



CM Chandrababu express sorrow over Konaseema fire accident, assure support to victims



Chief Minister Chandrababu Naidu has expressed his deep sorrow following a devastating fire incident at a fireworks manufacturing centre in Rayavaram, Ambedkar Konaseema district. In a statement on social media, the CM described the loss of numerous lives in this tragic accident as profoundly distressing. Naidu reported that he has been in communication with officials to ascertain the causes behind the fire, the current situation, and ongoing relief efforts. He has directed senior officials to personally visit the site and actively engage in the relief operations. Additionally, the Chief Minister has called for enhanced medical assistance for those injured in the incident. In his tweet, Naidu assured that support would be extended to the affected families during this difficult time.

India's efforts towards wildlife conservation took rapid strides in past decade: PM Modi

New Delhi: Prime Minister Narendra Modi on Wednesday lauded the milestones achieved in the preservation of the country's wildlife species and also restoration of their habitats in the past decade, and added that this will serve as a blueprint for the world. Praising the efforts of the Environment and Forest Ministry towards wildlife conservation, PM Modi said that the slew of initiatives has yielded significant results in the past ten years. PM Modi took to X to share an immersive article penned by Union Environment Minister Bhopender Yadav, in which the latter explains and sheds light on a host of steps undertaken by the government to preserve the species on the verge of



extinction, reflecting India's strong commitment to environmental sustainability. Sharing the article, PM Modi wrote, "He highlights initiatives such as the Amrit Kaal Ka Tiger Vision (Tiger@2047), Project Snow Leopard, Project Cheetah, and Project Dolphin, which provide hope and optimism for wildlife conservation." The article on wildlife con-

servation comes in the backdrop of Wildlife Week 2025, which comes to a close today. The Minister, noting the country's stupendous success in the resurgence of iconic species, writes that India is the first country to prepare a checklist of its 102,718 species of fauna in 10 biogeographic zones of the country. "The number of tigers has increased by

over 30 per cent in the last decade. With 3,682 tigers, India is now home to 70 per cent of the global tiger population," he added. Notably, the Wildlife Week 2025 was organized by the Union Ministry of Environment, Forest and Climate Change, along with Wildlife Institute of India (WII), Indian Council of Forestry Research and Education (ICFRE), Indira Gandhi National Forest Academy (IGNFA), and Forest Research Institute (FRI). Presiding over the celebrations, the Environment Minister also urged all stakeholders to strengthen partnerships for conservation and emphasized that "Wildlife protection is not just a duty, but a shared responsibility for ensuring co-existence and harmony between nature and people".

Telangana ministers dispute resolved, says PCC chief Mahesh Goud

The dispute between Telangana ministers Ponnamm Prabhakar and Adhuri Laxman has been amicably resolved following a reconciliation meeting at the residence of TPCC Chief Mahesh Kumar Goud. Ponnamm offered an apology to Adhuri during a breakfast meeting, putting an end to tensions between the two ministers. Mahesh Kumar Goud, the PCC Chief, remarked that the situation had caused distress within society, noting that Adhuri Laxman had been upset over remarks made by Ponnamm. He characterised the incident as a familial issue and emphasised the hard work of both ministers in their political careers. Goud urged the Madiga community to support the resolution of these conflicts and called on fellow ministers to speak with caution and responsibility. Additionally, he reaffirmed the Congress party's commitment to representing all sections of society and advancing the aspirations of its leader, Rahul Gandhi.



Goud said, a recent caste survey was conducted transparently under the leadership of CM Revanth Reddy and with the support of Deputy CM Bhatti Vikramarka, while also citing three new laws that provide 42 per cent reservation for BCs. In his comments, Minister Adhuri Laxman acknowledged the resolution, stating he respects Ponnamm Prabhakar but noted that the Madiga community felt hurt by his previous comments. Laxman maintained that he values his position as a minister and as a representative of his community, affirming his loyalty to the party and its principles.

Six Die in Massive Fire at Cracker Factory

RAJAMAHENDRAVARAM: A devastating fire at a firecracker manufacturing unit in Rayavaram village claimed the lives of six people on Wednesday. A powerful explosion at the facility is believed to have triggered the blaze, which rapidly engulfed the premises. According to eyewitnesses, approximately 20 workers were inside the factory when the tragic incident occurred. The blast and the ensuing inferno resulted in the instantaneous death of six individuals who were burnt alive.

