



Sabarimala gold theft case: Bid to sabotage SIT probe, says Cong; seeks HC intervention

Thiruvananthapuram: Leader of Opposition in the Kerala Assembly V.D. Satheesan on Wednesday launched a sharp attack on the Pinarayi Vijayan government, alleging a deliberate attempt to derail the high court-monitored Special Investigation Team (SIT) probing the Sabarimala gold smuggling case.

He claimed that the appointment of two Circle Inspectors with alleged links to the CPI(M) leadership has severely compromised the credibility and independence of the probe. Satheesan questioned the criteria under which officers purportedly associated with a ruling party faction were inducted into a sensitive investigation mandated by the high court. He said it was learnt that two names had



been cleared before the court, but alleged that the process was influenced from behind the scenes by two senior IPS officers in the state and a top-ranking official based at the Crime

Branch headquarters.

According to the opposition leader, the Crime Branch official in question had earlier earned notoriety while holding law and

order charge for allegedly foisting false cases against Congress leaders. Satheesan alleged that the same officer was now attempting, from within the Crime Branch, to weaken the SIT and manipulate the investigation in favour of the CPI(M). Reiterating an allegation he had raised earlier, Satheesan said there was mounting evidence that senior IPS officers were seeking to exert influence over the SIT's functioning. Such interference, he said, was part of a larger design to render the investigation ineffective and to ensure that the probe did not reach the real beneficiaries and masterminds behind the alleged gold smuggling racket linked to Sabarimala. The opposition leader further alleged that the

objective of this group was to infiltrate the SIT, leak key developments to the government, divert the course of the investigation and shield the actual culprits. He accused the government and the CPI(M) of orchestrating a systematic effort to scuttle the case, with a section of police officers actively abetting the move. Warning that even the high court's supervisory role was being undermined, Satheesan urged the judiciary to step in decisively. He called upon the court to conduct an urgent examination of the developments and intervene immediately to safeguard the integrity of the SIT and ensure an impartial and credible investigation into the Sabarimala gold smuggling case.

Telangana Government Releases 713 Crore for Pending Employee Bills



The Telangana government has announced positive news for its civil servants by releasing ₹713 crore to settle outstanding bills. Deputy Chief Minister Bhatti Vikramarka has issued directives for the disbursement of payments related to the month of December. The funds, released by the Finance Department on Wednesday, include payments for gratuity, the General Provident Fund (GPF), surrendered leave, and various advances. This marks a continued commitment from the government, which has pledged to allocate ₹700 crore each month to employee unions. Since the end of June, when ₹183 crore was disbursed, the government has consistently released a minimum of ₹700 crore each month beginning in August.

Nimmala Ramanaidu reviews on progress report on Polavaram project

Andhra Pradesh Water Resources Minister Nimmala Ramanaidu has announced that 87 per cent of the Polavaram project's works have been completed to date. The Minister conducted a review meeting to assess the progress of various irrigation projects, attended by officials including the irrigation department advisor and the ENC. During the meeting, Minister Ramanaidu revealed that Chief Minister Chandrababu Naidu is scheduled to visit the Veligonda project in the first week of January to inaugurate the Veligonda feeder canal works, which are set to be undertaken at a cost of ₹456 crore. Additionally, the Minister noted that the construction of the new diaphragm wall for the Polavaram project is currently 83 per cent com-



plete. He highlighted that the coalition government has allocated ₹1,894 crore in support of those displaced by the Polavaram project since its establishment. The Minister expressed confidence that the project will meet its completion deadline in 2027 by adhering to the planned schedule.

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Cold snap hits AP, Telangana, weather warnings issued

The intensity of the cold has escalated in the Telugu states, with residents experiencing shivering temperatures due to biting cold winds. Many are now reluctant to venture outdoors, as thermometers in certain areas of Andhra Pradesh and Telangana have dipped into single digits. Cold wave conditions are causing discomfort across various regions. In response, the Meteorological Department has issued a weather alert, indicating that cold conditions may intensify in some areas, alongside a possibility of rain in others. Weather Forecast for Andhra Pradesh: The Amaravati Meteorological Centre reports that northerly to northeasterly winds are currently blowing in the lower troposphere over Andhra Pradesh and Yanam. The forecast for the next three days is as follows: In north coastal Andhra Pradesh and Yanam, Ddry



weather is expected on Wednesday, Thursday, and Friday. In south coastal Andhra Pradesh, light to moderate rain may occur in one or two locations on Wednesday and Thursday, with dry conditions predicted for Friday. In Rayalaseema, similar rain is anticipated in a few areas on Wednesday and Thursday, with dry weather likely on Friday. It is important to note that there will be no significant

change in minimum temperatures across Coastal Andhra Pradesh, Yanam, and Rayalaseema over the next three days. However, in the subsequent two days, temperatures could drop by 2-3 degrees Celsius in certain areas. Weather Update for Telangana According to the Hyderabad Meteorological Centre, lower-level winds in Telangana are predominantly blowing from the east and southeast. A further decline in temperatures is expected over the next three days, with dry weather forecasted for Wednesday, Thursday, and Friday. In the following two days, minimum temperatures in parts of the state may fall between 3°C to 5°C below normal. In addition, cold winds are likely to sweep through some northern and western districts of Telangana today, adding to the chill in the air.

