



Bengal polls: CAPF deployment to be determined by extent of state police distribution

The determining factor will also be on how and where the available state police personnel will be deployed by the office of the Chief Electoral Officer (CEO), West Bengal, for election-related security. Sources in the CEO's office said an estimate has been drawn that around 35,000 personnel from the West Bengal Police, Kolkata, and other Police Commissionerates in the state could be deployed for election-related security. Based on the estimate, the CEO's office has also given an estimate that around 2,000 companies of CAPF, which is roughly around 2,40,000 personnel, might be required, which will be double than the average of 1,000 companies during the last four



elections in the state.

This time, the requirement for CAPF deployment would be more, considering the suggestion to complete the polls in one or a maximum of two phases, compared to seven to eight phases during the last four elections. "In case there is any shortage for the

required deployment of CAPF, considering that there will be Assembly polls in three other states and one union territory at the same time, the deficit could be met through the deployment of personnel from state police forces from other states," a CEO's office source explained. The CEO's office insider

pointed out that the eventuality of a single-phase or two-phase poll in West Bengal in 2026 will have both its advantages and disadvantages. "The advantage is that political parties will not be able to mobilise their supporters from one pocket to another and thus address the traditional complaint of outsider mobilisation on the polling day or the day before that, intimidating the voters," the source pointed out. However, that single-phase or two-phase polling would require a larger deployment of CAPF, especially on the polling day. "If the CECI can ensure that arrangement, the idea of a single-phase or two-phase poll is quite feasible," the CEO's office source explained.

Malkajgiri commissionerate recovery of 1039 lost/ stolen mobile phones



Now a days theft/loss of mobile phones are increasing due to increasing use of mobile devices. Later these phones are put to use by various persons acquiring through various means. Central Equipment Identity Registry (CEIR) is a facility to trace such mobiles phones. As per the directions of Sri Avinash Mohanty, IPS Commissioner of Police, Malkajgiri special teams were formed in CCS LB Nagar and Malkajgiri with the help of IT Cell to recovery lost/stolen mobile phones using Central Equipment Identity Registry (CEIR) Portal. Special teams recovered about 1039 mobile phones worth Rs 2 Crore 8 Lakh in a span of Six months. 1 LB Nagar.. 739 2 Malkajgiri.. 300 Total.. 1039 So far, in this year about 4733 mobile phones (including above recovery) have been recovered. Today ie., 08th January, 2025, Malkajgiri Police handed over mobile phones to rightful owners and interacted with them, taken their feedback on functioning of Malkajgiri Police in this regard. Commissioner of Police also advised public to protect the valuable information stored in mobile phones. Rightful owners felt heartfelt gratitude to receive their mobile devices from the hands of the Commissioner of Police Malkajgiri and praised the work of Malkajgiri Police in this regard. Sri K. Guna Sekhar, IPS, DCP Crimes, Sri CH. Rameshwar, Add. DCP Crimes, Sri Karuna Sagar ACP Crimes, special teams CCS and IT Cell officers made efforts in this regard. Special Teams consisting of Inspector, SI, ASI, HC, PC along with CEIR portal incharges in each CCS with Sri CH. Rameshwar, Add. DCP Crimes, Sri Karuna Sagar ACP Crimes Crimes as Nodal Officers who supervised the work of special teams. Advisory to Public:- Buying and selling theft mobile phones is a crime. Don't buy mobile phones without authorized bill. Mobile device contains personal data of the user. Properly safeguard mobile phones while in travel and moving in crowded areas. Offenders may use theft mobiles for criminal activities and cyber-crimes. Use strong security passwords and activate find my device setting. Backup devise data from time to time to avoid loss of valuable information. Promptly report to Police when a mobile is lost or stolen.

National Shooting Coach Suspended After Sexual Assault Allegation Against Minor Athlete

The National Rifle Association of India (NRAI) has suspended a national-level shooting coach following serious allegations of sexual assault against a 17-year-old shooter during a competition stay in Faridabad last month. NRAI Secretary General Pawan Kumar Singh confirmed the immediate suspension, stating the coach is barred from all duties and new assignments pending a full inquiry triggered by a police FIR. Haryana Police registered the case on Tuesday at the Women's Police Station in NIT Faridabad under Section 6 of the POCSO Act and Section 351(2) of



the Bharatiya Nyaya Sanhita, confirming the victim was a minor. The alleged assault occurred on December 16 after a national shooting event at Dr Karni Singh Shooting Academy in New Delhi. The FIR details that the coach summoned the

athlete to his Surajkund hotel lobby under the pretense of performance review, then coerced her into his room for a "focused discussion." Despite her resistance, the assault took place, followed by threats to derail her career and harm her family if she spoke out. The shocked teenager fled and later confided in relatives, leading to the complaint. Police investigations continue as the sports community reacts with outrage. Sources has reviewed the FIR copy, highlighting the federation's swift response amid calls for stricter safeguards in athlete-coach interactions.