Another six workers sustained severe burn injuries and were rushed to a nearby hospital for emergency treatment. Medical professionals have stated that the condition of two of the injured is critical. The massive flames and loud explosions from the unit



caused widespread panic among the local residents, who were seen fleeing the area in fear. Fire and rescue services were promptly dispatched to the location and are currently engaged in efforts to extinguish the

blaze. Senior police officials, local political leaders, and administrative authorities have arrived at the scene to oversee the rescue and relief operations. An investigation into the cause of the accident is underway.

Best time to invest, innovate and 'Make in India,': PM Modi at IMC 2025

New Delhi: Prime Minister Narendra Modi on Wednesday said that now is the best time to invest, innovate, and 'Make in India,' -- highlighting the country's growing opportunities in manufacturing, technology, and digital infrastructure. Speaking at the India Mobile Congress (IMC) 2025, PM Modi emphasised India's readiness to address global challenges and become a key player in emerging sectors like semiconductors, mobile manufacturing, and data security. Prime Minister Modi said that any bottlenecks in the global supply chain present an opportunity for India to step in and provide solutions. "To strengthen the country's semiconductor capabilities, the govern-



ment is working on setting up 10 semiconductor manufacturing units," PM Modi said. The Prime Minister also encouraged further development in chipsets and other mobile components.

He underlined that as the world continues to generate massive amounts of data, storage security and data sovereignty will become increasingly important. "India has the potential to become a global data hub, supported by its strong digital connectivity and affordable data -- with 1GB costing as little as a cup of tea," Prime Minister Modi added. The Prime Minister also stressed that digital connectivity is not a privilege or luxury, but a necessity in today's world. PM Modi credited India's democratic setup, welcoming approach, and ease of doing business for making the country an investor-friendly destination. Reflecting on the past decade, PM Modi highlighted

the importance of a modern legal framework to support India's rapid digital and technological transformation. The Prime Minister added that India's innovators and industries carry a greater responsibility, and that startups will play a big role in driving growth, innovation, and global competitiveness. "From manufacturing to electronics and semiconductors, India has ample opportunities and energy to lead in the global technology landscape," the Prime Minister stated. PM Modi also stressed that the country is ramping up reforms, making this the ideal time for investment, innovation, and building a strong, self-reliant India.

SHRI KUNDU RAMA RAO, IRSE, ASSUMES CHARGE AS ADDITIONAL DIVISIONAL RAILWAY MANAGER, WALTAIR DIVISION

Shri Kundu Rama Rao, an officer belonging to the Indian Railway Service of Engineers (IRSE), 2006 batch, has assumed charge as Additional Divisional Railway Manager (ADRM), Waltair Division of East Coast Railway.



Hailing from Palasa in Srikakulam District, Shri Rama Rao's educational journey began at MPP School, Geddavuru, up to 5th Class, and continued at ZPHS School, Yerramukkam, where he completed his studies up to 10th Class. He pursued Diploma in Civil Engineering from SMVM Polytechnic, Tanuku, followed by B.Tech in Civil Engineering at Andhra University, in May 2002. Having passion and determination for public service, he cleared the Indian Engineering Services (IES) Examination of 2006, securing All India Rank 44 and joined the prestigious Indian Railway Service of Engineers. Shri Kundu Rama Rao has served in various key capacities across various zones of Indian Railways. He has worked as Assistant Divisional Engineer (ADEN) at Nagpur, Senior ADEN at Raipur, Senior Divisional Engineer at Bilaspur in South East Central Railway, Senior Divisional Engineer at Vijayawada, and Deputy Chief Engineer (Construction), Guntur in South Central Railway. Prior to his new assignment, he was serving as Deputy Chief Engineer (Track Machines), Vijayawada, South Central Railway. With extensive experience in Civil Engineering and Railway operations, Shri K Rama Rao has been recognized for his outstanding and dedicated service, securing General Managers awards in 2010 (South East Central Railway) and 2020 (South Central Railway). He received specialized training in Japan on high-speed train operations. Coming from a humble background, Shri Rama Rao attributes his inspiration to his mother, who worked as a Group-D employee at Alipurduar Junction, where he developed his early interest in the Railways. Apart from his professional excellence, he is an passionate chess enthusiast. He is survived by his siblings, a daughter pursuing engineering, and a son studying in Class X.