Municipal upgrades announced in Sri Sathya Sai and East Godavari districts

The Andhra Pradesh government has announced the upgrade of two municipalities in its latest notification. Kadiri Municipality in Sri Sathya Sai district has been elevated from Special Grade to Selection Grade, following a review of its financial performance over the past two years. Meanwhile, Kovvur Municipality in East Godavari district has been upgraded from Grade 3 to Grade 1, based on revenue generation since 2021. The government has emphasised that these upgrades will take effect immediately. The orders were issued by S. Suresh Kumar, Principal Secretary of the Municipal Administration and Urban Development Department.



WALT AIR DIVISION SHOWCASES LANDMARK ACHIEVEMENTS ACROSS PASSENGER SERVICES, INFRASTRUCTURE, SAFETY AND PUBLIC OUTREACH IN 2025

- Division achieved 5th highest Revenue earning Division
- 5th highest loading Division in Indian Railway
- Several Innovative passenger amenities record in IR
- Several Train timings to be revised with effect from 01.01.2026
- DRM Shri Lalit Bohra review of 2025-year performance.



support unreserved passengers, and counselling sessions were conducted for OBHS staff to improve onboard services. The frequency of the Udhna-Brahmapur-Udhna Amrit Bharat Express was increased to tri-weekly from 19 November 2025.

Awareness, Inclusivity and Passenger Care
Digital ticketing awareness campaigns were conducted to promote UTS Mobile App usage and QR-based payments. Sensitization programmes on Divyangjan care and linen-hygiene initiatives were carried out across stations. Over 2,800 participants joined International Day of Yoga events organized across the Division.

Infrastructure Growth and New Projects
Major rail-infrastructure works progressed rapidly, including doubling on key sections and commissioning of over 360 km of double line by March 2025. Foundation stones and inaugurations worth over ₹1,200 crore were carried out, including fourth lines, rail flyovers, station upgrades, FOBs, platform works and passenger-amenity projects.

Operational & Performance

Milestones
Waltair Division achieved historic freight records, including: 50 MT in just 230 days – fastest in Division history
Crossing 100 MT in 256 days – ahead of previous benchmarks
Ranking 5th in Indian Railways for earnings and loading, with ₹9030 crore revenue and 73.5 MT loading till November 2025
Passenger traffic rose to 30.58 million, registering 10% growth.

The Division received five Zonal-level efficiency shields, a Platinum-rated Green Railway Station Certification for Visakhapatnam, and national recognition for ELS/Visakhapatnam in the BLW Electric Loco "Beauty Contest."

Safety, Technology and Security
Advanced MRI-based OHE monitoring systems were deployed for real-time safety diagnostics, while the first KAVACH-equipped WAG9HC locomotive was commissioned in the Division. Special safety audits, awards for meritorious staff actions, and continuous training reinforced operational safety. RPF strengthened surveillance with new motorcycles, anti-trafficking rescues, flag marches and crowd-management initiatives during pilgrim



and festival rush.

Passenger Delight & Innovation

- Visakhapatnam station earned 4-Star Eat Right Station certification. New initiatives included:
- Launch of "Your Platform" onboard lifestyle magazine under NFR model
- Sleeping Pods at Visakhapatnam station
- Pre-paid auto services at select stations
- Round Trip Package Scheme (20% fare discount)
- OSOP stalls promoting tribal coffee brands
- Emergency Medical Room at Vizianagaram
- 220 digital LED passenger-information displays

Amrit Bharat Station Upgrades & Amenities

Fifteen stations were taken up under the Amrit Bharat Station Scheme, with major works underway including lifts, FOBs, shelters, platforms and subways. Paralakhemundi station works were completed. Duvvada, Simhachalam, Jagdalpur, Jeypore stations will be completed soon.

Sports, Welfare & Community Engagement

The Division hosted national-

level sports events, strengthened employee sports infrastructure, and promoted fitness through cycling and inter-department tournaments. ECoRWWO initiatives included health outreach, women-empowerment programmes, POSH awareness, hospital equipment support, and student felicitation.

Heritage, Environment & National Observances

Commemorative programmes were held for Paralakhemundi Light Railway anniversary, 100 years of electrification, Operation Sindoor illumination drive, ILCAD safety awareness, Swachhta campaigns, National Energy Conservation Week, Hindi Fortnight, and Amrit Samvaad citizen-feedback outreach.

Staff Welfare, Medical Upgrades & Institutional Engagements

Major employee-centric initiatives included a new outsourced running-room at Vizianagaram, biometric sign-on for ticket checking staff, Jeevan Pramaan pensioner camps, and extensive anti-harassment awareness programmes. The Divisional Railway Hospital introduced mechanized cleaning, dialysis facilities, sterilization and physiotherapy upgrades. DRUCC, freight-customer and MP review meetings strengthened stakeholder collaboration.

