



BSF jawans, Bengal cops in scuffle over seized cough syrup bottles, three injured

Kolkata: A clash occurred between personnel of the Border Security Force (BSF) and police in the Nadia district of West Bengal over the custody of seized Phensedyl (a banned cough syrup). The incident took place in the Chapra police station area of Krishnanagar police district around 9 p.m. Tuesday, the police said on Wednesday. At least three police personnel were injured in the clash between the central and state forces. After the situation was brought under control, the police arrested a BSF personnel on charges of involvement in the clash. However, no official statement has been received from the DIG of BSF, South Bengal Frontier or the Superintendent of Krishnanagar Police District regarding the incident.



According to police sources, some packets were being unloaded from a car on the Krishnanagar-Karimpur state highway near Seemanagar area of Chapra police station last evening. Local residents opened the packets and found that there

was a large quantity of banned cough syrup 'Phensedyl' in them. The locals immediately informed the Chapra police station regarding the matter. Officers from Chapra police station quickly reached the spot. They seized the banned cough syrups and took them in their

car. At the same time, BSF jawans of Seemanagar 32 Battalion arrived at the spot. The BSF wanted to take the seized banned cough syrups into their custody. But the police refused to hand them over, citing the rules. This led to an argument between the two parties. After this, a physical fight broke out between them. More police personnel and a BSF team reached the spot to control the situation. A police source said that three police personnel were injured in the clash. They were quickly rescued and taken to Chapra Hospital for treatment. Sources said that one of the three injured police personnel is seriously injured. After the clash, the police detained a BSF personnel. On receiving the information, high-ranking BSF officials

reached the spot. On the other hand, the Additional Superintendent of Police and DSP of Krishnanagar Police District also reached the spot. At the moment, discussions are going on between the two sides, sources said. BSF sources claimed that they had information through specific sources that banned cough syrups were being brought to the Chapra police station border in a vehicle. When they went to seize them, the state police stopped them. On the other hand, the police alleged that after seizing 'phensedyl' following the specified legal process, the BSF personnel wanted to take them into their custody. The fight started when they refused to hand them over for legal reasons.

Nara Lokesh congratulates Zohran Mamdani, calls his campaign masterclass in modern politics

Andhra Pradesh Human Resources Development, Information Technology and Electronics Minister Nara Lokesh has congratulated Zohran Mamdani on his election as Mayor of New York City. Lokesh, son of Chief Minister N. Chandrababu Naidu, said that Zohran Mamdani's campaign had been a masterclass in modern politics. The Telugu Desam Party (TDP) General Secretary took to 'X' to congratulate Zohran Mamdani on winning the New York City mayoral race. "As a young politician of Indian heritage, his campaign has been a masterclass in modern politics -sharp messaging, smart social media and authentic people connect. Politics evolves, and so must we. Lots of lessons for budding politicians across the world," wrote Lokesh. Democratic socialist Zohran Mamdani has been elected as the mayor of New York City, defeating former New York governor Andrew Cuomo. The 34-year-old became the first Muslim and first of Indian descent to hold the office. Born on October 18, 1991, in Kampala, Uganda, Mamdani is the son of Ugandan scholar Mahmood Mamdani and acclaimed Indian filmmaker Mira Nair. His early years took him from Uganda to South Africa and then to New York City, where he attended the Bank Street School for Children and Bronx High School of Science. He graduated from Bowdoin College in 2014 with a degree in Africana Studies, where he co-founded a Students for Justice in Palestine chapter. In his victory speech, Mamdani quoted India's first Prime Minister Jawaharlal Nehru to declare that with his win, the city has stepped out from the old into the new. Mamdani, who is also the youngest to hold the office of New York City mayor, also stated that his victory toppled a political dynasty. "Standing before you, I think of the words of Jawaharlal Nehru - a moment comes, but rarely in history, when we step out from the old to the new, when an age ends and when the soul of a nation long suppressed finds utterance. Tonight, we have stepped out from the old into the new," he said in his victory speech.



