



45 pilgrims from Hyderabad killed in Saudi bus tragedy: Police Commissioner

Hyderabad: As many as 45 Umrah pilgrims from Hyderabad died when a bus carrying them caught fire after a collision with an oil tanker near Madina in Saudi Arabia.

Hyderabad Police Commissioner V.C. Sajjanar told media persons that, as per the information received, one pilgrim, Mohammed Abdul Shoaib, survived and was undergoing treatment at a hospital.

He said a group of 54 pilgrims from Hyderabad had left for Jeddah on November 9 and were scheduled to return on November 23.

After performing 'Umrah' (mini pilgrimage) in Mecca, the pilgrims left for Medina on Sunday night. When the bus was about 25 km away



from Medina, it caught fire after colliding with an oil tanker. "Four pilgrims had stayed back in Mecca while four others left for Medina in a car. The bus was carrying 46 pilgrims," he said. The victims include 17 males, 18 females and 10 children. Most of the pilgrims were from Asif Nagar, Jhirra,

Mehdipatnam and Toli Chowki areas of Hyderabad. Minister for minority welfare Mohammed Azharuddin said, as per the information received, 47-48 people died in the accident. He said a control room has been opened at Haj House to provide information to families of the victims.

The minister said the government would make arrangements to send at least one person from every family of the deceased. The government will arrange passports if those who want to travel do not have passports. Azharuddin said the bodies were charred beyond recognition. A DNA test is also likely to be conducted to identify the victims.

He said he spoke to the Indian Counsel General, who told him arrangements would be made for the burial of the victims in Saudi Arabia. He said that usually, pilgrims who die in Saudi Arabia are buried there. He said Chief Minister Revanth Reddy has directed them to provide all possible assistance to the families of victims.

EAM Jaishankar express shock over Saudi bus crash, says Indian embassy assisting victims



Union External Affairs Minister S. Jaishankar expressed his deep shock over the Saudi Arabia bus accident, which affected Indian citizens. He stated that the Indian Embassy in Riyadh and the Consulate in Jeddah are providing full assistance to the families of those impacted. He also offered his heartfelt condolences to the deceased's families and prayed for the swift recovery of the injured.

The incident happened around 1:30 am local time on Monday, as the pilgrims were returning to Medina after visiting Mecca. The collision caused a fire to break out in the bus, which quickly spread, trapping all passengers who were asleep at the time. Reports indicate that 42 people, including 20 women and 11 children, were burnt alive. Most of the victims are believed to be residents of Hyderabad.

Sheikh Hasina Sentenced to Death for 2024 Student Protest Crackdown, Calls Verdict Politically Motivated



Bangladesh has been thrust into political turmoil once again after a special tribunal sentenced ousted Prime Minister Sheikh Hasina and former home minister Asaduzzaman Khan to death for alleged crimes against humanity linked to the 2024 student-led uprising. The protests, which swept the country between July and August 2024, resulted in the deaths of around 1,400 people. The verdict was delivered by a three-member tribunal led by Justice Md. Golam Mortuza Mozumder, which read out a summary of the 453-page judgment in the absence of both Hasina and Khan. According to the court, the leaders orchestrated and authorised a brutal crackdown on unarmed students demanding reforms and accountability. Hasina Denounces Verdict as "Rigged" and "Politically Motivated" Speaking from abroad, the 78-year-old former prime minister condemned the ruling as illegitimate and biased. Hasina had defied court orders to return from India to attend the trial, insisting that the proceedings lacked transparency and due process. "The verdicts announced against me have been made by a rigged tribunal established and presided over by an unelected government with no democratic mandate," she said in her statement. "They are biased and politically motivated."

Hasina further alleged that the interim government aimed to "remove Bangladesh's last elected prime minister and nullify the Awami League as a political force." Tribunal Findings: "Atrocities Orchestrated at the Highest Level" According to reports cited by Dhaka Tribune, the tribunal concluded that Hasina, former home minister Asaduzzaman Khan, and former IGP Chowdhury Abdullah Al-Mamun were directly responsible for enabling and executing the violent suppression of student protesters. Hasina was found guilty of ordering security forces to use lethal force, approving operations that resulted in mass casualties, and making inflammatory statements that escalated tensions.

Security Tightened Nationwide

Ahead of the historic verdict, Bangladesh's interim government deployed paramilitary border guards and police across major cities, including Dhaka, to prevent unrest. The heightened security underscores the gravity of the trial and the politically charged atmosphere enveloping the country. As Bangladesh braces for the fallout, international observers and rights organisations are expected to closely monitor the situation, especially as Hasina's legal team prepares to challenge the ruling.

Saudi bus crash: One escapes death in the tragic accident

A devastating road accident near Medina, Saudi Arabia, has claimed the lives of 45 Indian pilgrims from Hyderabad. The tragedy unfolded when a diesel tanker collided with a bus transporting the pilgrims from Mecca to Medina. The bus, which was carrying 46 people, caught fire following the impact, leading to the catastrophic loss of life. In a heart-breaking twist, only one survivor has been reported: 24-year-old Mohammed Abdul Shoaib, who escaped the inferno by sitting next to the driver. Currently receiving treatment at a local hospital, details regarding Shoaib's health condition have yet to be fully disclosed. Tragically, it appears that Shoaib's entire family perished in the accident.