DRM Shri Lalit Bohra also mentioned that several trains timings over the Division are going to be changed with effect from 1st January-2026 and appealed the public to check the timings in official websites or call 139 prior to the commencement of the journey. Details will be shared on website today.

Newspapers should act as a bridge between the people and the government.



- Boduppal Circle Deputy Commissioner A. Shailaja
- Deputy Commissioner and Assistant Commissioner unveil Vision Andhra daily newspaper's new calendar

Boduppal, December 31 (Metro udayam)

Deputy Commissioner A. Shailaja said that newspapers should act as a bridge between the government and the people, bringing public issues to light and reporting them to the government in a timely manner. On Tuesday, at the Boduppal Municipal Circle office, she, along with Assistant Commissioner Shyamsundar Rao and Vision Andhra daily newspaper representative Marati Mallesh, unveiled the Vision Andhra daily newspaper's 2026 calendar. On this occasion, the Deputy Commissioner extended New Year greetings to the employees, staff, Vision Andhra management, family members, and journalists. She urged everyone to work together for the development of Boduppal Circle in the coming days. She stated that with the collective efforts of the people and officials, they will beautify the area in the new year. Manager Praveen Kumar, Senior Assistant Srinivas Reddy, Medipally Mandal Print Media Press Club Chief Advisor V. Suryanarayana Reddy, Press Club General Secretary V. Sundar, Ramu Yadav, Vishnu Goud, Soni, and others participated in this program.

ECoR ANNOUNCES REVISION OF TRAIN TIMINGS AT MAJOR STATIONS IN WALT AIR DIVISION

It has been decided by the Railways to revise the timings for several important trains to streamline operations and improve punctuality and passenger convenience. The new timings will come into effect at major stations across the Division with effect from 01.01.2026.

The adjustments have been made after operational review and to ensure better connectivity, smooth rake linkages, and enhanced traffic management over the Railways. Passengers are advised to take note of the revised arrival and departure timings and plan their journeys accordingly.

The trains for which timings have been revised include:

1. 12842 MAS – HWH Coromandel Superfast Express
2. 17244 Rayagada – Guntur Express
3. 18529 Durg – Visakhapatnam Express
4. 18190 Ernakulam – Tatanagar Express
5. 18516 Kirandul – Visakhapatnam Express
6. 18005 Howrah – Jagdalpur Samleshwari Express
7. 22859 Bhubaneswar –

Change of Train Timings in Major Stations				18329 DURG - VSKP Exp.			
STN	Existing	New	Diff.	STN	Existing	New	Diff.
VSKP	18:50	18:50	00:00	VSKP	06:55	06:55	00:00
RGDA	19:00	19:00	00:00	RGDA	07:05	07:05	00:00
VZM	19:10	19:10	00:00	VZM	07:15	07:15	00:00
CHE	19:20	19:20	00:00	CHE	07:25	07:25	00:00
PVP	19:30	19:30	00:00	PVP	07:35	07:35	00:00
VBL	19:40	19:40	00:00	VBL	07:45	07:45	00:00
KRP	19:50	19:50	00:00	KRP	07:55	07:55	00:00
JYP	20:00	20:00	00:00	JYP	08:05	08:05	00:00
BBS	20:10	20:10	00:00	BBS	08:15	08:15	00:00
CHS	20:20	20:20	00:00	CHS	08:25	08:25	00:00
CHT	20:30	20:30	00:00	CHT	08:35	08:35	00:00
CHV	20:40	20:40	00:00	CHV	08:45	08:45	00:00
CHW	20:50	20:50	00:00	CHW	08:55	08:55	00:00
CHX	21:00	21:00	00:00	CHX	09:05	09:05	00:00
CHY	21:10	21:10	00:00	CHY	09:15	09:15	00:00
CHZ	21:20	21:20	00:00	CHZ	09:25	09:25	00:00
CH1	21:30	21:30	00:00	CH1	09:35	09:35	00:00
CH2	21:40	21:40	00:00	CH2	09:45	09:45	00:00
CH3	21:50	21:50	00:00	CH3	09:55	09:55	00:00
CH4	22:00	22:00	00:00	CH4	10:05	10:05	00:00
CH5	22:10	22:10	00:00	CH5	10:15	10:15	00:00
CH6	22:20	22:20	00:00	CH6	10:25	10:25	00:00
CH7	22:30	22:30	00:00	CH7	10:35	10:35	00:00
CH8	22:40	22:40	00:00	CH8	10:45	10:45	00:00
CH9	22:50	22:50	00:00	CH9	10:55	10:55	00:00
CH0	23:00	23:00	00:00	CH0	11:05	11:05	00:00

Chennai Central (MAS) Express
8. 13433 SMV Bengaluru – Malda Town (Amrit Bharat) Express
9. 19022 Brahmapur – Udhna AMTB Express
10. 18447 Bhubaneswar – Jagdalpur Hirakhand Express
11. 18448 Jagdalpur – Bhubaneswar Hirakhand Express
Revised arrival and departure timings at major stations such

as Visakhapatnam (VSKP), Rayagada (RGDA), Vizianagaram (VZM), Srikakulam Road (CHE), Parvatipuram (PVP), Bobbili (VBL), Koraput (KRP), Jeypore (JYP) and others have been notified as per the updated schedule (attached document)

The Division has requested passengers to check the updated timings at stations and on official railway inquiry platforms before the commencement of their journey. For further information, passengers may contact railway enquiry services or approach the nearest station.