New Delhi: It is a testament to the boundless potential of the cooperatives, Union Home Minister and Minister of Cooperation, Amit Shah, congratulated daily giant Amul and Indian Farmers Fertiliser Cooperative Limited (IFFCO) for occupying the first two ranks among the top 10 cooperatives in the world. In a landmark achievement for India's cooperative sector, two of India's leading cooperatives, Amul and IFFCO, have secured the first and second ranks in the global ranking for cooperatives, respectively. Congratulations to Amul and IFFCO for occupying the first two ranks among the top ten cooperatives in the world". "It is an honour to the tireless dedication of millions of women associated with Amul and farmers contributing to the IFFCO. It is also a testament to the boundless potential of the cooperatives, which is being transformed into a global model of empowerment and self-reliance by Prime Minister Narendra Modi," HM Shah posted.

HM Amit Shah congratulates Amul, IFFCO for landmark achievement among world cooperatives



Meanwhile, the India's dairy sector is the backbone of rural livelihoods and a symbol of inclusive growth. As the largest milk producer in the world, India has combined farmer-led cooperatives, women's participation and scientific practices to achieve remarkable progress. Notably, while safeguarding existing gains, there is continued support to the sector through subsidies, credit facilities, R&D in fodder and animal health, among others, to ensure India's dairy sector remains

resilient, inclusive, and capable of meeting future domestic and international demand. Moreover, the National Co-operative Exports Limited (NCEL), set up by the Government in 2023, has achieved the impressive milestone of exporting Rs 5,403.01 crore worth of agricultural commodities, including rice, fresh red onion, sugar, baby food, processed food, spices and tea. Also, NCEL has been promoted by five leading co-operatives -- Indian Farmers Fertiliser Co-operative Limited (IFFCO), Krishak Bharati Co-operative Limited (KRIBHCO), National Agricultural Co-operative Marketing Federation of India Limited (NAFED), Gujarat Co-operative Milk Marketing Federation (GCMF-Amul) and the National Co-operative Development Corporation (NCDC).

Guru Nanak Dev Ji's teachings of 'Sarbat da Bhala' will always guide us: Rahul Gandhi

New Delhi: Leader of Opposition in the Lok Sabha, Rahul Gandhi, on Wednesday extended greetings on the occasion of Guru Nanak Jayanti, saying that his compassion, love, harmony, and teachings of 'Sarbat da Bhala (well-being of all)' will continue to guide humanity. Rahul Gandhi took to the social media platform 'X' and wrote, "Guru Nanak Dev Ji's compassion, love, harmony, and teachings of 'Sarbat da Bhala' will always guide us all. His ideals are a beacon of light for all humanity, inspiring us to follow the path of harmony and service. Many many congratulations to all of you on Guru Purnima." Congress leader Priyanka Gandhi Vadra also extended greetings, writing on 'X', "Heartiest greetings



on the occasion of the birth anniversary of Sri Guru Nanak Dev Ji, the founder of Sikhism. Guru Nanak Dev Ji showed the world the path of love, compas-

sion, service, peace, equality, and morality. His teachings remain a source of inspiration for all humanity."Guru Nanak Jayanti, also known as Gurupurab or Prakash

Utsav, marks the birth anniversary of Guru Nanak Dev, the first of the ten Sikh Gurus and the founder of the Sikh faith. Celebrated every year on Kartik Purnima, it usually falls in the months of October or November. The festival is among the most sacred occasions in Sikhism, celebrated with great devotion and enthusiasm by devotees across India and around the world.

This year, Guru Nanak Jayanti is being celebrated on Wednesday, marking the 556th birth anniversary of the revered Guru. The day not only commemorates his birth but also spreads his timeless messages of honesty, equality, selfless service, and faith in one God. Guru Nanak Dev Ji was born in Talwandi, Punjab

(now Nankana Sahib in Pakistan). From an early age, he displayed deep spiritual inclination and compassion for all beings. At the age of 30, he experienced a divine revelation, after which he devoted his life to spreading the message of universal brotherhood, equality, and devotion to the Supreme One. Rejecting caste divisions and social hierarchies, Guru Nanak emphasised truth, righteous living, and seva (selfless service). His teachings, enshrined in the Guru Granth Sahib, continue to inspire millions worldwide. Guru Nanak Jayanti is a public holiday in Punjab, Haryana, Delhi, Uttar Pradesh, Uttarakhand, Madhya Pradesh, Gujarat, Maharashtra, Jharkhand, West Bengal, and several other states.

A Simple Health Guide for Gen Z & Millennials

You are still young, and that is exactly why now is the perfect time to start taking care of your health. The habits you build in your teens, 20s, and beyond lay the foundation for how you will feel both physically and mentally and later on. Think of it as an investment in your future self: strong, focused, and full of energy.