Supreme Court seeks Centre's response on PIL against rising airfares, reduced baggage limit

New Delhi: The Supreme Court on Monday issued notice on a public interest litigation (PIL) challenging "opaque, exploitative and algorithm-driven" pricing practices in India's civil aviation sector, and questioning the reduction in complimentary check-in baggage limits for passengers.

A Bench of Justices Vikram Nath and Sandeep Mehta sought responses from the Centre, the Directorate General of Civil Aviation (DGCA), and the Airports Economic Regulatory Authority of India (AERA) within four weeks, after hearing the plea filed by social activist S. Laxminarayanan.

Senior advocate Ravindra Srivastava, appearing for the petitioner along with AoR Charu Mathur and advocate Abhinav Verma, submitted that air travel, recognised as an essential service under the Essential Services Maintenance Act, has become increasingly unaffordable due to

"unregulated, unpredictable and exploitative" fare mechanisms.

The PIL argued that sudden fare spikes driven by opaque algorithms, last-minute surcharges, and the unilateral reduction of free check-in baggage allowances from 25 kg to 15 kg disproportionately affect passengers with urgent medical, educational, or work-related travel needs.

It said that "airfare can double or even triple within hours due to opaque, algorithm-driven dynamic pricing mechanisms adopted by airlines," disproportionately affecting those who cannot plan in advance, including patients, students, and migrant workers.

The plea highlighted instances where fares rose "four to six times within hours" during crises such as the Pahalagam terror incident and peak events like Maha Kumbh.

Terming such hikes "arbitrary, unconscionable and violative of Article 21", it contended that leaving



prices entirely to market forces is incompatible with the constitutional guarantee of life with dignity. "When citizens are compelled to travel by air due to emergencies, allowing such exploitative pricing is a direct assault on the right to life," the petition stated.

The PIL also challenged the steep cut in complimentary baggage allowance. It argued that airlines "have reduced the free check-in baggage from 25 kg to 15 kg without justification, a reduction of 10 kg or 40 per cent of the erstwhile entitlement, thereby converting what was earlier part of the ticketed service into a new revenue stream," forcing passen-

gers to pay up to Rs 6,000 extra for the lost 10 kg at current excess-baggage rates.

"No (DGCA or AERA) authority has the power to review or cap airfares or ancillary fees," the plea noted, adding that the non-binding DGCA Passenger Charter offers "no enforceable protection" to consumers.

Referring to the Rajya Sabha Standing Committee's March 2025 report, the petitioner has urged the apex court to direct the Centre to create an independent aviation tariff regulator with quasi-judicial powers to oversee fare structures, monitor compliance, adjudicate grievances, and impose penalties.

Kudiram Memorial Compass Trusts Services Are Remarkable: Union Minister Kishan Reddy

Hyderabad, Metro Udayam, November 17 — The services provided by the Kudiram Memorial Compass Trust in spreading awareness about diabetes prevention and control are truly commendable, said Union Minister Kishan Reddy. As part of World Diabetes Day, a Free Mega Diabetic Health and Obesity Screening Camp was organized under the leadership of Dr. Dileep Kumar Kandar of Kudiram Memorial Diabetic Compass Trust and Kandar Diabetes Center, with the support of the Tarnaka Welfare Association. Union Minister Kishan Reddy, who attended as the chief guest, stated that today's long-term diseases are largely due to changes in lifestyle and food habits. Before this, BJP State President N. Ramchander Rao, City Deputy Mayor Srilatha Shobhan Reddy, former Mayor Banda Karthik Reddy, and contested MLA Mekala Sarangapani, participated in the free medical camp. They congratulated Dr. Dileep Kumar and said such initiatives greatly benefit the poor. Dr. Dileep Kumar Kandar said that for the past 15 years they have been conducting free health



camp not only in rural areas but also in urban regions. On this single day, around 800 people received services, and essential medicines were distributed free of cost to those in need. Comprehensive services offered at the camp included diabetes and obesity screening, medical consultations, lifestyle and dietary guidance, and mental stress management support. He emphasized that their aim is to provide awareness on health, mental well-being, and social aspects to patients. He added that with dedication to social

service, a free camp is conducted every month across Telangana, providing screening and health education to people continuously. This effort has enabled even rural populations to receive proper diabetes care. Dr. Dileep stressed that diabetes management should not be limited to controlling blood sugar levels alone; physical, mental, and emotional factors must also be considered for holistic patient care. The team is committed to spreading awareness, preventive measures, and lifestyle changes among the public.



The event was attended by Tarnaka Welfare Association President Dr. Mohan Rao, RSSI Telangana Director Dr. Uday Lal, Monalisa, Badhuri, Ram Mohan Reddy, Shobhakar Rao, Prof. Kona Avarna, Prof. Mohammad Riaz, Dr. Shivadhar, Dr. Kiran Banda, Dr. Suresh Kumar, Dr. Varaprasad, Dr. Vamsi Krishna, Dr. Krishnarao, Jasmanth Patel, BJP leaders Pochayya Yadav, Venkatesh Goud, Assembly Convenor Nageshwar Reddy, Ganesh Mudiraj, Banda Shiva Reddy, Mallikanti Veeranna, and several others.

