



Rahul Gandhi's Social Justice Vision Incomplete Without Pasmanda Muslims, Says Bihar Congress Leader

Senior Congress leader and former Rajya Sabha MP Ali Anwar Ansari has said that Rahul Gandhi's emphasis on social justice will remain incomplete unless it clearly includes Pasmanda Muslims. Ansari, who heads the All India Pasmanda Muslim Mahaz and recently joined the Congress, stressed that secular parties should work consistently for socially and economically backward Muslim groups rather than treating their support as guaranteed. Speaking on the party's broader political approach, Ansari said Rahul Gandhi has spoken about social justice for Extremely Backward Classes, Other Backward Classes, Dalits and Muslims, but tangible steps for Pasmanda Muslims have been limited. Referring to the Congress's poor performance in the recent Bihar Assembly elections, he said the party must reassess its strategy ahead of upcoming elections in several states, including West



Bengal. Ansari argued that the Congress needs to move beyond communal polarisation and focus on inclusive policies. He said the Pasmanda movement has the potential to counter communal narratives within the Muslim community and highlighted that official reports such as the Sachar Committee and the Rangnath Mishra Commission have recognised the backward status of Pasmanda Muslims. Citing the Bihar caste-based survey, he

noted that more than 10% of Muslims in the state fall under the EBC or Pasmanda category. He suggested the formation of a dedicated Pasmanda cell within the Congress, or a combined EBC-Pasmanda unit, to ensure focused representation. Ansari also announced plans to hold a series of meetings under the banner of the All India Pasmanda Muslim Mahaz as part of efforts to build awareness and political momentum around the issue.

BJP pans senior Owaisi for making provocative remarks

Hyderabad: The Bharatiya Janata Party (BJP), Telangana, strongly condemned the highly irresponsible and provocative statement made by Hyderabad MP and AIMIM chief Asaduddin Owaisi, wherein he allegedly suggested that if the United States could capture the President of Venezuela from his palace in Caracas, India should similarly capture the 26/11 Mumbai terror attack mastermind from Pakistan. Reacting sharply, BJP Telangana chief spokesperson NV Subash termed Owaisi's remarks as "reckless provocation masquerading as bravado" and said they reflected a disturbing mindset divorced from India's civilisational ethos and constitutional values. "This mindset may belong to dynasties of conquest and intrigue, where brothers and fathers were eliminated for power, but it certainly does not reflect the culture of Sanatanis, to whom this land belongs," Subash said. He further questioned whether



Owaisi's comments stemmed from a lack of understanding of India's foreign policy traditions or from inherited political malice. "India has never been an expansionist nation. Our strength lies in restraint, responsibility, and adherence to international law," he asserted. Subash categorically stated that neither Prime Minister Narendra Modi nor India's armed forces require unsolicited and ill-informed 'advice' from a leader steeped in a Razakar-like mindset. "India's response to terrorism has been firm, calibrated, and lawful—whether through diplomatic isolation, surgical strikes, or internation-

al pressure," he said. Expressing concern over Owaisi's disregard for international norms, the BJP spokesperson said it was unfortunate that a Member of Parliament, who claims to have studied law abroad, showed scant respect for international law, the United Nations Charter, and the principle of national sovereignty that governs a civilised global order. "If Owaisi genuinely believes in what he says, let him submit a formal proposal in writing as a Member of Parliament and allow the elected government to take a considered decision. Making incendiary remarks from public platforms only exposes his inability to rise above street-corner rhetoric," Subash cautioned. He stated that the people of Telangana and the country have long understood AIMIM's political style—one that thrives on controversy, provocation, and headline-seeking statements rather than responsible public discourse.

Education is the only way to overcome poverty: Narayana



Nellore: While saying that education is only the way to overcome poverty, Municipal Administration Minister Ponguru Narayana has asserted that coalition government is promoting quality education to the poor. The M&U minister along with Nellore MP Vemireddy Prabhakara and state Waqf Board Chairman Sheikh Abdul Aziz has laid the foundation stone for construction of Dr. APJ Abdul Kalam International School (APJAKIS) at Waqf Board land at Parameswari Nagar in the city here on Sunday. Speaking on the occasion, Narayana said that as part of this initiative government has designed Venkatagiri Raja's High School (VR high school), with international standards and it was recently inaugurated by Human Resources Development (HRD) Minister Nara Lokesh. The Minister disclosed that government putting efforts to design all 14 schools in the city run by Nellore municipal corporation on the line of VR Municipal Corporation High School (VRMCHS) with the financial assistance of philanthropists in coming days. The Minister disclosed that Rajya Sabha member CM Ramesh came forward to extend Rs 20 crore financial assistance for construction of Dr APJAKIS. Nellore MP Vemireddy Prabhakara Reddy has lauded that it was a great thing to construct APJAKIS with international standards in Waqf Board land. The MP said that providing Waqf Board property for schools witnessed the coalition government's commitment over development of minorities. Waqf Board Chairman Sheikh Abdul Aziz said that previous governments totally neglected the welfare of minorities NS instead they utilised them as vote bank. He lauded that it was the coalition government headed by Chief Minister Nara Chandrababu Naidu giving top priority to minorities for their development in all fronts. Nellore Rural MLA Kotamreddy Sridhar Reddy, NUDA Chairman Kotamreddy Srinivasulu Reddy Incharge Mayor P. Roop Kumar Yadav, Deputy Mayor SK. Tahaseen, Minority Finance Corporation Chairman Mufthi, and others were present.