Eat Smart -You Are What You Eat

What you eat shapes your energy, focus, and mood. Fuel your body with whole foods, colorful fruits and veggies, lean proteins, healthy fats, and whole grains. Limit processed snacks and sugary drinks- they might give quick energy but cause crashes later.

Do not skip meals — especially breakfast — and listen to your body's hunger cues. If you are busy, prep simple meals or keep healthy snacks like nuts or yogurt handy. Balance is key. Eat well most of the time, and enjoy your favorite treats guilt-free.

Hydrate Like You Mean It

Water keeps your brain sharp, your skin clear, and your body functioning smoothly. Aim for about 2 liters (8 glasses) a day. If plain water feels boring, add lemon, cucumber, mint, or fruit for flavor. Hydration is one of the easiest ways to boost energy and focus.

Get That Sunlight (Safely)

A few minutes of sunlight can do wonders for your body and mind. Sunlight helps your body make vitamin D, which supports your immune system, bones, and mood. Try to get 10-20 minutes of natural light a few times a week but do not forget your SPF 30+ sunscreen.

Move Your Body

Exercise isn't about perfection — it's about feeling good. Movement releases serotonin and endorphins, your body's natural feel-good chemicals. Find what you love- walking, dancing,

Still Young — Start Now

cycling, yoga, pilates, jogging, swimming, exercise classes, Zumba, tennis, badminton, golf- and make it part of your routine. Aim for 30 minutes of movement most days and include some strength training to keep muscles and bones strong. Consistency matters more than intensity.

Vitamins & Supplements — Small Boosts That Count

Even with a balanced diet, sometimes your body needs a little extra help. Vitamins and supplements can fill nutritional gaps and support overall wellbeing:

- Vitamin D: Supports bones, immunity, and mood.
- Vitamin B12: Supports energy and brain health- important for vegetarians and vegans.
- Iron: Helps prevent fatigue, especially for women or those with low red meat intake.
- Omega-3s: Supports heart and brain function.
- Magnesium: Aids muscle recovery, relaxation, and better sleep.

Always check with a healthcare provider before starting any supplement- everyone's needs are different.

For the Tech-Savvy: Track Your Health Like a Pro

Use technology to your advantage:

- Apple Health / Google Fit/Pedometer : Track steps, workouts, sleep, and heart rate.
- Fitbit or Garmin: Monitor daily activity and long-term progress.
- MyFitnessPal: Log meals and track nutrition.

- Headspace or Calm: Manage stress and improve focus. Try to hit 8,000-10,000 steps daily. Walking boosts circulation, clears your mind, and helps manage stress - even short strolls add up.

Family Health Matters

If your family has a history of diabetes, hypertension, or heart disease, take that as motivation — not fear. Genetics may increase your risk, but lifestyle choices have a powerful influence. Eating a balanced diet, staying active, keeping a healthy weight, and getting regular health check-ups can greatly reduce your risk. Remember, prevention is always better than cure.

Stress, Mind & Body Connection Stress does not just live in your mind — it shows up in your body too. Tight shoulders, headaches, fatigue, or an upset stomach are signs your mind is overloaded. The mind and body are deeply connected: when your thoughts and emotions are tense, your body reacts.

The good news is that this link works both ways. Moving your body, getting enough sleep, and practicing mindfulness can calm your mind and lower stress hormones like cortisol. Try deep breathing, meditation, journaling, and hobbies that bring joy. Aim for 7-8 hours of sleep each night to help your body recover and your mind recharge.

Eye Health & Regular Check-Ups

Screens are part of life, but your eyes deserve care. Use the 20-20-20 rule — every 20 minutes, look 20 feet away for 20 seconds. Adjust screen brightness, blink often, and rest your eyes regularly.

It is also important to get your eyes tested:

- Every 2 years if you do not wear glasses or contacts.
- Every year if you wear corrective lenses, have diabetes, high blood pressure, or a family history of eye disease.

Regular eye tests catch problems early — often before you notice them. While you're at it, schedule routine health check-ups too.

Importance of taking care of your health

Taking care of your health does not mean perfection- it means consistency. Small, steady habits like walking daily, eating well, staying hydrated, and managing stress build long-term wellness.

Your body is the one thing you'll always carry through life. Treat it well, and it will reward you with energy, confidence, and peace of mind. Truly, your health is your wealth — and starting early is the smartest move you'll ever make.