Trains at a Glance & Working Time Table 2025 - 26 will come into effect W.E.F. 01.01.2026, covering details of all trains currently in operation and remaining valid until the issue of a new timetable. Revision in Timings of ECoR Trains effective from 01 January 2026. Passengers are requested to check the train timings in NTES or RailOne Application before commencing their journey.

FATE!

Very simple word!
Plays with Life!
Some may not agree!
But it is fact one!

Days are not in favour!
Everywhere defeat!
Difficult to estimate!
Common expression we
hear from majority!

Agree or not there is
something that controls
life pattern!
May it be god's will, or
writing on fate!

If not real why some
poor,
others rich?
Some sick remaining
healthy?
Some literate others illit-
erate?
There is some unknown
mystery!

That is the Fate of indi-
vidual!
Differs from person to



person!
Begin with birth time fol-
lows
till end of life journey!

But an intelligent never
curses
fate!
Discharges duty, ready
to receive
the result may it nega-
tive or positive!
To such one may not
today, one days
success is at reach!

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

New years message of Kindness

Kindness as a New Year Resolution for Society
As one year ends and another begins, many of us make personal resolutions—improving our health, advancing our careers, or achieving financial stability. While these goals matter, there is one resolution that society urgently needs to embrace together: kindness. In today's fast-paced metro life, kindness is often overlooked. We rush through crowded roads, stressful workdays, and endless digital noise. In this constant hurry, patience wears thin, empathy fades, and small acts of insensitivity become routine. The New Year offers us a rare pause—a moment to reflect not only on what we want to achieve, but on how we treat one another.

Kindness does not demand wealth, power, or extraordinary effort. It begins with simple actions—speaking politely, offering help without being asked, listening without judgment, and showing respect even during disagreements. Though these gestures may appear small, together they shape the emotional health of a society.

In recent times, India has been facing increasing losses—lives lost to suicide, sudden deaths, and tragic circumstances that leave families broken. Behind every such loss is a human story filled with pressure, loneliness, and often, silent suffering. These are not just headlines or statistics; they are reminders of how fragile life can be.

Many people today carry invisible burdens—academic stress, financial uncertainty, job pressure, health concerns, and emotional struggles. Often, they suffer quietly, unsure of whom to approach or afraid of being misunderstood. In such moments, the absence of empathy can deepen despair. This is where kindness becomes more than a personal virtue—it becomes a social responsibility.

A kind word, a patient response, or a simple check-in can make a powerful difference. We may never know how close someone around us is to emotional exhaustion. Sometimes, kindness does not solve problems, but it reassures a person that they are not alone—and that reassurance can save lives.

Rising losses also reflect the emotional strain within society. When compassion decreases, frustration and intolerance grow. Choosing empathy over anger, understanding over blame, and dialogue over silence can create safer emotional spaces—in homes, workplaces, schools, and public life.

Kindness must be taught and practiced daily. Children learn not only from lessons but from what they observe. When adults model empathy, respect, and patience, these values naturally pass on to the next generation. A kinder society begins with kinder individuals.

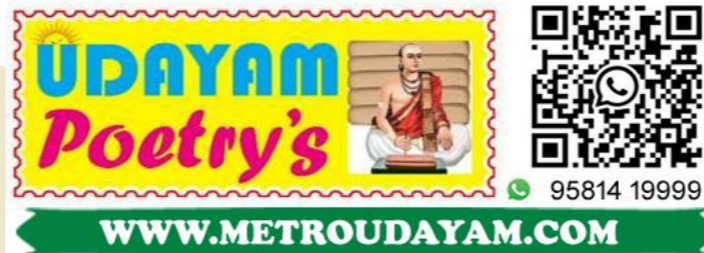
Equally important is kindness toward oneself. In a culture that celebrates constant productivity, people often neglect rest, emotional health, and self-acceptance. Being gentle with ourselves—acknowledging limits and letting go of guilt—is essential for personal well-being and collective harmony.

As we welcome the New Year, let us redefine success. Beyond growth and achievement, a truly progressive society is one where people feel safe, valued, and supported. In a time marked by losses, kindness can become our strongest response and our most meaningful resolution.

May the New Year bring healing to wounded hearts, strength to families, and peace to society. Let it be a year where we listen more, judge less, and care deeply for one another.