Anantapur, Eluru courts get bomb threats, police carry out searches

Bomb threats targeted courts in Anantapur, Chittoor, and Eluru, Andhra Pradesh, prompting immediate action from court staff. The threats were communicated through email, leading to swift notifications to the police. Judicial officers, including Anantapur District Principal Judge Bheemarao, confirmed that they provided the emails to law enforcement, who have subsequently initiated an investigation. In response to the threats, lawyers and litigants present at the affected courts were evacuated as precautionary measures. Searches were also carried out at various locations within Chittoor district to ensure the safety of all individuals in the vicinity.



ED Raids Mamata Banerjee's Poll Strategist, CM Accuses Agency Of Stealing TMC Documents

A political standoff unfolded in Kolkata on Wednesday after the Enforcement Directorate (ED) carried out raids connected to political consultancy firm I-PAC as part of a money laundering investigation, prompting West Bengal Chief Minister Mamata Banerjee to strongly condemn the action and accuse the agency of stealing Trinamool Congress (TMC) documents. The ED conducted searches at two locations — the residence of Pratik Jain, a senior I-PAC functionary, in central Kolkata, and the firm's office at the Godrej Waterside complex in Sector V, Salt Lake. Jain is considered a key member of Mamata Banerjee's election strategy team. As news of the raids spread, several TMC leaders gathered outside the I-PAC office in Salt Lake, while senior police officials, including the Bidhannagar Police Commissioner,



arrived at the scene amid rising tension. Mamata Banerjee, who was initially present at one location, later moved to the Sector V office.

Addressing the media, Banerjee alleged that the ED's action was politically motivated and aimed at accessing confidential party material. She claimed the agency was attempting to seize internal documents related to candidate selection, election strategy and party planning. Questioning the

agency's mandate, she asked whether it was the ED's role to collect political strategy documents. The Chief Minister directly targeted Union Home Minister Amit Shah, accusing him of being behind the raids. She alleged that while electoral rolls were allegedly being manipulated in one case, her party's documents were being taken in another. Banerjee also claimed the documents were seized without proper safeguards or security. Banerjee said she

personally intervened after learning about the searches, stating that Pratik Jain was in charge of important party work and that the ED had also raided the party's IT office in Sector V. Meanwhile, BJP leader Suwendu Adhikari criticised Mamata Banerjee, accusing her of obstructing the functioning of a central agency. He said the ED would clarify the reasons for the raid and alleged that the Chief Minister had a history of interfering with central investigations, adding that appropriate action could follow. Pratik Jain, a co-founder of the Indian Political Action Committee, also heads the IT cell of the ruling TMC. I-PAC, founded by political strategist Prashant Kishor ahead of the 2014 Lok Sabha elections, has worked closely with the Trinamool Congress and the West Bengal government, particularly since the 2019 elections.

Girmitialogy Extends Congratulations to Mr Renukuntla Murali on Receiving the International Girmitialogy Award

The Girmitialogy Institution GGLASC, extends its heartfelt congratulations to Mr. Renukuntla Murali on being selected as one of the 50 distinguished recipients of the Girmitialogy Award. This prestigious recognition honors individuals who have made outstanding contributions to the field of Girmitialogy and who have raised awareness.



The awards were conferred by the Girmitialogy Institution under the esteemed guidance of Dr. Babaji Shardanand Singh and Dr. Binod Kumar, and were formally presented by Mr. Chandan Kumar Singh.

Speaking on the occasion, Dr. Babaji Shardanand Singh stated that each awardee has truly earned this honor through their dedicated efforts and exceptional contributions to Girmitialogy. He emphasized that Girmitialogy plays a crucial role in preserving and promoting the heritage, history, and cultural identity of Girmitiya communities across the globe. Additionally PM Narendra Modi's vision is to preserve our heritage and girmitialogy work is essential for this.