World's largest Shivling reaches Bihar's Gopalganj; officials face challenges in further transportation

Patna: The Gopalganj district administration in Bihar is facing a major challenge in transporting the world's largest and heaviest Shivling due to the deteriorating condition of a bridge over the Gandak River, also known as the Narayani River in the region.

The Shivling reached Gopalganj on Sunday morning. District Magistrate Pawan Kumar Sinha said that teams from Bihar Rajya Pul Nirman Nigam Limited (BRPNL) and the National Highways Authority of India (NHA) have been called to inspect the bridge before permitting the transportation of the Shivling. In addition, Bihar Pul Nirman and Rural Work Department Minister Ashok



Choudhary is also scheduled to arrive in Gopalganj to review the situation with officials and personally inspect the bridge.

During the initial inspection, cracks were found at several places on the bridge, raising serious safety concerns

The Shivling weighs around 210 tonnes and is loaded on a 106-wheel trailer, which itself weighs approximately 160 tonnes. The combined weight far exceeds the load-bearing capacity of the bridge, making transportation highly risky. The Shivling was constructed in Mahabalipuram, Tamil Nadu, and took 32 days to reach Gopalganj, covering a distance of 3,178 kilometres. The Shivling is scheduled to be transported to the Virat Ramayan Temple in Motihari, the district headquarters of East Champaran. According to officials, there are two alternative routes to reach East Champaran, but the condition of both is not satisfactory. One of the routes passes through the

70 Ghat bridge, located at Dumariaghat in Gopalganj district. However, the bridge's structural condition, load-bearing capacity, and approach roads are not adequate to withstand the combined weight of the Shivling and the trailer. The second route passes through the West Champaran district via Bettiah city. Officials stated that this route also poses challenges, as several bridges and culverts lie along the way and would require detailed inspection before permitting the movement of such a heavy vehicle carrying the massive Shivling. The administration is currently assessing all options to ensure the safe transportation of the Shivling.

National Road Safety Month Awareness Programme – 2026

As part of the National Road Safety Month Awareness Programme-2026, a road safety awareness programme was conducted at the Gajuwaka RTO Office for candidates who came for Learner Licence (LLR) and Driving Licence services, as well as for members of the public who visited the office for various purposes.

On this occasion, the Regional Transport Officer Shri V. Jayaprakash, Motor Vehicle Inspectors Shri G. Satyam Naidu and Shri D.P. Rangarao stated that strict adherence to traffic rules and regulations can significantly reduce road accidents. They advised vehicle owners to maintain their vehicles properly and ensure that Pollution Under Control (PUC) certificates are kept up to date as per rules. They emphasized giving special attention to pedestrian safety while driving. They also instructed drivers to park vehicles only in designated parking areas, obey traffic lights



at junctions, avoid driving in the wrong direction, and ensure that auto-rickshaws do not carry excess passengers. At NSTL, Visakhapatnam, Motor Vehicle Inspector Smt. Rukki Munisa and Assistant Motor Vehicle Inspector Smt. Shivani conducted a road safety awareness programme for vehicle users and explained the importance of wearing helmets. At Visakhapatnam ITI, Motor Vehicle Inspectors Shri Buchi Raju, Shri Ganesh Reddy, and Shri Rajarao provided detailed information to students learning about traffic rules, eligibility cri-

teria for driving licences, and road signs. They advised against drunk driving and cautioned that more than two persons should not travel on a two-wheeler. Road safety pamphlets were distributed to the students on this occasion. Motor Vehicle Inspector Shri Rajarao also created awareness among 16th Battalion Police Constables about vehicle fitness, eligibility for heavy driving licences, and traffic rules to be followed. He explained that vehicles older than 15 years should not be driven and highlighted the importance of traffic management and road engi-



neering. Assistant Motor Vehicle Inspector Shri G. Satyanarayana conducted an awareness session at Gambheeram for candidates appearing for heavy, light motor vehicle, and two-wheeler driving licence tests. He explained the vehicle test procedures and rules. He stressed that both the driver and pillion rider must wear helmets, mobile phones should not be used while driving, wearing seat belts is mandatory, and over-speeding is dangerous. On this occasion, vehicle users and drivers were administered

a road safety pledge. People were urged to follow the slogan "Transformation through Training, Safety and Technology." It was explained that driving under the influence of alcohol is life-threatening and is a major cause of road accidents, serious injuries, and deaths. It was informed that drunk driving can attract a fine of up to ₹10,000, imprisonment of up to six months, and suspension or cancellation of the driving licence. The public was appealed to follow traffic rules and regulations and reach their destinations safely.