NHS Crisis Deepens

Junior Doctors Strike and 18,000 Job Cuts Raise Alarms

Dr Seshni Moodliar Rensburg Speaks on Maritime Radio London & New York

A wave of shock and concern has swept across the UK as the NHS faces two major challenges: a new round of junior doctor strikes and the governments proposed cut of 18,000 administrative and managerial jobs.

Dr Seshni Moodliar Rensburg, appearing on Maritime Radio with broadcaster Trevor Blackman, addressed the crisis in a conversation to be aired on 16 November across London Maritime and New York Get Live Radio.

Junior Doctors Strike: Pay and Patient Safety
Junior doctors, according to the BMA, currently earn between £14 and £18.62 per hour. Many argue that this is disproportionately low given the intensity and responsibility of their roles. They are now planning strike action to demand fair pay.

Trevor Blackman raised a question on the minds of many: Will the public support another strike—especially since doctors received a pay increase just 18 months ago?

This concern reflects a growing public debate, with some believing doctors are already paid sufficiently, while others argue that the NHS relies heavily on an exhausted, underpaid workforce.

18,000 NHS Job Cuts: A Silent but Dangerous Blow
Even more alarming is the governments plan to cut 18,000 management and administrative positions — roles that many members of the public overlook, but which keep the NHS functioning daily.

Dr Seshni emphasised that these cuts are far from harmless:

Managers and admin staff do far more than people realise. The entire healthcare system depends on them. Removing 18,000 workers increases the risk of errors, delays, and unsafe conditions.

These staff coordinate rota systems, crisis management, safeguarding, data handling, governance, patient flow, compliance, and countless other essential operations.

Without them, the pressure would fall heavily on already overwhelmed clinicians, nurses, and non-clinical staff, many of whom are not equipped to manage both clinical and administrative duties. This could result in:

Increased burnout Heightened anxiety

System disorganisation Compromised patient safety

Trevor highlighted that historically, NHS job cuts have later forced trusts to rehire expensive consultants — costing the system more money in the long run.

Dr Seshni further observed that these cuts could deeply damage morale:

Managers and admin staff already feel undervalued. Cutting these roles will worsen stress levels for everyone and create long-term instability. Reports from colleagues across the NHS already indicate rising anxiety from balancing clinical duties with administrative pressures.

A Call for Reassessment

Dr Seshni urged that the NHS should revisit the proposed cuts and evaluate smarter, safer alternatives:

The consequences of removing 18,000 essential staff could be severe and detrimental for years to come.

With the NHS already under extraordinary strain, the combined impact of staff reductions and strike action reveals a system in urgent need of sustainable support, investment, and reform.

—By Dr. Seshni Moodliar Rensburg
United Kingdom / India? Doctor, psychiatrist, Writer, Poet & Cultural commentator

Will raise pensioners issues with government,

MLC Kodandaram

Hyderabad, November:17, Metroudayam

MLC Kodandaram said that he will discuss the issues of pensioners of employees who have worked in various departments of the state government and become retired with the state government and resolve the issues and raise them.

A dharna program was organized at Indira Park, Hyderabad under the auspices of Telangana Government Pensioners Joint Action Committee Chairman K. Lakshmaiah.

MLC Kodandaram spoke as the chief guest of this dharna program. He expressed his regret that the state government has not yet given pensions to employees who retired in 2024. He reminded that after the Congress government came to power, the tenure limit for employees was increased by three years. As part of this, 9 thousand government employees retired in 2024. He said that retirees are not able to get the benefits like GPA, PRC etc. provided by the state government. Retired employees took loans in the hope of getting



money.

He said that 26 people died due to such loans and their families are in a miserable situation today. He urged that some brokers are cheating the pensioners by showing hope and telling them that they will get the pensions and that they will get it. He urged the state government to take the initiative and arrange for the government to give it directly so that the middlemen do not cheat them. MLC Kodandaram requested the government to also disclose the details of the pensioners in the cabinet meeting. Later, JAC Chairman K. Lakshman said that the benefits to be given to

the pensioners have stopped since the government came to power. They expressed their concern that the employees do not have DA and PRC and will have to fight for everything. They requested the state government to respond immediately and give their pensions. Along with the Chairman and General Secretary, Bharat, Satyanarayana, Chandramouli, Pullaiah, Sudhakar Rao, Bharat Reddy, Mohan, Narayana, Gyaneshwar, Narasaru, Shivsharanappa, Ramesh, Narasimha s w a m y, Suryanarayana, Om Prakash, Narsingha Rao and others participated in the program.