Mr. Renukuntla Murali is widely known for his impactful work in the fields of teaching, psychology, and professional training. He has received several prestigious awards in India in recognition of his contributions to education and human development. He is a well known journalist, author, poet, singer, psychologist, and life skills trainer. Additionally, he has been honored internationally as an NRI award recipient in the United Kingdom, reflecting his global influence and commitment.

The Girmitialogy Institution based in Patna, Bihar once again congratulates Mr. Renukuntla Murali on this well-deserved achievement and wishes him continued success in his future endeavors.

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

Honourable Health Minister Sri Damodar Raja Narasimha Launches TPA Diary-2026 At Telangana Secretariat



HYDERABAD : The Honourable Minister for Health, Medical & Family Welfare and Science & Technology, Sri Damodar Raja Narasimha officially launched the TPA Diary-2026 today at the Dr. B.R. Ambedkar Telangana Secretariat. The event was organized by the Telangana Psychologists Association (TPA) and marks a significant annual tradition for the professional body.

The ceremony was led by TPA State President Dr. Mothukuri Ramchander and State Treasurer Dr. Shripuja S., alongside other senior members of the association. Strengthening Mental Healthcare Infrastructure During the launch, the Health Minister commended the Telangana Psychologists Association for its unwavering commitment to mental health advocacy and community service. He emphasized that the state government is prioritizing the mental health sector as a core component of its public health agenda. The services provided by the Telangana Psychologists Association in bridging the gap in mental healthcare are truly commendable.

Poster Launched for Asmita Yogasana League South Zone at DPS Nacharam



Hyderabad, January 8. Metro Udayam...As part of the nationwide push to promote sports and yoga under the leadership of Prime Minister Narendra Modi, the Ministry of Youth Affairs and Sports, Sports Authority of India (SAI) and Khelo India, in association with the Telangana Yogasana Association, are organizing the Asmita Yogasana League 2025-26 (South Zone). The official poster of the event was unveiled at Delhi Public School (DPS), Nacharam, followed by a media conference where organizers shared details about the prestigious

Yogasana competitions. The event will be conducted by the Telangana Yogasana Sports Association. Speaking on the occasion, Welcome Committee Chairman and Chairman of Delhi Public School & Pallavi Model Schools, Educationist and MLC Malka Komaraiah, said that yoga is an ancient Indian tradition that has gained global recognition in recent years. He noted that yoga has witnessed remarkable growth under the leadership of Prime Minister Narendra Modi through several new initiatives. Expressing pride, he



said it was a matter of honor that the South Zone Yogasana League is being hosted in Telangana for the first time, and that too at DPS Nacharam. He emphasized the importance of promoting yoga for better health and overall well-being. Telangana Yogasana Sports Association State President Sridhar Rao informed that the competitions will be held from January 11 to 13 at DPS Nacharam. He said the event will feature six Yogasana disciplines, showcasing the creativity and talent of girls and women.

State General Secretary Nandanam Krupakar stated that nearly 400 participants, ranging from 10-year-old girls to women up to 55 years, representing seven states, will participate in the league. He also thanked MLC Malka Komaraiah for his continuous support in making the event successful. The Asmita Yogasana League is expected to play a significant role in promoting Yogasana as a competitive sport and encouraging greater participation of women across the country.

Suddapalli Sudhakar's life is in dangerÑ he must be immediately produced in court.

Hyderabad, January 8, MetroUdayam

Sampangi Padmakka, National Secretary of the Pragati Shila Mahila Sangham, demanded in a statement today that Suddapalli Sudhakar, whose life is in danger, be immediately produced in court. Four days ago, Siricilla police took Sudhakar into custody at 10 PM at his home in Armour town. For the past four days, the Siricilla police have not disclosed Sudhakar's whereabouts.



He has health problems, and concerns were expressed that Sudhakar is being mentally and physically tortured and subjected to brutal treatment in the name of interrogation. His family members are in a state of distress. With the head of the family under police custody for the past four days, they are experiencing severe mental stress. Sampangi Padmakka stated that the actions of the Siricilla police towards Suddapalli

Sudhakar, the president of the Telangana Rythu Sangham, a Madiga community member who constantly works for the people within the democratic system and participates in public movements while also working as a daily wage laborer, are unacceptable. She appealed to the Siricilla police officials to produce him in court and allow his family members to see him.

Food Festival at Sri Chaitanya School in Medipally

Food festivals enhance creativity among students... Tungaturthi Ravi

Medipally, January 8 (Metro Udayam)

A food festival was organized on Thursday under the auspices of Sri Chaitanya Group of Schools in Parvathapur, Medipally, under Boduppal Circle-9th Division of Greater Hyderabad Municipal Corporation. Congress Party President Tungaturthi Ravi participated as the chief guest in this program.