BCs must prove their mettle in all fields'



Kadthal, January 5, Metro Udayam: Telangana State BC Cooperative Finance Corporation Chairman Nuti Srikanth Goud urged BCs to demonstrate their capabilities. He unveiled a special edition for BCs published by the Adarsha Kiranam voluntary organization. Speaking on the occasion, he praised the remarkable efforts of the Adarsha Kiranam organization over the past 33 years in uniting the BC community. He noted that BCs constitute the largest percentage of the population and advised them to utilize all opportunities to reach the highest levels in all fields. Adarsha Kiranam organization chairman Balaraj Goud, Dance Academy convenor Dr. Surabhi Lakshmisarada, and Lalitha were also present.

Invitation to Pall Rajeshwer Reddy :OC JAC



Jangaon, January 5, Metro Udayam: Invitation letter to Palla Rajeshwar Reddy, MLA of Jangaon Constituency for OC JAC Maha Garjana program

In connection with the OC JAC Maha Garjana program to be held in Warangal city on 11-01-2026 of this month, a formal invitation letter was handed over to the Hon'ble Palla Rajeshwar Reddy, MLA of Jangaon constituency. The organisers said that the presence of Palla Rajeshwar Reddy will add more strength to the programme, which is aimed at bringing the rights, issues and aspirations of the OC communities to the attention of the state government.

He urged the people from all walks of life to participate in large numbers and express their solidarity for the success of the programme to be organized under the leadership of OC JAC. It was followed by Gopu Jaipalreddy State President, Dubba Srinivas Gen Secretary, Nadipally Venkateshwar Rao treasurer, Gangisetty Pramod Kumar state vice president, Raavula Narshima reddy state advisor, Presidents of reddy unions and maarvadis, Leaders Krishna Jeevan Bajaj and others participated

International Seminar on Urdu Literature Held at Osmania University Arts College

Hyderabad, metro udayam January 5:

The Department of Urdu, Osmania University, organized an International Seminar on »»»The Cultural and Civilizational Discourse of Urdu Literature»» at the Arts College, Osmania University, on Monday. The seminar witnessed enthusiastic participation from a large number of scholars, research paper presenters, and eminent academicians from India and abroad. The inaugural session was conducted in a grand and scholarly atmosphere. The Vice-Chancellor of Osmania University, Prof. Kumar Molugaram, attended the programme as the Guest of Honour. He appreciated the academic initiatives of the Department of Urdu and extended his best wishes for the success of the seminar. Mr. Taher bin Hamdan, Chairman of the Telangana Urdu Academy, participated as the Chief Guest. On the



occasion, he announced a special publication of the seminar proceedings and assured full support by representing the Department's requirements and faculty appointments at the Secretariat level. The seminar was presided over by Prof. C. Kaseem, Principal, University College of Arts & Social Sciences (In-charge Head, Department of Urdu, Osmania University). Special invitees included former Vice-Chancellor Prof. S. A. Shukoor, Director, Dairat-ul-Maarif Osmania, and Prof. C.

Srinivasulu, Nodal Officer, RUSA, Osmania University. Former Heads of the Department—Prof. Tatar Khan, Prof. Majeed Bedar, Prof. Atiya Siddiqua, and Dr. Mohammed Abdul Moeed—along with several other distinguished scholars, including Prof. Shams-ul-Huda, were also present. The Keynote Address was delivered by Prof. Mohammed Ikramuddin from the Centre of Indian Languages, Jawaharlal Nehru University, New Delhi. He presented an insightful analysis of the cultural and civilizational dimensions of

Urdu literature, outlining its various literary phases and highlighting the contributions of prominent literary figures. On the occasion, Bilqis Begum Memorial Scholarship cheques were distributed to meritorious students. The chief guests congratulated the recipients and wished them a bright academic future. At the conclusion of the inaugural session, Dr. Mohammed Mushtaq Ahmed, Organizer of the seminar, expressed heartfelt gratitude to all the dignitaries, speakers, scholars, and participants. The programme proceedings were efficiently conducted by the Convener, Dr. Anjum Insa Begum (Zeba). The seminar features three academic sessions, including paper presentations by four scholars from Tashkent, Uzbekistan, Dr. Sajjad Akhtar (Bihar), Dr. Mohammed Ruknuddin (Delhi), and several other researchers.

Pledge to stay away from narcotics...