Telangana State United Medical & Health Employees Union (CITU) 4th State Mahasabha

Hyderabad, November:17, Metroudayam

The Telangana State United Medical & Health Employees Union (CITU) 4th State Mahasabha will be held

in Sangareddy on the 18th of this month, Union leaders said in

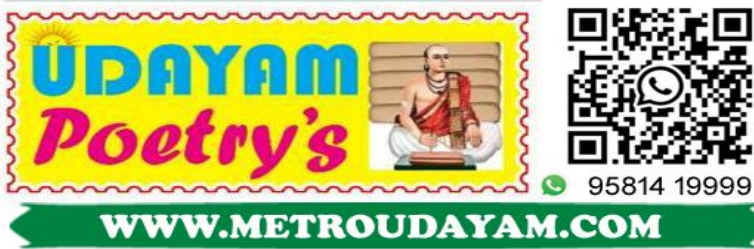
a statement. Medical and Health Employees Union leaders Comrade Bhupal, Giri

Yadaiah, and Gyara Suman expressed their special gratitude to NRI Kumbham Srinivas Reddy and Chinmayi Multispecialty Hospital MD Oorupaka Nagesh for their financial support for the food and accommodation facilities of the delegates attending this Mahasabha..



steps for PM's visit reviewed

Puttaparthi: State Medical and Health Commissioner G Veera Pandyan, who is also the Nodal Officer for the Prime Minister's visit, arrived in Puttaparthi on Sunday evening to review arrangements ahead of the Prime Minister's scheduled programme. Upon reaching the Puttaparthi Collectorate, he was received by District Collector A Shyam Prasad and Joint Collector M Mourya Bharadwaj. The Commissioner later accompanied the Collector to key locations connected to the Prime Minister's tour. At the Sri Sathya Sai Airport, Veera Pandyan inspected various logistical and security-related arrangements and issued several instructions to officials to ensure seamless coordination on the day of the visit. He emphasised readiness in all departments, particularly those handling medical, emergency and crowd-management responsibilities. From the airport, the team proceeded to Prasanthi Nilayam, where the Commissioner visited the Sai Kulwant Hall and offered respects at the Maha Samadhi of Bhagawan Sri Sathya Sai Baba. He also personally examined the movement plan and the areas the Prime Minister is expected to visit within the Ashram premises. Later, at 7:45 PM, Veera Pandyan and BC Welfare Department Director Dr A Mallikarjuna inspected the ongoing arrangements at Hill View Stadium, a major venue for the centenary celebrations and the Prime Minister's public programme.



इच्छा आकांक्षाओं, और अपनी वासनाओं के पीछे अंधा होकर इस दुनिया के पीछे भागने वाले को इस दुनिया ने ख्वाबों में उलझाकर मरघट तक पहुंचाया है... (शकील उवाता -१३५१)

जो भी इस दुनिया के फरेब (धोखे) में आता है दुनिया उसे पछाड़ कर रख देती है। जो भी व्यक्ति अपने आपको संभाल नहीं पाता ऐसे व्यक्ति को दुनिया अपने चिकने फिसलन वाले राह पर दौड़ाकर गिरा देती है। अनगिनत इच्छा आकांक्षाओं, और अपनी वासनाओं के पीछे अंधा होकर इस दुनिया के पीछे भागने वाले व्यक्ति को इस दुनिया ने हसीन रंगबिरंगी ख्वाबों में उलझाकर कब्र (मरघट) तक पहुंचाया है। यह दुनिया अपनी आराइशों (सजावटों) से बड़ी आसानी से लोगों को चकमा देती है।



पैगम्बर साहब मोहम्मद (स्व.) के पहिले उत्तराधिकारी इमाम अली अलैहिस्सलाम फरमाते हैं के, "ऐ दुनिया मेरा पीछा छोड़ दे। तेरी बागडोर तेरे कंधे पर है, मैं तेरे पंजों से निकल चुका हूँ। तेरे फंदे (तेरे बिछाए हुए जाल) से बाहर हो चुका हूँ और तेरी फिसलने की जगहों में बढ़ने से अपने कदम रोक रखे हैं।" (अब्बास बुक एजेन्सी, लखनऊ द्वारा प्रकाशित हिंदी पुस्तक नहजुल बलागह, मकतूब (पत्र) क्रमांक 45, पुष्ट क्रमांक 634)।

इसके बाद इमाम अली इब्न अबू तालिब अलैहिस्सलाम दुनिया से सवाल करते हुए फरमाते हैं के, "ऐ दुनिया!" कहाँ है वह लोग जिन्हें तूने खेल तफरीह (मनोरंजन) की बातों से चकमे (धोके) दिए? किधर हैं वह जमाअतें (समूह) जिन्हें तू ने अपनी ओर आराइशों (सजावट) से बर्गलाए (बहकाए) रखा?। वह कब्रों में जखड़े हुए और खाकें लहद (कब्र के मिट्टी) में दब के पड़े हैं।" (अब्बास बुक एजेन्सी, लखनऊ द्वारा प्रकाशित हिंदी पुस्तक नहजुल बलागह, मकतूब (पत्र) क्रमांक 45, पुष्ट क्रमांक 634)।