On this occasion, Tungaturthi Ravi said that such food festival programs not only enhance creativity among students but also play a key role in creating awareness about nutritious food. He said that if awareness about healthy eating habits is created at a young age, a healthy society can be built in the future. He observed the various

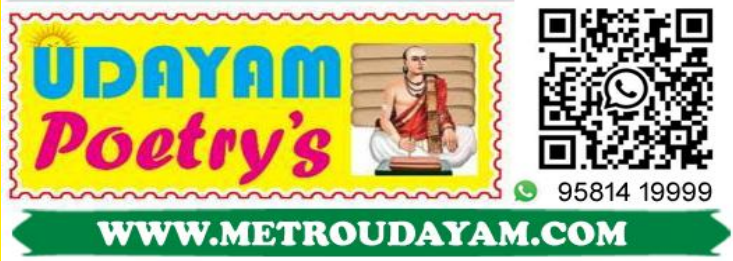


food items displayed by the students and stated that the students' thought process was commendable. He congratulated the management of Sri Chaitanya School for organizing such innovative programs. In this program, Mudigonda Ramesh, Yasaram Nagesh, Kapil, Sri Chaitanya Group of Schools Parvathapur branch Managing Director S. Ramesh Babu,



Narapally branch Principal Venkatesh Yadav, Academic In-charge Vishal, school staff, stu-

dents, and several other prominent personalities participated.



Reviving the Roots: The Crusade for Recognition of Traditional Herbal Healers

Ayurveda Parampra Mulika Vaidya Maha Sangham spearheads the movement to legitimize hereditary medical wisdom.

From forest conservation to legislative rights, Dr. Simhachalam Lakshman Swami leads the charge for a new era in Indian medicine.

(HYDERABAD): For centuries, the hereditary practitioners of Ayurveda—known as Parampara Vaidyas—have been the unsung guardians of India's rural health and biodiversity. Possessing profound knowledge passed down through generations, these healers have served where modern infrastructure often fails. Yet, despite their contribution, they face an identity crisis, lacking official recognition and legal protection.

Enter the Ayurveda Parampra Mulika Vaidya Maha Sangham. Under the dynamic leadership of its Founder-President, Dr. Simhachalam Lakshman Swami, this newly formed body is not just demanding rights; it is orchestrating a renaissance of traditional medicine in Telangana.

The Fight for Legitimacy "Our knowledge is not textbook-bound; it is etched in our lineage and the ecosystem we protect," asserts Dr. Simhachalam. His relentless pursuit to bridge the gap between traditional wisdom and statutory authority has yielded historic results in a span of just two months.

The Sangham recently held a landmark three-hour strategic dialogue with high-ranking officials from the Department of AYUSH. The agenda was clear: end the harassment of traditional healers under the guise of the Magic Remedies Act, simplify pharmacy licensing, and grant official identification to genuine practitioners. The officials' response was overwhelmingly positive, acknowledging that protecting these healers is synonymous with protecting indigenous medical heritage.

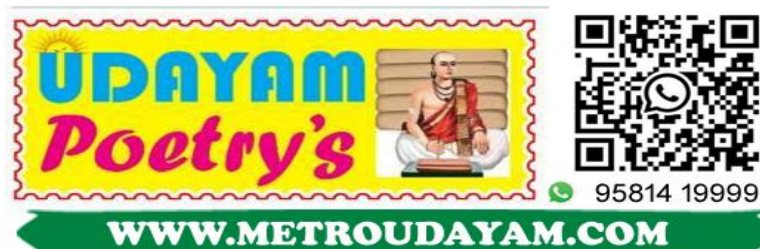
Guardians of 'Green Gold' The Sangham's vision extends beyond clinics to the forests. In significant meetings with the National Medicinal Plants Board (NMPB) and the Telangana Biodiversity Board, Dr. Simhachalam successfully positioned traditional healers as the primary custodians of endangered medicinal flora.

Through its flagship initiative, 'Vana Kalyanam' (Welfare of the Forest), the Sangham is collaborating with government bodies to restore depleted forest covers. "A healer who takes from nature must also give back," says Dr. Simhachalam. This eco-centric approach has garnered support from scientific institutions like CSIR-CIMAP, aiming to empower healers through the cultivation of medicinal crops.