Awareness program on narcotics for students organized by Prajavani Voluntary Organization Uppal, January 5 (Metro Udayam)

An awareness program on narcotics and their harmful effects was conducted on Sunday at the Zilla Parishad High School in Ramanthapur, under the auspices of the Prajavani Voluntary Organization, with the participation of students and teachers. The chief guests at this program included Corporator Bandaru Srivani, Mount Fort Organization Director Varghese, Intelligence Circle Inspector Ramavat Ravi, CPM district leader Komati Ravi, Primary School Headmistress Renuka, and ZPHS High School Headmaster Jayalatha. Speaking on the occasion, they

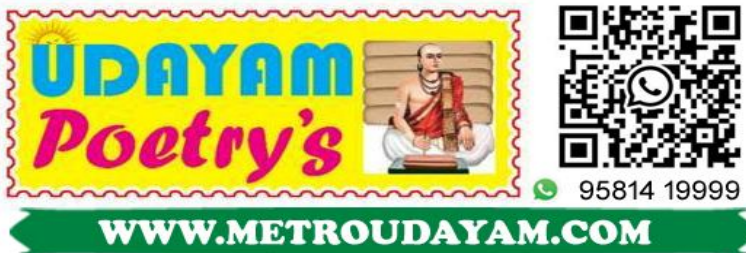


explained in detail how narcotics are available in various forms in society, their characteristics, and the harmful consequences of becoming addicted to them. On this occasion, the students, teachers, and leaders of the Prajavani Voluntary Organization took a pledge to stay away from narcotics. In addition, they distributed books containing tips for writing exams to the tenth-grade students. The program was attended by Prajavani Voluntary Organization Secretary Golusula Vijayakumar, Rajugoud, Ravinder Rao, Anugula Kiran Kumar, Goli Krishnaiah, Raghu Prakash, Pili Venkateswarlu, Bhishmachari, Kumaraswamy, school teachers, students, and staff, among others.

3% DISCOUNT ON UNRESERVED TICKETS BOOKED IN RAILONE APP



Indian Railways offers a 3% discount on unreserved tickets booked through the RailOne app using digital payment modes. This upfront discount runs from January 14 to July 14, 2026, except through R-wallet. In case of booking of unreserved ticket through R-wallet on RailOne app, the existing system of providing 3% bonus as cashback will continue. RailOne app unifies reserved and unreserved services for greater convenience. This initiative drives cashless transactions and nationwide service integration. Waltair Division urges passengers to download RailOne now for uninterrupted travel and to claim the discount



जो सुख-दुःख के पार हो जाता है वही आनंद की राह पर कदम रख पाएगा। जो क्षण क्षण आनंदित रह पायेगा वही शाश्वत आनंद को पा लेगा। ... (शकील उवाच -७८१)

जो कोई अपने स्वभाव को जान लेता है और अपनी निजता को समझ लेता है और निजता के साथ जीवन बिताता है उसके पास दुःखी होने का कोई कारण नहीं रहता। उसकी वही हालत रहती है जो पानी में कमल के पत्तों की। कमल का पत्ता पानी में रहने के बावजूद पानी उसे छूकर भी नहीं छू सकता। वैसे ही अपनी आत्मा को जानने वाला व्यक्ति संसार में रहकर भी संसार के विषय वस्तुओं के प्रभाव से मुक्त होता है। जिंदगी में वह सब कुछ करता है जिसकी जिम्मेदारियां उसके कंधों पर होते हैं।



ऐसा ही व्यक्ति सामान्य से सामान्य दिखता है लेकिन वह होता असामान्य है। वह अपने आपको फरिश्तों (देवताओं) की बुलंदी तक पहुंचा सकता है। फिर वह मौत से बेखोफ हो जाता है। मौत को राजी खुशी से स्वीकार करता है। मौत उसे पीड़ा नहीं देती, बल्कि मौत उसे सुखद अनुभव देती है। वह मौत को वैसे ही अनुभव करना चाहता है जैसे जीवन को अनुभव कर चुका है। फिर मृत्यु भी ऐसे व्यक्ति के लिये आनंद आनंदोत्सव बन जाती है। लेकिन जिसका जीवन ही कुरुप हो उसकी मृत्यु सुंदर कैसे होगी भला?

आनंद न सुख है, आनंद न दुःख है। सभी को सुख की चाहत होती है और दुःख की चाहत कभी किसी को नहीं होती। मन में सुख-दुःख की चाहत अनचाहत का होना ही सुख - दुःख को विषय वस्तु से उन्हीं जोड़ देती है। यही उसकी भौतिकता की दलील बन जाती है। सुख हो या दुःख हो यह दोनों भी मानव को उत्तेजित करते हैं। क्योंकि यह दोनों भी हमारे भावनाओं की उत्कण्ठता होते हैं। और जो कोई सुख-दुःख के पार हो जाता है वही आनंद की राह पर कदम रख पाएगा।

