



PM Modi extend greetings to people on Janamashtami, calls it 'festival of faith & joy'

New Delhi: Prime Minister Narendra Modi, on Saturday, extended warm greetings to the people across the country on the auspicious occasion of Janmashtami and called it a sacred festival of faith, joy and enthusiasm.

"Heartfelt Janmashtami greetings to all countrymen. May this sacred festival of faith, joy, and enthusiasm infuse new energy and zeal into your lives. Jai Shri Krishna!" PM Modi said on social media platform X. to countrymen on Janmashtami. "Hail Shri Krishna! Heartfelt greetings to all on Shri Krishna Janmashtami. The life of Lord Shri Krishna, a symbol of righteousness, ethics, and public welfare, inspires every Indian to walk the path of truth and duty,"



Home Minister Shah wrote on X. "Heartfelt greetings to all countrymen on the auspicious occasion of Shri Krishna Janmashtami. May this festival infuse new energy and enthusi-

asm into your lives, this is my prayer to Lord Shri Krishna," Defence Minister Rajnath Singh said on X. "Heartfelt congratulations and best wishes to all the people of the state on the occa-

sion of Shri Krishna Janmashtami, the birth celebration of Lord Shri Krishna, the symbol of truth, righteousness, and justice. I pray to Lord Shri Krishna for the happy, healthy, and auspicious life of you all. #ShriKrishnaJanmashtami2025," Uttarakhand Chief Minister Pushkar Singh Dhami wrote on X. "I bow to Krishna, the universal teacher! Heartfelt congratulations and auspicious wishes to all on the sacred birth anniversary of Lord Shri Krishna, the foundation of the entire universe, the playful one, and the supreme yogi, 'Shri Krishna Janmashtami!' May the flute-player infuse love, compassion, and devotion into everyone's life and bring welfare to the entire creation, this is my prayer. Hail

Shri Krishna!" Uttar Pradesh Chief Minister Yogi Adityanath said on X. "Heartfelt greetings to all countrymen on the auspicious occasion of Shri Krishna Janmashtami," Union Transport and Highways Minister Nitin Gadkari wrote on X. "Heartfelt wishes to all of you on Shri Krishna Janmashtami. Jai Shri Krishna," the Bharatiya Janata Party (BJP) wrote on its official X account. Krishna Janmashtami is celebrated every year to observe the birth anniversary of Lord Krishna. The auspicious occasion is marked by praying to Lord Krishna, visiting temples to seek his blessings, wearing new clothes, observing fasts, decorating homes and places of worship, making sweet dishes made of milk products.

Telangana CM issues orders for rain preparedness amid weather forecast



In response to the Meteorological Department's prediction of moderate to heavy rainfall across several districts in Telangana, Chief Minister Revanth Reddy has directed top officials to take immediate action to ensure public safety. During a recent meeting, the Chief Minister emphasised the importance of readiness, instructing that relief teams be stationed in districts anticipated to be most severely affected. He called for the pre-deployment of National Disaster Response Force (NDRF) teams in vulnerable areas. Telangana travel guide Authorities were urged to remain vigilant in districts at risk of overflowing streams, with the Chief Minister advising that families residing in low-lying regions should be relocated to relief camps. Additionally, he mandated that officials routinely monitor the status of reservoirs to manage potential flooding. As the state braces for the impending rains, the Chief Minister's proactive measures aim to safeguard residents and mitigate any adverse effects from the severe weather conditions.



Uppal August:16 (Metro udayam) Gopika in Uppa during Krishnashtami ..Manne Aarush Chandra Aryan Deera.

Heavy rains in Warangal disrupts normal life with severe flooding

Heavy rains across the combined Warangal district have caused significant disruption, leading to the overflow of ravines and halting traffic in multiple areas. On Friday night, intense rainfall in Nallabelli mandal resulted in ravines overflowing onto roadways, causing traffic standstill in various locations. Similarly, in Venkatapuram mandal of Mulugu district, dangerously high ravine waters are creating hazardous conditions. In addition, the overflowing of Mallapuram, Seetharampuram, and Kalipaka



ravines has caused traffic delays. The situation is particularly severe

on the Peddavagu river between Pegadapalli and Keshapur villages in the Mahamuttharam mandal of Jayashankar Bhupalpally district, where the river is reported to be flowing violently. This has resulted in the complete blockage of the Kataram-Medaram road and traffic has been halted in 16 villages within the mandal, including Medaram. Local authorities are urging residents to exercise caution and stay updated on the situation as emergency services assess the impact of the heavy rains.

