

V-P Radhakrishnan to celebrate International Day of Yoga in Leh?

New Delhi: Vice-President C. P. Radhakrishnan will undertake his first official visit to the Union Territory of Ladakh from Friday to Sunday and participate in the International Day of Yoga celebrations in Leh, an official said. During the visit, the Vice-President will travel to the Vibrant Village of Lukung on June 20, where he will interact with local Self-Help Groups and witness developmental initiatives being undertaken in the border region under the Vibrant Villages Programme, said an official statement issued on Thursday. Later in the day, the Vice-President will pay his respects at the War Memorial, it said. On June 21, the Vice President will participate in the

International Day of Yoga celebrations in Leh. The event will witness the participation of youth, armed forces personnel, and members of various organisations in promoting the message of holistic health and well-being through yoga, the statement said.

In another development, Radhakrishnan called upon universities and educational institutions across the country to join the Drug-Free Campus Campaign he launched last year. India News Updates He asked universities to encourage students to actively participate in the campaign. He emphasised that collective action and sustained awareness among the youth are essential to realising

the vision of a Drug-Free India. In a post on X, the Vice-President said, "I had launched the Drug-Free Campus Campaign and the e-pledge platform at the University of Delhi earlier this year as its Chancellor, urging students to become ambassadors of a Nasha Mukh Bharat and take a stand against the menace of drug abuse." "I am pleased to note that the University has taken a significant step in the right direction for the (Nasha Mukh Parisar Abhiyaan). Through a collective effort, over 53,000 students have taken the mandatory pledge, contributing to the vision of fostering a healthier, stronger, and more prosperous nation," he



said. The Vice-President added, "I urge other universities to also join hands in this endeavour and

motivate their students to participate in this campaign to realise the goal of Drug-Free India."

AP Intermediate supplementary exams results announced, check here



AP Inter supplementary results

The results of the Andhra Pradesh Intermediate Advanced Supplementary and Improvement examinations were released today (June 18). The results of the Andhra Pradesh Intermediate Advanced Supplementary and Improvement examinations were released today (June 18). The Intermediate Board announced the supplementary results at 12:00 PM on Thursday. The results for both first-year and second-year students—covering both supplementary and improvement exams—have been made available simultaneously on the official website of the Andhra Pradesh Intermediate Board. Students can check their results directly on the official website resultsbie.ap.gov.in. Alternatively, they can get their results instantly by sending a 'Hi' message to the WhatsApp number 9552300009. The Intermediate Board officials released the results for the Advanced Supplementary examinations, which were conducted from May 21 to June 4. It is worth noting that, starting this year, the government provided an opportunity for second-year Intermediate students to take improvement exams to enhance their marks. The results cover General and Vocational streams for both first and second-year students, including both supplementary and improvement categories.

Govt ratifies 8.25 pc EPF interest rate for FY26; credit to over 7 crore subscribers likely soon

New Delhi: The government has ratified an interest rate of 8.25 per cent on Employees' Provident Fund (EPF) deposits for the financial year 2025-26, paving the way for the credit of interest into the accounts of more than seven crore contributing subscribers of the Employees' Provident Fund Organisation (EPFO).

According to reports, the Finance Ministry has approved the 8.25 per cent interest rate recommended by the Central Board of Trustees (CBT), the apex decision-making body of the EPFO.

The interest amount is expected to be credited to subscribers' accounts later this month.

The CBT, chaired by Union Labour Minister Mansukh Mandaviya, had decided on March 2, 2026, to retain the EPF interest rate at 8.25 per cent for FY26.

This marks the third consecutive year that the retirement fund body has maintained the same rate for its subscribers.

Following the CBT's decision, the proposal was sent to the Finance Ministry for concurrence, as the Government acts as the guarantor of EPF deposits.

With the ministry now giving its approval, EPFO expected to begin the process of crediting the interest



to members' accounts.

The development comes at a time when EPFO is preparing to roll out major digital reforms under its upcoming EPFO 3.0 platform.

The organisation is expected to introduce a facility that will allow subscribers to withdraw provident fund money through Unified Payments Interface (UPI) applications and EPF-linked ATMs.

According to reports, the new facility, being developed in collaboration with the National Payments Corporation of India, is likely to be launched soon. India News

Updates

Testing of the system has already been completed, and an official announcement regarding the rollout is expected soon.

Under the proposed system, subscribers may be able to instantly withdraw up to 75 per cent of their EPF balance directly into their bank accounts using UPI-enabled platforms and ATM access.

Experts believe the move will significantly reduce paperwork and processing delays while improving transparency and accountability in PF withdrawals.

Telangana CM Revanth Reddy to launch 'Vanamahotsavam' at Gurramguda Eco park in Rangareddy

Chief Minister Revanth Reddy is set to launch the 'Vanamahotsavam' (tree plantation program) today (Thursday) at 4:00 PM at the Gurramguda Eco Park. On this occasion, he will plant a 'Nagalingam' (Cannonball tree) sapling. Revanth Reddy stated on the social media platform 'X' that this program took shape from a resolve born out of memories of past devastating events and is being implemented with unwavering determination. The 'Vanamahotsavam' commencing today at Gurramguda holds special significance; it is

not merely a token event. It is an initiative driven by firm resolve, born from the memory of past destructive conditions. During the previous government's tenure, Hyderabad used to be thrown into chaos by even light rainfall due to the encroachment of lakes and the illegal occupation of forest lands.

In contrast, the current government is committed to transforming Hyderabad into an eco-friendly city by protecting lakes, restoring stormwater drains (nalas), and waging legal battles to reclaim forest lands. The 'Vanamahotsavam' taking place

today on the Gurramguda forest land is the practical realization of an idea born from the anguish Revanth Reddy felt when visiting the area during the 2021 floods while serving as the MP for Malkajgiri.

"The 'Vanamahotsavam' event taking place today at Gurramguda stands as a testament to the efforts of the people's government—since assuming power—to wage a legal battle against encroachers, protect forest lands, and shape the city into a place where people live in the lap of nature," Revanth Reddy posted on 'X'.



Employee Unions Must Act as a Bridge Between the Government and the People



Chikkadapally, 18 June Metro Udayam : Sirikonda Madhusudhana Chary, Leader of the Opposition in the Legislative Council, stated that representatives of employee unions should act as a bridge between the government and the public and work with sincerity to resolve employees' issues. A felicitation program honoring the executive committee members of TNGOs and TGOs—held in the context of Telangana State Formation Day celebrations—took place at Thyagaraya Gana Sabha. The event was organized jointly by Srutilaya

Foundation and Sealwell Corporation, with the support of the Telangana Department of Language and Culture, and presided over by Kolleti Damodar Gupta, former Chairman of the Police Housing Corporation. Sirikonda Madhusudhana Chary attended as the chief guest, felicitated the members, and addressed the gathering. He recalled the pivotal role played by employee unions during the Telangana movement, noting that employees participated in the struggle for statehood even at the cost of their job security. He remarked that the participation of employee

unions in the movement sparked a nationwide discussion and asserted that the Telangana movement stands unparalleled in the history of this century. He called upon the executive committee members of TNGOs and TGOs to recognize their increased responsibility in the state's development and to strive continuously for the welfare of the people. Renowned singer Aamani, the founding secretary of Srutilaya, also participated in the event. Employee union leaders—including Eluri Srinivasa Rao, B. Shyam, Narasimha Reddy, Nazir Ahmed, Muthyala Satyanarayana

Goud, Kondal Reddy, and Upender Reddy—were felicitated. Kusuma Bhogaraju and M. Srinivasa Murthy also participated. Earlier, the audience was captivated by a musical performance featuring hit songs from Telugu and Hindi cinema, presented by singers Subhash, Krishna Prasad, Chandra Teja, Srikanth, Ramadasu, Mangatayaru, and Usha, under the musical direction of singer Aamani. Janardhana Gupta, Ganga Prasad, Karthikeya, Thiruma Ieshwar, and Shashikala assisted in organizing the event.