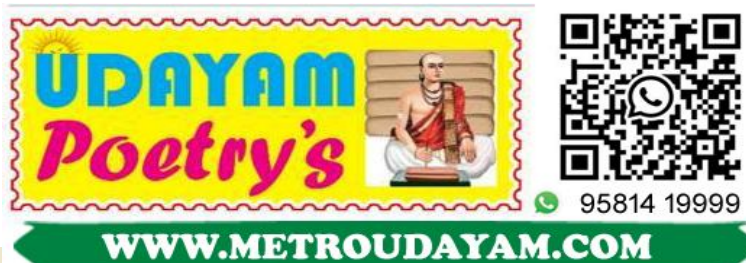
जो अपनी आत्मा से अपने आप को जोड़ लेगा वही आनंदित हो पाएगा। ऐसे व्यक्ति के जीवन का हर क्षण स्वर्णिम क्षण होगा। जो क्षण क्षण आनंदित रह पायेगा वही शाश्वत आनंद को पा लेगा। क्योंकि पूरा जीवन क्षणों से ही बनता है। आनंदित हृदय से उठने वाले तरंगे प्रार्थना के होते हैं। हम प्रार्थनाओं में आनंद खोजते हैं, जबकि आनंदीत मन से प्रार्थना जन्म लेती है। आनंद को खोजना है तो अंतस की खोज करनी होगी। आत्मा को जानना होगा और आत्मा से जुड़ना होगा।

आत्मा को जानते ही परमात्मा के राज (रहस्य) खुल जाएंगे। खुदा की मारिफत (ईश्वर ज्ञान) के बगैर किसी को भी नजात (मुक्ति) मिल नहीं सकती। खुदा (ईश्वर) के अस्तित्व में यकीन (विश्वास) के बगैर ना ही हमारे भक्ती का कोई मूल्य है और ना ही हमारे मानव होना का कोई उपयोग। परमात्मा में यकीन पाने का यही सरल उपाय है के हम उसे जानने के पहिले खुद को जान लिया जायें। हमारे सृष्टिकर्ता परमात्मा पर यकीन के साथ जिया हुआ हर लम्हा कीमती होगा।

पैगंबर साहब मोहम्मद (स्व.) के पहिले उत्तराधिकारी इमाम अली इब्न अबू तालिब अलैहिस्सलाम कहते हैं के "बे यकीनी और मारिफत के साथ (शक और ईश्वर को पहचाने बगैर) पढ़ी हुई रात भर की नमाज से यकीन के साथ सोयी हुयी रात भर की नींद बेहतर है।" (हैदरी कुतुबखाना मुंबई द्वारा प्रकाशित उर्दू पुस्तक, तजल्लियाते हिकमत, बाब 211, नींद, हदीस क्रमांक 01, पुष्ट क्रमांक 487)। यह यकीन (विश्वास) किससे भी उधार नहीं लिया जा सकता। यकीन स्वयं के अनुभव से आये तो मूल्यवान होगा।

यकीन के साथ जिया हुआ हर लम्हा इबादत का लम्हा है। दिल में शक लेकर की हुई खुदा की इबादत (ईश्वर की उपासना) का भी कोई मोल नहीं। सच्ची इबादत के बगैर सच्ची खुशी (आनंद) नहीं मिलती। आनंद सच कहा जाये तो इबादत (भक्ति) का क्षण है। यह अपने अंतस को, अपनी आत्मा को पाये बगैर मिल ही नहीं सकता। अपने अंतस में ही आनंद के झरने है। आनंद है ही हमारे अंतस में, उसे कहीं से लाना नहीं है। आनंद शब्द नहीं सत्य है, ऐसा आनुभविक सत्य जो सबसे सुंदर है।

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



Heart to Heart

Heart beats
Sounds, feelings
So palpable
So precious

Our heart needs
Attention,?Needs
Love
Fragile in
Heartbreak
Tender in grief

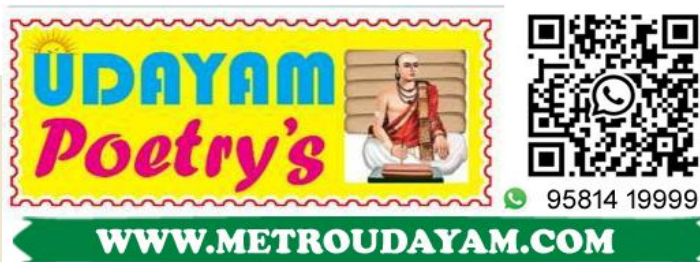
Be strong
Take care
Cultivate love
Heart to heart
Our heart asks
For love
Self-love
Love from
Others,?And the
Courage to



Give love

How precious,
The single
heart beats
A sound, a guide
A source of joy
A well of feeling
Love with all
Your heart

©Dr Seshni Moodliar Rensburg



Heart Health in Indian Diaspora Discussed at 293rd ICC Indo Caribbean cultural centre Forum 4 th January 2026

The Indo-Caribbean Cultural Centre (ICC) hosted its 293rd Thought Leaders' Forum, focusing on "Heart Health among Indians in the Diaspora on 4 th January 2026.." The event is recorded and livestreamed globally on Zoom and the ICC YouTube channel.

