



Developing Bihar top priority, NDA govt working to put Chhath on UNESCO World Heritage list: PM Modi

Patna: Prime Minister Narendra Modi launched a blistering attack on Congress leader Rahul Gandhi and RJD leader Tejashwi Yadav, accusing them of making false promises. He also stated that developing Bihar was top priority for the NDA government and added that the government was working to get Chhath Mahaparv included in UNESCO's World Heritage list.

Addressing a massive election rally in Muzaffarpur on Thursday, the Prime Minister said that developing Bihar was a top priority for the NDA government. "When India was prosperous and a global power in knowledge and science, Bihar played a vital role. To build a developed India, Bihar's development is essential. But the RJD and Congress, who ruled for years, only betrayed the people," he said. Addressing a massive election rally in Muzaffarpur on Thursday, the Prime Minister said that developing Bihar was a top priority for the NDA government. "When India was prosperous and a global power in knowledge and science, Bihar played a vital role. To build a developed India, Bihar's development is essential. But the RJD and Congress, who ruled for years, only betrayed the people," he said. Criticizing the Opposition further,



PM Modi said the RJD and Congress are identified by five things — guns, cruelty, bitterness, misgovernance, and corruption. "Those who kept Bihar in the lantern age cannot provide electricity. Those who looted the railways cannot improve connectivity. Those whose history is one of land grabbing cannot bring industries. Where there is corruption, there can be no social justice," he said. PM Modi also announced that the government is working to get Chhath Mahaparv included in UNESCO's World Heritage list, describing it as a "great festival of humanity." "Chhath Mahaparv is the pride of Bihar and the country. Its worship embodies devotion, equality, and social harmony," he said. He also slammed the

Opposition Bloc without naming Leader of Opposition in the Lok Sabha Rahul Gandhi and RJD leader Tejashwi Yadav.

He said that both leaders have opened a shop of false promises ahead of the elections. "In the electoral battle of Bihar, a pair of young men (who consider themselves princes) have opened a shop of false promises. One is the prince of India's most corrupt family, and the other is the prince of Bihar's most corrupt family. Both are out on bail in multi-billion-dollar scams," Modi said. He accused the Opposition leaders of repeatedly insulting him and the people of Bihar. "Yesterday, both of them hurled abuses at Modi. Those born into privilege will naturally abuse a hardworking man. They

can't digest their food without insulting Dalits and backward classes," the Prime Minister said. Referring to alleged remarks made about the Chhath Mahaparv, PM Modi said the RJD and Congress leaders had insulted Chhathi Maiya, a goddess deeply revered in Bihar. "For them, the worship of Chhathi Maiya is a farce, a drama. Can such an insult be tolerated by Bihar, by Hindustan, and by my mothers who observe a waterless fast? The women who stand in rivers to offer prayers to the Sun God — in the eyes of RJD and Congress, they are just acting," Modi said. "No one in Bihar will ever forget this insult to Chhathi Maiya," he added. PM Modi urged voters to reject the politics of deceit and support the NDA for a prosperous and developed Bihar. He pointed out that Bihar has transformed under BJP-NDA rule, contrasting the state's development with the lawlessness during the RJD regime. The Prime Minister said the people of Bihar have witnessed the difference between the days of 'jungle raj' and the era of good governance. "Bihar has witnessed the good governance of the BJP-NDA. Today, railway engines are being manufactured in Bihar, large dairy

plants are being set up, and makhana (fox nuts) are being exported across the world. When we remember the days of jungle raj, we realize how dangerous the situation was," Modi said. Recalling the infamous Golu kidnapping cum murder case of 2001 that shook Muzaffarpur during the RJD government, he said such incidents symbolized the fear that gripped Bihar in those years. "A young boy named Golu was kidnapped in broad daylight while going to school. The criminals demanded a huge ransom, and when it was not paid, they killed that innocent child. Around 35 to 40 thousand kidnappings took place during the RJD rule. That was the reality of jungle raj," the Prime Minister said. PM Modi accused the RJD and Congress of returning to the same dangerous mindset. "You cannot trust their intentions. Just look at their audacity — their election campaign songs talk about bullets, pistols, and double-barrelled guns. This reflects their mindset," he said. Highlighting women's empowerment under the NDA, the Prime Minister said that both his government and Chief Minister Nitish Kumar's government have prioritized the welfare of women. "Whether it's Narendra Modi or

CM Revanth Reddy reviews on cyclone affected areas, emphasises on paddy procurement

Telangana Chief Minister Revanth Reddy has directed officials to prioritise the procurement of paddy in the wake of recent cyclonic activity in the region. During a video conference with collectors and senior officials from cyclone-affected districts, he emphasised the need for immediate action against any officials who fail to report on progress.