Devotees rush increased at Tirumala for Srivari Sarva Darshan

The influx of devotees seeking Srivari Sarva Darshan has surged significantly, spurred by a series of consecutive holidays. Pilgrims have filled the Vaikuntam Queue Complex 2 and Narayangiri Sheds, forming queues that extend over three kilometres along the Ring Road to the Octopus Building. Those in line are expected to wait approximately 20 hours for a glimpse of the deity. To ensure the comfort of those waiting, various amenities are being provided, including prasadam, milk, and drinking water, distributed by fellow devotees. Senior officials and security personnel are closely monitoring the crowds to maintain order and prevent any disturbances. In light of the increased rush, accommodation has become scarce. Many devotees without prearranged lodging are taking refuge in pilgrim accommodation complexes, while others have resorted to sleeping in temporary shelters and German sheds throughout Tirumala. Authorities anticipate that this high volume of visitors is likely to persist for the next two days.



Nara Lokesh extends Janmashtami greetings, calls to embrace Lord Krishna's path

Minister Nara Lokesh has urged citizens to embrace the path laid out by Lord Krishna as he offered his greetings on the occasion of Lord Krishna Janmashtami. In his message, Lokesh reminded the public that this day marks the arrival of Lord Krishna, who was born to vanquish evil and protect the virtuous, emphasising that everyone aspires to lead a joyful life. with free bus tickets and share Simultaneously, Lokesh commemorated the death anniversary of former Prime Minister Atal Bihari Vajpayee. He praised Vajpayee for his unwavering commitment to his principles and for his remarkable vision, which he maintained during challenging times. "He transformed the nation with his economic and foundational reforms and captivated audiences with his unique speeches. Let us honour his contributions to the country during his tenure as Prime Minister," Lokesh posted.





The Yadavamshi Railway Employees Spiritual and Cultural Association celebrated Sri Krishna Janmashtami at the Railway Shubham Kalyana Mandapam. Divisional Railway Manager Mr. Lalit Bohra and his wife Mrs. Jyotsna Bohra, along with several officials and railway staff, participated in the celebrations. On this occasion, the committee organized the distribution of prasadam. Later, various cultural programs were conducted.

Independence Day celebrations at ECIL St. Joseph High School



Hyderabad, August: 15, Metroudayam Independence Day celebrations were held at St. Joseph High School in Kamalanagar, ECIL Branch. In honor of the occasion, the school chairman Buchchi Reddy and the director were the chief guests at the event and hoisted the tri-color flags. Dances and Service programs organized. Sweets were then distributed. School staff, students and parents participated in the celebrations.

Zphs Chennur students are selected for state level volleyball tournament



Jangaon, August 16, Metroudayam: The students of zphs Chennur have been selected for State-level volleyball competitions tournament which will be held in Rangareddy dist. the high school head master puskuri Ramesh said, the tournament will be held at Saroornagar Indoor Stadium in Ranga Reddy district on September 18th and 19th, the physical director of Chennur School Ashok said that the selected students showed their good performance in the game with sports spirit, the students are Moluguri Akhila, Chiliveru Revathi and Arkala Satwik have been felicitated by the head master, school teachers and chairperson, members of the Amma Adarsh Committee and the village elders and congratulated on their successful performance.

Free Mega Surgical Correction & Health Camp

Hyderabad August:16 (Metro udayam)

Free Mega Surgical Correction & Health Camp At Culture Raj Bhavan Community Hall, at Somajiguda, Hyderabad program was organized by Indian Red Cross Society Hyderabad Branch, Disabled Trust, Agarwal Sevalal - Pitti Trust, Dr. Nari Charitable Trust, Ravi Helios Hospital, Disabled Network, Disabled Networ. Services provided in this camp Free surgeries to the disabled. General Health Checkups, Diagnostic Tests, Nutrition Eye tests and free spectacular distribution Calipers, Wheelchairs and Electric Motor Vehicles



Distribution Honorable Governor Jishnu Dev Verma will start morning 11: 00 pm camp. Chief Guests: Beginning the program Harichanda Madame, Collector, Hyderabad Under Minister Adluri Lakshman Principal

Secretary Dana Kishore This press note was made by Bhim Reddy, Chairman of Red Cross Society, and Dr. Vijay Bhaskar, Dr. Kirtana Yadav (Nari Foundation) Nalgonda Srinivas (Chairman of the Disabled Persons), Kiran Guthikonda (State

President - Disabled Rights), Yashobha, Nagabhushan, Wenu. All disabled brothers and sisters are inviting this camp to receive free medical services and auxiliary equipment.