Dr. Seshni Moodliar Rensburg (England), originally from South Africa, stepped in as Chair for the programme, extending New Year greetings to all participants for 2026 and noting the forum's uninterrupted weekly continuity over 292 consecutive weeks, with more than 1,177 presenters worldwide. Also with audience worldwide.

Key announcements included a reminder that January 1, 1920, marked the formal abolition of Indian indentureship by the British government, and a January 3 announcement referenced in relation to developments affecting the Guyana-Essequibo region and broader diaspora awareness.

The forum and speakers presented more on the incidence of heart disease among Girit-descended Indians and diaspora, linked to genetics, lifestyle changes, diabetes, obesity, stress, and dietary transitions, while emphasizing culturally grounded prevention strategies. The discussion shares awareness on an important topic so vital for understanding , healthy living and maintaining optimum health and wellbeing.

Speakers included Dr. Pritika Narayan (New Zealand/Fiji) of the Fiji Heart Study, Dr. Mahendra Carpen (Guyana), Senior Presidential Advisor on Science and Healthcare Modernization, and Dr. Vivian Rambihar (Canada/Guyana), a cardiologist advocating early intervention in the diaspora. Dr Vijay Kapadia from Australia also attended .

The forum was moderated by Shalima Mohammed, Co-Director of the ICC Zoom Platform, and organized under the leadership of Dr. Kumar Mahabir, Founder and Director of ICC, with support from the ICC team, including Shakira Mohammed.

The ICC encouraged readers to visit its official website, subscribe to its YouTube channel, and follow ICC on Facebook and Instagram for recordings, publications, and updates. Donations and volunteer support may be arranged by contacting the ICC on the website , with donor names acknowledged on ICC promotional materials. The tech team was thanked Navin Mungal and Darryl Grandsam

The next ICC forum on 11th January 2026 will focus on "Jyotish, Vedic Astrology and Its Influence on Health and Chronic Diseases." Facebook Indo-Caribbean Cultural Centre (ICC) <https://indocaribbeanpublications.com> YouTube @dmahab

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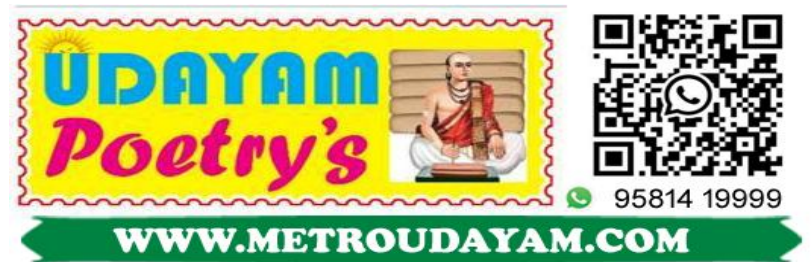
By Dr Seshni Moodliar Rensburg?United Kingdom / India?Doctor, Psychiatrist, Writer, Poet & Cultural Commentator

Ashes: Spin bowling is incredibly important to Test cricket, insists Vettori

Australia's spin bowling coach, Daniel Vettori, has defended the side's decision to field an all-seam attack in the fifth Ashes Test at the Sydney Cricket Ground (SCG) but insisted that spin bowling remains very important in the longer format.

With veteran off-spinner Nathan Lyon sidelined by a hamstring injury, Australia opted not to select a frontline spinner for the Test match in Sydney, the first time since 1888. It's also the third time Australia has fielded an all-pace bowling attack in the ongoing series. "It's probably just a point in time. I don't think it's going to be something that's going to continue for years on end. I think spin bowling is incredibly important to Test match cricket. I think people love watching it when it's at its absolute best and when conditions can assist the spin bowler."

"But we're just in the stage now where that's not the case. I wouldn't be surprised that it changed in the future. I think at some stage it will get back to possibly how it was preceding these last couple of years," Vettori told reporters at the end of play on Day 1. The former left-arm spinner, who claimed 362 wickets in 113 Tests for New Zealand, also felt Australia's recent preference for pace bowling in their Test matches does not signal the end of spin in Tests on home soil. "Seamers have been so effective that it's hard to go away from them."



My dear children's be careful.



Mobile phones have become an integral part of our daily lives, but their misuse can have severe consequences on the mental, emotional, and social well-being of children and young adults.

The increasing use of mobile phones among children and young adults has become a significant concern for parents, educators, and society as a whole. While mobile phones can be a valuable tool for communication, education, and entertainment, their misuse can have severe consequences on the mental, emotional, and social well-being of young people.