Attendees included Ministers Tummala Nageswara Rao, Ponnam Prabhakar, Uttam Kumar Reddy, Komatireddy Venkat Reddy, Konda Surekha, and Vakiti Srihari, as well as CM Advisor Vem Narender Reddy, Chief Secretary Ramakrishna Rao, Principal Secretary Seshadri, Secretary Vemula Srinivasulu, DGP Shivdhar



Reddy, and HMWSSB MD Ashok Reddy. CM Reddy urged all departments to collaborate effectively. He instructed the Civil Supplies Department to issue timely guidance to collectors

regarding procedures at grain procurement centres in cyclone-affected areas. He proposed the appointment of a Mandal level officer as a special officer for each procurement centre, responsible for oversight. Every procurement centre is to submit a daily report to the Collector on its situation. Reddy also mandated the establishment of a monitoring centre by the District Collector and District SP to oversee repair efforts on damaged roads and manage traffic diversions. Additionally, he called for proactive identification of conditions near ponds, streams, and irrigation projects, with alerts issued to local residents ahead of any threats.

Pawan Kalyan Visits Cyclone-Affected Farmers in Krishna District

Deputy Chief Minister of Andhra Pradesh, Pawan Kalyan, visited the village of Kodur in the Krishna district to inspect the damage caused to crop fields by Cyclone 'Montha'. During his visit, he engaged in discussions with local farmers to gather information about their losses and challenges. Kalyan assured the farmers that the government is committed to supporting them in their recovery efforts.



AP Cabinet Meeting Rescheduled Amid Cyclone Concerns

The Andhra Pradesh Cabinet meeting originally planned for 7 November has been postponed to 10 November, as announced by the Chief Secretary's office. The office issued a note instructing departmental secretaries to take note of this change. During the upcoming meeting, the Cabinet will focus on preparations for the investment conference set to take place in Visakhapatnam, delegating organizational responsibilities to all ministers. A cabinet sub-committee has already been established to oversee the arrangements. Additionally, discussions will include key topics such as the ongoing development of the capital, Amaravati, and land allocation issues. A review of law and order concerns is also likely to be a significant point on the agenda. The decision to postpone the meeting is reportedly linked to the adverse effects of Cyclone Montha currently impacting the state.



HM Shah, Nadda to address series of political rallies in Bihar ahead of polls

New Delhi: Union Home Minister Amit Shah and BJP National President Jagat Prakash Nadda will address several political rallies across Bihar on Thursday as the state gears up for the much-awaited Assembly elections. The Bihar Assembly elections will be held in two phases — on November 6 and 11, with the counting of votes scheduled for November 14. With the Election Commission's announcement, the Model Code of Conduct has come into effect across the state. Polling will take place in 121 constituencies in the first phase and 122 constituencies in the second phase, marking an intense political contest between the National Democratic Alliance (NDA) and the Mahagathbandhan. As part of the BJP's high-voltage campaign, Union Home Minister Amit Shah is set to address multiple public meetings in Lakhisarai, Munger, Nalanda, and Patna, while BJP President JP Nadda



will lead rallies in Begusarai and Nalanda, energising party workers and appealing to voters ahead of the polls. The political atmosphere in Bihar has already turned fiery. On Wednesday, Amit Shah launched a sharp attack on Congress leader Rahul Gandhi, accusing him of disrespecting not just Prime Minister Narendra Modi but also the revered deity "Chhathi Maiyya" and her devotees. "Rahul Gandhi has not insulted PM Modi but Chhathi Maiyya and her devotees. He will face the consequences of this in the Bihar elections," Shah said during an interview

with a news channel. The political atmosphere in Bihar has already turned fiery. On Wednesday, Amit Shah launched a sharp attack on Congress leader Rahul Gandhi, accusing him of disrespecting not just Prime Minister Narendra Modi but also the revered deity "Chhathi Maiyya" and her devotees. "Rahul Gandhi has not insulted PM Modi but Chhathi Maiyya and her devotees. He will face the consequences of this in the Bihar elections," Shah said during an interview with a news channel. Shah's remarks came in response to Gandhi's controversial comments at a recent rally, where he claimed that "PM Modi would dance on stage if it meant getting votes." Reacting to it, Shah said Gandhi's remarks reflected a habitual pattern of disrespect. "Rahul has spoken about PM Modi in a derogatory manner and even insulted his mother. But every time he lowers the standards of politics, the lotus