Health Checklist for Gen Z & Millennials

- Nutrition & Hydration
 - Eat balanced meals with fruits, vegetables, whole grains, lean protein, and healthy fats
 - Limit processed foods, added sugar, and excess salt
 - Drink 2 liters (8 glasses) of water daily
- Consider vitamins or supplements if needed (Vitamin D, B12, Iron, Omega-3, Magnesium)
- Movement & Exercise
 - Aim for 30 minutes of physical activity most days (walking, cycling, yoga, swimming, dancing)
 - Include strength training twice times per week
 - Track steps — 8,000-10,000 steps daily is a good goal
- Sunlight & Vitamin D
 - Get 10-20 minutes of sunlight



several times per week

- Wear SPF 30+ sunscreen to protect your skin

Mind-Body Health & Stress Management

- Practice mindfulness, meditation, journaling, or deep breathing

- Take screen breaks and unplug from devices regularly

- Prioritize 7-8 hours of sleep nightly

- Include hobbies or activities that bring joy and relaxation

Eye Care

- Follow the 20-20-20 rule during screen time (look 20 feet away every 20 minutes for 20 seconds)

- Eye exams every 2 years if you have normal vision

- Eye exams every year if you wear corrective lenses, have diabetes, high blood pressure, or a family history of eye disease

Health Monitoring & Family Risk

- Know your family history of diabetes, hypertension, heart disease, or other conditions

- Schedule routine health check-ups and screenings

- Maintain a healthy weight and waist size

General Wellbeing

- Stretch daily and support good posture

- Stay socially connected and nurture relationships

- Listen to your body — rest when needed and seek medical advice for persistent symptoms

—Dr.Seshni Moodliar
Rensburg,
Psychiatrist

Tungaturthi Ravi campaigned with Minister Jupally in the Jubilee Hills by-election campaign...



Medipally November 5 (Metro udayam)

Congress leaders are conducting a vigorous campaign for the victory of Congress party candidate Naveen Kumar Yadav in the Jubilee Hills by-election. State Minister Jupally Krishna Rao and Peerzadiguda Municipal Corporation President Tungaturthi Ravi participated as part of this campaign. Addressing the people, Minister Jupally explained the policies and welfare programs of the Congress party.

During this campaign, Ghatkesar Mandal Congress Party President Karre Rajesh went to various areas of Jubilee Hills constituency and conducted a campaign. He met the people and urged them to make Congress candidate Naveen Kumar Yadav win.

Peerzadiguda Congress Party leaders Sharath Goud, Pathan, Sudhakar, local Congress leaders and activists participated in this program.

Matchpoint Academy excels in Under-13 Andhra Pradesh State Badminton Tournament

Hyderabad, November:5, Metroudayam

Hyderabad: Adhika Krishika Reddy qualified for the main draw in the girls singles category of the Under-13 Andhra Pradesh State Badminton Tournament with an excellent performance. In the final match, she defeated Ujjwala Rani from Visakhapatnam district with a score of 30-12 and secured a place in the main draw. Similarly, in the boys singles category, seven-year-old Adhika Dhruvansh Reddy showed excellent performance and fought with a score of 30-27 in the third round, but lost the main draw opportunity within a short time. It is noteworthy that both of them are siblings. They started training at the Matchpoint Academy at the young age of four and are receiving praise from everyone for their disciplined playing style. Seeing Dhruvansh's interest and dedication towards the game, head coach Venu Muppala is



training him with special attention.

Dhruvansh Reddy is moving forward, impressing everyone with his playing skills step by step. Parents Manjunath Reddy and Pragna, recognizing their children's interest in badminton, take them to Matchpoint Academy

every morning and evening to achieve a balance between education and sports. Speaking on the occasion, they said that Matchpoint Academy has contributed a lot to increasing discipline, perseverance and sportsmanship in the children. We are very happy to see

the personal attention of Coach Venu Muppala and the training he gives by understanding the feelings of the children. We believe that the children's sporting journey will continue and achieve better results at the state and national levels.

Later, Matchpoint Founder Chairman Venu Muppala said, I sincerely bless Dhruvansh to play brilliantly and win a gold medal in the upcoming AP State Under-11 Tournament.

Currently, 200 children are undergoing training in badminton at Matchpoint Academy, and experienced NIS certified coaches are providing training at a low fee in the morning and evening. Our academy, which is providing good response from the people of Alkapur and Manikonda areas. Our aim is to provide good players to the country with a non-profit service attitude, said Venu Muppala.