One of the most significant risks associated with mobile phone use among children is the potential for addiction. Children who spend excessive amounts of time on their mobile phones can develop a range of negative behaviors, including social isolation, decreased attention span, and decreased physical activity. Furthermore, excessive mobile phone use has been linked to a range of mental health problems, including anxiety, depression, and sleep disorders.

Another significant risk associated with mobile phone use among children is the potential for cyberbullying and online harassment. Children who use mobile phones to access social media and other online platforms can be exposed to a range of negative experiences, including bullying, harassment, and online abuse. This can have a significant impact on their self-esteem, mental health, and overall well-being.

In addition to these risks, mobile phones can also have a negative impact on children's academic performance. Children who use mobile phones during class time or while doing homework can be distracted and have difficulty focusing on their studies. Furthermore, excessive mobile phone use can lead to a decrease in physical activity, which can have negative consequences for children's physical health. So, what can parents and educators do to mitigate these risks and ensure that children use mobile phones responsibly? First, parents and educators can set clear limits on mobile phone use, such as restricting the amount of time spent on the phone or setting boundaries around phone use during certain times of the day. Second, parents and educators can educate children about the potential risks associated with mobile phone use and encourage them to use phones responsibly. Finally, parents and educators can encourage children to engage in physical activity, socialize with friends, and participate in extracurricular activities to reduce their reliance on mobile phones. In conclusion, while mobile phones can be a valuable tool for communication, education, and entertainment, their misuse can have severe consequences on the mental, emotional, and social well-being of children and young adults. By setting clear limits, educating children about the potential risks, and encouraging responsible phone use, parents and educators can help mitigate these risks and ensure that children use mobile phones in a way that is healthy and beneficial. Mobile phones are a valuable tool for communication, education, and entertainment, but their misuse can have severe consequences on the mental, emotional, and social well-being of children and young adults. Children who spend excessive amounts of time on their mobile phones can develop a range of negative behaviors, including social isolation, decreased attention span, and decreased physical activity. Parents and educators can set clear limits on mobile phone use, educate children about the potential risks, and encourage responsible phone use to mitigate these risks. Set clear limits on mobile phone use, such as restricting the amount of time spent on the phone or setting boundaries around phone use during certain times of the day. Educate children about the potential risks associated with mobile phone use and encourage them to use phones responsibly. Encourage children to engage in physical activity, socialize with friends, and participate in extracurricular activities to reduce their reliance on mobile phones.

Dr. Mukund rao Jadhav. SA Hindi. ZPHS BEJJUR. 9392400058.

Match Point player Keya Kosaraju shines in the Badminton Tournament



Hyderabad, January:6, Metroodayam

In the Namerih Suroto Memorial Telangana Open Sub-Junior Badminton Tournament 2026, Match Point player Keya Kosaraju won the gold medal with her outstanding performance. In the Under-13 Girls Singles category, Keya Kosaraju dominated all her opponents with her exceptional play. In the pre-quarterfinal match, she impressed everyone with her brilliant performance, defeating Adhya Reddy of Gopichand Academy with a score of 9/15, 15/12, 15/06.

In the quarter-final match, she won against Veditha Reddy Katukuri with a score of 15/08, 15/13. In the semi-final, she defeated Penneru Manvitha with a score of 15/08, 15/08. In the finals, even after losing the first set against Madhalasa Sai Kommeralli with a score of 09/15, she won the subsequent sets with scores of 15/08, 15/11 to secure first place. On this occasion, the winners were presented with a trophy, certificate, and cash prize by the A Zone Academy. International players Ashwini Ponnappa and Sumit Reddy participated as chief guests in the event. On this occasion, Match Point Chairman and Head Coach Venu Muppala blessed Keya Kosaraju, wishing her many more victories in the future. Venu Muppala said that one should practice for 6 to 8 hours a day and also get proper sleep and nutritious food. Match Point coaches Vikram, Shiva, Yashwanth, Prakash, Ramesh, and Siddhareddy specially congratulated Keya Kosaraju.



Hyderabad January:05 (Metro udayam)

Himayat Nagar Division was located in Circle No. 16. Recently, the Honorable Chief Minister of the city, Revanth Reddy, expanded the scope of Greater Hyderabad into a total of 300 divisions including Himayat Nagar Division. As part of that expansion, Himayat Nagar division was shifted from Secunderabad circle to Khairatabad zone. I respectfully met the Deputy Municipal Commissioner Srinivas in that Khairatabad zone. The AEs and DEs relayed that it was a problem because all the work had stopped since the Himayat Nagar division met in Khairatabad. But since our AEs are still not aware of the works in Himayat Nagar division, the works have stopped. The center told me that the works in School Street and recently, our honorable legislator Danam Nagender came and integrated them, and all the works have also stopped. If we want to start all of them, we need an Assistant Engineer and a DE to supervise our division once and start all the stopped works. There are Harvard Public Schools, especially the road connecting Himayat Nagar Educational Hebbani Street No. 8 and 9, which is very sweet. Since all these are important roads to go to Ashok Nagar side or to Y Junction, people are facing a lot of trouble. Therefore, the new Deputy Commissioner was requested to complete all these roads as soon as possible. He also responded positively and ordered to bring all these works to the attention of D and complete them as soon as possible. The inconvenience caused to the people due to the unexpected city expansion due to the Himayat Nagar zone meeting in Khairatabad was requested to be resolved as soon as possible and the people were also requested to understand this inconvenience caused by the unexpected city expansion. In this program, Congress senior leaders Mansoor Bin, Sohail Jabiri, Mahesh Kumar, Akshat Jaswal, JR Sandeep, K Shekhar, Jagadish, Gaddam Raju Goud, and others participated.