Pending fee reimbursement and scholarship should be released immediately:

- BC Student JAC sieges the State Secretariat

- BC Student JAC State Chairman Bollepalli Swamy Goud demands the state government

Chikkadapally, 18 June Metro Udayam :

The BC Student JAC has laid siege to the State Secretariat to immediately release the pending fee reimbursement and scholarship. On this occasion, the police arrested the BC student leaders and shifted them to Goshamahal Police Station. Speaking on this occasion, BC Student JAC State Chairman Bollepalli Swamy Goud demanded that G.O. Nos. 8 and 9 be cancelled. Students demanded that the revenue recovery system, which recovers course fees if they stop studying due to health conditions or family circumstances, be immediately lifted and the state government should implement fee reimbursement to students in the old system and release scholarships. They warned the state government that if the pending fee reimbursement and scholarships are not released immediately, the movement will be intensified across the state. BC JAC State Convener Jajula Lingam, Gunti Mahesh, Nidra Sampath, Satya Dev, Indram Rajaka, Mallikarjun, Nalla Madhu, Vijay, Aravind, Siddharth, Mahesh and others participated in this program.



TRP Youth Leaders submitted petition to DCP to take action against anti-social activities

Jangaon, June 18, Metro Udayam: Janagama District Telangana Rajyadhikara Party (TRP) Youth together handed over a petition to take strict action against unsocial activities. On this occasion, TRP leaders said that some people in the vicinity of Bathukamma Kunta and Dharmakancha ZPHS school in Janagama town are indulging in unsocial activities like drinking alcohol, smoking cigarettes and using intoxicants. Due to this, students, women and local people are facing severe difficulties. They also expressed concern that some people drink alcohol and break empty bottles on the walking track at night at Bathukamma Kunta, here and there in Jangaon city creating dangerous conditions for people. The DCP was asked to increase police vigilance in the concerned areas and take immediate steps to curb such uncivil activities. Responding positively to this, the DCP said that appropriate orders were immediately issued to the concerned officials. Janagama District TRP President Pittala Sadanandam, District TRP Youth President Pittala Suresh, Minority Cell President Yakub Pasha (Bablu), District Youth Secretary Chennuru Vamsi, District Secretary Varikuppala Gangaraju, District Youth Vice President Yamanki Vijay, Town President Panuganti Krishna, TRP District Student Section President Vempati Ajay and others participated.



INJUSTICE TO MEENAKSHI NATARAJAN IS AN INJUSTICE TO INDIAN DEMOCRACY AND THE CONSTITUTION OF INDIA – Dr. Venkatesh Chowhan

Hyderabad, June 18, Metro Udayam

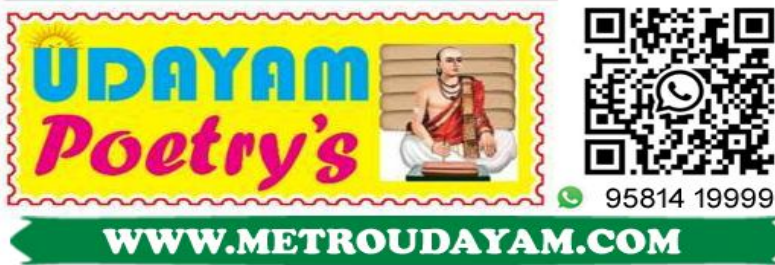
A Charkha Satyagraha was organized at Gandhi Bhavan, Hyderabad, demanding free, fair, and transparent elections and the protection of democratic values in the country. Speaking on the occasion, Dr. Venkatesh Chowhan strongly condemned the actions that undermine democracy and constitutional principles. Dr. Chowhan stated that the injustice meted out to Meenakshi Natarajan is not merely an injustice to an individual leader, but an attack on Indian democracy and the Constitution of India. He emphasized that every citizen and political representative deserves equal opportunities in a democratic system, and any attempt to suppress such rights strikes at the very foundation of democracy. He further alleged that the BJP is systematically weakening democratic institutions and eroding constitutional values for political gain. He expressed concern that instead of encouraging greater participation of women in politics and public life, efforts are being made to sideline and discourage women



leaders from entering Parliament and decision-making bodies. Dr. Chowhan also strongly criticized the BJP government's privatization policies, accusing it of handing over valuable public assets and government institutions to a handful of corporate groups. He stated that the continuous privatization of public sector enterprises is adversely affecting employment opportunities for youth and weakening the country's economic self-reliance. He alleged that national resources built with the hard-earned money of the people are being transferred to cor-

porate interests, particularly benefiting a select few industrialists, while the concerns of farmers, workers, youth, and the middle class are being ignored. Such policies, he said, are widening economic inequalities and undermining social justice. Dr. Chowhan reiterated that public sector institutions have played a crucial role in nation-building and should be strengthened rather than weakened. He warned that policies favoring corporate monopolies at the cost of public welfare are detrimental to the long-term interests of the nation. Calling upon citizens to

safeguard democratic values, he said that protecting democracy, constitutional rights, and the sanctity of the electoral process is the collective responsibility of every Indian. He affirmed that the Congress Party will continue its struggle for democracy, social justice, constitutional values, and the rights of the people. The Charkha Satyagraha witnessed the participation of Sangham members, Congress leaders, social activists, and several individuals committed to the protection of democracy and constitutional values.



इमाम हुसैन अलैहिस्सलाम ने भरा घर लुटाकर ईमान, वफा, प्यार, सच्चाई, संकल्प, समर्पण, न्याय और धर्म का पाठ सिखाया है।...

(शकील उवाच -७३१)

मोहर्रम का महीना आया है। नया साल का पहला दिन खुशियों का नहीं दुःख—दर्द का मौसम लेकर आया। फुरात नहर के किनारे पर, करबला के तपते सहारा (रेगिस्तान) में नबी का घर उजाड़ा गया। मोहर्रम का चांद इसी गम की याद लेकर आता है। करबला के किस्से बहुत ही कठिन— किस्से हैं। इमाम हुसैन अलैहिस्सलाम ने भरा घर लुटाकर ईमान, वफा, प्यार, सच्चाई, संकल्प, समर्पण, न्याय और धर्म का वह पाठ सिखाया है, जिसे दुनिया प्रलय तक नहीं भुला सकती। न्याय को मरने नहीं दिया करबला वालों ने, कथमत चुकाकर अपने बलिदान की।



करबला का मैदान सिर्फ जमीन नहीं, बल्कि एक ऐसे सबक का चिन्ह है जिसे हर पीढ़ी पढ़ती है। जब नीला आसमान और तपता रेगिस्तान मिलकर उस रात की तन्हाई के माहौल को बनाते हैं, तो वहां बनी वह प्यास, वह गम और स्थिर ईमान आज भी दुनिया को झकझोर देता है। फुरात के किनारे हुए अत्याचार ने इंसानियत के उस ठहराव को उजागर किया जिसने इतिहास को बदल दिया। करबला ने इस्लाम का नकाब पहने पाखंडता के चेहरे दुनिया को बताकर कहा होशियार अत्याचारियों को कभी मुसलमान न समझना।

यजीदी फौज की चालें और मक्कारियाँ भोली-भाली दिखती थीं, पर उन पर मुसलसल धोखे की परतें छिपी थीं कृ वादे तोड़े, इस्लाम और इसाफ के नाम पर छल किया गया। उनका पाखंड सिर्फ उस दिन के राजनीतिक खेल की चाल नहीं थी, बल्कि अधर्म और सत्ता का ऐसा मेल था जिसने सच्चाई को झुठलाने की हर कोशिश की। करबला में उनकी नीयत का असली चेहरा तब खुला जब वे मासूमों और बेगुनाहों पर निष्ठुर हो गए। फुरात नदी पर कब्जा करके पानी लेने से रोका।