Blending Tradition with Technology Dispelling the notion that traditional medicine is archaic, the Sangham has embraced modernity. From issuing QR-code-enabled identity cards to launching 'Ayurvahini', a dedicated digital media channel, the organization is professionalizing the sector. The recent establishment of a central office in Narapally and the solemn observance of Dhanvantari Yagam reflect a blend of administrative efficiency and spiritual grounding.

A Call for Integration Dr. Simhachalam's appeal is simple yet profound: "We do not seek to compete with modern medicine but to complete the healthcare ecosystem."

As the Ayurveda Parampra Mulika Vaidya Maha Sangham prepares for a massive statewide movement, their message is clear: The recognition of Parampara Vaidyas is not just about saving jobs; it is about saving a dying science that holds the key to sustainable health and environmental preservation.



Celebrating Pravasi Bharatiya Divas

The journey begins
Gandhi returns
Hope flows within
From South Africa to
India's Shore

A nation's dream awakens
Once more.
Across the seas
Our people strive
Carrying culture
Keeping dreams alive.

Bridges of love,
courage, And care
Bind the diaspora
Everywhere.
Today we honor each
step And flight,
NRIs shining with India's



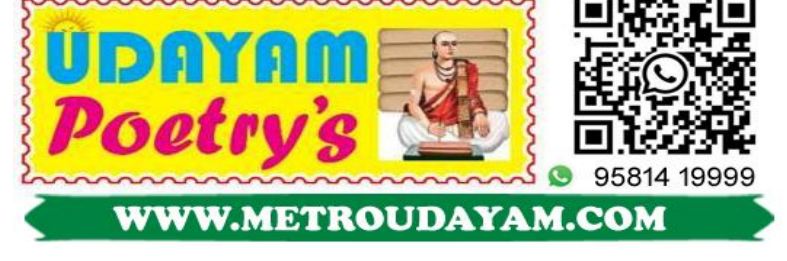
Light
Roots of gold, wings
bold And free
India's spirit lives In you
and me.
Jai Hind!

©Dr Seshni Moodliar Rensburg

Gangisetty Pramod kumar was appointed as Vice-Governor of Vasavi Club International V 101A

Jangaon, January 7, Metroudayam: The meeting was held at Ushodaya Plaza in Warangal. He is the Vice Governor of Vasavi Club International V 101A.

Gangisetty Pramod Kumar was appointed by Honble Governor Manchala Vijay Kumar. On this occasion, Dr. Pramod Kumar said that in line with the aspirations of Vasavi Club, he would work with dedication towards further development in the areas of community service, youth development, education, health and social welfare. Also, he said that he would constantly strive to take the image of the organization to a higher level by organizing service activities more widely in collaboration with the club members. The members expressed happiness that this appointment will be a matter of pride for the Vasavi Club and will guide more service activities in the future. Madamsetti Varudhi and Padakanti Ravinder were elected as the zone chairpersons and at present, Dr. Gangi Shetty Pramod Kumar is the President of Arya Vysya Mahasabha, Jangaon District.



हमारा आत्मा से जुड़ जाना उन सभी कर्मों को पवित्र बनायेगा जिन कर्मों को हम प्राप, 'विक व्यवहार में ले आते हैं।... (शकील उवाच -९८४)

आत्मा से जुड़ने का मतलब, दुनिया को तर्क (त्याग) करना नहीं है। और यह भी नहीं के शरीर को दुर्लक्षित किया जाये या दुनिया से मुंह फेर लिया जाये। और यह भी नहीं के हम पर आयद किये गये फराइज (हम पर लागू किये गये कर्तव्यों) को अधूरा छोड़ दिया जाये। संसार का त्याग किया जाये या जंगलों में जाकर जिया जाये। आत्मा से जुड़ने का मतलब यह भी नहीं के उन निसर्ग नियमों का उल्लंघन किया जाये जो नियम हमारे जीवन चक्र को गति देते हैं। आत्मा से जुड़ने का मतलब यह भी नहीं है के हम हृदयहीन या बुद्धिहीन होकर जिया जाये।



आत्मा से जुड़ने का मतलब यह भी नहीं के अपने फितरत (प्रकृति) से संबंधित भाव भावनाओं को कम समझा जाये या भाव भावनाओं से शून्य हो जाये। बल्कि आत्मा से जुड़ने का अर्थ ही प्रेम, करुणा और दया भाव को जागृत करना है। बुद्धिमान होना है, निसर्ग नियमों का पालन करना है और इसी संसार में रहकर सन्त्यस्त जीवन जीना है। आत्मा से जुड़ने का, दुनिया को तर्क (त्याग) करने का मतलब ही मानव का सच्चा धार्मिक होना है। धार्मिक होने का मतलब मानव मूल्यों की रक्षा करना और परलोक के लिये भी शुभ कर्म करते रहना है।