GOOD GESTURE BY ECoR WOMENS WELFARE ORGANISATION, WALT AIR

In a commendable initiative, the Womens Welfare Organisation of Waltair Division, East Coast Railway (ECoR), under the leadership of its President, Smt. Jyotsna Bohra, visited the Divisional Railway Hospital, Waltair, and interacted with patients undergoing treatment.

During the visit, Smt. Jyotsna Bohra, along with Divisional Railway Manager, Shri Lalit Bohra, Chief Medical Superintendent, Dr. D. Sharath Babu, senior doctors, Vice Presidents, and executive members of ECoRWWO, distributed health drinks, nutritional supplements, and fruits to the patients, extending warmth and encouragement to them.

The President of ECoRWWO personally enquired about the hospital facilities and services being provided



to the patients and held interactions with medical officials. Further strengthening healthcare facilities, ECoRWWO--Waltair donated

Multipara Monitors (Display) Units to the Divisional Railway Hospital for improved patient monitoring and treatment.

CM Revanth puts administration on high alert as IMD predicts heavy rains

Hyderabad: In view of the heavy rain forecast, Chief Minister Shri A Revanth Reddy placed the entire administration on alert in the state. The IMD forecast moderate to heavy rains are likely to occur in Nizamabad, Sangareddy, Medak, Vikarabad, Jayashankar Bhupalpally, Mulugu, Bhadradi Kothagudem and Khammam districts. According to the Meteorological department, 15 districts recorded heavy rainfall, while the remaining districts received normal rainfall. Jagtial district, which recorded deficit rainfall in the monsoon season, has been receiving heavy rains since last night. Local events The Chief Minister inquired about flood situation and relief operations in the heavy rain affected districts on Saturday morning. The officials were ordered to deploy NDRF and SDRF teams in advance and coordinate with district Collectors for



relief operations in the flood hit habitations. The CM instructed the authorities to shift the families from low lying areas to relief camps in view of the increasing risk of overflow of canals, rivulets and ponds. The Irrigation department was tasked to monitor water levels in reservoirs, canals and flood flowing water bodies. The irrigation officials should alert the Collectors and field staff on the release of flood water regularly. As part of precau-

tionary measures, sand bags will be kept ready to contain flood damages alongside reservoirs and ponds which are brimming with heavy inflows. Police and Revenue officials were instructed to prohibit vehicle traffic by putting barricades on the roads, low level bridges and causeways where water levels exceeded. In a move to check the spread of water and insect borne diseases in the heavy rain affected areas, the Chief Minister

ordered Municipal, Urban and Village administration officials to carry out sanitation work in the areas where mosquito menace is high due to water stagnation. CM Revanth Reddy took stock of the flood situation in Greater Hyderabad limits and ordered the GHMC, HYDRAA, SDRF and Fire services wings to respond immediately to the requests from people for relief in the city. Local events Instructing the state Health department to stockpile adequate medicines and open Medical Camps in the identified areas, the Chief Minister emphasized that precautions should be taken to prevent loss of life, property and livestock. CM Revanth Reddy suggested that Revenue, Electricity, Panchayat Raj, R&B, Medical and Health, Municipal Administration, Police, Fire services departments and SDRF personnel should work in coordination during heavy rains.

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कलाम (वाणी) तुम्हारे कैदो बन्द (बस) में है जब तक तुम ने उसे कहा नहीं, और जब कह दिया तो तुम उसके कैदो बन्द (बंधन, बस) में हो।... (शकील उवाचा - ४४७)

आदमी को बोलते समय बहुत गैरो फिकर (चिंतन, मनन) करना चाहिए। हम शब्द केवल बोलते नहीं हैं बल्के शब्दों को बोले हैं। जैसे अनाज की फसल उगती है वैसे ही हमारे द्वारा बोए गए शब्दों की फसल भी जरूर उगने वाली है। हमारे द्वारा जैसे बबूल बोने पर कांटे आते हैं और आम बोने पर आम वैसे ही हम जैसे शब्द बोएंगे वैसे ही फल मिलेंगे। कोई भी शब्द निर्जीव नहीं होता। शब्दों में जान होती है। शब्द खुशी भी देते हैं और गम भी देते हैं। शब्द दुःख भी देते हैं और सुख भी देते हैं।