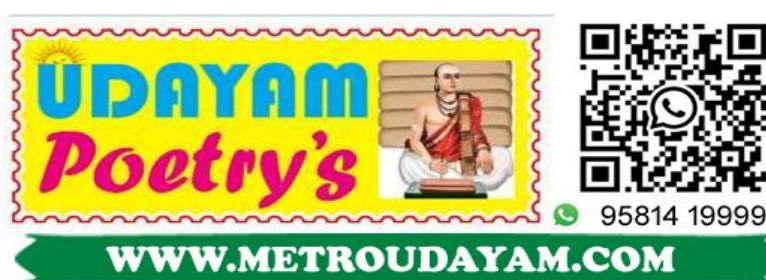
फिर इमाम अली इब्न अबू तालिब अलैहिस्सलाम कहते हैं के, कई जातियों को विनाश के खाई में धकेलने वाले, सर्व सामान्य लोगों को ही नहीं बल्के ताजदारों (सत्ताधीशों) को भी तबाह व बर्बाद करने वाली यह दुनिया अगर कोई शरीरधारी होती तो इस दुनिया ने लोगों के साथ जो कुछ करते आयी है उसकी सजा (शिक्षा) के तौर पर उसे ईश्वर के द्वारा सुनिश्चित किये गये दण्ड से दण्डित किया होता।

इमाम अली इब्न अबू तालिब अलैहिस्सलाम का फरमान है के, "ऐ दुनिया!" अगर तू दिखाई देने वाला मुजस्सेमा (मूर्ती) और सामने आने वाला ढांचा होती, तो बखुदा मैं तुझ पर अल्लाह (सु.) की मुक़रर कर्दा हदें जारी करता कि तूने बंदो को उम्मीदें दिला दिला कर बहकाया। कौमों की कौमों को (हलाकत, विनाश) के गढ़ों में ला फेंका। (अब्बास बुक एजेन्सी, लखनऊ द्वारा प्रकाशित हिंदी पुस्तक नहजुल बलागह, मकतूब (पत्र) क्रमांक 45, पुष्ट क्रमांक 634)।

इसके व्यतिरिक्त दुनिया ने क्या क्या किया है? किस किसका विनाश किया है? यही बात बताते हुए इमाम अली इब्न अबू तालिब अलैहिस्सलाम फरमाते हैं के, "ऐ दुनिया! तू ने) ताजदारों (राजा, महाराजाओं) को तबाहियों (विनाशों) के हवाले कर दिया। और सख्तियों के घाट (विपदाओं के मरघट) पर ला उतारा, जिन पर इसके बाद न सेराब (संतुष्ट) होने के लिए उतरा जाएगा, और ना सेराब होकर पलटा जाएगा।" (अब्बास बुक एजेन्सी, लखनऊ द्वारा प्रकाशित हिंदी पुस्तक नहजुल बलागह, मकतूब (पत्र) क्रमांक 45, पुष्ट क्रमांक 634)।

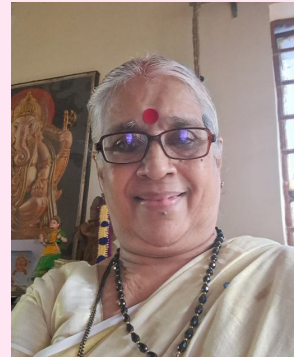
याने इस दुनिया के पीछे जो भी जायेगा उसे यह दुनिया ऐसे घाट पर उतार देती है के यहां फिर तुम्हारा आना होगा और ना ही यहां से कभी कोई भी व्यक्ति संतुष्ट होकर पलटकर नहीं गया है। इसके फरेब से होशियार रहने की बात धर्म कहता है। और सही मायने (वास्तव) में अक्लमंद (बुद्धिमान) और आलिम (ज्ञानी) वही है जो दुनिया के फरेब (धोखे) से अपने आपको बचाने में कामयाब रहता है। और जो कोई अपनी अक्ल (बुद्धि), धर्म और ईश्वर के शरण में नहीं जाता वह यकीनन दुनिया के फरेब से कभी भी बच नहीं सकता। धर्म और ईश्वर का शरण का मतलब परिपूर्ण समर्पण है धार्मिकता का ढोंग नहीं।

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



Need to change the Mindset

We are proud to be in the 21st Century with a lot of development taking place in many fields, Science and Technology, the Digital world, Smart blackboards in the classrooms and in the farming sector. Many new things are happening in all the three services.



Many girls are more educated than before. Many girls are doing great in many fields, in the field of education, the girls are topping the list, in the sports, they are shining. They are no less than the boys.

But have you noticed the sad part of life? We are still lacking in the field of changing the Mind Set of some percentage of men towards girls and women.

They celebrate Durga Pooja and Kalipooja and Saraswsti Pooja very lavishly. Once the Pooja is over and the Visarjan is over, some are back to their usual form of abusing and beating their wives and raping and killing any age of girls and women.

Is this not a shame? Acid attack on the girls if they do not heed to the boys.

These are all happening since ages, but in those years, it was not in the public eyes as all was hushed up The family's name will be spoiled and so keep mum

Now an FIR is filed and the case goes on for years. Some cases go in the fast track.

But who cares or feels for the girls or the women? What they go through and under what condition they live.