जिसे मोमिन याने सच्चा धार्मिक कहा जाता है उसके जीवन पद्धति को दर्शाते हुये पैगंबर साहब मोहम्मद (स्व.) के पहिले उत्तराधिकारी इमाम अली इब्न अबू तालिब अलैहिस्सलाम नहजुल बलाग उपदेश क्रमांक 390, पुष्ट क्रमांक 792 में कहते हैं के, मोमीन यानी सच्चे धार्मिक व्यक्ति का समय तीन घड़ियों में, याने तीन भागों में विभाजित होता है। एक वह भाग जिसमें अपने पालनहार परमात्मा से राजों नियाज (रहस्य) की बातें (याने ईश्वर की उपासना, भक्ती, वार्तालाप) करता है।

और दूसरा वह भाग जिसमें अपनी हलाल रिज्क याने पवित्र उपजीविका की व्यवस्था करता है। और तीसरा यह ही हलाल व पाकीजा लज्जतों (वैध योग्य, एवं पवित्र स्वादों) में अपनी नपस (आत्मा) को स्वतंत्र छोड़ देता है। बुद्धिमान को शोभा नहीं देता कि वह घर से दूर हो मगर इन चीजों के लिए, जीविका के प्रबंध के लिए या परलोक में काम आने वाले कर्म करने के लिए या रस स्वाद के लिए जो हाराम यानी धर्मनिशिद्ध और अयोग्य ना हो। (उपदेश क्रमांक 390, पुष्ट क्रमांक 792)।

उपरोक्त तीन बातों में जो पालनहार से बातचीत जिसे हम नमाज - दुआ या भक्ती - प्रार्थना कहते हैं। दूसरा उपजीविका योग्य पद्धति से, पवित्र धन कमाने की व्यवस्था करना जिसे हम व्यापार या नौकरी कहते हैं। और तीसरे पालनहार के द्वारा दिये गये उपहारों का रस स्वाद जिसे हम खाना पीना या भौतिक सुख को कहते हैं। यह तीनों काम धर्मानुसार हो तो हमारे आत्मा और परमात्मा से जुड़ने में कोई बाधा नहीं बन सकते, बल्कि सहयोगी होते हैं। और उपरोक्त कर्तव्यों के लिये मात्र ही आदमी को घर से बाहर रहने को कहा गया है।

हमारा आत्मा से जुड़ जाना उन सभी कर्मों को पवित्र बनायेगा जिन कर्मों को हम प्रापविक व्यवहार में ले आते हैं। आत्मा से जुड़े आनंदित व्यक्ति के यह सभी काम इबादत यानी भक्ति के काम बन जाते हैं। इसीलिए आत्मा से जुड़ जाना याने कोई घबराने वाली बात है ही नहीं। ना ही इस बात से विपरीत अर्थ निकाल कर पथभ्रष्ट होने की जरूरत है। आत्मिक होना यानी धार्मिक होना है, जागरूक होना है। हम हमारे और हमारे सभी कर्मों के प्रति सजग और साक्षी बनना है। मृत्यु को भी याद रखना है।

मृत्यु की याद भौतिक सुख कम मिलने पर भी खुश रहती है। पैगंबर साहब मोहम्मद (स्व.) के पहिले उत्तराधिकारी इमाम अली इब्न अबू तालिब अलैहिस्सलाम फरमाते हैं कि, "जो मौत को ज्यादा याद रखता है वह थोड़ीसी दुनिया पर भी खुश रहता है।" (अब्बास बुक एजेंसी लखनऊ द्वारा प्रकाशित हिंदी धर्मग्रंथ, नहजुल बलागह, उपदेश क्रमांक 349, पुष्ट क्रमांक 782)। आत्मिक होना याने मृत्यु के बाद भी ना मिटने वाले खुद से खुद को जोड़कर आनंदित होने की विधि है जो सच्चा धर्म हमें देना चाहता है।

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

Starc equals Herath's record for most wickets in Tests by left-arm pacers

Sydney: Australia's talismanic fast bowler Mitchell Starc reached another milestone in his illustrious red-ball career on Thursday as he etched his name alongside the greats during the fifth day of the final Ashes game at the Sydney Cricket Ground, equalling Rangana Herath's record for the most wickets taken by a left-arm bowler in Test cricket history.