मूल संस्कृत धातु से "शब्द" जिसका अर्थ है "कहा हुआ" या "उच्चारित"। उर्दू भाषा में इसे "लफज" कहते हैं। हम में अकसर लोग पूरी जिंदगी शब्दों के सहारे ही गुज़ार लेते हैं। किसी कुरूप व्यक्ति को बार बार सुंदर कहा जाए तो वह अपने आपको सुंदर समझने लगेगा। किसी डरफोक आदमी को बार बार बहादुर कहा जाए तो वह अपने आपको बहादुर समझेगा। कजूस (कृपाण) को सखी (दानी) कहे तो दानी समझने लगेगा। हमें सूखी और दुःखी बनाने में शब्दों की बहुत ही महत्वपूर्ण भूमिका होती है।

शब्द उत्साहित भी करते हैं और शब्द निरुत्साहित भी करते हैं। शब्द ऊर्जावान होते हैं। इन शब्दों की ऊर्जा सकारात्मक भी होती है और नाकारात्मक भी होती है। शब्द आदमी को जिताने भी है और हराते भी है। शब्द की शक्ती को समझने के लिए यही पर्याप्त है के पहिले परमात्मा के व्यतिरिक्त कुछ न था परमात्मा ने कहा "हो जा तो सब कुछ होगया" (कुन फाया कुन)। याने शब्द से पूरा संसार साकार हो गया। उसी शब्द को किसी ने कहा है तो किसीने और कुछ कहा है।

पवित्र कुरआन में एक वाक्यांश है "कुन फाया कुन"। जिसका अर्थ है "हो और हो जायेगा।" पवित्र कुरआन के अध्याय क्रमांक 02, सुराह अल बकरा, आयत क्रमांक 117 में और अध्याय क्रमांक 03, सुराह आले इमरान, आयत क्रमांक 47 में भी आया है के, "जब खुदा (ईश्वर) किसी चीज़ को अस्तित्व में लाना चाहता है, तो वह कहता है हो जा ("कुन) और वह चीज़ हो जाती ("फाया कुन") है, यानी तुरंत अस्तित्व में आ जाती है।"

कहने का मतलब यही है के एक शब्द से जब ईश्वर ने पूरे संसार को अस्तित्व में लाया है तो फिर शब्दों की शक्ती को कभी भी कम आंकना नहीं चाहिए। शब्द जब तक हम ने उपयोग में नहीं लाया वह हमारे अधीन होते हैं लेकिन एक बार शब्द कहे जाने पर हम शब्दों के आधीन हो जाते हैं। शब्दों की शक्ती को जानकर जो शब्दों का उपयोग करता है वही इस दुनिया में कामयाब (यशस्वी) होता है। हमारे द्वारा किए जाने वाला कर्म और हमारे द्वारा उपयोग में लाई गई वाणी यह दोनों कभी व्यर्थ नहीं जाते।

पैगंबर साहब मोहम्मद (स्व.) के पहिले उत्तराधिकारी इमाम अली इब्न अबू तालिब अलैहिस्सलाम फरमाते हैं के, "कलाम (वाणी) तुम्हारे कैदो बन्द (बस) में है जब तक तुम ने उसे कहा नहीं, और जब कह दिया तो तुम उसके कैदो बन्द (बंधन, बस) में हो।" (अब्बास बुक एजेन्सी, लखनऊ द्वारा प्रकाशित हिंदी पुस्तक नहजुल बलागह, उपदेश क्रमांक 381, पुष्ट क्रमांक 790)। इसलिए शब्दों को सोच समझकर उपयोग में लाना चाहिए।

इमाम अली इब्न अबू तालिब अलैहिस्सलाम इसी उपदेश के अगले हिस्से में फरमाते हैं के, "लिहाजा अपनी जुबान (वाणी) की उसी तरह हिफाजत (रक्षा) करो जिस तरह सोने चांदी की हिफाजत (सुरक्षा) करते हो, क्यों की बअज (कुछ) बातें ऐसी होती हैं जो किसी बड़ी नेमत (उपहार) को छीन लेती हैं और मुसीबत (विपत्ति) को नाजिल (अवतरित) करती हैं।" (अब्बास बुक एजेन्सी, लखनऊ द्वारा प्रकाशित हिंदी पुस्तक नहजुल बलागह, उपदेश क्रमांक 381, पुष्ट क्रमांक 790)।