Happy New Year 2026? May it be kinder, calmer, and more humane for all

--By Dr Seshni Moodliar Rensburg?United Kingdom / India?Doctor, Psychiatrist, Writer, Poet & Cultural Commentator



बुरा व्यक्ती अपने आपको धार्मिक कहते
हुये भी धार्मिक नहीं हो सकता क्यों के
उसका अंतरंग और निर्यात (मनीषा)
अपवित्र होते हैं फलस्वरूप कर्म बुरे
करता है।... (शकील उवाचा -१७७७)

ये बहुत जरूरी है कि इंसान मजहबी (धार्मिक) होने के साथ साथ इमानदार भी रहे, प्रेमपूर्ण हृदय वाला भी रहे, रहम दिल याने दयावान भी रहे, सच्चा भी रहे, न्याई भी रहे, त्यागी भी रहे, संयमी भी रहे और सच्चे अर्थों में इंसान भी रहे। मेरी इस बात को कोई गलत न समझे। बहुत से लोगों के पास कहने के लिए तीन (धर्म) तो हैं लेकिन इमान नहीं है, सदाकत (सच्चाई) नहीं है, सब्र (संयम) नहीं है, प्यार नहीं है और मानवता नहीं है। उपरोक्त बातें गवाही दे रही हैं के यह सब धार्मिकता नहीं धार्मिकता का ढोंग है। मानव मानव ही न रहे तो लाभ क्या?

धर्म के माध्यम से खुद का इस्तेफा (सुधार) करे तो ही मजहब (धर्म) का लाभ है वरना मजहब बुरे इंसान को और बुरा बना देता है। जैसे बारिश का पानी, यह जिस पर बरसता है उसे महका देता है। गंदी चीज पर बरसे तो गंध बुरी आयेगी और अच्छी चीजों पर बरसे तो गंध अच्छी आयेगी। यह गंध बारिश के पानी की नहीं है बल्के अच्छी और बुरे चीजों की होती है। जैसे हवा जिस चीज पर से बहती है उसकी महक को फैलाती है। इसमें दोष बारिश के पानी का या हवा का नहीं है। वैसे ही कोई व्यक्ति बुराई करे तो ये उसका दोष है, धर्म का नहीं।

धर्म भी पानी और हवा की तरह है। गंदे बदनदार लोगों के बदन को और अच्छे खुशबूदार लोगों के खुशबू (सुगंध) को समाज धर्म बिखेरते रहता है। अगर ऐसा ना होता तो धार्मिक होने का दावा करने वाला धिक्कारित यजीद लानती जालिम, बेदीन और अमानवीय न होता। सच यही है के वह धार्मिक था ही नहीं, धार्मिक होने का ढोंग कर रहा था। धर्म अच्छे इंसान को और अच्छा और बुरे इंसान को और बुरा बना देता है। बुरा व्यक्ती अपने आपको धार्मिक कहते हुये भी धार्मिक नहीं हो सकता क्यों के उसका अंतरंग और निर्यात (मनीषा) अपवित्र होते हैं फलस्वरूप कर्म बुरे करता है।

खुदा (ईश्वर) हमारे अपने जाहिर (बाह्य) को नहीं बल्के अपने बातैन (अंतरंग) को भी देखता है। पैगंबर साहब मोहम्मद (स्व.) के पहिले उत्तराधिकारी इमाम अली इब्न अबू तालिब अलौहिस्लाम का फरमान है के, "जन्नत (स्वर्ग, वैकुण्ठ) केवल उसको प्राप्त होगी जिसका बातैन नेक और निर्यात खालिस (अंतरंग स्वच्छ, शुभ और भावना पवित्र) होगी।" (हैदरी कुतुबखाना मुंबई द्वारा प्रकाशित उर्दू पुस्तक, तजल्लियाते हिकमत, बाब ४८, जन्नत, हदीस क्रमांक २०, पुष्ट क्रमांक १०९)।

इलाही खुशी के झरने (आनंद के स्रोत) हमारे बातैन (अंतरंग) में ही मौजूद है। यह झरना अपने ही हृदय से झरता है। बल्के हमारी निजता का, हमारे स्वरूप का ही दूसरा नाम आनंद है। जिसने अपनी निजता को जाना, अपने स्वभाव को या लिया याने अपने आप को खोज लिया और निजता में जिया वही आनंदित हुआ। आनंद मस्जिद, मंदिर, गिरिजा, गुरुद्वारों में ही नहीं मिलता बल्के अपने अंतस में भी मिलता है। आनंद की कोई व्यवस्था नहीं की जा सकती क्योंकि यह एक अवस्था है, निजता है।

नमाज - रोजा (प्राथना, उपवास), दुआ - मुनाजात (प्रार्थनाएं), हज - जियारत (तीर्थयात्राएं), खुरस - जकात (धर्म द्वारा निर्धारित विशेष कर) और सदका - खैरत (दान, पुण्य) यह सभी मानवीय गुण हैं। धर्मदेश बने यह सभी गुण हमें और सच्चे मानव बनाकर हमें बुलंद मुकाम तक पहुंचाते हैं। इन गुणों से ही हमारी पहचान होती है। लेकिन आदमी परलोक को भूलकर दुनिया को सुशोभित करने के लिये धर्म और मानवता का त्याग करके अमानवीय कृत्य करता है और घाटे में रहता है।