The Australian legend has now taken 433 wickets in 105 matches, while Sri Lanka's Herath reached the same total in just 93 matches. Starc performed exceptionally well in the recent Ashes series, taking 31 wickets and contributing with two half-centuries. His outstanding all-round performance earned him the Player of the Series award. With his usual pace partners Josh Hazlewood and Pat Cummins unavailable, the 35-year-old shifted the momentum on his own for the hosts. Thanks to his outstanding



performances, particularly in Perth and Brisbane, he was named Player of the Match in both Test games.

The left-arm pacer made his Test debut for Australia against New Zealand at The Gabba in Brisbane on December 1, 2011, during the first match of a two-Test series. He

took two wickets in that game and was awarded his Baggy Green by Richie Benaud. Starc is just two wickets short of overtaking Kapil Dev in the list of top Test wicket-takers. The Indian icon, previously the leading wicket-taker in the red-ball format, concluded his career with 434 wickets. Meanwhile, Starc has 433 wickets and will aim to achieve the milestone in his next Test outing. In 2025, Starc had an outstanding year, playing in 11 Tests and becoming the top wicket-taker with 55 wickets at an average of 17.32. He achieved three five-wicket innings and one 10-wicket match. The left-arm fast bowler also made the strategic choice to retire from T20 Internationals to better manage his workload and remain fit for Test cricket. Nonetheless, he will still participate in T20 leagues like the IPL and BBL. In IPL 2026, he will play for the Delhi Capitals.

Akshaye Khanna shares simple diet, daily routine amid Dhurandhar success



Mumbai: As Dhurandhar continues to make waves at the box office, veteran actor Akshaye Khanna has given fans a rare glimpse into his everyday lifestyle, revealing that his approach to diet and health is refreshingly straightforward and far from the typical celebrity regimen.

In a conversation with one of the leading news portals, Khanna opened up about his daily routine, surprising many with his candid admissions about food and rest. He revealed that he has never been a breakfast eater, stating that he skips the morning meal entirely and goes straight to lunch before dinner, with only a cup of tea in the evening in between. "For as long as I can remember, even today, I never eat breakfast," he said, emphasising his minimalist approach. The actor also discussed his sleep habits, which form a key part of his wellness routine. Khanna said he ensures he gets about 10 hours of sleep each day, prioritising rest as an essential part of his physical and mental well-being. When it comes to meals, Khanna prefers simple, home-style food. For lunch, he typically enjoys dal and rice with one vegetable and a chicken or fish dish, while dinner usually consists of roti with a vegetable and chicken. Despite his disciplined routine, he admits he does not shy away from indulging in his favourite treats. "My favourite foods are lychee, bhindi and cake," Khanna shared, adding with a laugh that he can eat anything sweet. The actor emphasised that his diet remains consistent, whether he is shooting or not, underscoring his belief in balance and personal comfort rather than strict restrictions. Khanna's revelations come as Dhurandhar, in which he stars alongside Ranveer Singh and Sanjay Dutt, enjoys widespread acclaim for its thrilling narrative and performances. The film's success has sparked renewed interest in the actor's career and personal life, as fans celebrate both his on-screen and off-screen simplicity.

Weather Alert: Low-Pressure System to Affect Andhra Pradesh and Telangana

The Meteorological Department has issued a warning regarding a low-pressure area in the Bay of Bengal, which has intensified into a depression expected to make landfall by Friday night. With the cold weather conditions exacerbated by the low-pressure system, weather officials are closely monitoring the situation. As reported by the Amaravati Meteorological Centre, the deep depression has been moving west-north-west at 20 km/h over the southeast Bay of Bengal and the adjacent equatorial eastern Indian Ocean. As of 08:30 hours IST on January 8, 2026, it was located over the southwest Bay of Bengal, approximately 360 km east-southeast of Pottuvil, Sri Lanka. The system is projected to cross the Sri Lankan coast between Hambantota and Kalmunai on the evening of January 9, 2026. Andhra Pradesh Weather Forecast Northeasterly and easterly winds predominating in the lower troposphere will lead to the following weather conditions in Andhra Pradesh for the next three days. Telangana Weather Update: The Hyderabad Meteorological Centre reports that lower-level winds in Telangana are predominantly from the east, leading to lower temperature readings. The forecast for Telangana over the next three days predicts dry weather, with minimum temperatures in certain areas expected to drop by 2°C to 3°C below the seasonal average. Residents are advised to stay informed and take necessary precautions as the low-pressure system approaches.