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अलग अलग क्षेत्र के कामकाज बेहतरीन चलते रहे इसके लिए उस क्षेत्र में अच्छा खासा अनुभव रखने वाले जानियों को ही वजीर (मंत्री) बनाकर पहिले शासन चलाया जाता था। ... (शकील उवावा -१२३)



(संरक्षक) बनाकर भेजा तो उन्हें वजीरों (मंत्रियों) का चयन कैसे करना चाहिए, किस किस को मंत्री बनाना चाहिए और किसको मंत्री बनाने से बचना चाहिए इस बात का मार्गदर्शन बेहतरीन तरीके से किए हैं।

इमाम अली इब्न अबू तालिब अलैहिस्सलाम फरमाते हैं के, "(ऐ मालिक!) तुम्हारे लिए सबसे बदतर वजीर (मंत्री) वह होगा जो तुम में से पहले बद किरदार (चरित्रहीन) का मंत्री और गुनाहों में उनका शरीक (संलग्न) रह चुका है। इस किस्म के लोगों को तुम्हारे मुखसूसीन (विशिष्ट जनों) में से नहीं होना चाहिए क्योंकि वह (चरित्रहीन लोग) गुनहगारों (अपराधियों) के मुआविन (सहयोगी) और जालिमों के साथी (अत्याचारियों के सहयोगी) होते हैं।" (अब्बास बुक एजेन्सी, लखनऊ द्वारा प्रकाशित हिंदी पुस्तक नहजुल बलागह, पत्र क्रमांक 53, पुष्ट क्रमांक 648)।

जब बद किरदार (चरित्रहीन) और गुनहगार (अपराधी) लोग सत्ता के महत्वपूर्ण पद को पा लेते हैं तो देश के विकास के बजाय खुद का स्वार्थ ही उनके लिए महत्व हो जाता है। लोकतांत्रिक प्रक्रियाओं के आचरण में सबसे बड़ी बाधा का विषय अपराधिक प्रवृत्ति के चरित्रहीन लोगों का ही होता है। अपराधिक लोगों को पद देने के बजाय धार्मिकता एवं नैतिकता के दृष्टिकोण से ज्ञानी और सच्चरित्र वाले लोगों को पद देने से देश विकास होगा।

इमाम अली इब्न अबू तालिब अलैहिस्सलाम ने फरमाया है के, "(ऐ मालिक!) उन (चरित्रहीनों के सहयोगी रह चुके लोगों) की जगह तुम्हें ऐसे लोग मिल सकते हैं जो तदवीर व राय (उपाय एवं सलाह) और कारकदर्गी के एतबार (कर्तव्य के दृष्टि) से उनके मिस्ल (उन जैसे) होंगे मगर उनकी तरह गुनाहों की गराबारियों (बोझ तले) में दबे हुए ना होंगे। (अब्बास बुक एजेन्सी, लखनऊ द्वारा प्रकाशित हिंदी पुस्तक नहजुल बलागह, पत्र क्रमांक 53, पुष्ट क्रमांक 648)।

पैगंबर साहब मोहम्मद (स्व.) पहिले उत्तराधिकारी इमाम अली इब्न अबू तालिब अलैहिस्सलाम ने जब मालिक इब्न हारिसे अशतर (र.) को मिस्र (इजिप्ट) का वाली

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

Bihar, the region known historically as Magadha, Anga and Mithila has over the years evolved and transformed itself into a developing state, which makes for a laudable development. In keeping with its rising status, this month's Assembly elections in the State has become a prestigious issue for several key players, especially to all political contenders in the fray as also the stakeholders and the people across the national firmament. A unique feature of Bihar is that the more you try to understand the entire gamut of its politics, the more likely that it slips away like sand through your fingers. Not surprisingly, the upcoming elections are generating significant interest across the country, more so because the eventual outcome will have a significant bearing on national politics. As things stand, the electoral dynamics of one of the largest states in India that are characterised by complex caste equations and high-stake battles make it a closely watched event. What I gathered from television channels and podcasts is that people at the nukkads, tea stalls and village court yards, with their spirited