Open National Karate Championship-2025 Brochure Launch



Hyderabad October 30 (Metro udayam)

The 20th Open National Karate Championship-2025 will be organized by GVR Karate Academy on November 16 at LB Indoor Stadium Bashir Bagh in Hyderabad, said Academy Director Dr. G.S. Gopal Reddy. On this occasion, in a program organized at the academy office on Thursday, Shamshabads In Front Jesus High School Principal Father Amal Francis, Sr. P.E.T. Anand, P.E.T. Ravi, Karate Coach Mahender participated and unveiled the brochure of the competitions. Principal Amar Francis, who participated in the program, said, Sports are very important for our physical and mental health. Sports like karate increase self-confidence along with self-defense. Through sports, children not only get rid of stress, but also gain more courage to face any problems in life. I urge everyone to participate in such competitions and prove their talent Those who want to participate in these karate competitions can contact Cell: 9494112424 for their details.

DRM CONDUCTS INSPECTION OF ELECTRIC LOCO SHED AND OLD STATION TERMINAL AT VISAKHAPATNAM



Divisional Railway Manager, Shri Lalit Bohra, today conducted an inspection of the Electric Loco Shed and Visakhapatnam Old Station terminal to review the existing infrastructure and assess possibilities for capacity augmentation and improvement of transportation facilities. During the inspection, Shri Bohra emphasized the importance of strengthening operational efficiency and enhancing maintenance facilities to meet the growing transportation demands of the region. He was accompanied by Shri Tanmay Mukhopadhyay, Senior Divisional Operations Manager, Shri Naveen Raju, Senior Divisional Engineer (South), and other senior officers from Operations, Engineering, and Electrical departments. The team reviewed potential areas for infrastructure expansion, including construction of additional lines, augmentation of maintenance capacity, and improvement of transportation facilities for better operational outcomes.



Hyderabad October:30 (Metro udayam)

Today, Division Corporator Mahalakshmi Raman Goud visited Partha Gate in Himayat Nagar Division along with the locals. As part of this program, they brought the problem of street lights and road drainage to the attention of the Corporator. The local Corporator assured that appropriate action would be taken in this regard. Afsar Bai, Sameer Kuribi, Hasan Qadri, Ala Saud, Zaki, Nadeem, Zahed, Ahmed, Mahesh, Jaiswal, Shekhar, Abhishek, Hitesh and others participated in this program.



Mega Blood Donation Camp Held in Mallapur as Part of Police Martyrs Memorial Week



Hyderabad, Metro Udayam, October 30:

As part of the Police Martyrs Memorial Week, a mega blood donation camp was organized on Thursday under the directions of Rachakonda Police Commissioner Sudheer Babu and DCP Padmaja. Police personnel from 11 police stations under the Malkajiri Zone jointly conducted the camp in association with nacharam Prasad Hospital at VNR Gardens, Mallapur. A total of 529 participants, including civil members and police officers, took part and donated blood. The

officers stated that the main purpose of this event was to honor the sacrifices of police martyrs and continue their spirit of service to society. The event was inaugurated by Malkajiri DCP Padmaja along with ACPs Chakrapani and Y. Venkata Reddy. Speaking on the occasion, DCP Padmaja and ACP Chakrapani said that donating blood helps save many lives and that it is a noble act, especially when blood is scarce during emergencies. They expressed happiness over the voluntary participation of hundreds of police personnel and youth in the blood dona-



tion drive. Several students from the IIMCA Hotel Management School in Habsiguda and youth leaders led by Arun Yadav also donated blood. Certificates were distributed to all donors by police officials. Among those who participated in the event were Nacharam Inspector Dhanunjaya Goud, Uppal Inspector K. Bhaskar, DI Ramalinga Reddy, SIs Venkataiah, Prabhakar Reddy, Mybelli, Medipally SIs Ravi and Tirupati, as well as all Station House Officers, SIs, and police personnel from the Malkajiri Zone in large numbers.