पैगंबर साहब मोहम्मद (स्व.) के पहिले उत्तराधिकारी इमाम अली इब्न अबू तालिब अलौहिस्लाम का फरमान है के, "जो लोग अपनी दुनिया संवारने (सुशोभित करने) के लिये दिन (धर्म) से हाथ उठा लेते हैं, तो खुदा (ईश्वर) उस दुनियावादी फायदे (सांसारिक लाभ) से ज्यादा उनके लिये नुकसान (हानि) की सूरते (स्थितियां) पैदा कर देता है।" (अब्बास बुक एजेंसी लखनऊ द्वारा प्रकाशित हिंदी धर्मग्रंथ, नहजुल बलागह, उपदेश क्रमांक १०६, पुष्ट क्रमांक ७१२)।
-डॉ. मोहम्मदशकील ताजमोहम्मद जाफरी (शकील मंवर), मंवर, पुणे (महाराष्ट्र) भारत

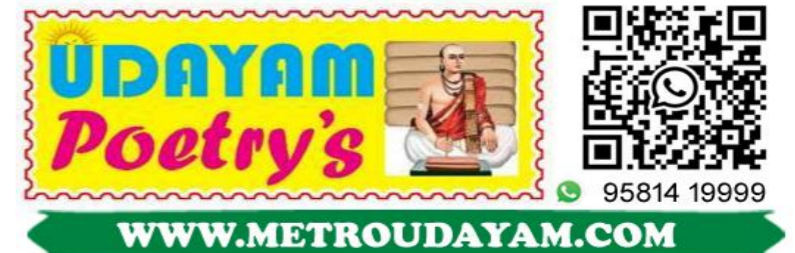
Lifestyle by Preeti Bala: Insights on Ending the 29.5-Year Settlement and Entering 2026

Leading Vedic astrologer Preeti Bala (Preeti Sodhi Sharma) recently shared her insights with a global audience from the USA in December, offering guidance on navigating the 29.5-year karmic cycle as we approach the New Year.

During the session, Dr. Seshni attended on 28 December 2025 at 6 pm PST USA Preeti highlighted the wisdom shared by Preeti Bala. She explained how the 29.5-year settlement can be understood by assessing individual birth charts, taking into account the dates



and circumstances each person experienced during this cycle. This allows her to guide people in resolving past karmic pat-



"LESSONS BEHIND, HOPE AHEAD"

Every year begins with a quiet hope that life might finally change. Yet, time and again, those hopes start with optimism and end in disappointment.

Human life moves forward on hope—this is what every New Year reminds us. "If not this year, then the next," we tell ourselves. And before we realize it, age increases, while life remains largely unchanged.

We often find ourselves caught in a dilemma—whether to trust people or not. In that confusion, we fail to trust those who truly deserve it, while placing our faith in those who never should have earned it, only to be deceived in return.

The greatest lesson 2025 offered is simple: "Be true to yourself.

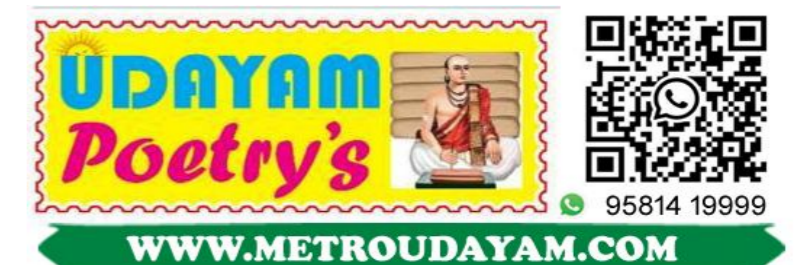
Protect the good within you. If something is wrong, change it—nothing more, nothing less".

"Life does not always give repeated chances. When it does, there is a reason".

We don't need to be liked by everyone we meet. But we should live in such a way that every person who sees us—even our enemies—feels compelled to say, "What a genuinely good heart this person has."

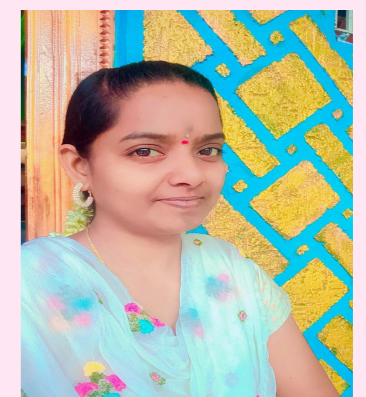
The past year was full of lessons. The year ahead is filled with hope and positivity.

Happy New Year 2026.
Written by
M.R. Jayasudha M.C.A
Chittoor, Andhra Pradesh.