The laws are there but how strictly they are followed, is a big Question.

Even if someone comes forward to help them, they are warned by the relatives to keep silent.

There can be no law made to change the Mind Set of certain people.

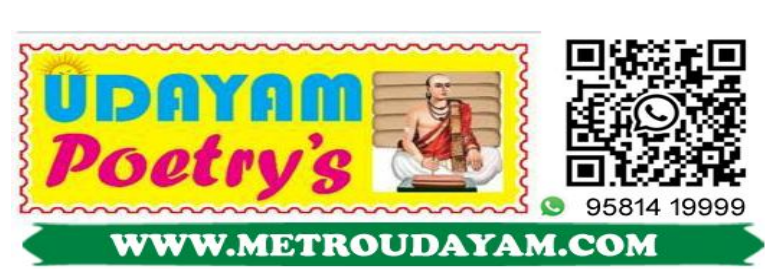
I only pray to God to instill good sense in such individuals and hope to see a world, not to hear or watch such things happening.

All should move around freely at any given time and be fear free.

I am really saddened to hear such news of insults to infants or small girls. Blood boils but remain helpless These are my thoughts, I have penned.

Let us all be vigilant to see such cruelty do not happen around us. Pray for a peaceful world

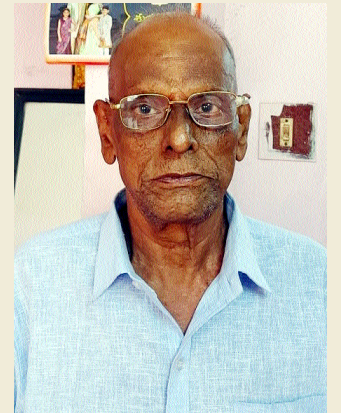
—Poornima Sivaraman



COMING TO YOU ONLY!

(Talk of the day)

Hallo! Maharaj!
Calling you only!
Of course single day King!
Never reveals your secret!



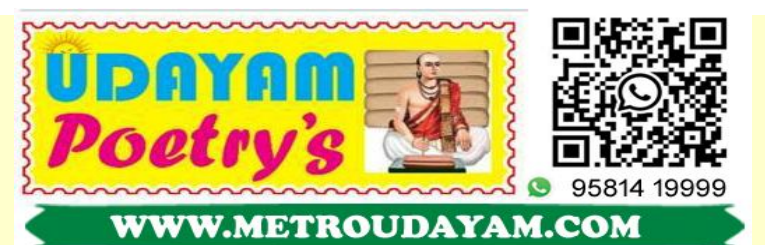
But mingle with all!
No matter what the Party is!
Make them believe you!
Dear Voterji hats off to your talent!

Never declines any offer!
Ready to accept free services!
Not that much only, on flag day never hesitates to accept penny a lot!
Even not feel shy to prey for liquor!

This history is not of

today!
Began long back not known when ends!
That's why your life is in "As is where is!
Dear voter again opportunity taps your door!
At least now reconcile past, make your future bright!

Composed by!
Bachiraju
Satyanarayana Rao,
(Ba. Sa. Raa)



Traditions

Traditions alive we honour them, we try
From the moment we arrive
There are blessings whispered
lamps lit prayers offered

The pujas, the rituals, each step guided by elders hands and familiar words

Christenings and name-givings, engagements that bind families, weddings filled with colour, song, and promise

And later in life, the quiet ceremonies, the final rites acts of love carried out with care, with

respect,?with memory

Every tradition?holds a meaning, a story, a connection to those who came before us

Sacred, auspicious, woven through time these are the traditions?that shape us, carry us,?and remind us who we are.

—Dr Seshni Moodliar Rensburg



EXCLUSIVE ARAKU & KORAPUT COFFEE OSOP STALLS AT RAILWAY STATIONS

In a significant boost to India's organic heritage, two exclusive One Station One Product (OSOP) stalls showcasing the renowned Araku and Koraput Coffee brands have been set up at Araku Railway Station in Andhra Pradesh and Koraput Railway Station in Odisha. These dedicated outlets serve as gateways for travelers and coffee enthusiasts to experience the authentic flavors nurtured by tribal farmers of the Eastern Ghats. Honble Prime Minister Shri Narendra Modi, in the 111th episode of his radio address Mann Ki Baat, praised Araku Coffee for its rich flavor and aroma, underscoring its prominence during the G20 Summit hosted by India. In another edition, the 127th Mann Ki Baat, Honble Prime Minister lauded Koraput Coffee for its exquisite taste and remarkable legacy, describing it as the pride of