Former councillor & Arya Vyshya Sangam leader, Maaram Lakshminarayana passed away

Jangaon, October 08, Metroudayam:

Former municipal councillor Maram Lakshminarayana (94), a prominent businessman of Jangaon town and leader of Arya Vyshya Sangham, passed away in the early hours of today. He was ill for the last few days and was undergoing treatment at a hospital in Hyderabad and breathed his last at around 5.30 am on October 8. Late Lakshminarayana was elected as a member of the second council after the formation of Jangaon Municipal Council and was one of the close associates of the then Chairman Vennam Venkata Narasimha Reddy. Socially conscious Lakshminarayana was one of the founding members of Lions Club Janagama and remained a member of the club since its inception in 1976. He joined the Lions as a life member. He had three brothers, Dr. Maram Lakshmaiah, Maram Vijayakumar and Maram Upender, and four sons, Narasimham, Srinivas, Praveen and Ravi. She has a daughter. Many celebrities and politicians had mourned his death. Pabba Ravindranath Gupta, former governor of 320H district, who is close to the family, came from Hyderabad and attended their last rites. Gangishetti Pramod Kumar Gupta, the district president of Arya Vyshya Mahasabha, along with his associates, laid wreaths on the body of Lakshminarayana. Former district governors of Lions Dr. D. Lavakumar reddy, Kanna Parusharamulu, Ex municipal councillors and well known personalities Mahankali Harichandra Guptha, Dharmapiri Srinivas, Pokala Lingaiah, Yerramalla Sudhakar, Pajjuri Gopaiah Jayahari, Krishna Jeevan bajaj, Kutaati Uppalaiah, Kaasam Sukumar, Laxminarsaiah, Nagabandi Ravinder, Raamini Srinivasulu, Budda Ramesh, Allaadi Prabhaker Rao and others participated



JOIN US TO SHARE VIEWS AND SUGGESTIONS IN AMRIT SAMVAAD



In line with the vision of Amrit Kaal and the Panch Pran (Five Resolves), Waltair Division has launched citizen-centric initiative titled Amrit Samvaad as part of Special Campaign 5.0. Today, on 08.10.2025, Amrit Samvaad was held at the General Sleeper Class Waiting Hall of Visakhapatnam Railway Station, where Senior Divisional Commercial Manager Shri K Pavan Kumar engaged directly with commuters and rail users to gather valuable feedback on recent

improvements, suggestions, and grievances. Amrit Samvaad is designed to promote direct dialogue between railway authorities and passengers, focusing on sustainable solutions, enhancements in transport systems, and ideas for new or improved passenger amenities. This special campaign will be continued till 31st October. Many passengers expressed appreciation for the railways efforts in upgrading passenger facilities to world-class standards. At the same



time, they suggested further improvements, such as assigning caretakers at escalators to assist senior citizens, including catering services within ticket fares even for sleeper class passengers to ensure authentic food delivery and prevent unauthorized vending, providing separate toilet facilities for women and men on trains, etc. Notably, participants who offered exceptional suggestions were recognized and felicitated during the event. Speaking on the occasion, Divisional Railway

Manager Shri Lalit Bohra emphasized that Amrit Samvaad offers an excellent platform for rail users, passengers, and esteemed customers across all major stations of Waltair Division to engage in meaningful dialogue aimed at enhancing passenger experience, upgrading infrastructure, and improving railway services. He encouraged passengers to actively share their feedback to help shape the future of rail travel in the region.

The book Rhythmic Tales- part one inaugurated by Asst Prof. Dr Merugu Sudhaker MD.,

Jangaon, October 08, Metroudayam: The book Rhythmic tales part one was inaugurated by Asst. Prof. Dr Merugu Sudhakar, KMC, Warangal, Telangana state. On this occasion Dr Sudhakar said that the book is an interesting to read it while going through the book Rhythmic tales and covers many aspects such as nature, culture, women rights, moral values etc., Rhythmic tales book is an extraordinary collection of poetic masterpieces that will transport you to realisms of emotion, imagination, and introspection. This captivating anthology weaves together the vibrant threads of rhythm, rhyme,



and lyrical finesse, inviting you to embark on a melodic journey through the corridors of verse. Rhythmic tales is an invitation

to explore the extraordinary within ordinary and find solace, inspiration, and delight within the harmonious symphony of words. The author of the book Renukuntla Murali thanked to Dr. Merugu Sudhakar MD, Dr. Sandeep Reddy Gastro enterologist, Dr. Jagdish Goud International Oncologist, Robotic Surgeon, Hyderabad & his team for giving him the new life, he also thanked to the Pen Brew Publishers Tanya Aurora for encouraging to write & publish the books. On this book release occasion his wife Rekha and his elder son Baba Sanath Kumar and others participated

New committee neglects gated community management



Hyderabad, October 8, Metroudayam

A new committee was elected five months ago for the Jains Carlton Creek Flat Owners Association, registered under Section 8 of the Telangana Co-operative Societies Act, 1964. However, the residents of the gated community are facing serious problems as the elected committee has forgotten and left the management of the gated community to the wind. After the appointment of Putta Rahul as the president of the Co-operative Society Limited, Kazaguda, the residents are expressing their grievances as they have failed to collect the monthly maintenance fee of the Apartments. It is surprising that the new committee has lost the trust of the residents in a short time despite supporting the new committee. The residents have started expressing their anger on this issue. Many are urging the newly formed association led by Putta Rahul to wake up from its slumber and regain the trust of the residents. The residents are also demanding that the newly formed association start collecting maintenance fees as soon as possible.