conversations show that they keep track of the State's politics, and display their preferred ideas or parties. This shows that they are politically mature. The characteristic of every Bihari is that the individual nurtures a revolutionary temperament and speaks with a fearless mind. Lest one forgets, this is the land of Gautama Buddha, Vardhamana Mahavira- the last Jain Tirthankara, and Chanakya. It is this very land that was once ruled by the Great Mauryan Empire, which unified a large part of the Indian sub-continent. The Gupta Empire, often referred to as 'India's Golden Era', for its advancements in art, science and philosophy flourished in this region with Pataliputra (the present day Patna) as their capital. Odantapuri and Telhara, which figures prominently in the travel accounts of Chinese traveller HiuenTsang, and Mithila University, which were major centres of learning with a global reputation. They once symbolized the grandeur of ancient Indian Civilization. Overtime, Bihar gradually lost its lustre and its rich heritage, glorious past and pioneering intellectual tra-

ditions. It has been observed that people from Bihar often hesitate to identify themselves as Biharis due to the negative connotations associated with the term. Historically, the word "Bihari" has evolved from a neutral geographical identifier to a derogatory label, symbolizing backwardness, poverty and lack of sophistication. It is such extremes that films and even the media often portray Biharis in a negative light, reinforcing stereotypes and stigma, of late, there is a growing movement to reclaim the term "Bihari" and challenge these negative perceptions. Many people from Bihar proudly declare their roots, using phrases like "Bihari hoon, garv hai" (I am a Bihari, and I am proud of it) to promote a positive identity to counter stereotypes. One should not forget that Biharis are well represented in civil services, engineering and medical fields due to several factors. The State has a rich tradition of prioritising education with many students excelling in competitive exams at all India level.

Time is Like a River

Time is like a river that flows continuously, never stopping or reversing its course. Just as we touch the flowing water of a river only once, and its impossible to touch the same water again, similarly, time passes and never comes back. The moment we experience is gone forever, and we cant relive it.

The Significance of Time: Understanding the significance of time is crucial. We often realize the importance of time when its too late. Time is a resource that cant be stored or saved. It keeps flowing, and we must adapt to its pace. The value of time lies in making the most of every moment, using it wisely to achieve our goals and pursue our passions.

The Importance of Time in Life: Time plays a vital role in our lives. As time passes, our age increases, and opportunities diminish. Therefore, its essential to utilize time effectively. We should prioritize our goals, focus on whats truly important, and make the most of every moment. By doing so, we can lead a fulfilling and meaningful life.

Enjoying Time: Enjoying time means living in the present. We should cherish every moment, spend quality time with loved ones, and pursue our interests. By appreciating the beauty of time, we can



find happiness and contentment. Time is a precious gift, and its up to us to make the most of it. Conclusion: In conclusion, time is like a river that flows relentlessly, never to return. We should make the most of every moment, using time wisely to achieve our goals and pursue our passions. By appreciating the value of time, we can lead a fulfilling and meaningful life. Lets seize the day, cherish every moment, and make the most of the time we have.

Final Thought...As the saying goes Time and tide wait for none Lets not let time slip away; instead, lets make the most of it. By being mindful of time and utilizing it effectively, we can create a life of purpose, happiness, and fulfillment.

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



Bihar-The seat of ancient Indian civilisation

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TELL WHO YOUR FRIEND I TELL WHAT YOU ARE!

Quite interesting. giving a statement. Estimating one person, When his friend is known. It is not too difficult.



Is it possible some say? Nothing to feel doubtful. You got a bosom friend. Observed some wrong track. Then pick up one of his close friends.

If needful move closely with him. Spend as much time as possible. Naturally he takes you to his heart. Reveals one by one of his habits. The entire process may take six months.

You get the clear picture. How he polluted the mind of your bosom friend. Slowly detach your friend from wrong track. In fact this is the real way to save future of your friend.

I wish now you believe, that it is not herculous task to assess our friends, once studied the character of their best friends.

Composed by: B. Satyanarayana Rao,
Retd. Iobian. Vijayawada.

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HER LAST CHAT WITH HIM.

Hello,how are you
What?
No,no
I havent forgotten you

Daily in my bath
The marks
On my body
Bring you
To my mind.

Those man made moles
In our Goa trip
Are beauty spots
On my face.
On my left chest
They are not like
The bigger one
Inside.

What?Yes
I live alone
She is in a hostel
We are very happy now.

What?No
Not for my freedom
But for her safety
From you

What?OK
You doubt
Doubting,linking
Is your nature!
Doubted me
Linked me
To many affairs!