शहीदों का ईमान वह चिरस्थायी चराग (दिया) है जिसने सब अँधेरे को मिटाकर सत्य-धर्म की निशानों को रोशन रखा। इमाम हुसैन अलैहिस्सलाम और उनके साथियों ने जब हर उम्मीद टूटी नजर आई तब भी सच्चाई का दामन नहीं छोड़ा। उनका समर्पण और दृढ़ विश्वास दिखाता है कि धर्म केवल शब्दों का समूह नहीं, बल्कि कर्मों की मिसाल है। उनकी शिक्षा कृ न्याय, इन्साफ और आत्म-समर्पण कृ आज भी सत्य और धर्म की प्रेरणा देती है।

अब्बास अलैहिस्सलाम की वफा करबला की सबसे ऊँची मिसालों में से एक है। नहर पर कब्जा करके के भी पानी इस प्यासे ने पानी नहीं पिया, इसलिए के बच्चे प्यासे थे। पानी मशक में भरकर निकले लेकिन खेमें तक पानी पहुंच न सका। दोनों बाजू कटाकर शहीद हो गये। उनका नाम, अलम (ध्वज), पानी का मशक, सकीना (स.) की आस और वफा के साथ जुड़ गया। अपने प्राण उन्होंने मानवता के लिए कुरबान कर दिया। यह वह योद्धा है जो लड़े बगैर युद्ध जितलिया। उनकी वफा ने दिखाया कि सच्चा साहस केवल लड़ने में नहीं, बल्कि अपने कर्तव्य के प्रति निष्ठा में भी है।

छोटे छ महीने की अली असगर की मासूम कुर्बानी ने मानवता का दिल तोड़ा और साथ ही सोए हुए जज्बातों को जगा दिया। एक बच्चे की प्यास और बड़ों की उस प्यास बुझा ना पाने की मजबूरी का यह दृश्य दर्शाता है कि अत्याचार कितनी निर्दयी सीमाएँ पार कर लेता है। मासूम बच्चा पानी की याचना में तीरों से शहीद किया गया। उसकी बेदाग मासूमियत ने करबला की पीड़ा को और अधिक गहरी कर दिया और उसकी याद हर दिल में करुणा और न्याय की पुकार जगाती है।

जैनेब सलामुल्ला अलैहा (हुसैन अ. की बहिन) की बहादुरी ने करबला के जख्मों को आवाज दी। जब परिवार बिखर गया और कर्तव्य भारी हुआ, तब भी उन्होंने सच्चाई का परचम (ध्वज) सब के साथ थामे रखा और अपनी बहादुर आचरण के साथ गवाही दी कि जुल्म के सामने चुपपी धर्म में नहीं आती। उनकी हिम्मत ने केवल अधर्म को ललक. रा ही नहीं बल्के दुनिया को जाग्रत किया और याद दिलाया कि जुल्म के खिलाफ आवाज उठाना भी इबादत का हिस्सा है। जैनेब सलामुल्ला अलैहा ने करबला के हकद को दुनिया के कोने कोने तक पहुंचाकर जिंदा रखा। (क्रमशः)...

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

Mental health is no longer a hidden issue affecting only a few people. Today, it is one of the world's most pressing public health concerns. According to global estimates, 1 in 8 people worldwide live with a mental health condition, while in India the mental health treatment gap ranges from 70% to 92%, meaning that millions of people who need support never receive professional help.

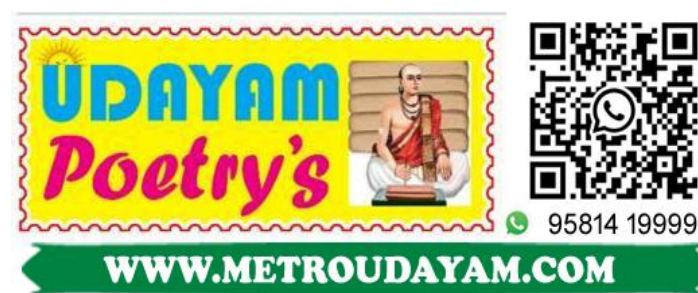
The situation is made even more concerning by increasing loneliness and emotional isolation. Recent studies suggest that India is among the loneliest countries in the world, with a significant percentage of people reporting feelings of loneliness, disconnection, and emotional distress. At the same time, mental health has emerged as the top health concern globally, surpassing many physical health issues.

In this context, Psychological First Aid (PFA) has become an essential life skill. Just as physical first aid helps someone with an injury until medical care arrives, Psychological First Aid provides immediate emotional support to a person experiencing stress, trauma, grief, anxiety, or crisis.

What is Psychological First Aid?
Psychological First Aid is an evidence-informed approach designed to help people feel:

Safe
Hear
Calm
Connected
It is not therapy, diagnosis, or treatment. Instead, it is the compassionate support offered by a friend, family member, colleague, teacher, or community member during a difficult moment.

The Five Core Steps of Psychological First Aid



Psychological First Aid: A Simple Act That Can Save Lives

1. Spot Emotional Distress

Recognize signs that someone may be struggling emotionally, such as withdrawal, sadness, irritability, hopelessness, excessive worry, or sudden behavioral changes.

2. Understand Through Look, Listen, and Link

Observe what is happening, listen carefully without interrupting, and help connect the person to appropriate resources or support systems.

3. Support Without Giving Unwanted Advice

People in distress often need understanding more than solutions. Listening can be more powerful than offering immediate answers.

4. Avoid Harmful Responses

Avoid judgment, criticism, comparison, dismissive comments, or statements that minimize someone's feelings.

5. Promote Preparedness

Creating awareness and emotional support systems can prevent crises from escalating and may even save lives.

Physical First Aid vs Psychological First Aid

Physical First Aid focuses on the body by identifying injuries, preventing complications, and providing immediate care.

Psychological First Aid focuses on emotions and mental well-being

by:

Relieving distress
Understanding emotions
Offering support
Encouraging connection and help-seeking
Both are equally important because health includes both physical and psychological well-being.

What Support Really Sounds Like
Many people unintentionally say,

"You'll be fine."
"Don't worry, it's not a big deal."
While well-intended, these responses can make people feel unheard.

More supportive responses include,

"I'm sure this is really difficult."
"Thank you for sharing this with me."
"How can I help you?"
"I am here for you."
"Your feelings are valid."
"You are not alone."
These simple words can create a sense of acceptance and emotional safety.

What Psychological First Aid Is Not
Psychological First Aid is not,

Professional counseling
Clinical therapy
Diagnosing mental illness
Giving instructions on what someone should do
Trying to "fix" a person's problems
Its purpose is to provide empathy, respect, and

emotional support while encouraging professional help when needed.

Do's and Don'ts of Emotional Support

Do:

1. Listen actively
2. Respect privacy
3. Stay calm and patient
4. Validate feelings
5. Offer practical support
6. Recognize strengths
7. Allow silence when needed

Don't:

Pressure someone to talk
Interrupt or rush them
Judge their experiences
Give unwanted advice
Make false promises
Compare their situation with others
Try to solve everything yourself

Conclusion

Mental health challenges are increasing across the world, and professional resources alone cannot bridge the growing treatment gap. Every person can play a role by learning Psychological First Aid. Being present, listening without judgment, and helping someone feel safe and connected may seem like small actions, but they can have a profound impact.

In a world where loneliness, stress, and emotional distress are becoming more common, sometimes the most powerful first aid is not a medicine or a procedure it is a compassionate conversation that reminds someone they are not alone.