GO 317 should provide justice to all the affected teachers:TUTF State President Thumma Lachiram

Jangaon, October 30, Metro udayam:

The pending bills should be paid immediately, TUTF State president Thumma Lachchirao Telangana United Teachers Federation (TUTF) state president Thumma Lachiram demanded that the government should depute all the 317 GO-affected teachers along with the dislocated teachers. The meeting was held at Nirmal district office. As per the assurance given by the Deputy Chief Minister in the TGEJAC meeting, all corporate hospitals should be provided with health cars, teachers should send pro-

posals for GPF loan loans for their childrens weddings as well as for hospital expenses. He urged the government to clear the pending bills as soon as possible. He demanded that the five pending DAs should be sanctioned immediately and the government should immediately implement the PRC report. If these issues are not resolved, action will be taken. The recent Supreme Court verdict making TET mandatory for in-service teachers is painful. He urged the government to immediately file a review petition in the Supreme Court. Similarly, changes should be made in the



TET syllabus. The teacher who teaches any subject should be allowed to write the TET exam for the same subjects. He demanded the scrapping of the CPS Act. Remaining spouses should be transferred immediately. State honourable presi-

dent A.Murali Manohar Reddy, District president Thodishetty Ravikanth, Honourable president Vattoli Muthanna, district secretary M.Vinod Kumar, office bearers Dharma Raj, Bera Devanna, N.Rajeshwer and others participated

Jangaon dist collector Rizwan Basha Sheikh & Addl collector Pinkesh Kumar take care and alerts the public cyclone



Jangaon, October 30, Metro udayam: The district collector & Additional collector Pinkesh Kumar alert the public and educational institutions precautions in the view of the Mentho Cyclone. All the heads of institutions of all managements are hereby informed that in view of the heavy rains following the cyclone, holiday has been declared tomorrow, i.e., Thursday, the 30th of October, 2025. The Summative Examinations scheduled to be held tomorrow, the 30th of October, EVS for 3-5 classes, General Science for 6,7 classes and Second Language for 8,9,10 classes shall be held on 1 November, 2025. There will not be any modification regarding the exams to be held on 31 October, 2025. (Will be held as per schedule) Also the holiday doesn't pertain to teachers and staff in residential institutions as they have to take care of the children safety and wellbeing.

Poteti Uma Rani Receives Doctorate from Osmania University

Hyderabad, Metro Udayam, October 30:

Poteti Uma Rani from Srirangapur village in Wanaparthy district has been awarded a Doctorate by Osmania University. She completed her Ph.D. in the Department of History under the supervision of Dr. Panneeru Ramesh for her research titled Historical Importance of Potential in Telangana - A Study on Mahabubnagar District Uma Rani, daughter of Poteti Narsimhulu and Jayamma, pursued higher education with the encouragement of her husband, B. Venkatesh. She completed her schooling at Z.P.G.H.S. Medchal, Intermediate at APSWR Junior College, Mahabubnagar, degree at Womens Degree College, Wanaparthy, and post-graduation at Osmania University P.G. College, Secunderabad. She also completed her B.Ed. at Neelam Sanjeeva Reddy College, Koti. On this occasion, her relatives, friends, and villagers congratulated her on achieving this significant academic milestone.



UDAYAM Poetry's



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NATURE ITSELF A TEACHER!

Provided having interest!
Possible to learn a lesson!
Nature itself teach us!
Are you ready to learn?
Then join with me soon!



We know nature comprises of four elements!
Sky,Earth,Fire and Air yes?
None of them can speak!
Motivate us with service!
Stand as role model for us!

Protection is given by sky!
Earth feed us life long!
Fire with us in need of time!
Life begins with Air till end
no depart!
Is not the nature itself a

teacher?

Not only this tress,rains too!
Only thing Protect Nature inturn get protected!
To get more contribute your share!
After all it is a reciprocal deal!
I do feel you do agree with my argument!

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

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An Old Indian Bus of 1930

An old bus, a relic of the past,
Rumbles down the road,
with a nostalgic cast.
Its wooden body, worn and gray,
Tells tales of journeys, in a bygone day.



The laughter and chatter, a joyous sound,
As strangers become, a temporary crowd.

The creaky seats, the rusty frame,
The worn-out tires, with a wobbly claim.
The drivers seat, with a wooden wheel,
A vintage charm, thats hard to conceal.

The buss horn, a nostalgic blast,
As it navigates, through the crowded past.
A relic of history, a symbol of pride,
A testament to, Indias bygone ride.

The bus chugs along, with a puff of smoke,
As passengers cling, with a gentle poke.
The conductors call, a melodious sound,
As the bus stops, with a gentle round.

The scenery outside, a changing view,
As the bus travels, through the countryside anew.

HK PUNESH (SA-ENGLISH)
ZPHS BEJJUR.
K.B. ASIFABAD DISTRICT.