-डॉ. मोहम्मदशकील ताजमोहम्मद
जाफरी (शकील मंघरी), मंवर, पुणे
(महाराष्ट्र) भारत



Krushna Abhishek pens note for wife Kashmera: Love you a lot

Mumbai: Actor and stand up star Krushna Abhishek penned a heart-warming note for his wife Kashmera Shah thanking her for a beautiful and a planned European holiday. Krushna took to Instagram, where he shared a string of pictures from their holiday featuring the couple and their twin sons Krishaang and Rayaana. "We are blessed to have u in our life's thank u @kashmera1 for this lovely time. Only u could have done this. Love u a lot all life. You are like an angle to all 3 of us. We would not have wished any thing better than you in this birth this was one of our best memories (sic)," he wrote as the caption. Krushna married his long time girlfriend Kashmera in 2013. They met at the sets of the movie Aur Pappu Paas Ho Gaya, directed by Shyam Soni. The couple were recently seen in the funny culinary show "Laughter Chefs Unlimited Entertainment", they star alongside Nia Sharma, Rahul Vaidya, Karan Kundrra, Ankita Lokhande, Vicky Jain, Reem Shaikh, Sudesh Lehri, Elvish Yadav, Rubina Dilaik and Aly Goni. It is hosted by Bharti Singh, and judged by chef Harpal Singh Sokhi. Krushna is known for his humorous work in comedy shows on Indian television such as Comedy Circus, Comedy Nights Bachao, The Kapil Sharma Show, and The Great Indian Kapil Show. He gained fame as a comedian after participating in several seasons of the Comedy Circus.

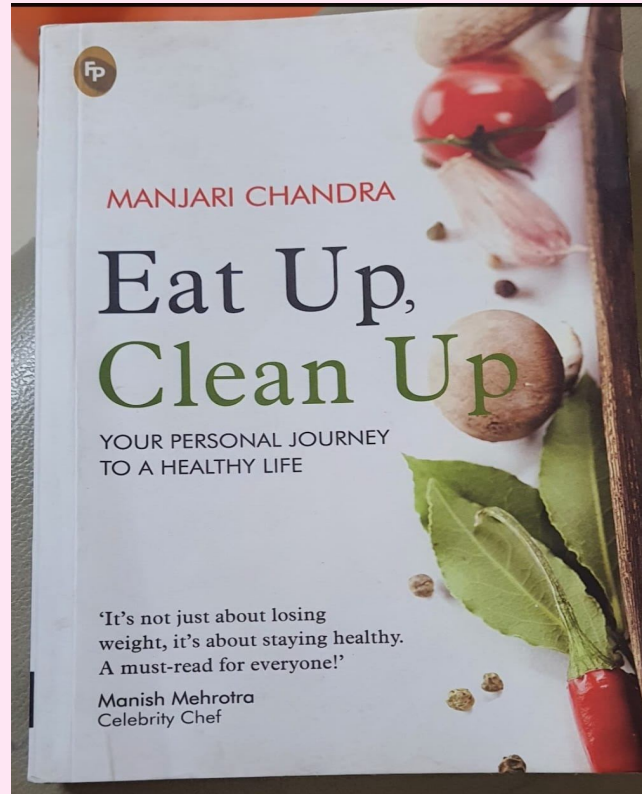
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SUNDAY BOOK REVIEW HEALTHY FOOD FOR HEALTHY LIFE



While Mr Varaha Rao lives to eat, Miss Hamsha, like some wise people, just eats to live. It may not be wrong to say that many of us do not know what to eat, when to eat, where to eat and how much to eat! In this age of fast-food lure, what we eat does more harm than good to our body and health.

Of course resisting the temptation is very challenging when aromatic, mouth-watering food items are available within our reach. Though many seasoned nutritionists tell us time and again to eat nutritious food, most of us don't even try to know what nutrition actually is all about.

According to the WHO, nutrition is THE INTAKE OF FOOD, FOLLOWING THE BODY'S DIETARY NEEDS. How many of us really mind our eating habits? India has become the world capital for diabetes with about 10 crore patients! Here come our nutritionists and diet experts into the picture to misguidingly guide us with all their jargon, fancy terms for the so-called healthy food packages.

While Pratap has a penchant for Paleo diet, Devaki dies for Dukan diet, Adams asks for the Atkins and Katherine craves for Keto diet! In her comprehensive book titled Eat Up, Clean Up, Manjari Chandra talks about many issues plaguing our eating habits and the resultant serious diseases, disorders, concerns, fads, fears that are avoidable by simply tweaking our dietary tastes and interests. She also gives us simple yet informative charts, diagrams and case sheets illustrating things to do and things to avoid to stay healthy.

This highly knowledgeable and richly experienced nutrition expert has a magic mantra for all of us. Manjari exhorts us saying that Get back to your kitchen. Cook your meals and eat them fresh.... Cook your meals and prefer the traditional cooking techniques rather than using the microwave way of cooking.