Kotha Viritha
Psychology, Body Language, Human Behavior, Psychology of languages from IIT Kanpur, Guwahati & Kharagpur



Rare surgery for a chicken Kodad veterinarians inserted a rod into the crushed bone.....

Kodad June 18 Metro Morning.....

A chicken that was in critical condition with a broken leg was saved by the Kodad Regional Veterinary Hospital officials after performing a rare surgery. A man from Huzurnagar town tried to catch the chicken he was raising at home as it was flying up. At that time, he could only find the chicken's leg, and as it struggled to escape, its femur broke into four pieces. The owner, who was worried that the chicken he was raising as a living was crushed, took it to the Kodad Regional Veterinary Hospital for better treatment. Dr. P. Pentayya, Assistant Director (AD) of the Veterinary Hospital, examined the chicken's leg and successfully inserted the number one rod, joining the broken bone pieces. Then a cement bandage was applied from above. Veterinary



Assistant Surgeon Dr. Siripuram Surendra, staff Sai Krishna, Chandrakala, Karun, and Sagar participated in the treatment program.

Hyderabad: Telangana govt to disburse Rythu Bharosa on June 20 The Telangana government has decided to release 'Rythu Bharosa' funds on June 30. The Cabinet met on Thursday at the Secretariat under the chairmanship of Chief Minister Revanth Reddy and took this decision. Telangana Business News The government will deposit these funds into farmers' accounts over a period of nine consecutive days. Chief Minister Revanth Reddy is set to release the Rythu Bharosa funds at a public meeting to be held on June 20 in Madhira, located in the erstwhile Khammam district.



Dr. Trinadharao to be conferred with the title of "Kalakarna" on the 22nd..

Chikkadapally, 18 June

Metro Udayam : The death anniversary of renowned music director K.V. Mahadevan will be celebrated on Monday evening, 22nd of this month, under the auspices of the renowned cultural organization "Kala Ravindam" at the Kala Venkata Dikshitulu



Kalavedika of the Tya Garaya Gana Sabha. On this occasion, renowned international singers, swara kinar, and Chintalapudi Trinadharao will be conferred with the title of "Kalakarna" in recognition of his service to the art world, the organization's organizers and renowned singer Ramkumar said. "Mahadevan is organizing a film music festival titled "Mama Madhurasvaralu". Justice Grandhi Bhavani Prasad will be the chief guest for this program, Vamsi Rama Raju will be the speaker, Kinne Ra Raghuram, Maddi Patta Viswanath, and Amalapuram Rama Krishna Ra will be the special guests. He requested the poets, artists, and art lovers of the twin cities to attend in large numbers and make it a success.



Hyderabad June:18 (Metro udayam)

Today, when the problem of drinking water was brought to the attention of Mahalakshmi Raman Goud, former corporator of Himayat Nagar Division, in Mutyala area of Himayat Nagar Division, he immediately took the locals to the Water Board Manager Munnawar and told them the problem. He said that all these problems are happening because the ground level water is very low at present and assured that immediate action will be taken in this regard and efforts will be made to ensure proper water supply.



CPI party leaders visited government school in Boduppall circle

ZPHS High School problems should be resolved immediately – CPI leader Rachcha Kishan

Medipally June:18 (Metro udayam)

CPI party leaders visited ZPHS High School under Boduppall circle of Malkajgiri Corporation under the leadership of CPI party Medipalli Mandal Secretary Rachcha Kishan and inspected various problems prevailing in the school. On this occasion, they spoke to the school teachers and students and learned about their problems. Addressing the program, Rachcha Kishan said, "We examined the issues like lack of infrastructure in the school, maintenance of classrooms, drinking water facility, sanitation problems, lack of necessary facilities for students. There are a total of 625 students in the school, and the teachers are not adequate based on the number of students. The post of the school principal is vacant and three classrooms in



the school are completely dilapidated. The teachers were informed that new classrooms should be built immediately. The students were informed that the mid-day meal is not of the right quality. And if the students want to provide quality education to the students, the government should pay special attention to the development of schools, Rachcha Kishan said. He said that it is the responsibility of the government to provide all facilities to the students

studying in government schools, and that we will demand that the identified problems be brought to the attention of the relevant authorities and steps be taken to resolve them as soon as possible. He said that by strengthening government schools, children of poor and middle class families will get better education. Keeping in mind the future of the students, he asked the government to allocate the necessary funds for the development of the school

and resolve the pending problems immediately. Participants in this program. CPI party Medipalli Mandal Assistant Secretaries CH Madhavi and G Nagaraju, AISF District Secretary MD Anwar, BC Sangam District Leaders K Pramila and Bapuraju, Mandal Council Member Ramathara, Narsamma Party Leaders Istari, Ganesh, Somaraju, Saritha, Bharathi, and others participated in the program.

Newly mobile transformer trolley was inaugurated successfully: SE Sampath Reddy



Jangaon, June 17, Metro udayam

Today Superintending Engineer Mr. Sampath Reddy inaugurated the mobile transformer trolley made for emergencies at your Janagama



Town One Section Office. He said that this trolley can be used anywhere in an emergency without interruption of power supply. Janagam DE Lakshminarayana Reddy, DE Technical &

Construction Shri Vijay, ADE Shri Venugopal, Sudhakar, Bhadrachari, SPM AE Rajavardhan, Janagam Town 1 AE Soumya, Town 2 AE Chandra Mohan and staff participated and others participated

Indian Pharmacopoeia standards comparable with leading global pharmacopoeias: Officials

New Delhi: The standards of the Indian Pharmacopoeia are comparable with leading international pharmacopoeias, and the country has been recognised for its leadership in developing and establishing quality standards for several medicines, the government said on Thursday. A delegation from the Indian Pharmacopoeia Commission (IPC) led by Dr V Kalaiselvan, Secretary-cum-Scientific Director, along with Dr Pawan Saini and Dr Shruti Rastogi, participated in the 16th International Meeting of World Pharmacopoeias (IMWP) and the accompanying Stakeholders' Meeting held in Brazil, from June 15-17. The meeting was coordinated by the World Health Organization (WHO). Dr Kalaiselvan presented key updates on the Indian pharmacopoeia, highlighting recent advancements in pharmacopoeial standards, modernisation initiatives, and India's contributions towards global harmonisation of medicine quality standards.



India was also recognised for its leadership in developing and establishing quality standards for anti-tuberculosis medicines, anti-cancer therapeutics, blood and blood products, medicines used in the management of anaemia, and other complex pharmaceutical molecules, reflecting the country's growing scientific, regulatory, and pharmacopoeial capabilities. According to Health Ministry, the Indian delegation contributed to discus-

sions on modern microbiological methods, pharmacopoeial convergence, and environmental sustainability in pharmaceutical standards. Dr Kalaiselvan showcased its role in strengthening public health through science-based standards and regulatory support, while emphasizing the importance of international cooperation in ensuring the quality, safety, and efficacy of medicines worldwide. India's participation at the 16th IMWP fur-

ther strengthened collaboration with international pharmacopoeias and reaffirmed the country's growing leadership in shaping global pharmaceutical quality standards for the benefit of patients worldwide. The event brought together representatives from leading pharmacopoeias worldwide, including the Brazilian Pharmacopoeia (Brazil), European Pharmacopoeia (Europe), Indian Pharmacopoeia (India), Japanese Pharmacopoeia (Japan), Korean Pharmacopoeia (Republic of Korea), Mexican Pharmacopoeia (Mexico), Russian Pharmacopoeia (Russian Federation), British Pharmacopoeia (United Kingdom), United States Pharmacopoeia (United States of America), State Pharmacopoeia of the Republic of Uzbekistan (Uzbekistan), Vietnamese Pharmacopoeia (Vietnam) and The International Pharmacopoeia of WHO.