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हुकूमत (शासन) की नज़र में मनुष्य
मनुष्य में कोई भेद भाव नहीं होना चाहिए।
हाकिम (राजा) किसी एक विशेष वर्ग का नहीं होता बल्के
तमाम जनता का होता है।... (शकील उवाचा - १९१७)

सत्ताधीशों का कर्तव्य है के प्रजा के कल्याण की बात करें और प्रजा की रक्षा करें। लेकिन आजकल के सत्ताधीशों ने एक विशिष्ट धनिक वर्ग के लाभ की ही बात करते हैं। हुकूमत (शासन) की नज़र में मनुष्य मनुष्य में कोई भेद भाव नहीं होना चाहिए। हाकिम (राजा) किसी एक विशेष वर्ग का नहीं होता बल्के तमाम जनता का होता है। हम अगर आजकल के सत्ताधीशों को देखते हैं तो पता चलता है के इनके दिल में रियाआ (प्रजा) के लिए कोई प्रेम, दया और करुणा का भाव ही नहीं है, जिसके कारण न्यायपूर्ण और धर्मसंगत व्यवहार नहीं किया जाता।



रियाआ (प्रजा) का हित चाहते हुये लोगों को सुशिक्षित, स्वावलंबी, स्वामिनी बनाने के विकासपूर्ण योजनाएं शासन की ओर से बनाना चाहिए और पक्षपात रहित भूमिकाएं अपनाए जाना चाहिए। लेकिन सर्व सामान्य जनता का विकास को ध्यान में न रखकर केवल एक विशेष पूंजीवादी, धनवान वर्ग के हित में जब सरकार काम करती है तो समाज में गरीब और गरीब होते जाता है तो अमीर और अमीर होते जाता है।

अगर राज्य न्यायपूर्ण हो तो उस राज्य से प्रकृति भी प्रसन्न रहती है। बीमारियों का प्रकोप नहीं रहता। भूकंप, अतिवृष्टि और अनावृष्टि जैसे विनाशकारी विपदाएं कभी देश की तरफ आंख उठाकर नहीं देखती। पहिले राजा और राज्य के अधिकारीयों से लेकर सर्व सामान्य प्रजा तक सभी धर्मपरायण, कर्तव्यनिष्ठ और परोपकारी हुआ करते थे। शासन के अधिकारी, कर्मचारी कभी लोगों को सताया नहीं करते थे।

पैगंबर साहब मोहम्मद (स्व.) के पहिले उत्तराधिकारी इमाम अली इब्न अबू तालिब अलैहिस्सलाम ने मालिक इब्न हारिसे अशतर (र.) को जब मिस्र (इजिप्ट) का वाली (संरक्षक) बनाकर भेजा तो कहते हैं के, "(ऐ मालिक!) लोगों में दो तरह के लोग होते हैं एक वह जो तुम्हारे दीनी भाई (धर्मबंधु) है और दूसरे तुम्हारी तरह ईश्वर के बनाए लोग तो दोनों से प्रेम पूर्वक व्यवहार होना चाहिए। किसी पर भी जोर जुल्म नहीं करनी चाहिए।

और इमाम अली इब्न अबू तालिब अलैहिस्सलाम फरमाते हैं के "(ऐ मालिक!) उन (प्रजा) से लगजिशे (कृतियों) भी होगी, खताओं से भी साबिका (अपराधों से भी संबंध) पड़ेगा। और उनके हाथों से जानबूझकर या भूल चूक से गलतियां भी होंगी। तुम उनसे उसी तरह क्षमा और दया से काम लेना, जिस तरह ईश्वर से अपने लिए दया और क्षमा को पसंद करते हो।" (अब्बास बुक एजेन्सी, लखनऊ द्वारा प्रकाशित हिंदी पुस्तक नहजुल बलागह, पत्र क्रमांक 53, पुष्ट क्रमांक 646)।

दुनिया में ऐसा कौन है जो अपने खुद के लिए क्षमा का इच्छुक ना हो? हर आदमी अपने खुद के लिए ईश्वर से दया, कृपा और क्षमा का अभिलाषी ही होता है और जो भी चाहता है के उसे उसकी खताओं (गलतियों) के लिए क्षमा किया जाये उसे चाहिए के वह खुद दूसरों को भी क्षमा करे। ईश्वर हम सब के निकट है और हमसे यही चाहता है के हम एक दूसरों को क्षमा करते रहें। जो खुदा पर ईमान (ईश्वर पर विश्वास) लाकर उसकी आज्ञा नहीं मानता वह कभी सही मार्ग पा नहीं सकता। यही बात पवित्र कुरआन में कही गयी है।