What?Behind me?
Yes it is my dress

I wore last time
On that darkest night
With you
It hangs there as
A sign of bad times!

What?No new ones
This is a gilt one
You took away all
Even rings,ear studs
The same ones
Your colleague wore
I saw her in a mall!

What?OK
I have called now
To tell you
My mom too
Passed away
Last month.

What?Yes
She remembered you
Last time
Told me
Never forgive you.



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Ram Charan's Peddi First Song 'Chikiri.. Chikiri' to Release on November 7:

AR Rahman Musical



The much-awaited Telugu movie Peddi, starring Ram Charan, is creating huge buzz in Tollywood. Directed by Buchi Babu Sana, the film's shooting is moving fast, and the team has now shared an exciting update. 'Chikiri.. Chikiri' First Single Announced The makers have confirmed that 'Chikiri.. Chikiri' will be the first song from Peddi. For the past few days, the word "Chikiri" has been trending on social media, and fans are now eagerly waiting for the song. AR Rahman's Music, Mohit Chauhan's Voice The song 'Chikiri.. Chikiri' is composed by AR Rahman and sung by Mohit Chauhan. Johnny Master has choreographed the song, and the promo shows Ram Charan's stylish dance steps in a rural setup. The full song will release on November 7, 2025. Peddi stars Janhvi Kapoor as Acchiyamma. Shiva Rajkumar, Jagapathi Babu, and others play key roles. The movie is produced by Venkata Satish Kilari under Vridhhi Cinemas, with Mythri Movie Makers and Sukumar Writings presenting it. Ratnavelu is the cinematographer. The movie is made with a budget of around ₹200 crore. Release Date The film will release worldwide on 27 March 2026, marking Ram Charan's birthday.

Nuveksha spices up in stunning saree look

Actress Nuveksha, who was last seen in Roti Kapda Romance alongside Harsha Narra, hasn't yet scored a major hit. While the film didn't make much noise at the box office, her latest photos have certainly turned heads and sparked fresh interest in her career. In the pictures, Nuveksha looks effortlessly graceful in a black saree adorned with delicate golden sequin stripes, paired with a sleeveless blouse. She accessorised minimally with gold bangles and dangly earrings, completing the look with loose hair and a tiny bindi. The overall vibe—soft yet confident—has left fans praising her poise and beauty. Social media is abuzz with comments suggesting that Nuveksha deserves more attention and bigger opportunities. Many believe she has the charm and screen presence to carry a film on her own if given the right role. Though 2025 hasn't seen any releases from her, it might just be the calm before the storm. With talent, elegance, and growing popularity on her side, industry watchers feel 2026 could be Nuveksha's breakthrough year—the one where she finally claims her place in the spotlight.



Harmanpreet Kaur Leads India to Glory: A Powerful Answer to Years of Underrating Women's Cricket

It was a different sort of Monday morning for us in Navi Mumbai. Brighter and prouder. The same Indian women's cricket team that we have been judging, criticising and shaming for years, was now being cheered on from the rooftops all over India. Harmanpreet Kaur Team India had taken on South Africa Team India women's win the 2025 Women's ODI World Cup.

"Tumne kya kar liya? Kabhi kuch jeeta hai? Tum ladkiyan kya kar sakti ho? Ladkiyan cricket khel sakti hain kya?" ("What have you even achieved? Have you ever won anything?

What can women do? Can girls even play cricket?") Harmanpreet Kaur statement The Times of India. This was just some of the outrageous taunts and rejections that they had to take back eight years ago. It's no wonder this 2025 India women's cricket victory is devoted not only to Harmanpreet, Smriti Mandhana, Shafali Verma, Jemimah Rodrigues and the rest of the team, but also to every other woman who has worn that Indian jersey, indeed before the world was ready to believe they were good enough.

"I'm overwhelmed and emotional. I could n't stop



my gashes," Raut said. "This is our answer. When I started playing justice, some boys used to bully me. I told them I can play justice, but they would laugh and say girls will

noway be suitable to play justice. I was so youthful at that time, and it pained me so much. I could n't have replied back to them in that way. But now, this is the answer."