Lights:

In the nest of darkness within the heart, light a tiny lamp. With the movement of expression, paint a gentle smile upon the lips. From the deepest layers of the heart, hold close the drops of tears that surge forth. With patience, restrain the burning pain; with endurance, contain the hardship. Become the eyelid that covers the whirlpools of tears. Light glimmers on a shining thread—even in pitch darkness,



if a single star sparkles, the suffering in your life breathes life into hope, turns into a lamp, and bestows light.

Name: Mankali Suguna
Author of: Hrudaya Virula Pustakam

terns and moving forward consciously. Preeti also discussed the transition from 2025, the Year of the Snake, to 2026, the Year of the Fire Horse, explaining the energetic shifts and opportunities the new year brings. Her insights help individuals prepare for challenges, embrace growth, and make the most of the upcoming cycle. She also explained the difference between Nadi and Jyotish/Vedic astrology. For those interested in learning more, Preeti Bala regularly shares useful videos, readings, and updates on her work. Visit her website: www.preetibala.com and follow her on Instagram at @Lifestylepreetibala. This New Year, her guidance reminds us that by understanding our past cycles, we can move into 2026 with clarity, intention, and conscious action. Thanks Preeti Bala for all the valuable work and mission on helping others

--By Dr Seshni Moodliar Rensburg?United Kingdom / India?Doctor, Psychiatrist, Writer, Poet & Cultural Commentator

Dr. Sanjeev Srivastava Hosts Free Crash Course

Jyotish for Students Worldwide on January 4th. As we welcome 2026, renowned Nadi astrologer Dr. Sanjeev Srivastava brings an exciting opportunity for astrology enthusiasts. He will be hosting a free "Crash Course" for aspiring Nadi and Jyotish students across the globe on 4th January at 9:30 AM IST.

Dr. Srivastava emphasizes that astrology is not just about predicting events—it is about understanding life, gaining insights, and guiding oneself and others. The course will cover essential Jyotish principles, practical applications, and tips for students to enhance their learning.

Sharing an inspiring message from Sri Sri Ravi Shankar, Dr. Srivastava says:

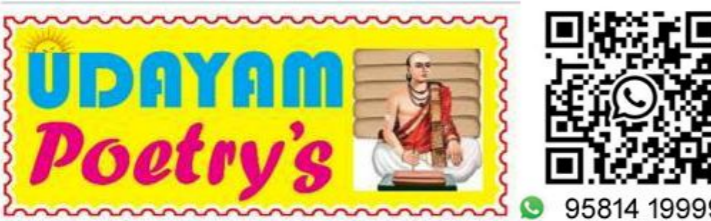
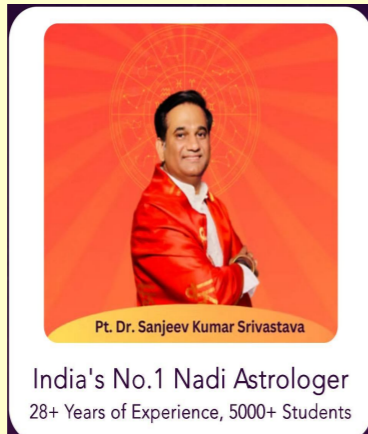
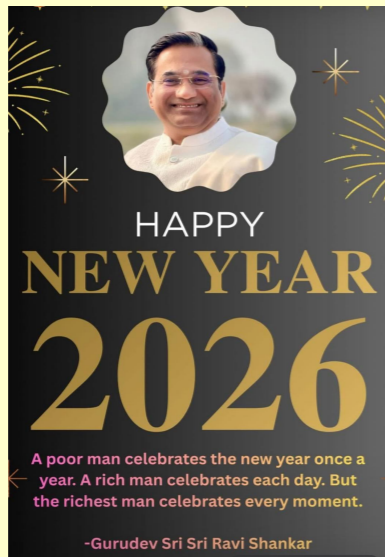
"A poor man celebrates New Year once; a richest man celebrates every year; the richest man celebrates every moment."

This New Year, the message reminds us that true wealth lies in living mindfully, cherishing every moment, and embracing learning and growth, not just material accumulation.

The free crash course is designed for students of all levels, providing hands-on guidance and insights from a seasoned Nadi astrologer. It is an excellent opportunity to start 2026 with knowledge, clarity, and inspiration.

For more details and registration, visit www.Nadiastrology.com.

By Dr Seshni Moodliar Rensburg?United Kingdom / India?Doctor, Psychiatrist, Writer, Poet & Cultural Commentator



New Year's Eve

As the year comes to an End
We all look ahead?To the New Year count-down, ?10...9...8... down to 0.
Happy New Year

For a few brief seconds,?Everything stops.?Time Seems to pause
And all attention is focused?On that shared moment
As we say goodbye to 2025?And step into 2026

All eyes, all ears,?Every Thought and feeling.?Drawn To the present—?To the People around us?And to What we see before us.
On our screens Celebrations
Light up the world
India, London
The USA, Australia, Dubai,

One after another,?Across Time zones and cultures.
Different places,?Different Lives,?Yet the same hope?For a fresh beginning.
Happy New Year's Eve.?May It be meaningful, joyful,?And Truly memorable...