पवित्र कुरआन में कहा गया है कि "ऐ पैगम्बर (स्व.)! जब मेरे बंदे (भक्त) तुमसे मेरे (ईश्वर के) बारे में पूछें तो (कह दो कि) मैं उनके पास (निकट) ही हूँ। और जब भी कोई मुझसे दुआ मांगता (प्रार्थना करता या मुझे पुकारता है) तो मैं उसकी दुआ (पुकार सुनता भी हूँ और योग्य हो तो) कबूल (स्वीकार भी) करता हूँ। पस (इसलिए), उन्हें चाहिए के (मेरी आज्ञा मानें और) मुझ पर ईमान लाएं, ताकि वे सही मार्ग पर आ जावें।" (पवित्र कुरआन की आयत क्रमांक 02, सराह अल बकराह, आयत क्रमांक 186)।

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

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Its a gift thats priceless,
and worth more than gold,
A quality thats essential,
to live a life thats bold.

RATHOD LATHA
(TEACHER)
MPUPS ADA DASNA-
PUR.
KB. ASIFABAD DISTRICT.



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INDIRA GANDHIS DEATH ANNIVERSARY SPECIAL

(31/10/2025)

LEADERS SECURITY IS IMPERATIVE.

Modi is protected by the SPG and the budget for it in the 2025-26 year is about 500 crores,though he often uses his personal jet which is valued at Rs 4,500 crores!The CRPF members protect other VVIPs in the country and its budget is about 800 crores.Besides this,State Governments annually spend hundreds of crores of rupees for the protection of CMs and other officials.All these figures speak volumes about our major concern and task of protecting our politicians and leaders these days.



Security is mortalschiefest enemy says a character in Shakespeares tragedy Macbeth I had come across this quote in 1984 for the first time during my MA course and it remained etched in my mind because Indira Gandhi was murdered by her own body guards in October 1984.I couldnt miss the striking similarities between the murder of Indira and the doing away of King Duncan by his own and most trusted soldier in the play.For ages physical security is our main concern in our life.In spite of possessing the worlds best security system,four sitting American Presidents have been assassinated!

This security issue becomes even more a daunting task for our police personnel during Elections.They must protect our VIPs and VVIPs at any cost because these leaders often



undertake whirlwind tours,conduct huge rallies and hold meetings attended by lakhs of people. This is just what happened at a road show of Jagan where he was hit by a stone missile.

The Election Commission of India has taken the incident seriously and suspended two High rank IPS officers in AP. It is true that during elections these leaders come out into the streets,often play to the gallery,risking their lives.In the process they become sitting ducks for attacks.This had happened in the case of Rajeev Gandhi during an election campaign in 1991.But to the credit of our police and other security agencies it must be said that they have been doing their best in protecting Modi,Rahul Gandhi,and other high profile leaders.The two long tours of Rahul Gandhi across the country in particular spoke volumes about the efforts and efficiency of our police in shielding our politicians.

Since the assassination of Indira Gandhi, Governments have stepped up security to our leaders in the high risk and life threat bracket and to their kith and kin,spending thousands of crores of rupees annually!In addition to this,security expenditure during elections is a big drain on our public exchequer.So the CEC should think of putting some cap on the number of public meetings and road shows to be held by high profile leaders at least.It should encourage our leaders in taking recourse to electronic media and social platforms.Though their safety and security is imperative,attempts to gain political milage out of any major or minor aberrations should be shunned by one and all.

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Authenticity

Authenticity is being true to oneself,
A quality thats essential,
to live life well.
Its embracing our strengths, and weaknesses too,
And being honest, with what we go through.

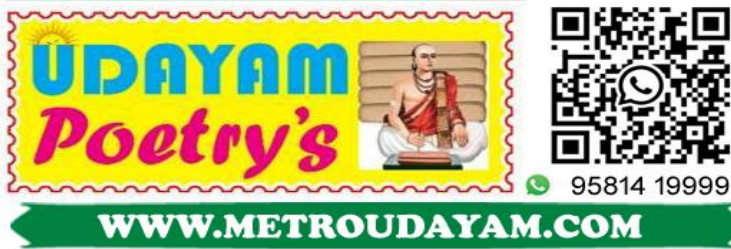
Its letting go of pretenses, and being real,
And finding freedom, in our true reveal.
Authenticity is a journey, of self-discovery,
Uncovering our passions, and our souls mystery.

With authenticity, we find

our inner voice,
And learn to trust, our hearts joyful choice.
Its a path that leads, to a life so bright,
Guided by our values, and our inner light.

Authenticity brings confidence, and inner peace,
And helps us navigate, lifes twists and turns with ease.
Its a treasure thats precious, and hard to find,
A quality thats essential, to leave our mark behind.