Vijay Sethupathi's son Surya debuts as hero in 'Phoenix'; Telugu release set for Nov 7

Phoenix, the action-packed entertainer that marks the debut of Surya Sethupathi, son of Makkal Selvan Vijay Sethupathi, is all set to release in Telugu on November 7. Directed by ace stunt master Anal Arasu and produced by Rajalakshmi Arasu under AK Braveman Pictures, the film has already turned into a blockbuster in Tamil. A grand pre-release event was held ahead of its Telugu release, graced by Vijay Sethupathi, Varalaxmi Sarathkumar, Gopichand Malineni, and the film's team. Speaking at the event, Vijay



Sethupathi shared his pride in his son's debut, saying, "Surya has always loved mass action films. Doing such a movie was his dream, and I'm glad he achieved it through Anal Arasu sir's direction." He also thanked lyricist Bhashyasri for the

Telugu dialogues and humorously promised to speak fluent Telugu soon. Director Gopichand Malineni praised the film's action choreography and said, "Phoenix has both emotion and adrenaline. It will surely connect with audiences across languages." Actress Varalaxmi Sarathkumar expressed her excitement, calling herself a fan of Vijay Sethupathi and wishing Surya success. Director Anal Arasu and producer Rajalakshmi Arasu thanked the team and audience for their support, expressing confidence that Phoenix would repeat its Tamil success in Telugu theaters on November 7.

Watson hails Gill as 'ridiculously talented' batter ahead of Gold Coast T20I

Former batting great Shane Watson has praised India opener Shubman Gill for maintaining consistency in his batting and stated it won't take him long to adapt across different formats. He described the opener as a 'ridiculously talented' batter with amazing technique. While Gill remains a key figure across formats, his T20I performances since returning to the format in September 2025 reveal a worrying trend, as he has scored just 170 runs in ten innings at an average of 24.14 and a strike rate of 148.24.

In the ongoing Australia tour, he is struggling, having scored 37 not out, 5, and 15 in the first three games of the five-match series. Speaking to reporters here on Wednesday, Watson reflected on how challenging it is for a modern team batter to



go through the phase of frequently changing formats and said, "It definitely is a challenge and the more you do it, the better you get at really understanding the little adjustments that you have to make to your technique, to your game plan, your mind-set around each format to be able to

then get into the best version of you every time you have to make that adjustment."

The fourth T20I will be a historic game, as it will be the first time India and Australia play at the Carrara Oval (formerly known as the People's First Stadium) in Gold Coast. Watson expressed excitement about this stadium hosting a major event and said, "It's an amazing opportunity for the Gold Coast to be able to show off its incredible natural beauty. For the Indian team to be able to come here, for the Gold Coast to be able to get a game of this calibre, is something very special to the Gold Coast community. So I'm sure the players and the Indian fans who have made their way here will certainly enjoy the tournament."

K L Rahul wishes a happy birthday to his 'best friend, wifey & lover' Athiya Shetty

Mumbai: Indian cricketer K L Rahul wishes a happy birthday to his 'best friend, wifey and lover' Athiya Shetty as she turned 33 years old on Wednesday. Rahul also posted a love-filled photo of the two on social media, embracing in a warm hug. This was followed by a mirror selfie of Athiya and Rahul during a shopping spree. Rahul also dropped a snap of Athiya making a V sign with her fingers, while he stood beside her. Wishing his better half on her special day, Rahul penned a lovely birthday note that read, "Happy birthday to my best friend, wifey, lover, stress ball, goofball (two hearts emoji) I love

you more each passing year (red heart and hug emoji) @athiyashetty (sic)." For those who do not know, Athiya and Rahul got into a relationship back in 2019. After dating for some time, the lovebirds finally tied the knot on January 23, 2023, at Athiya's father Suniel Shetty's farmhouse in Khandala.

Athiya and Rahul welcomed their firstborn, a baby girl, on 24 March 2025. The couple has named their daughter Evaarah.

Suniel Shetty also wished his daughter with a sweet social media post. The 'Dhadkan' actor took to his Insta and posted a still of the father and daughter

duo posing together in a cafe. Suniel's birthday wish for Athiya read, "Wishing my (Beating heart emoji) heart in a human form, a beautiful soul ... a beautiful day ... happy birthday my baby ... keep shining, keep believing, keep being you (sic)." Athiya's brother, Ahan Shetty, called her his "biggest supporter, protector, and best friend" as he wished her on her special day. The 'Border 2' actor took to his Instagram and shared a pic with Athiya as the two twinned in earthy tones. Ahan wrote, "Happy Birthday to the one who's been my biggest supporter, protector, and best friend. You've stood by me, believed in



me, and fought for me in ways I can't even explain. Happy birth-