Hyderabad October:08 (Metro udayam)

Today, in Hyderguda of Himayatnagar division, some locals left their cars and water on the road, causing problems for small traders, motorists and other locals on the road. Due to the water supply being cut off, mosquitoes are spreading and the roads are being damaged. The locals brought this to the notice of Himayatnagar division corporator Mahalakshmi Raman Goud. The corporator himself went there to know about the problems and assured that appropriate action would be taken immediately. Locals and Congress leaders G Raman Goud, Mahesh, Jaiswal and others participated in this program.



WORLD POST DAY SPECIAL(09/10/25)

A LOOK AT OUR POSTAL SYSTEM.

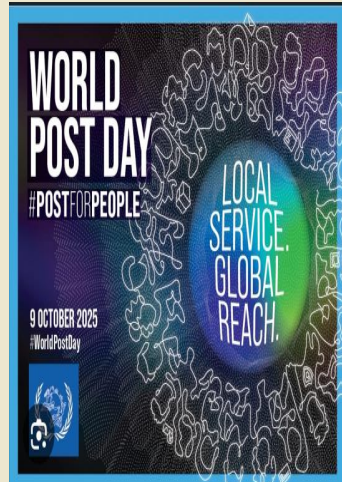
Most of us who are in our 60s and 70s now must have fond memories about our visits to the post office and trust with a postman. When in school, some of my teachers often sent me on errands to a nearby post office either to fetch postal stationery or to put some letters into the wide and narrow mouth of a big red post box that stood firmly on a concrete platform at the steps of the post office in the first road Anantapur. Nothing fascinated me more than the jerky ticking sounds of a telegram machine kept on a large, musty wooden table of the PM(Postmaster)!

During my college days, I often visited our college hostels. There it was a regular scene. On seeing a postman entering the spacious grounds, boys used to mob him to collect their letters and money orders. When at home I waited eagerly for the arrival of our postman, Ramappa on a rickety bicycle. He delivered a sheaf of letters at our home at least once in a week. I looked forward for letters from a girl who I foolishly thought loved me. And even after she bulked me, I waited for Ramappa with as much anxiety for exam call letters, marks, memos, wedding invitations, and greeting cards from my near and dear ones.

What makes me recollect these personal memo-

ries? Reading of The Last Post a slim book by Anil Dhir, dug up in me all these fond memories. Anil is an avid philatelist and it is this hobby that culminates in his writing a small but fascinating account of Indian Postal system for ages.

In the very first chapter titled The Last Post Anil gives a beautiful, picturesque account of his jour-

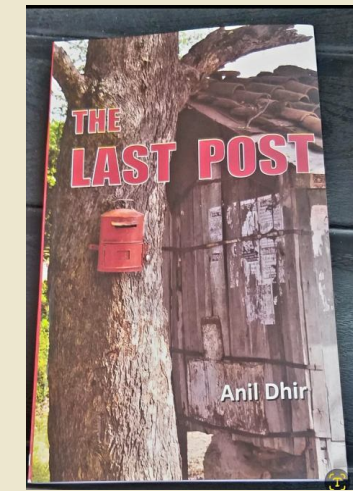


ney to Jeypore in the Koraput District of Odisha. What takes him there? He goes there to meet and make a film on Nila Nayak who, according to Anil got punch drunk from the morning and meandered his way through the day carrying the mail for the post office in his ramshackle and creaky one horse cart Nila and his family have been doing this for about 90 years. From here Anil leads us through his story about his visits to unique post offices which were the smallest, largest, or most remote and in weird spots, at high altitude.