Kaleshwaram embarks on grand transformation with Rs 198 crore project

The Telangana government has sanctioned a ₹198-crore project to transform the historic Sri Kaleshwara Mukteshwara Swamy Temple. Discover the plans for expanded pilgrim facilities, restored ancient shrines, and new Godavari bathing ghats aimed at accommodating thousands of devotees. Telangana Business News

Jayashankar Bhupalpally: The historic Sri Kaleshwara Mukteshwara Swamy Temple at Kaleshwaram in Jayashankar Bhupalpally district is set to undergo a massive transformation with a Rs 198-crore redevelopment project sanctioned by the Telangana government. The ambitious initiative aims to enhance the temple's infrastructure and accommodate the growing number of devotees visiting the shrine from across India and abroad. Recognised as one of the rarest temples in the world with centuries of spiritual heritage, Kaleshwaram has witnessed a significant increase in pilgrim footfall over the years. Improved connectivity, including bridges across the Godavari River and better transport facilities, has further elevated its prominence as a major religious destination. The redevelopment project has been taken up under the guidance of Minister



Duddilla Sridhar Babu and Endowments Principal Secretary Shailaja Ramayya. Authorities have planned extensive works to enable nearly 25,000 devotees to be accommodated comfortably within the temple complex.

As part of the reconstruction, the surroundings of the main sanctum will be renovated, while smaller gopurams, prakaram walls and subsidiary shrines will also be restored. The redesign of associated temples will be undertaken in consultation with the Sringeri Peetham. A major component of the project includes the devel-

opment of Pushkara ghats along the Godavari River. Sacred bathing ghats such as Pakshi Tirtha, Vyasa Tirtha and Jnana Tirtha will be constructed with an allocation of Rs 60 crore. The long-neglected Adi Mukteshwara Temple, regarded as an ancient shrine of great religious significance, will also be revived. Daily rituals will be resumed and improved access will be provided for devotees. The master plan includes the construction of permanent structures along the Godavari riverbank, new roads connecting important ghats and several modern amenities for pilgrims. The

first phase of the project, focusing on the southern side of the temple complex and subsidiary shrines, is expected to be completed by May 2027. Temple authorities stated that darshan of Sri Kaleshwara Mukteshwara Swamy will continue uninterrupted during the reconstruction period. Devotees will be able to offer prayers at the Balalayam established at the Adi Mukteshwara Temple. Special officers have also been appointed to ensure smooth management and prevent inconvenience to pilgrims during the redevelopment works.

Collector opens Aadhaar enrolment centre; warns against docs forgery

ANANTAPUR: To eliminate long-distance travel for identity verification services, District Collector O Anand on Wednesday inaugurated a newly established Aadhaar Enrolment Centre in Anantapur city. The facility is located at the PR Residency building, situated beside Chandra Hospital behind the local RTC Bus Stand. Addressing the gathering, the Collector emphasized that the primary motive behind this urban facility is providing seamless, citizen-friendly services to vulnerable demographics, including senior citizens, rural folk, and students. He announced that the centre brings top-tier biometric and data management services—previously restricted to major cities like Vijayawada, Visakha pat-

nam, and Kakinada—directly to Anantapur residents. The complex features dedicated counters for fresh enrolments, mobile number linkage, address modifications, and biometric updates.

Issuing a stern policy directive, Collector Anand warned against any attempts to secure registrations through fraudulent methods or falsified certificates. He ordered the center's executives to instantly report document forgery to his office, reiterating that individuals involved in fabricating applications would face severe legal prosecution. The facility will function from 9:30 AM to 5:30 PM on all working days, remaining open year-round except on public festival holidays.



During his inaugural tour, the Collector inspected the token distribution counters and reviewed operational workflows by initiating his own data-update sequence.

The event was attended by UIDAI Supervising Officer Javed, Regional Manager Mahadev, Operations Manager Prasad, and local Tahsildar Raja.

7606 claims pending amid delay in payment of premiums, Telangana govt assures payments

The accumulation of outstanding farmer insurance premium payments owed by the state government has become a major crisis for thousands of farming families in Telangana. Unlike in the past—when LIC would clear claims promptly by accepting pending amounts along with interest—the corporation has now altered its rules. It has made it clear that claims will be approved only if the full premium is paid, resulting in approximately 7,606 claims remaining pending across the state. Consequently, the families of farmers who died due to various causes are facing severe financial hardship, with family members making repeated rounds of government offices seeking compensation. Under the farmer insurance scheme introduced in



2018, a compensation of ₹5 lakh is provided to the nominee in the event of a farmer's death due to accidental or natural causes.

For the 2025-26 financial year, the government was required to pay ₹1,359.56 crore in premiums to LIC but has paid only ₹923.11 crore so far. Officials state that LIC has halted the processing of fur-

ther claims due to the outstanding balance of ₹436.45 crore; the pending 7,606 claims involve a total compensation amount of ₹380 crore. Meanwhile, as affected families visit the Secretariat to meet officials regarding the compensation, it is reported that the matter has been brought to the attention of Chief Minister Revanth Reddy. Officials state that the Telangana state government is preparing to pay the pending farmer insurance premiums. Preparations are reportedly underway to make payments within a day or two. Officials explain that if the government clears the arrears immediately, there is a possibility of processing 3,919 claims worth ₹195 crore by August 14.

Now farmers can book fertiliser through app



The initiative is part of a series of welfare and development initiatives aimed at improving farmers' access to agricultural inputs and services, says MLA MLA Koram Kanakaiah Yellandu MLA Koram Kanakaiah on Wednesday launched the State government's Fertiliser Booking App in Tekulapalli mandal of the district, enabling ryots to book urea from their homes in a hassle-free manner. Speaking on the occasion, he said the app was part of a series of welfare and development initiatives aimed at improving access to agricultural inputs and services. The MLA said ensuring adequate availability of fertilisers to every farmer was a priority of the government. He stated that continuous efforts were being made to prevent any shortage of fertilisers during the cultivation season. Kanakaiah emphasised that the government had extended support to farmers during the previous season by procuring maize at a remunerative price and absorbing losses in the interest of farmers. He alleged that despite such measures, some groups were spreading misinformation about the government's commitment to the farming community. Speaking on the occasion, Collector Ankit said the district would require nearly 40,000 metric tonnes of urea during the current agricultural season, while around 15,000 metric tonnes were presently available. He assured farmers that the government was taking all necessary measures to ensure an adequate supply of fertilisers. Ankit advised farmers against excessive use of urea, stating that overuse could reduce soil fertility and increase future dependence on chemical fertilisers. He urged farmers to follow scientific cultivation practices and adopt balanced fertiliser application as recommended by agriculture department officials. The Collector noted that maize cultivation had reached record levels in the district this year. In view of the possibility of below-normal rainfall due to the El Niño effect, he advised farmers to adopt crop diversification and crop rotation practices to minimise risks and improve farm incomes. National News Coverage He directed agriculture department officials to create widespread awareness about the Fertiliser Booking App among farmers and informed that urea was being made available through five Rythu Vedikas in Tekulapalli mandal. Farmers were also urged to make use of the government's toll-free helpline, 1800-123-7157, for assistance. Several public representatives, cooperative society officials, agriculture department officers and farmers attended the programme.

Fire breaks out at a shop in Gajuwaka of Visakhapatnam



A massive fire broke out at 'Shiva Fireworks,' a shop located on the busy New Gajuwaka Market Road in Visakhapatnam. Locals were gripped by panic as huge flames shot up from the shop. Firefighting personnel rushed to the scene upon receiving the information and extinguished the blaze. The incident caused a traffic jam on the market road. Visakhapatnam South ACP Srinivas stated that 'Shiva Fireworks' did not have police permission to operate. He clarified that the sale of explosive materials in residential and commercial areas is prohibited and stated that action would be taken against the shop owner.