Odisha. Guided by this vision and in line with the One Station One Product (OSOP) initiative aimed at promoting local products, Waltair Division has established these two exclusive stalls to celebrate and support regional tribal entrepreneurship. Shri Lalit Bohra, Divisional Railway Manager (DRM), acknowledged the relentless commitment of the Commercial Department in promoting indigenous products. He lauded the dedication of tribal farmers, emphasizing that Our indigenously developed coffee varieties must reach every corner of the globe—with local communities being the foremost ambassadors. Araku Coffee, nurtured by more than 1,50,000 tribal families across the Odisha-Andhra Pradesh border, stands out for its sustainable cultivation methods and its prestigious Geographical Indication (GI)



status. Koraput district of Odisha, once regarded as among the most backward regions in India, has earned a place on the global coffee map. Its Arabica beans, renowned for their distinct aroma and low acidity, contended the established international brands. Coffee cultivation has emerged as a transformative force for the tribal population, uplifting livelihoods and spotlighting the dis-

tributed potential. Central and state governments, along with the Coffee Board of India and the Ministry of Tribal Affairs, are collaboratively working to elevate Araku and Koraput Coffee to premium global status. To further promote, Araku Coffee supported by the Girijan Cooperative Corporation (GCC) and Koraput Coffee, supported by the Odisha Rural Development and Marketing Society (ORMAS), have intro-



duced specially designed packets, sachets of variety of products. Special gift packets including filter coffee sachets, instant coffee bottles, and an informative booklet showcasing the rich heritage and journey of these indigenous coffee brands were also promoted. Citizens are encouraged to use, support, and take pride in these native products, thereby strengthening their presence and reputation on the global stage.

Mahesh Babu as Rudhra in Varanasi: Trailer Crosses 12 Million Views

The makers of Varanasi have revealed Mahesh Babu's look as Rudhra on Staruday. The update has made fans very excited.

Helmed by SS Rajamouli, the movie stars Mahesh Babu, Priyanka Chopra Jonas, and Prithviraj Sukumaran.

M. M. Keeravaani is composing the music for the film and is produced by KL Narayana and SS Karthikeya under Sri Durga Arts and Showing Business.

The trailer has gone viral, getting over 12 million views in one day.

Mahesh Babu's powerful look, Rajamouli's direction, and the strong trailer response make Varanasi a highly awaited film.

Superstar Mahesh Babu's highly awaited first collaboration with visionary director S. S. Rajamouli, titled Varanasi, was launched grandly, accompanied



by a breathtaking glimpse that has taken the internet by storm.

The teaser transports viewers through timelines and mythologies,

beginning in 512 CE in Varanasi and leaping forward to 2027 CE when Asteroid Shambhavi strikes Earth. The narrative then journeys through Antarctica, Africa, Vanaanchal, and eventually shifts to Tretayugam (7200 BCE), where Mahesh Babu appears as the fierce Rudra.

The visually rich trailer, packed with extensive VFX, ends with a striking shot of Mahesh holding a trishul while riding Nandi. Calling Varanasi his "dream project," Mahesh expressed confidence that the film will make audiences proud. The team reportedly spent nearly a year crafting the glimpse, indicating the massive scale and ambition behind the film. With Rajamouli blending mythology and time travel, the concept promises to be unlike anything

attempted in Telugu cinema before.

The film stars Priyanka Chopra Jonas as the female lead, while Prithviraj Sukumaran plays the chief antagonist. Produced by Durga Arts and Showing Business, Varanasi is set to introduce a groundbreaking technological leap. Speaking at the event, Rajamouli revealed that the movie is being shot in a newly introduced "Premium Large-Scale Format IMAX," ensuring viewers experience the film in full-screen IMAX. Unlike previous films that were converted to IMAX, Varanasi is being designed natively for the format from the start.

Scheduled for a Summer 2027 release, Varanasi is shaping up to be a monumental cinematic spectacle for Indian cinema.

Goodra Set to Headline Upcoming 7-Star Tera Raid Event

Goodra isn't known for being wild and tough, but its unusual side will show during Pokémon Scarlet and Pokémon Violet's Pokémon 7-star Tera Raid. Goodra will be on sale at black Tera Raid charging stations from Thursday the 20th of November at 4 at 00 p.m. PST until Sunday 23rd November 2025 at 359 p.m. PST.

This special interpretation of Goodra has a Water Tera Type and holds the largely sought-after Goodra Mightiest Mark, so be careful it's not an opponent to take smoothly. Your best bet is to join up with your friends and take on this strong Tera Pokémon together.

In the alternate half of



Goodra Tera Raid event, from November 27 to November 30, Blissey will also appear more frequently in 5-star Tera Raids. These Blisseys can have multiple Tera Types, so you'll want to plan consequently. Defeating these special Blisseys can earn you some great rewards,

including various Tera Shards and additional Exp. Candies.

To ensure you can locate Pokémon Scarlet Violet raids, remember to download the latest Pokémon SV news. To do this, simply: Open the X menu and select Poké Portal Tap Mystery Gift

Tap Check Poké Portal News Trainers must complete the postgame story content or participate in a 7-star Tera Raid led by someone who has in order to be able to take on this Water-Tera Type Goodra with the Mightiest Mark. Note that you can only catch this special Goodra once per save file, but after you have caught it, you can still participate in battles against it in order to earn additional rewards, such as high quantities of Exp. Candy, items you can sell to Pokémon Centers for Poké, items that boost your Pokémon's stats, and Water Tera Shards to change your Pokémon's Tera Type.

Kaantha Day 3 Box Office: India Net and Worldwide Total

Kaantha continued its steady performance at the box office on Sunday.