--©Dr Seshni Moodliar Rensburg

Pallavi International School Hosts Spectacular 15th Annual Sports Meet at Gachibowli Stadium



Hyderabad, Metro undayam, December 31:

Pallavi International School, Attapur, celebrated its 15th Annual Sports Meet in a grand and vibrant manner at the Gachibowli Indoor Stadium. Branded as 'Khel Mahotsav', the event witnessed an enthusiastic participation of nearly 2,000 people, including students, parents, and well-wishers. The colourful programme featured impressive performances in karate, skating, abacus, keyboard, yoga, and a variety of synchronized drills, captivating the audience. On the occasion, five Inter-House Championship trophies were awarded across categories such as Academic Excellence, Sports Championship, Literacy Scholarship, and Artistic Excellence.

Special recognition was given to three students who excelled in the 2025 CBSE Board Examinations, while winners of the 2025 academic year in sports like throwball, kho-kho, and chess were also felicitated with medals and prizes. The event was graced by Dr. Eugene George, renowned basketball head coach and Sports Director of YMCA Secunderabad, as the Chief Guest. He encouraged students to actively participate in sports alongside academics. Mr. Santosh Chari, International Swimming Medalist and Head Coach, Sports Authority of Telangana State, Hyderabad, attended as the Guest of Honour and highlighted the importance of team spirit, discipline, and maintaining a healthy balance between phys-

ical activity and screen time. Commending the collective efforts behind the successful event, the dignitaries appreciated the dedication of students and teachers. Addressing the gathering, School Principal Annapurna Koduru emphasized that sports not only build physical strength but also instill discipline, teamwork, perseverance, and mental resilience. Vice Principal Anuradha Suraparaju extended heartfelt thanks to the students, teachers, and staff for their remarkable performances and support. The grand celebration concluded on a high note with an energetic closing dance and a special New Year display, leaving the audience with memorable moments of joy and inspiration.

Global Banjara Cultural Program Grandly Held in Dubai-Sharjah

Hyderabad, December 31 (Metro undayam)

The Global Banjara Cultural Program held in Dubai-Sharjah was a grand success. More than 3000 Banjara brothers and sisters working there enthusiastically participated in the program, showcasing their love for their culture and traditions.

At the event held at Safari Mahal in Sharjah, renowned singers Kalashree Bhikshu Naik, Dr. Sanjeev Chauhan, Nagendra Rathod, and Ratan Naik mesmerized the audience with their songs. Similarly, Idol winner Jagadish Chauhan from Maharashtra, and R.B. Naik and Sujatha Sri Jyoti from Karnataka, captivated the stage with their Banjara folk songs.

The program was graced by the presence of Sevalal Maharaj's successor Babusingh Maharaj, Kalki Maharaj, and former MP Umesh



Jadhav as chief guests. Also, All India Banjara Seva Sangh President Shankar Pawar, Nenavath Bikku Naik (BJP), Amul Rathod, Harish Naik, Rahul, Anuridh, Dal Shankar Set, and other prominent personalities participated and made the program a success.

The organizers stated that the program was conducted with the aim of bringing the Banjara community liv-

ing abroad onto a single platform and introducing their culture and traditions to the world. The program was organized under the leadership of Subhash Rathod. This global cultural event, which stood as a symbol of unity for the Banjara community, became a memorable experience for all who participated.

University Employees' Key Demands Must Be Resolved: JAC Appeals to CM

Hyderabad, metro undayam December 31:

The Joint Action Committee (JAC) of Osmania University Teaching and Non-Teaching Employees has expressed gratitude to Chief Minister Revanth Reddy for allocating ₹1,000 crore to Osmania University. However, the JAC voiced concern that several long-pending issues faced by university employees and faculty members remain unresolved. Speaking at Osmania University, JAC leaders stated that problems concerning contract, part-time, time-scale, and outsourcing employees have been pending for the last 25 years and demanded immediate action from the government. They emphasized the need to regularize contract lecturers and implement UGC pay scales along with job security on par with regular faculty members. The JAC further demanded that part-time lecturers be upgraded to Assistant Professor



(Contract) posts. They also called for the implementation of equal pay for outsourcing employees in line with regular staff. In addition, the committee urged the government to clearly implement the Contributory Pension Scheme (CPS) for university employees appointed after September 1, 2024. The JAC appealed to the state government to give clear assurances and resolve university-related issues during the ongoing Assembly sessions. They stressed that along with financial allocations for infrastructure and

development, employee welfare is equally crucial for the overall progress of universities. The programme was attended by Osmania University Teaching and Non-Teaching Employees JAC members including Dr. Parashuram, Dr. Vijender Reddy, Dr. Dharma Teja, Dr. Someshwar Bonakurthi, Dr. Arutla Janaki Reddy, S.L. Padma, Pradeep, Dr. R. Ravikumar, Dr. O. Krishnayya, Dr. Mohan, Dr. Ashok, Dr. Vishnu Bhoopathi, Dr. Chandrashekhar, and others.