.95 crore About the Movie: Main actors: Aamir Khan and Genelia D'Souza The movie shows the lives of special children who learn in different ways. It mixes emotions, family feelings, and a strong message. Real people with learning differences are also part of the cast. What's Coming Next? Kajol's new film Maa is coming soon. If people like Maa, it might slow down Sitaare Zameen Par's success. But until then, Aamir's movie has a few more days to earn well.

Sheen Dass says lack of talent makes nepotism unjust for deserving artists

Mumbai: Actress Sheen Dass recently shared her perspective on the ongoing conversation around nepotism in the entertainment industry. Speaking candidly with IANS, she emphasized the importance of talent and fairness in casting decisions. While acknowledging that opportunities may come easier for some, Sheen pointed out that it becomes truly unfair when individuals lacking merit are chosen over deserving and capable artists. The 'Dakini' actress stated, "It's true that everyone wants the best for their family and friends, and there's nothing wrong with that. But it becomes unfair when people without the required talent are given opportunities over deserving candidates. Personally, I'd want my friends and family to do well too, but not at the cost of someone else's work or talent." Sheen Dass also



shared her experience of transitioning from television to Bollywood, revealing that she didn't find a significant difference between the two mediums. In today's evolving entertainment landscape, she noted, TV actors are increasingly exploring films and digital platforms, and the lines between them are steadily blurring. "I didn't really feel there was a huge difference.

Nowadays, TV actors are exploring films and web series too. I haven't experienced any bias personally. Whether it's a movie or a web show, I've auditioned like everyone else. If the directors liked me, they gave me the opportunity. No one asked me where I came from. TV has taught me everything I know—I will always be grateful for it. I'm proud to have worked in TV and continue

to do so." Talking about her new show, 'Aami Dakini – Husn Bhi, Maut Bhi,' Dass shared, "It was a very different experience. I've never played such a character before. I feel fortunate to get opportunities to portray such unique roles. Dakini isn't just a ghost—she's a deeply emotional and layered character. She's a simple woman blessed with magical powers, a wonderful dancer, and someone who loves with all her heart. But she's been betrayed by the one she loved the most. She has suffered a lot, yet even after death, she carries the hope of reuniting with her love. As an actor, this role has been a great opportunity to explore those emotions. 'Aami Dakini – Husn Bhi, Maut Bhi' premiered on Sony Entertainment Television and SonyLIV on June 23.

Soha shares pictures of 'three generations': Invaluable life lessons you can't get from a book

Mumbai: Bollywood actress Soha Ali Khan had a picture-perfect weekend as she spent quality time with "three generations" under one roof, which included her mother Sharmila Tagore along with her and her daughter Inaaya Naumi Kemmu. Soha took to Instagram, where she shared a handful of pictures from her weekend fun with her mother Sharmila and daughter Inaaya. In the first image, the trio are seen posing for the camera with their furry friend. Another image showed Inaaya giving a kiss to her mother as Soha and Sharmila smiled for the camera. A photograph had Sharmila and Inaaya reading as they sat next to a cabinet full of sneakers. "This week was family done right ... three generations and invaluable life lessons you can't get from a book #love #laughter #livingslow," Soha wrote as the caption. On the work front, the 46-year-old actress was recently seen in the horror drama "Chhorii 2," where she played an impactful portrayal of Daasi Maa. Directed by Vishal Furia, the film is a sequel to the 2021 thriller Chhorii. Starring Nushratt Bharuccha in the lead, the sequel also featured key performances by Gashmeer Mahajani and



Saurabh Goyal, among others. The film, produced by Bhushan Kumar, Krishan Kumar, and Vikram Malhotra, was released on 11 April 2025. On June 23, Soha took to social media to share what helps her kickstart the week with energy and focus. She shared a video of herself working out. For the caption she wrote, "Only this song could help me get the week off to a running start! #mondaymotivation #song #pushy-

ourself." In the clip, Soha could be seen showcasing her flexibility by performing intense exercises. The video begins with the actress working out in her garden before transitioning to a gym, where she continues her fitness routine. The actress often documents her fitness journey by sharing photos and videos on Instagram, giving a glimpse into her dedication to staying healthy and active.



Kuberaa Day 4 Box Office Collection: Total 55.10 Crore in 4 Days

Kuberaa is a new Indian movie. It is doing well in theatres. In the first 3 days, it made about ₹48.60 crore in India. On Day 4 (Monday, June 23, 2025), it made around ₹6.50 crore more. So far, in 4 days, the movie has earned about ₹55.10 crore in India. Helmed by Sekhar Kammula and produced by Sree Venkateswara Cinemas and Amigos Creations, the movie stars Nagarjuna, Dhanush, Rashmika Mandanna, Jim Sarbh, and Dalip Tahir