Online Vaidyaji: Bringing Traditional Healing to the Digital Age

Discover how Online Vaidyaji is modernizing traditional Indian healing by connecting patients with Ayurvedic experts through a digital platform, making holistic healthcare more accessible and convenient. India News Updates Noida, Uttar Pradesh — For centuries now, it has been the go-to solution for families across India who needed remedies ranging from minor seasonal problems to chronic illnesses. However, in recent years, there has been an over-reliance on quick fixes from conventional medicine at the expense of this rich resource, which people now view merely as 'granny's home remedies.' However, the recently launched online platform for AYUSH, named Online Vaidyaji, seeks to change all of this, bringing this ancient system of medicine into the digital age, in line with conventional healthcare. Bridging Two Worlds: Ancient Knowledge, Modern Access The key premise under which Online Vaidyaji operates is straightforward yet brilliant: bringing certified AYUSH practitioners, including doctors with degrees in BAMS, BUMS, and BHMS, to the patient via virtual consultations and physical clinic appointments, all in one place.

"Aside from not having faith in Ayurveda or Unani or homeopathy, what's keeping people from embracing these forms of treatment is the difficulty in finding a

credible and certified practitioner," says the founder of the platform. "We are addressing that problem." It should be mentioned that the issue was never a matter of faith. Rather, for many years there had been a serious barrier to using such medicine, namely that of accessibility. It took a lot of work to find an authentic Vaidya, and even then, one would have to travel far in order to consult the healer. The Online Vaidyaji project is built precisely to help users over-

come that barrier. Shifting the Narrative: From "Backup Option" to "First Choice" One of the most crucial cultural changes that need to take place via Online Vaidyaji is in relation to how the world views AYUSH.

For years, traditional medicine was used only in cases where conventional medicine failed or when individuals used untrained techniques that they may have inherited. In making it as easy to book a consultation for certified AYUSH doctors as booking a

teleconsultation appointment, Online Vaidyaji is creating an environment in which individuals consider traditional medical techniques to be a legitimate way to maintain good health and well-being. The platform helps achieve this through the verification process that takes place when users sign up. Any individual who signs up to become a consultant on Online Vaidyaji must hold proper degrees as well as AYUSH certification recognized by the government. A Platform Built for How India Actually Lives Healthcare requirements for India differ significantly from the metro city to a smaller town. The hybrid model employed by Online Vaidyaji, combining the convenience of telemedicine with an offline clinic visit whenever required, takes into account this difference. People in tier 2 and tier 3 cities will have access to high-quality consultation through Ayurveda/Unani just as those in metros without making any physical journey.

The portal is also based on an idea that holds true for most Indians, which is that patients feel more confident and comfortable discussing their problems, diets, and other matters with a Vaidya familiar with the culture and diet practices in their lives — an aspect covered by AYUSH, which uses the concept of Prakriti, among others. "Swasth

Raho, Hamesha" — A Mission Beyond Business "Swasth Raho, Hamesha," the tagline of the platform which translates into "Stay Healthy, Always," suggests that the founders of the venture had an aim that went further than simply creating yet another healthtech application. The company aspires to become the means of integration between preventive, comprehensive, and traditional health services and conventional healthcare. Incorporating both the authority of certification in medically recognized courses as well as advantages offered by modern technology, the creators of Online Vaidyaji assume that the future of Indian healthcare lies not in innovation but in shifting perspectives. Instead of considering the AYUSH system outdated, informal, and unnecessary, it should be viewed as available and professionally practiced. While preparing for the official launch of their venture, the platform's creators convey one message: the traditional healing methods of India have never been the issue; accessibility was. Online Vaidyaji is an AYUSH digital healthcare platform connecting certified Ayurveda, Yoga, Unani, Siddha, Naturopathy, and Homeopathy practitioners with patients through online and offline consultations. Learn more at www.onlinevaidyaji.com.



After injury layoff, Neeraj Chopra set to start season in Doha Diamond League

Doha: Indian javelin star Neeraj Chopra will launch his 2026 athletics season at the Doha Diamond League in Qatar on Friday after organisers confirmed his participation in the men's javelin throw event through the official entry list released on Monday. National News Coverage The competition will be Neeraj's return to action after nearly nine months. He last competed at the 2025 World Athletics Championships in Tokyo in September. The two-time Olympic medallist has been recovering from a back injury while training in Switzerland during the off-season. Doha has been a successful location for the Indian athlete. He will participate in his fourth consecutive Diamond League meet there. Neeraj won the Doha Diamond League title in 2023 with a throw of 88.67m and finished second in 2024 with a throw of 88.36m. Last year, he set a national record with a throw of 90.23m at the same venue but still finished as the runner-up behind Germany's Julian Weber.

Neeraj's participation was confirmed shortly after he was provisionally named to India's 32-member athletics squad for the 2026 Commonwealth Games. This highlights his significance to the country's chances for medals. The 28-year-old, however, faces tough competition in Doha. Pakistan's Olympic champion Arshad Nadeem was initially on the list, but he has since withdrawn. Without him, Sri Lanka's Rumesh Tharanga Pathirage stands out as a top contender. Pathirage enters the event as the current world leader after throwing an impressive 92.62m at the Rome Diamond League earlier this month. This performance moved the Sri Lankan to eighth on the all-time world list and made him the second-best Asian javelin thrower after Arshad Nadeem's Olympic record of 92.97m from the Paris 2024 Games. The competition also includes reigning world champion Keshorn Walcott from Trinidad and Tobago, two-time world champion Anderson Peters from Grenada, and former world champion Julius Yego from Kenya.

Other strong competitors are the USA's Pan American Games gold medallist Curtis Thompson, Czechia's Jakub Vadlejch — an Olympic and World Championships silver medallist — Ukraine's Artur Felfner, and Egypt's Ahmed Sameh Mohamed Hussein. With many of the world's top throwers in the mix, Doha will give an early view of Neeraj's standing in a critical year that includes the Commonwealth Games and other major events. The Doha meet is the seventh stop of the 2026 Diamond League season, which will end with the finals in Brussels on September 4 and 5. Doha Diamond League 2026 men's javelin throw entry list: * Neeraj Chopra (India) * Artur Felfner (Ukraine) * Ahmed Sameh Mohamed Hussein (Egypt) * Rumesh Tharanga Pathirage (Sri Lanka) * Anderson Peters (Grenada) * Curtis Thompson (USA) * Jakub Vadlejch (Czechia) * Keshorn Walcott (Trinidad and Tobago) * Julius Yego (Kenya)

Smart seed coating technology raises crop yields by up to 30 pc



New Delhi: ICAR-Indian Institute of Oilseeds Research (ICAR-IIOR) in Hyderabad developed and demonstrated a biopolymer-based Smart Seed Coating Technology to improve seed quality, crop establishment and yields, an official statement said on Thursday. City & Local Guides According to a statement from the Ministry of Agriculture & Farmers Welfare, demonstrations conducted in Telangana recorded nearly 30 per cent yield improvements in groundnut and soybean when compared to conventional farmer practices. The new technology strengthens resilience against biotic and abiotic stresses across a wide range of agricultural crops and improves farm productivity, the ministry said. The patented coating uses biodegradable biopolymers to form a multifunctional protective layer around seeds. The coating acts as a carrier system for beneficial microorganisms, nutrients, micronutrients, crop protection agents, and plant growth-promoting compounds, delivering them directly

at the seed-soil interface.

This protective microenvironment promotes rapid germination, vigorous seedling growth, enhanced root development, and improved tolerance to environmental stresses during the critical crop establishment phase. Superior seed performance is critical as agriculture faces increasing challenges from climate change, erratic rainfall, drought, temperature extremes, soil degradation, emerging pests and diseases, and declining resource-use efficiency. Strengthening seed performance during the early stages of crop growth offers one of the most cost-effective and scalable approaches to improving agricultural productivity. Field demonstrations conducted under farmer-field conditions have shown substantial improvements in crop establishment, plant vigour, and productivity. Similar seed enhancement approaches have demonstrated positive impacts across multiple crops under diverse agro-climatic conditions.