The film collected ₹9.35 crore in its first two days.

On Day 3, the movie added ₹4.50 crore (all languages), showing stable weekend growth.

3-Day India Net Collection

Friday: ₹4.35 crore Tamil: ₹2.65 crore

Telugu: ₹1.7 crore Saturday: ₹5 crore

Tamil: ₹3.4 crore Telugu: ₹1.6 crore

Sunday: ₹4.5 crore



Did you watch the movie Athadu The villain says Hes a man, my boy after the hero beats up ten people. Not just in movies, but the concept that a man must be strong and responsible is deeply ingrained in our society. Unknowingly, this significantly impacts mens mental health. On the occasion of International Mens Day on November 19th, let us learn about the factors influencing mens mental health and how men can protect their mental well-being.

Men are subjected to intense stress amid work, family responsibilities, financial pressure, and social expectations. This pressure often leads them to prioritize their physical health, neglecting their mental health. Consequently, the rates of depression, anxiety, and other mental health issues are rising among men. However, they hesitate to acknowledge these problems and seek treatment.

The Major Challenges:-

Regarding mens mental health, there are some critical challenges in our society:

* The notion of Being Strong There are strong social expectations that men must suppress their emotions and not display them openly. The idea that Men should not cry or Should not be weak prevents them from seeking help.

* Stigma and Misconceptions: Mental health problems are often

Stay Strong, Brother!

viewed as a weakness or madness, making men afraid to seek treatment. They worry that their career or social standing will be jeopardized if their mental health issues become known.

* Delayed Recognition: Problems like depression in men often manifest as different symptoms, such as anger, irritability, insomnia, or increased alcohol/substance use. Dismissing these symptoms as mere stress or habits leads to a delay in proper diagnosis.

* Suicide Rate: Unfortunately, the suicide rate among men in India is higher than in women. A major reason for this is their reluctance to talk about their emotional problems and their failure to receive timely treatment.

Who is the Real Villain?

Among the mental health challenges men face, Social Role Stress is very significant. A specific role is assigned to a man in our society: he must be the protector, the decision-maker, and always the strong individual for the family. These social expectations lead to unbearable pressure, resulting in chronic anxiety and stress in men.

The Major Stressors

* Financial Burden and the Protector Role

The feeling that the family's financial stability rests entirely on

him. Losing a job, business loss, or failing to meet financial goals severely hurts their self-esteem. Constant worry about the future, insomnia, reluctance to talk about money, or becoming anxious.

* Suppression of Emotions

Social norms dictating that a man should not be sad, cry, or appear weak lead to the suppression of emotions, which then manifest as anger, irritability, or addiction. Depression is also often shown as anger, making the problem difficult to identify.

The Power of the Decision-Maker

The responsibility to make all important family decisions and the burden of the consequences if those decisions go wrong. Fear or hesitation in making a decision, trying to forget problems by overworking, or a feeling of losing control leads to stress and anxiety.

* Expectations of the Father Role

The pressure to meet expectations for the children's education, marriage, and future. Modern fathers are also expected to connect emotionally with their children, which creates a conflict with the old strong role.

* Fear of Failure

The fear that failure, socially or professionally, will be seen not just as a personal failure but as a failure in his role as a man. Fear

of speaking in front of others, avoiding social events, and underestimating oneself.

Symptoms Look Like the following:

The signs of anxiety and stress caused by social pressure in men are different:

- * Constant irritability and anger over small matters.
- * Lethargy and lack of interest in anything.
- * Frequent headaches, muscle pain, and digestive issues.
- * Reckless driving, increasing alcohol/smoking, and spending more time alone.

How to Overcome This:-

To effectively manage the stress arising from social roles, certain changes must be brought into one's lifestyle and social interactions.

* Creating Opportunity for Emotional Expression:

* Sharing feelings with a friend, partner, or family member.

* Writing down thoughts and emotions lightens the mind.

* Self-Acceptance that it is not necessary to be strong all the time, and asking for help is not a weakness.

* Reducing the pressure to be perfect in everything.

* Setting clear boundaries between work and personal life.

* Engaging in hobbies, exercise, or activities that bring him joy.

* Seeking professional help. Consulting a counselor or therapist

if the stress is affecting daily life.

Changes at the Social Level..

* Open discussion on mens mental health must take place.

* Encouraging conversations about mental health at home, work, and schools.

* Increasing the awareness that mental health is a natural part of health, just like physical health. Seeking a psychologist or psychiatrist when there is a problem should be seen as a sign of courage.

* Creating a safe, non-judgmental environment where men can share their emotions.

* If family members and friends notice unusual changes in their behavior, they should take the initiative to help.

Help is Available..—

Many effective treatments are available for mental health issues. Therapies like Cognitive Behavioural Therapy help change thought patterns and behaviors. Medications prescribed by psychiatrists are very helpful for severe problems like depression and anxiety. Programs like the National Tele-Mental Health Programme are working to make counseling services accessible across the country.

—B.Krishnabharat, Psychologist, National Working President, Advanced Psychological Services Association (APA India)