Sindhu, Satwik-Chirag make winning start at Malaysia Open

Kuala Lumpur: Returning from a prolonged injury lay-off, PV Sindhu began the new season on a winning note along with the formidable men's doubles pair of Chirag Shetty and Satwiksairaj Rankireddy as they entered the second round of the Malaysia Open Super 1000 badminton tournament here on Wednesday. The 30-year-old former world champion, who had opted to withdraw from all BWF World Tour events in October last year to recover from a foot injury, defeated Chinese Taipei's Sung Shuo Yun 21-14, 22-20 in a 51-minute show-down of the women's singles opening round. The 18th-ranked Sindhu showed no signs of discomfort as she overcame the lower-ranked Sung for the second time to take her head-to-head to 2-0 and set up a round-of-16 clash with world No.9 Tomoka Miyazaki of Japan. Miyazaki, a 2022 world junior champion, advanced after her 10th-ranked opponent, Sim Yu Jin of South Korea, retired hurt when the Japanese was leading 21-19, 1-2.

Sindhu has a 1-1 record against Miyazaki, whom she beat in the 2025 China Masters during their last meeting. Later, Satwik and Chirag, the former World No.1 pair, saw off Chinese Taipei's Yang Po-Hsuan and Lee Jhe-Hue 21-13



21-15 in 35 minutes to also enter the pre-quarterfinals. The Asian Games champions, who had reached the semifinals of the season-ending BWF World Tour Finals in December, will face Malaysia's Junaidi Arif and Roy King Yap. The mixed doubles pair of Dhruv Kapila and Tanisha Crasto, ranked 17th in the world, however, bowed out in the round of 32 after losing to the lower-ranked American duo of Presley Smith and Jennie Gai 15-

21, 21-18, 15-21 following a hard-fought 56-minute contest. Treesa Jolly and Gayatri Gopichand, who won their second Syed Modi International Super 300 crown in December, put up a fight before losing 9-21 23-21 19-21 in a 66-minute battle against Indonesia's Febriana Dwi Putri Kusuma and Meilysa Trias Puspitasari. The Panda sisters -- Rutuparna and Swetaparna -- also faced defeat, going down 11-21

9-21 in a lop-sided contest against second seeded Malaysians Pearly Tan and Thinaah Muralitharan. Earlier, Sindhu looked in fine fettle as she took an early 6-2 lead and did not look back, overpowering her opponent in the opening game. However, the second game turned out to a fiercely-contested one with Sindhu trailing 4-11 at one stage before finally levelling it at 13-all.

'I'm all for progress and evolution,' says McCullum after England's 4-1 Ashes drubbing

New Delhi: England head coach Brendon McCullum indicated that he is open to adjusting his approach somewhat but emphasised that he is 'not for being told what to do' after the team's loss in the Sydney Test on Thursday.

England suffered a 4-1 defeat in the Ashes series, with only a single Test win in Melbourne. However, that win was merely a consolation, as they lost the first three Tests in Perth, Brisbane, and Adelaide, allowing the Aussies to reclaim the urn in just 11 days. "I'm all for progress and evolution in all sports. From my point of view, I have firm beliefs in what works and some areas where you want to keep improving and some areas where you think you can evolve," McCullum told the BBC's Test Match Special. "I'm not against assistance, but I also have a firm belief in how to get the best out of these players. From my point of view, I'll look at it individually and say, 'Right, what could I have done better?' and 'What could I improve on?' Am I for being told what to do? Of course I'm not.

"But at the same time, I'm not pig-headed (enough) to think there's not some areas that we can improve on, and once we digest what's unfolded over the last two months and start to



plot and plan a way forward, if you're the man in the chair to do so then you do so with a similar conviction in your methods - albeit with a couple of tweaks," he added. After the team's defeat in the fifth and final game of the series, the England and Wales Cricket Board's Chief Executive Officer Richard Gould stated that a 'thorough review' has already been underway, adding that Ben Stokes and Co. will take les-

sons from this tour and will focus on regaining the Ashes in 2027. England's next assignment includes the white-ball tour to Sri Lanka and the T20 World Cup. Their next Test series is scheduled for June against New Zealand at home, and Gould mentioned that essential changes will be made in the upcoming months.