Multi-location AICRP-Seed trials across soybean, maize, groundnut, chickpea, cotton, mustard, and pigeon pea demonstrated consistent improvements in seedling vigour, crop establishment, and yield, with productivity gains ranging from 12 to 37 per cent over untreated controls. Telangana News App The technology is particularly relevant for rainfed agriculture, which accounts for a major share of India's cultivated area and is highly vulnerable to climatic uncertainties. The technology can be customised for cereals, millets, pulses, oilseeds, fibre crops, fodder crops, vegetables, spices, and horticultural crops, the statement noted. ICAR-IIOR scientists emphasised that future agricultural growth will increasingly depend on technologies that improve the efficiency and effectiveness of every input used by farmers. ICAR-IIOR is also promoting partnerships with public and private seed systems for large-scale dissemination and adoption.

Janhvi Kapoor shares peaceful moments from her 'happy place'

Mumbai: Actress Janhvi Kapoor has shared a soothing glimpse of her "happy place." Taking to Instagram, the 'Dhadak' actress posted photos that capture a space that holds special meaning for her. In the clip, Janhvi is seen playing with her dog, posing with her sister Khushi Kapoor, and enjoying an adventurous ride with Shikhar Pahariya. One candid shot showed the actress relaxing in the hills and blowing her hair with her mouth. For the caption, Janhvi wrote, "#happyplace @jasleenroyal obsessed with your song." India News Updates She also added Jasleen Royal's song 'Inaam' as the background score for the video. On the professional front, Janhvi was last seen in Shashank Khaitan's "Sunny Sanskari Ki Tulsi Kumari," alongside Varun



Dhawan, Sanya Malhotra, Rohit Saraf, Maniesh Paul, and Akshay Oberoi. She made her acting debut in 2018 with the romantic drama "Dhadak" and later went on to feature in films like "Gunjan Saxena: The Kargil

Girl," "Mili," "Roohi," "Ulajh," "Mr. & Mrs. Mahi," "Good Luck Jerry," and "Devara: Part 1."

Most recently, Janhvi was seen in the film "Peddi" alongside Ram Charan. The sports action

drama directed by Buchi Babu Sana featured Ram as a "crossover athlete" who transitions between the three difficult sports including cricket, wrestling and sprinting. Asked if she is a sports enthusiast, Janhvi, who is the daughter of the late superstar Sridevi and producer Boney Kapoor, said: "I actually, I wasn't very athletically inclined. I used to enjoy dancing though, always." The film, which also starred Boman Irani, Shiva Rajkumar, Janhvi Kapoor, Jagapathi Babu and Divyendu, was released on June 4. However, several parts of "Peddi," particularly those depicting the heroine, faced strong criticism from both audiences and reviewers. The romantic storyline, in particular, was criticized for allegedly normalizing harassment and non-

consensual behavior. In light of the backlash, the film's director Buchi Babu Sana issued a clarification on social media. An excerpt from his post read, "As a filmmaker, I believe cinema should entertain, inspire, and connect with audiences. It should never make anyone feel uncomfortable or disrespected. We have heard the feedback regarding certain scenes in Peddi and have taken it seriously." "I have always had immense respect for women, both on and off screen, and it was never our intention to objectify or disrespect any female character. If any part of the film has been perceived that way, we respect those sentiments, understand the concerns being raised, and sincerely apologize."

Rashmika Mandanna-starrer 'Mysaa' unit wraps up song shoot

Chennai: Director Rawindra Pule, who is directing the eagerly awaited action thriller 'Mysaa', featuring actress Rashmika Mandanna in the lead, has now disclosed that the unit of the film has just wrapped up the shooting of a song in the film. Taking to his Instagram stories section, Rawindra Pule shared a picture of the sets of the song and wrote, "#Mysaa song pack up." The song, which features Rashmika, has been choreographed by well known dance choreographer Brinda. The film has generated excitement among fans ever since it was first announced. In fact, in May this year, the film was in the news when actress Rashmika Mandanna disclosed that the unit had successfully wrapped up a long schedule in Kerala. Indian Current Events Taking to her Instagram page to share pictures of the unit that worked in Kerala, Rashmika wrote, "Guys, a little update is that we successfully wrapped up a long schedule for #Mysaa in Kerala!!"

She went on to say, "And



these were some of the darlings who worked so hard and made it all possible. Thank you guys and I'll see you soon again on set." Sources close to the unit had told IANS earlier that stunt master Kecha Khampakdi had choreographed some high voltage action sequences for this film which were shot in this schedule. Rashmika is believed to have performed some high intensity action sequences during this schedule along with key actors in the film. It may be recalled that IANS had reported earlier that the

actress had been training hard at an intensive stunt and combat bootcamp in Bangkok, Thailand to perform in the sequences that were to be filmed during this action schedule. Sources in the unit had disclosed that the actress had trained for over eight hours everyday For 'Mysaa' in Bangkok.

For the unaware, Rashmika plays a tribal Gond girl- a character that demands emotional vulnerability as much as physical ferocity -- in the film. With international action director Andy Long supervising the stunts,

sources say the film is shaping up to set a new benchmark for female-led action in Indian cinema. Sources had disclosed that after being deeply moved by the script, Rashmika chose to rebuild herself physically and mentally for the role. Determined to deliver an action performance that felt raw and real, Rashmika had flown to Bangkok and immersed herself in an intensive stunt and combat bootcamp. Her daily routine there was nothing short of brutal, informed a source, who added that the actress trained for nearly eight hours every day, learning advanced stunt techniques, hand-to-hand combat, and high-speed action coordination under globally renowned experts. The film, apart from Rashmika, also features Eshwari Rao, Guru Somasundaram, and Rao Ramesh in pivotal roles. On the technical front, cinematography for the film is by Shreyas P Krishna while music is by Jakes Bejoy. International stunt choreographer Andy Long is overseeing the action for this ambitious entertainer.

'Alpha' action director reveals what sets Alia Bhatt apart from other female stars

Mumbai: Action director Craig Macrae, who has worked with some of the biggest global female action stars like Charlize Theron and Milla Jovovich, has heaped praise on actresses Alia Bhatt and Sharvari for their work in "Alpha". Macrae said: "What sets Alia Bhatt apart from those other female stars is that I think her work ethic is absolutely incredible. She's really put in a lot of time and a lot of effort into preparing for Alpha." "She was really dedicated to the movie and I think that's going to be the thing that really makes a huge difference in her on-screen presence." He added that Alia did not just for the action preparation. Macrae said: "She obviously did a lot of work for the preparation as the character as well. She's one of those people that you can really feel is willing to put in the amount of work that is required and then some, to go above and beyond what's needed for the film."



Craig credited Alia and Sharvari's brilliant team work to bring to life the action sequences to life in Alpha. "Alia and Sharvari were absolutely incredible for this movie. The preparation that they put into it, the work that they put into preparing for this movie physically

and with their skills training and stunt training was absolutely incredible." "It's very rare to find people who are willing to put in the amount of time and effort that Alia and Sharvari put into this movie," he said. Craig shared: "That really made our lives a lot easier as action designers and stunt team because we had actors that were so well equipped and really well prepared for the action that we were designing in the film." "It gave us a lot more ability to be able to design everything and anything that we wanted to in the movie knowing that the actors were going to be able to execute the action." Produced by Yash Raj Films and directed by Shiv Rawail, Alpha is set to release in theatres worldwide on July 3.

Vishnu Vishal: Even if you haven't watched Gatta Kusthi 1, you'll still be able to enjoy Gatta Kusthi 2!