Published by Finger Print and priced at RS 249, this book may soon become a text book for home-science students and a reference book for dietary advisors, thanks to its useful and practical wisdom and nice ways of blending modern science with our traditional patterns of cooking and eating. In other words, follow the motherly wise words of Adelle Davis American author and nutritionist who famously said— EAT BREAKFAST LIKE A KING, LUNCH LIKE A PRINCE, AND DINNER LIKE A PAUPER.

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रविवार

रविवार की सुबह, सूरज की किरणें,
आनंद की बारिश, दिल की मुस्कानें।
नई आशाओं का दिन, नई उमंगों का संग,
रविवार की सुबह, जीवन को देती है नई रंग।

सप्ताह के सातों दिनों में सबसे सुंदर दिन,
रविवार की शाम, परिवार के संग।
बिताए गए पल, यादों के संग,
रविवार की शाम, दिल को देती है नई संग।

रविवार का दिन, आराम का समय,
जीवन की भागदौड़ से मुक्ति का दिन।
नई ऊर्जा का संचार, नई उमंगों का जन्म,
रविवार का दिन, जीवन को देता है नई गर्म।

रविवार की रात, तारों की चमक,
जीवन की खुशियों की कहानी।
नई आशाओं का जन्म, नई उमंगों का संग,
रविवार की रात, जीवन को देती है नई रंग।

रविवार का दिन, जीवन को देता है नई दिशा,
नई ऊर्जा का संचार, नई उमंगों का जन्म।
आनंद की बारिश, दिल की मुस्कानें,
रविवार का दिन, जीवन को देता है नई जान।



वीथि दुर्गावत एम. ए.
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Sharad Malhotra: Bold content doesn't have to be sleazy



Mumbai: Television actor Sharad Malhotra, who is currently seen in Vikram Bhatt's micro-series "Galat", has talked about how bold content doesn't have to be sleazy and depends completely on the director's vision. Sharing more on his reasons for taking up this role, Sharad said: "There are three main reasons that made me take up Galat without hesitation. First, the chance to work with Vikram Bhatt sir and Mahesh Bhatt sir — both legends I have always admired." And third, the opportunity to collaborate with my director, Shahdab Khan. Honestly, for those who haven't seen Galat yet, please watch it on Rocket Reels. The platform itself, founded by Krantibhai and Vikram Bhatt sir, is a hub for amazing micro web series content — from thrillers and dramas to adventure, comedy, and even AI-driven concepts." "Bold content doesn't have to be cheap or sleazy; it can be bold yet classy, depending on the director's vision. With Vikram sir at the helm, I had no second thoughts. My character, Dev Kapoor, is unlike anything I've played before, and that challenge excited me." The actor said that this was his first time "sporting a salt-and-pepper look." "And I feel it carries a lot of ruggedness, charm, maturity, and confidence. Initially, I was a bit hesitant, wondering how people would react, but thankfully, the feedback has been amazing. Fans have loved it, and they're already looking forward to Season 2," he said. Talking about the concept of micro-series, Sharad said: "Galat was my first experience of working in a micro-series format. You have to tell an entire story in just 30 seconds to about two and a half minutes — something people can watch on the go, maybe while traveling. It's challenging, exciting, and definitely a new wave in entertainment." "I'm glad audiences have embraced it, and I hope more people explore this style of storytelling." Sharad said working with Vikram Bhatt has been an absolute delight, truly a dream come true. "It was always on my bucket list. Every time I met him, whether on set or off, I was blown away by his charm, aura, and the way he brings characters to life. I am deeply grateful to Vikram sir and the entire team for trusting me with Galat," he said. He also said that the director Shahdab Khan is one of the sharpest minds he has worked with. "A lot of the physical aspects of Dev Kapoor's look, especially the salt-and-pepper style, came from him. He's calm, collected, and communicates exactly what he needs in a very subtle, efficient way." "Post Galat, we've developed a great 'bro code' bond, and I'm grateful to have a director who understands my performance and helps me bring out my best."

Women's DPL: Title holders North Delhi Strikers take on South Delhi Superstarz in opening clash on Sunday