'MSVP Garu' trailer amplifies expectations

The promotional campaign for Megastar Chiranjeevi's Mana ShankaraVara Prasad Garu, directed by Anil Ravipudi, continues to gather impressive momentum. After the glimpse went viral and the songs struck a chord with audiences, the makers have now released the much-awaited trailer, further amplifying buzz around the film. The trailer introduces Chiranjeevi as ShankaraVara Prasad, a former operative who once served across multiple national security agencies. Having stepped away from his high-risk missions, Vara Prasad now seeks a calm and content married life with Sasirekha. However, unforeseen challenges disturb this peace, setting the stage for how he confronts adversity using his trademark wit,

courage, and style. Chiranjeevi's portrayal leans into a light-hearted, entertaining space, evoking nostalgia with his effortless comic timing, signature swag, and commanding screen presence. A major highlight arrives towards the end with Victory Venkatesh's mass entry, which lifts the trailer to another level. The playful banter between the two stars has emerged as a crowd-pleasing moment. Nayanthara appears in a graceful traditional role, and her chemistry with Chiranjeevi adds warmth to the narrative. The inclusion of several popular comedy actors hints at a steady flow of humour throughout the film. Director Anil Ravipudi once again blends comedy, action, and mass elements with confidence. Backed by



Sameer Reddy's polished cinematography and BheemsCeciroleo's energetic background score, the film reflects high production standards. Jointly produced

by SahuGarapati and Sushmita Konidela, Mana ShankaraVara Prasad Garu is gearing up for a grand theatrical release on January 12.

Peerzadiguda Kuruma Association New Committee Election...



- Kurumas must move forward with unity
- *Former Corporator Kawade Pochayiah Kuruma...

Medipally, January 04: (Metro udayam)

Former Peerzadiguda Corporator Kawade Pochayiah said that the Kuruma community should move forward with unity. He attended as the chief guest at an important meeting of the association members organized by the Chandeshwara Kuruma Association on Sunday. Subsequently, the new commit-

tee of the Peerzadiguda Chandeshwara Kuruma Association was unanimously elected. Kavide Pochayya Kuruma was elected as the Honorary President, Madduri Yadagiri Kuruma as the President, Gutti Shekhar Kuruma and Madaram Manoj Kuruma as Vice-Presidents, Jogu Mallesh Kuruma as the General Secretary, Nomula Srinivas Kuruma as the Treasurer, and Madduri Chandra Shekhar Kuruma and Manga Ailayya Kuruma as Joint Secretaries. On this occasion, the newly elected



President Madduri Yadagiri expressed his gratitude to everyone who supported his election. He stated that he would work for the development of the Peerzadiguda Kuruma Association and would move forward with the goal of strengthening the association. Kollu Balaraju Kuruma, Krishna Murthy Kuruma, Naveen Kuruma, Enugu Srisailam Kuruma, Venkatesh Kuruma, Dayyala Srinivas Kuruma and others participated in this program.

Financial support for a childhood friend's family...

Friendship is life, friendship is eternal

Standing by them... providing financial support...

Nalgonda January:05 (Metro udayam)

Friendship is not just about spending time together while alive, but also about supporting the family of a friend even after their death. All the friends from Shaligowraram mandal headquarters studied in the same school. They have been friends for years. They are now living in different places due to their professions. In this context, their friend suddenly passed away. Having lost their close friend, they decided to stand by his family. According to the details, Talluri Venkanna, a rural correspondent for Eenadu newspaper from Shaligowraram mandal headquarters, recently passed



away due to illness. He is survived by his wife and two children. With the loss of the family's breadwinner, the family is facing financial difficulties. Upon learning of this, his friends who completed their tenth grade in 1994-95 collected money and provided financial assistance of Rs. 53,000. Previously, they had given Rs. 22,000 for his medical expenses

when he was ill. The villagers are appreciating the help they are providing. In this program, childhood friends T. Narasimha Murthy, Boddur Venkanna, T. Anjaiah, Jammu Venkanna, Naragoni Veeraiah, Thota Somaiah, Batta Saidulu, Bongari Dhanunjaya, Ogoti Shankar, Sirandasu Raju, Ramu, Padala Venkanna and others participated.