Chapter after chapter in the book treats you with wonderful vignettes about the postal system in the world in general and in

the State of Odisha in particular. You come to know about the oldest letterbox in India, about how thousands of homing pigeons were inducted in the postal system in many countries, in particular their imaginative use during the World War two. Chapters like Black Borders The Dead Letter Office and The Dak Runner reveal fascinating stories about the evolution of the Dak system, about the commitment, dedication, sacrifices of the people involved in the system. People of this generation must know why mourning covers and stamps are issued and how the philatelists vie with one another in collecting such covers and black bordered letters. Anil himself has a huge collection of about 5000 such invaluable, poignant little pieces of history in his possession!

The story of the foot runner carrying the mail through all seasons, his encounters with wild animals and robbers during his nocturnal journey through forests makes a good read. Few of us know that our unclaimed and undelivered letters and parcels eventually end up at a morgue of the mails euphemistically called Return Letter Offices. Many such vignettes hold your attention in this book. One wonderful feature is that it displays some rare and very valu-



able pictures connected with the postal system and almost every chapter bears the official seal and number of the post office the author talks about in the pages. Like rare stamps, this book by a great philatelist deserves a place in your collection.

M.SOMASEKHAR PRASAD
HOD DEPARTMENT OF
ENGLISH RETD
GANDHINAGAR
HYDERABAD.
9866936345@upi

THE LAST POST
ANIL DHIR
AMADEUS PRESS
RS 150/



Attack on Supreme Court Chief Justice BR Gavai is a heinous act...

Panga Pranay Madiga strongly condemned the attack

Attacking a judge means attacking the judiciary and the spirit of the Constitution.

The ruling forces cannot tolerate a Dalit being the Chief Justice of the Supreme Court

The attack incident should be taken as a suo motu and Advocate Rakesh Kishore should be immediately arrested and severely punished.

Chief Justice B.R. Gavai, a legal scholar who has delivered many historic judgments with a deep understanding of the Constitution and clarity on social justice, has upheld the spirit of the Constitution...

Medipally October 8 (Metro Udayam)

Attacking the Chief Justice of the Supreme Court of India, Justice B.R. Gavai, during a hearing in the Supreme Court, is an attack on the judicial system, the spirit of the Constitution and democratic values. MRPS Medchal Malkajgiri District President Panga Pranay Madiga demanded that this incident be taken as a suo moto and Advocate Rakesh Kishore be immediately arrested and severely punished. MRPS organized a protest program at the Telangana Martyrs Stupa in the Medipalli mandal center of Medchal

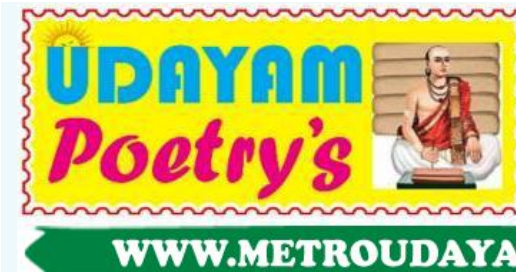


constituency on Wednesday, strongly condemning the attack on the Chief Justice.

MRPS District President Panga Pranay Madiga, who attended the program chaired by MRPS Mandal President Bandari Sai as the chief guest, said that Chief Justice B.R. Gavai has been an inspiration as a legal scholar who has a deep understanding of the Indian Constitution, clarity on social justice, and has upheld the spirit of the Constitution. He said that attacking such a person is very dangerous for this system. He said that the fact that a Dalit is the Chief Justice of the Supreme Court is an attack on the lower classes by the intolerant dominant forces, and an attack on our self-respect even though we are sitting in the highest position. He demanded that lawyer Rakesh Kishore, who tried to attack with a shoe by throwing a paper roll while on duty, be arrested and punished strictly according to the law, in addition to departmental interim measures. He urged the Bar Council to permanently cancel his member-

ship and take firm steps to change their caste and religious hegemony. He said that it is a heinous act to attack the Supreme Court while on duty by spreading religious hatred in the name of Sanatana Dharma. He recalled that Justice Gavai is a person of great courage who, despite being attacked,

did not lose his composure and continued to hear various cases in the court by clearly declaring that such incidents would not divert my attention or affect my performance and that he would not file a case against him. He said that people trust the judiciary and regard the judiciary as the supreme legislative institution that corrects administrative errors and provides justice to the people, and that lawyer Rakesh Kishore, who attacked the Supreme Court and behaved without remorse, has hurt the people of this country. They demanded that such incidents should be prevented from happening in an independent judiciary and strict action should be taken against the people involved in such actions. Peerjadiguda Corporation leaders Ramakrishna, Kyasagala Karunakar, Yesuraju, Boduppall Corporation leaders Maisagala Shiva, Chinningalla Srikanth, Suresh, Erramaisigari Raju, Ramesh and others participated in this program.