With authenticity, we live a life thats true,
And inspire others, with our courage anew.



UNTOLD

The walls were
Scribbled by writings,
Some good some bad.
There was no choice
For selection;
This gloomy city
Seemed to be
Compromised
I could not read
Its quiet words
And it was
Announcing the
Death of words
Nothing that
Wasnt told earlier

But
Really is there
No need of words now!

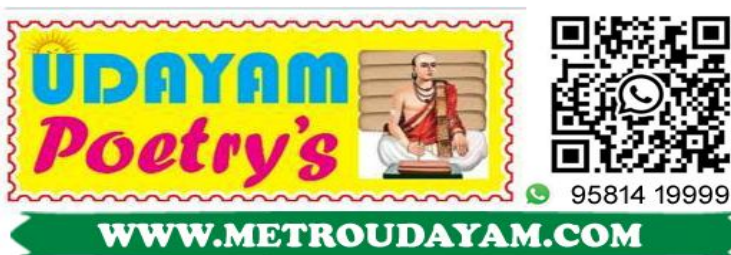
So maybe
The city was so silent

Now I will collect
The words
From some garden
And keep them safe
In Anjalis hand

Im running away
Towards another garden,
Hanging over here
Are the dead words

Pulling up the reins
I looked up at the sky
The words were flying off
And the city
Was drowning
Inside a blank dictionary.

—Paramita Sarangi



Halloween Night

Its that time of year again
When whispers chill the
Midnight air,And moon-
light Paints each shadow
fair. October 31st, the
world Transforms,Into
magic, Mayhem, and
eerie forms.

Witches glide, dragons
Roar,Ghostly laughter
from Door to
door.Candies Glean in
buckets deep,Little feet
that never sleep.

Trick or treat! the chil-
dren Cry,
As stars twinkle in a vel-
vet Sky.
Lanterns flicker, candles
Gleam, Worlds collide in
a Dream within dream.
The Veil grows thin, the
night Alive, As spirits
whisper and Memories
revive. Through
Laughter, fear, and
sweet Delight, The world
unites This Halloween
night

Trick or Treat
Trick or treat!
Trick or treat!
Down every lane, on
every Street



Painted faces, laughter
Wild,Each adult turns
into a Child

The night is draped in
Mysterys hue,Cobwebs
Glisten with drops of
dew.Pumpkins grin with
fiery Eyes,As bats awake
Beneath the skies.
Ghosts and goblins hand
in Hand,Marching
through a Shadowed
land. Jack-o lanterns
guard each
Gate,Welcoming magic,
Sealing fate.Doorbells
ring,
The sweets are found,
Joy and wonder all
around.
In masks and cloaks,
they Run, they
leap,?Through Piles of
leaves now Ankle-deep.
Echoes of Laughter

—Dr Seshni Moodliar
Rensburg

Dr Seshni Moodliar Rensburg on Hospital Radio Bedford - UK radio Meditation and Mindfulness

On 27 October 2025, Dr Seshni Moodliar Rensburg appeared on Bedford Hospital Radio for her second interview with host Mehtab Calling, an opportunity first introduced by Geoff White. A long-standing contributor to the station, Dr Moodliar Rensburg continues to share her insights on well-being, creativity, and ancestral connection. The session began with two of her poems Meditation and Ode to Chai The discussion explored the practice and science of meditation and mindfulness, focusing on how they promote both physical and mental well-being. Dr Moodliar Rensburg emphasised the importance of developing a daily routine, weaving mindfulness into everyday activities such as washing dishes, preparing chai, taking



BEDFORDSHIRE HEALTH
RADIO



mindful tea or coffee
breaks, and spending
intentional time with
friends and family, listen-
ing to music, watching
movies to reading a good
book .

She also encouraged the
use of modern mindful-
ness tools and apps such
as Headspace, Insight

Timer, Calm, and
Heartfulness, alongside
yoga, gentle exercise,
and creative hobbies to
help sustain balance and
focus.

Referencing research
from Harvard, Oxford,
and Massachusetts
Boston, she noted that
mindfulness and medita-

tion reduce stress, anxi-
ety, depression, OCD,
and ADHD, while improv-
ing concentration, sleep,
and emotional regulation.
Physical health benefits
include support for hyper-
tension, diabetes, and
joint health.