The second edition of the Women's Delhi Premier League is set to light up the Arun Jaitley Stadium from August 17 to 24. Four teams - South Delhi Superstarz, North Delhi Strikers, East Delhi Riders, and Central Delhi Queens - will go head-to-head in an intense round-robin format over the course of a week. The tournament kicks off with a blockbuster clash between defending champions North Delhi Strikers and last year's finalists South Delhi Superstarz, promising a thrilling start to the competition. Also Read - Google celebrates 79th Independence Day with doodle showcasing national accolades Ayushi Soni, who will be leading North Delhi Strikers, said, "We're all set and excited for what's to come. This league is a great step forward for cricket in the city, and we owe a huge thanks to the DDCA. It's not just a tournament, it's a celebration of the game that will inspire players and entertain fans in equal measure." Shweta Sehrawat, skipper of the South Delhi Superstarz, shared her excitement ahead of the league, saying, "We can't wait for the tournament to get underway. The atmosphere is buzzing, and we're truly grateful to the DDCA for their hard work and dedication in bringing this league to life. They've created a wonderful platform for emerging talent and given us all the chance to be part of something truly special." Also Read - Aus A games perfect prep leading into World Cup: Tahlia McGrath East Delhi Riders captain, Priya Punia expressed delight and said, "We're absolutely thrilled for the tournament. Our sincere gratitude goes to the DDCA for their vision and hard work in turning this league into a reality. They've given players a golden opportunity to showcase their talent on such a big stage." Central Delhi Queens captain Soni Yadav added, "The tournament is going to be a fantastic showcase of talent. We appreciate the DDCA's commitment to growing the game and are thrilled to be part of it." The top two sides from the league stage will battle it out in the grand finale on August 24.

Death toll from flash floods rises to 307 in northwest Pak

The death toll from the recent flash floods in Pakistan's Khyber Pakhtunkhwa rose to over 300, with those killed also including 13 children, provincial authorities said on Saturday. Torrential rains, which triggered flash floods in various districts of the province, are expected to continue intermittently until August 21, according to the Provincial Disaster Management Authority (PDMA). PDMA Spokesman Faizi said that in the past 48 hours, 307 people were killed by the devastating rains, cloud bursts and flash floods. In a preliminary report, the PDMA said that those killed include 279 men, 15 women, and 13 children. It said that 23 people were also injured, including 17 men, four women, and two children. The affected districts include Bajaur, Buner, Swat, Manahra, Shangla, Torgar, and Batagram. Buner was the worst-hit, recording 184 deaths. Shangla reported 36 deaths, followed by Mansehra with 23, Swat 22, Bajaur 21, Battagram 15, Lower Dir five, while a



child drowned in Abbottabad. A total of 74 houses have been damaged so far, of which 63 were partially and 11 completely destroyed, the PDMA said. It added that relief teams and district administrations are in close coordination and are continuously monitoring the situation. Relief funds have been released for flood-hit districts on the directives of the Khyber Pakhtunkhwa Chief Minister Ali Amin

Gandapur. He instructed all departments concerned to expedite rescue and relief operations in the affected areas. Instructions have also been issued to mobilise all available resources for the restoration of blocked highways and link roads in tourist areas. Tourists have been advised to remain updated on the weather conditions and take necessary safety precautions, PDMA said. On Friday, the PDMA

spokesperson had said that the number of those dead or injured was expected to rise further as scores of people were still missing in affected areas. Since late June, the beginning of monsoon season, torrential rains have wreaked havoc across the country — especially in Khyber Pakhtunkhwa and northern regions — deadly floods, landslides and displacement, particularly in vulnerable, poorly drained, or densely populated

Bihar's electoral overhaul: Balancing integrity and inclusion in India's democracy

The Election Commission of India's (ECI) recent initiative to undertake a Special Intensive Revision (SIR) of electoral rolls in Bihar has ignited a fervent debate, blending legal imperatives with political undercurrents. Announced in June, this comprehensive exercise, the first of its kind in the state since 2003, aims to update voter lists with July 1, 2025, as the qualifying date. With Bihar's Assembly elections looming later this year, the timing has amplified concerns about potential disenfranchisement, particularly among migrant workers and marginalized communities. Yet, at its core, the SIR represents a statutory effort to safeguard the sanctity of India's democratic process—one that demands a balanced scrutiny of its legal foundations, procedural rigor, and societal impacts. The ECI's authority to conduct such revisions is firmly rooted in the Constitution. Article 324 grants the Commission sweeping powers over the "superintendence, direction, and control" of elections, including the preparation and maintenance of accurate electoral rolls. This is reinforced by Article 326, which enshrines universal adult suffrage, entitling every Indian citizen aged 18 or above—barring disqualifications like non-residence or criminal convictions—to vote. These provisions underscore a commitment to inclusivity while empowering the ECI to eliminate inaccuracies that could undermine electoral fairness. Parliament has translated these constitutional ideals into actionable law through the Representation of the People Act, 1950. Section 21 of the Act explicitly authorizes the ECI to prepare and revise electoral rolls, a process elaborated in the Registration of Electors Rules, 1960. Under Rule 25, revisions can be intensive, summary, or