ईश्वर ने इंसान को
अक्ल (बुद्धी) दिया
ही इसलिए है के
वह किसी ना किसी
दिन इस अक्ल के
जरिए (बुद्धी के
माध्यम) से तबाही
(विनाश) से खुद
को बचायेगा...
(शकील उवाचा
-४९६)



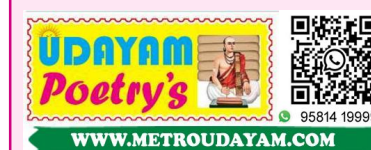
कब्जे में देश की संपत्ति इकट्ठा हो रही है। देश में धर्म के नाम पर एक दूसरे को लड़ाया जा रहा है। हजारों सालों से एकसाथ मिलजुलकर रहने वाले लोगों के मन में एक दूसरे का डर बिठाकर नफरत का कारोबार किया जा रहा है। युवाशक्ति को दिशाभूल करके धर्म के नाम पर अधर्म कांडों को अंजाम दिया जा रहा है।

महंगाई आम आदमी का जीना मुश्किल कर रहा है। देश में योजनाबद्ध तरीके से बहुसंख्यकों को अल्पसंख्यकों का डर बताकर और अल्पसंख्यकों को बहुसंख्यकों का डर बताकर एक दूसरे के प्रति भय पैदा करके, एक दूसरे से लड़वाया जा रहा है। जो सच कहने की हिम्मत करता है उसे सताया जा रहा है। सच्चों को झूठे आरोपों में सलाखों के पीछे बंद किया जा रहा है। लोगों को लालच और डर दिखाकर दौलत से खरीदे जा रहा है। जो बिकता नहीं उसे मौत के घाट उतारते जा रहा है। पूरे विश्व में देश की छवी को बिगाड़ने का कुतन्त्र जारी है।

देश के इतिहास को भुलाया जा रहा है। देश के गौरव को मिट्टी में मिलाया जा रहा है। कल्याणकारी धर्म को विनाशकारी बनाया जा रहा है। इस दौर में वही अपने आप को बचा पाएगा जो कोई बुद्धि का उपयोग करने में सक्षम है। वरना स्वार्थी लोगों के इस धिनीने खेल के मोहरे बनकर तबाह व बर्बाद होने से कोई नहीं बच पाता। ईश्वर ने इंसान को अक्ल (बुद्धी) दिया ही इसलिए है के वह किसी ना किसी दिन इस अक्ल के जरिए (बुद्धी के माध्यम) से तबाही (विनाश) से खुद को बचायेगा।

पैगंबर साहब मोहम्मद (स्व.) के पहिले उत्तरा. धिकारी इमाम अली इब्न अबू तालिब अलैहिस्सलाम फरमाते है के, "खुदा (ईश्वर) ने किसी व्यक्ति को अक्ल बदीअत (बुद्धी प्रदान) नहीं की है मगर यह की वह किसी दिन उस अक्ल के जरिए (बुद्धी के माध्यम) से उसे तबाही (विनाश) से बचायेगा।" (अब्बास बुक एजेन्सी, लखनऊ द्वारा प्रकाशित हिंदी पुस्तक नहजुल बलागह, उपदेश क्रमांक 407, पुष्ट क्रमांक 795)।

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

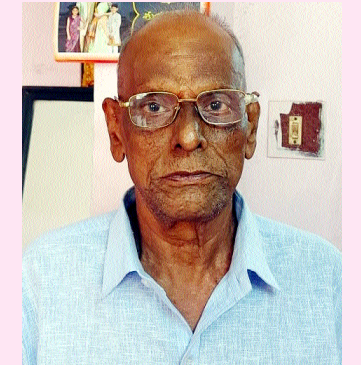


LIGHT AFTER DARK!

Birth, death!
Joy, grief!
Youth, old-age!
One By one!
Like Light after Dark!
Thats law of life!

Victory, defeat!
Wealth, poverty!
Respect, insult!
Image, damage!
One by one!
Like Light after Dark!
Thats law of life!

Once see the Nature!
Sunrise, sunset!
Sun shine, Rain!
Change of season!
Non stop time!



One by one!
Like Light after Dark!
Thats law of life!

Nothing permanent!
Change inevitable!
Need not feel!
Ready to welcome!
One by one!
Like Light after Dark!
Thats law of life!