Dr Moodliar Rensburg
also spoke about her
book Annamma Vather
Moodley which explores
the Indian indentured
period and themes of
ancestral healing.
Through her writing,
teaching, and radio work,
she continues to honour
her heritage and her fam-
ily—her mother Premla
Vather and Deena
Moodliar—while inspiring
others to find peace, pur-
pose, and presence in
daily life. Her meditation
and mindfulness
moments series is cur-
rently being rolled out on
BHR and other radio
channels like maritime

Nagamalla Venkatesh Gupta Appointed as AAS-RAA Telangana State President for 2025-26

Hyderabad, October
:29, Metroudayam

AASRAA, a leading
national organization ded-
icated to consumer rights
protection and aware-
ness, has announced the
appointment of Shri
Nagamalla Venkatesh
Gupta as the Telangana
State President for the
year 2025-26. The official
state meeting was held at
the Gymkhana Club,
Jubilee Hills, Hyderabad,
where patrons and repre-
sentatives from various
districts of Telangana
convened to review
AASRAA's achievements,



ongoing initiatives, and
future expansion plans.
During the event, it was
proudly highlighted that
AASRAA has won 275
consumer cases,
resolved over 10,000
complaints through medi-

ation, and organized
more than 500 consumer
awareness camps across
the Telugu states.
Established eight years
ago, AASRAA has now
expanded its presence to
nine states across India,

with over 1,000 active
patrons committed to con-
sumer welfare.

Chief Patron Shri Habeeb
Sultan Ali Garu graced
the occasion and shared
his valuable insights and
training on the Consumer
Protection Act, 2019,
motivating members to
strengthen their efforts in
promoting consumer edu-
cation and justice.

Expressing his gratitude,
Shri Nagamalla
Venkatesh Gupta, the
newly appointed
Telangana State
President, said:

AMC chairman Banuka Shivaraj

Yadav, inspection IKP centres

Jangaon, October 30, Metroudayam:

Market Committee Chairman inspects IKP Centres at Jangaon Agricultural Market Yard Governments support to farmers Banuka Shivaraj Yadav, chairman of the Jangaon Agriculture Market Committee, asked the officials to inspect the IKP centres at the Jangaon Agricultural Market Yard and talk to the IKP managers to lift the weeds at the earliest. Similarly, he asked the farmers not to be dependent on the rain. We will stand by the farmers and asked the officials to ensure that the farmer does not face any problems. Jeevan Kumar special secretary, ADA Aparna, AEO Anil, supervisor Srinivas and IKP management, farmers participated



Don't anticipate Arshdeep Singh being part of playing 11 for 2nd T20I, feels Parthiv Patel

New Delhi: Former wicketkeeper-batter Parthiv Patel believes that pacer Arshdeep Singh, who missed out on the T20I series opener in Canberra, will remain out of the playing XI for the second T20I against Australia on Friday. Arshdeep was overlooked for the opening match as Harshit Rana was preferred, alongside pace spearhead Jasprit Bumrah and pace-bowling all-rounder Shivam Dube. The 26-year-old Punjab pacer was part of the ODI series and played in the first two matches before being dropped for the final ODI in Sydney. He only took three wickets across the two



games.

Regarding Arshdeep getting a chance to feature in the playing XI of the second T20I in Melbourne, Patel said on JioStar's 'Cricket

Live', "Based on the current strate-
gic direction and selection philoso-
phy of the Indian team manage-
ment, I genuinely don't anticipate
Arshdeep Singh being part of the
playing XI for the second T20
International in Melbourne."

"This perspective stems from the
clear preference for including two
wrist-spin bowling alternatives to
handle the crucial middle overs,
coupled with the essential require-
ment of having a competent bats-
man at the number eight position
who can contribute valuable runs
down the order – a role that
Harshit Rana appears designated
to fulfil according to the team's

current configuration. While the
team's think tank will undoubtedly
need to devise a method to inte-
grate Arshdeep into the line-up in
future matches, given his undeni-
able talent and skills, I simply don't
envision him breaking into the final
team combination for this specific
encounter in Melbourne," he
added.

The former cricketer also empha-
sised the key positives for India
ahead of the second match at the
Melbourne Cricket Ground. "There
were several encouraging signs
for India, starting with the opening
partnership between Abhishek
Sharma and Shubman Gill.

Although Abhishek fell early, his
aggressive approach demonstated
his commitment to his natural
game despite playing in Australia
for the first time. Captain
Suryakumar Yadav's time at the
crease will significantly boost his
confidence, as we witnessed his
trademark shots like the flicks and
scoops that define his vintage
form. Both, Shubman and Surya,
batting with healthy strike-rates,
were crucial for India, especially in
a rain-shortened nine-over con-
test. Their form heading into the
Melbourne match is a promising
development for the team," Patel
said.