hybrid, allowing flexibility based on need. An intensive revision, as chosen for Bihar, involves meticulous steps outlined in Rules 4 to 23, including door-to-door enumeration and verification. This ensures thoroughness, requiring enumerators to collect details from households and cross-check against a list of 11 specified documents, such as passports, driving licenses, or ration cards—expanded from seven in previous exercises, which the Supreme Court has noted as a "voter-friendly" measure. The rationale for reviving an intensive approach after over two decades is straightforward yet profound. Bihar's population has surged, with urbanisation and migration reshaping its demographics. The 2003 revision, the last comprehensive one, predates significant shifts, including the exodus of millions for work opportunities elsewhere. Bogus entries—deceased voters, duplicates, or those who have relocated—persist as a perennial threat, potentially distorting outcomes and violating the "one person, one vote" principle. The ECI's drive seeks to purge these anomalies while enrolling new voters, especially the youth turning 18. As of

July 12, over 74 per cent of Bihar's approximately 7.9 crore electors had submitted enumeration forms, indicating robust participation in the process. This high response rate suggests the exercise is gaining traction, though challenges remain in reaching remote or transient populations. However, SIR has not escaped controversy. Critics, including civil society groups, allege it risks mass exclusion, with reports emerging of draft rolls containing errors like incorrect photographs or entries for deceased individuals. Petitions before the Supreme Court, led by the Association for Democratic Reforms (ADR), claim that around 65 lakh names were omitted from the draft roll without adequate justification, disproportionately affecting migrants, the poor, and minorities. These groups argue that the process violates statutory rights, as voters have a legal entitlement to remain on rolls unless proven ineligible. The exclusion of Aadhaar as a verification document has been praised for broadening options but questioned for its potential to complicate verification in a state where digital access varies. In response, the ECI has emphasised that SIR is a routine

purification effort, not a deletion drive. It has assured the Supreme Court that no name will be removed without prior notice, a reasoned order, and appeal rights. The Commission maintains that it is not legally obligated to publish a separate list of excluded voters or reasons for omissions, viewing the draft roll as a provisional document open to corrections. During ongoing hearings, the apex court has sought details on the 2003 revision's methodology, signalling a desire for transparency in historical precedents. Notably, while individual voters have filed thousands of objections, no recognized political party has formally flagged errors in the draft, per ECI reports. This absence of partisan complaints underscores that the controversy may stem more from apprehension than widespread malpractice. The debate extends beyond Bihar, highlighting systemic tensions in India's electoral framework. Similar revisions in other states, like Andhra Pradesh and Telangana in recent years, have faced scrutiny for alleged biases, yet they have ultimately bolstered roll accuracy. The political stakes are high in Bihar: the state's 243 Assembly seats could see shifts if migrant voters—estimated at over two crore—are underrepresented. Demographic data from the 2011 Census, adjusted for growth, reveals that Scheduled Castes and Muslims, often economically vulnerable, form significant voter blocs; any perceived exclusion could erode trust in the system. Hyderabad food guideTelangana travel guide Objectively, the ECI's actions align with global best practices for electoral hygiene. Countries like the United States and the United Kingdom periodically purge rolls to combat fraud, though with safeguards against voter suppression. In India, the ECI's recent delisting

of 334 Registered Unrecognized Political Parties (RUPPs) as part of broader clean-up efforts reflects a proactive stance against electoral malpractices. However, implementation on the ground matters. House-to-house surveys, while thorough, can be susceptible to human error or bias in a polarized environment. Enhancing digital tools, such as the Voter Helpline app, could mitigate this, allowing self-verification and reducing dependency on enumerators. The Supreme Court's observations in related matters offer valuable guidance. In the ADR vs. ECI case on electronic voting machines, the court cautioned against "blind distrust" that breeds scepticism, urging evidence-based reforms and trust-building through dialogue and transparency. As echoed in Paragraph 37 of that judgment, democracy thrives on harmony among citizens, judiciary, representatives, and electoral bodies. Para 38 expresses hope that the system will reflect the electorate's true mandate. These principles apply aptly here: while the ECI's authority to decide the timing and mode of SIR is exclusive, fostering public confidence requires proactive disclosure and inclusive outreach. Bihar's SIR embodies the delicate balance between electoral purity and inclusivity. Legally sound and procedurally robust, it addresses long-standing flaws in voter lists, yet its success hinges on equitable execution. As petitions unfold in the Supreme Court, stakeholders must prioritize evidence over rhetoric. A transparent, participatory process will not only fortify Bihar's upcoming polls but also reinforce India's democratic resilience. By embracing continuous improvement, as the apex court advocates, we can ensure every eligible voice is heard, unmarred by doubt or exclusion.