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

Abhishek, Kuldeep, Smriti nominated for ICC awards

Charismatic India cricketers Abhishek Sharma and Kuldeep Yadav in men's and Smriti Mandhana in women's section have been nominated for the 'ICC Player of the Month' awards for September. Left-handed T20 specialist Abhishek was in blazing form in India's Asia Cup-winning campaign in the UAE, being named 'Player of the Tournament' for his 314 runs in seven T20Is, that included three half-centuries with a staggering strike rate of 200. The 25-year-old also reached the highest batting rating ever recorded in men's T20I history with 931 points. Wrist spinner Kuldeep enjoyed a dream run in the high-stakes tournament, where India beat arch foes Pakistan thrice, emerging as the leading wicket-taker with 17 scalps at an econ-



omy rate of 6.27. He began the Asia Cup campaign with figures of 4/7 against the UAE and finished with 4/30 in the title win against Pakistan. Zimbabwe's Brian Bennett is the third men's cricketer nominated for the award for his exceptional batting. He scored 497 runs in nine T20Is at an average of 55.22 and a

strike rate of 165.66. He topped the charts in the series against Sri Lanka and Namibia, before carrying his form into the T20 World Cup Africa Regional Final, scoring 72, 65 and 111 in his first three innings. Thanks to his exploits with the bat, Zimbabwe qualified for the 2026 T20 World Cup. Star

India top-order batter Mandhana, who earned the 'Player of the Series' award against Australia in the closely-contested three-match ODI series last month, has been nominated for the 'ICC Player of the Month' in the women's section.

The left-hander scored 308 runs in four ODIs in September at an average of 77 and a strike rate of 135.68. She scored 58, 117 and 125 against the Southern Stars. Despite a loss in the first game, her century in the following game helped the hosts level the series. She slammed another century in the decider but India were unlucky to lose the series 1-2. Pakistan opener Sidra Amin and South Africa's Tazmin Brits are the other two nominees for the award.

Starc returns for ODI series against India



Melbourne: Fast bowler Mitchell Starc returned to the Australian ODI squad for the three-match home series against India starting on October 19 where Mitchell Marsh will continue to captain in the absence of Pat Cummins, who is recuperating from a back injury. Starc, who retired from T20 internationals last month, sat out the home ODI series against South Africa in August after returning from the West Indies Test tour. With his workload being carefully managed ahead of the Ashes, Starc last played an ODI in November 2024 in Adelaide against Pakistan. Alongside uncapped batter Matthew Renshaw, Matt Short and Mitch Owen, Starc is one of four inclusions to Australia's 15-strong ODI squad which lost 1-2 to the Proteas. Short also missed the last series with a side strain and Owen was concussed in the T20I leg against South Africa. Marsh will continue to captain the ODI team in the absence of Cummins, who is continuing his recovery from lumbar bone stress in preparation for the Ashes.

Rajvir Jawanda Dies at 35 in Road Accident—Fans Mourn Punjabi Singer's Sudden Death

Popular Punjabi singer and actor Rajvir Jawanda has died at the age of 35 in a road accident in Himachal Pradesh. He suffered serious head and spinal injuries and was on life support for 12 days at Fortis Hospital, Mohali. Doctors declared his condition extremely critical from day one. There was no improvement, and he sadly passed away. Known for popular songs like Surname, Kamla, and Sardari, Rajvir Jawanda acted in movies such as "Jind Jaan" and "Mindu Taseeldarni." His death is a big loss to Punjabi music and film. Fans and celebrities are mourning his sudden passing.



A Womens Wellbeing Guide & Toolkit: Dr. Seshni Moodliar Rensburg

Nurturing Balance Through Holistic Living

In today's fast-paced world, women often find themselves juggling multiple roles—professional, caregiver, partner, friend—while trying to keep their own needs in sight. Too often, self-care slips to the bottom of the list as women try to be the super mum, super wife, or super women in all areas of their lives. But your wellbeing is not a luxury; it is the foundation that allows you to show up fully in every area of your life. This guide is designed as a small yet powerful toolkit, combining holistic approaches—diet, mindfulness, movement, and practical support systems—to help you manage stress, regain balance, and thrive.

Nourishing from Within: Diet for Energy and Calm

Food plays a vital role not only in physical health but also in mood and resilience. A balanced diet rich in whole foods can stabilize energy and support mental clarity. Consider:

- * Prioritize whole foods: Focus on vegetables, fruits, lean proteins, nuts, seeds, and whole grains to fuel your body consistently.
- * Stay hydrated: Even mild dehydration can impact mood and concentration.
- * Support your cycle: Women's nutritional needs shift with hormonal changes. Magnesium-rich foods (like leafy greens, avocado, and dark chocolate) may ease PMS symptoms, while iron-rich foods support energy.
- * Limit stimulants: Caffeine and sugar spikes can intensify feelings of overwhelm. Swap with herbal teas or snacks combining protein and fiber for steadier energy.
- * Think of meals as a form of self-care—a moment to pause, nourish, and recharge.
- * Mindfulness & Meditation: Finding Calm in the Chaos
- When stress or overwhelm builds, grounding yourself in the present moment can make a world of difference. Mindfulness doesn't need hours of practice; even a few minutes can reset your nervous system.
- * Mini breaks: Try a two-minute breathing exercise called box breathing—inhale for four seconds, hold for four, exhale for four and pause for 4 seconds.

* Meditation apps:

Tools like Headspace, Calm, Insight Timer, and Heartfulness meditation can

guide you through quick sessions, perfect for busy schedules. Practice mantra meditation like Hare Krishna or So hum, or Om, can also be beneficial.

* Mindful rituals:

Incorporate mindfulness into daily tasks—sip your morning tea or coffee slowly, notice the textures while cooking, or walk in nature to connect more with the beauty and tranquility.

The goal is not perfection;

it is creating small pockets of peace that restore balance throughout your day.

Movement as Medicine:

Exercise, Yoga & Pilates

Exercise doesn't have to mean grueling gym sessions. The best form of movement is the one that brings you joy and fits seamlessly into your life.

* Yoga strengthens the body while calming the mind. Gentle flows can relieve tension, while restorative poses promote deep rest.

* Pilates supports posture, core strength, and alignment—especially helpful if you spend long hours at a desk.

* Walking outdoors offers fresh air, vitamin D, and a mental reset.

* Micro workouts: Even 10-15 minutes daily can boost mood and energy.

Movement is not just about fitness; it is about releasing stress, reconnecting with your body, and building resilience.

Creating Balance: Work, Life & Family

Women often shoulder invisible labor—balancing careers with home responsibilities. Achieving harmony means setting boundaries and recognizing your own needs.

* Prioritize: Find what truly matters each day. Let go of tasks that do not serve your wellbeing.

* Set boundaries: Practice saying no without guilt when demands exceed your capacity.

* Daily rituals: Start and end your day with moments just for you, whether journaling, stretching, or enjoying a quiet coffee.

* Communicate: Share responsibilities at home and work instead of carrying everything alone.

Remember: balance is not about doing it all—it is about aligning your time and energy with what matters most.

Toolkit for Stressful Moments

When overwhelm strikes, a few simple tools can ground and support you:

1. Breathing practice - 5 deep belly breaths to calm your nervous system.
2. Journaling - Write down your thoughts for clarity and release.
3. Movement break - A short walk or stretch to shift energy.
4. Music reset - Play calming or uplifting songs.
5. Reach out - Call a friend, mentor, or support network instead of isolating.

Get help and be courageous to ask for help, people are willing to help, you need only take that first step to ask. Having these strategies at hand can transform a moment of crisis, challenge, conflict, relationship, financial, health, bereavement into an opportunity for reset.

Building a Support System & Using Technology

Wellbeing is not a solo journey. Having a network of people and resources makes the path lighter.

* Support networks: Friends, family, or womens circles can offer empathy and perspective.

* Professional help: Therapists, coaches, or nutritionists can provide personalized guidance.

* Apps & tech: From meditation apps to fitness trackers and digital planners, technology can help you stay consistent without overthinking.

Asking for support is a sign of strength, not weakness.

Final Thoughts

Womens wellbeing flourishes when approached holistically—mind, body, and spirit working in harmony.

By nourishing yourself with balanced food, grounding in mindfulness, moving with joy, creating boundaries, and leaning on support, you cultivate resilience and vitality.

This toolkit is not about perfection but about building small, sustainable practices that honor your needs and allow you to thrive amidst life's demands.

When you prioritize your wellbeing, you don't just survive—you flourish.

Wellbeing coach Dr. Seshni Moodliar Rensburg



Medchal district leaders met the state BJP president.



Hyderabad, October:8, Metroudayam

State BJP president Ramachandra Rao was felicitated by the Medchal district BJP leaders by covering him with a shawl. Medchal district BJP senior leader Makkala Narsing Rao met the district SC cell vice president Jagadish Babu Shankar. Ramachandra Rao and discussed the development of the party. Later, They met Malkajgiri, Medchal parliament member Eatela Rajender. After knowing about Makkala Narsing Raos birthday, Ramachandra Rao and Eatela Rajender covered him with a shawl and wished him a happy birthday.