Chennai: Actor and producer Vishnu Vishal, who is gearing up for the release of the sequel to his superhit film 'Gatta Kusthi' on July 3, has now pointed out that although 'Gatta Kusthi 2' will be a continuation of the first part, those who hadn't watched the first part would still be able to enjoy the upcoming sequel as a separate film. During an interaction with journalists, Vishnu Vishal's attention was drawn to the fact that the second instalment of the franchise was a continuation of the first part. The actor was asked if those watching the sequel directly without having watched the first part be able to enjoy the film. Responding to this question, Vishnu Vishal said, "Of course. The second part will be a separate film. Even if they (audiences) haven't watched the first part, they can enjoy the second part as a separate film. Those who have seen the first part will like it even more." The actor also made it clear that this instalment of the franchise will speak about a different kind of politics about man and woman. Politics For the unaware, the first part of director Chella Ayyavu's 'Gutta Kusthi', which featured Vishnu Vishal and Aishwarya Lekshmi in the lead, had gone on to emerge a huge superhit. The film revolved around the relationship between a man, who marries under the impression that his wife is a docile, soft-spoken woman, and his wife, who he later finds is a wrestler. "The first part was about the woman. This time, it's about the man. I believe in equality. One film, I'm showing about the woman. This time, I want to show about the man. And in this, I want to show about the man-woman relationship," Vishnu Vishal said. He then went on to explain, "With money comes power. Whoever earns will be powerful. Whether it's a man or a woman. That angle is given to this story. But that is not a misused power. That comes out of responsibility. I'm doing this for the family. So, make sure you're right." That power comes from (taking on) responsibilities. So, this film will speak a different kind of politics about man and woman." Sources close to the actor say that Vishnu Vishal plays a house husband in the sequel, which will also be a sports drama that will present everyday household issues in a comical way. The lead pair Vishnu Vishal and Aishwarya Lekshmi will reprise their roles, as will Karunas, Kali Venkat, Munishkanth, and Gajaraj, all of whom played pivotal parts in the first part of the franchise. Actor Karunakaran will also be seen in the sequel in a pivotal role. Directed by Chella Ayyavu, the sequel has cinematography by K M Bhaskaran and music by Sean Roldan. Editing for the film is by Barath Vikraman and art direction is by S. Jayachandran.

Kumble recalls 'chucking accusation' that shifted his career from pace to spin

New Delhi: The former India captain Anil Kumble recalled how questions over his bowling action as a teenager forced him to abandon pace bowling and unexpectedly embrace leg spin, a decision that would ultimately define his illustrious career. Indian Current Events Kumble revealed that he was primarily a fast bowler while playing school and club cricket before a senior player raised concerns over his action. "One of the senior players in my club asked my coach to stop me from bowling as he felt I was bending my elbow. I honestly didn't even realise I was bending my elbow. I was bowling the way that felt natural to me. I was around 13-14 at that time and probably not strong enough," Kumble said while speaking on The Great Indian Cricket Show on Doordarshan. The accusation left the young Kumble searching for an alternative just weeks before the Karnataka Under-15 selection trials.



Unable to continue bowling pace, he turned to his brother for advice, who suggested trying leg spin in the hope of improving his chances of making the squad. "Then I got a chance for the Under 15 selection trials, which were a month or two away. By then I couldn't bowl pace because people were already saying I used to chuck. My brother told me,

'Try leg spin, there aren't many people, maybe you will get a look.' I didn't even know much about leg spin then. I had heard the name B. S. Chandrasekhar, but television was not common and I hadn't seen him bowl in matches." Kumble admitted he entered the new discipline with little technical understanding and without formal coaching. Rather than learning textbook leg-

spin, he improvised using the grip he already knew from bowling off-spin, teaching himself through experimentation. "In fact, when I had first picked up a real cricket ball, I bowled off spin grip. So, when I was told to bowl leg spin, I simply used my off spin grip and tried to turn the ball and bowled leg spin. There was no coach standing beside me telling me exactly how to hold it or how to release it; I just did it. A month or two later, at the Karnataka Under 15 trials, I was selected. I went on to play for Karnataka Under 15." That selection marked the beginning of a remarkable journey. What started as a forced change born out of criticism eventually laid the foundation for a career that saw Kumble claim 619 Test wickets, become only the second bowler to take all 10 wickets in a Test innings, and establish himself as one of India's greatest cricketers.

'Technically, the throw was not that good': Neeraj makes surprising admission about his 90m effort

Doha: Olympic champion Neeraj Chopra has revealed that he rarely revisits the video of the record-breaking 90m throw that made headlines at the Doha Diamond League last year, insisting it was far from his best effort technically. Speaking during the Wanda Diamond League media interaction in Doha on Thursday, the Indian javelin star said he prefers studying his qualification-round throws because they better reflect the rhythm and technique he strives to achieve, unlike the more aggressive approach he often adopts in finals. Indian Current Events Although Chopra finally crossed the long-awaited 90-metre barrier in Doha last season, he believes the landmark throw still had room for improvement. The reigning world champion explained that while the release was explosive, his lower-body mechanics were not at their optimum, leaving him convinced that greater distances are pos-



sible if every aspect of the throw comes together. "Technically, the throw was not that good; it was really fast from the arm, but if I could do better with the lower body, maybe 2-3m more.... I haven't looked at that video many times. I really like my throws in the qualification rounds, whether at the Olympics or the world championships, because I feel really relaxed and can throw really far. "But whenever I compete in finals or the main competitions, I always try

very hard, really aggressively, and I forget my techniques. So I don't like to see my finals on repeat, and I prefer to see my qualification-round throws. They're technically better," Chopra expressed. Rather than drawing confidence from his biggest throws, the 27-year-old analysed performances in which he feels relaxed and technically sound, believing they provide a more accurate blueprint for future success.

Doha remains one of the

most memorable venues of Chopra's career, not only because it marked his first throw beyond 90 metres but also because it produced a thrilling duel with Germany's Julian Weber. While Weber eventually out-threw him on the night, Chopra said he took genuine satisfaction from seeing his long-time rival achieve a breakthrough after years of perseverance. "That was really amazing that I broke the 90m barrier last year. Suddenly, after my throw, Julian (Weber) threw further than me. But I am happy for him because he also struggled. He threw 88m in front of me in 2016, and it took a lot of time for him too. I was happy for him," Chopra added. As he prepares to begin another season in Doha, Chopra remains focused less on distances already achieved and more on refining the technical details he believes can unlock even bigger throws in the future.

Boxing World Cup: Minakshi advances to quarters in China



Guiyang: Indian boxer Minakshi secured a win on the fourth day of the Boxing World Cup (Stage 2) in China, moving on to the quarterfinals in her weight class. Indian Current Events Minakshi, the reigning 48kg World Champion and current World No. 1, now competing in the women's 51kg category, secured a decisive 5-0 unanimous decision victory over Poland's Natalia Kuczevska, advancing in the competition. On day four, Abhinash Jamwal (65kg) was eliminated after losing 0-5 to Kyrgyzstan's Mirzokhid Imamnazarov. So far in the tournament, five Indian boxers have reached the quarterfinals: Nikhil (55kg), Deepak (70kg), Minakshi (51kg), Prachi (57kg), and Saneh (65kg). Additionally, Jyoti (48kg) and Jugnoo (85kg) have secured medals by advancing to the semifinals. Jyoti was a late addition to India's squad as the BFI expanded the 18-member squad to 20, adding Aakash alongside in the 75kg category as India's contingent saw 10 male and 10 female boxers represent the nation. "Our foremost responsibility is towards the athletes. International competitions play a vital role in a boxer's development, and every deserving athlete should have the opportunity to test themselves against the best in the world. Jyoti and Aakash have worked hard to earn this chance, and it is important that they are able to compete, gain valuable exposure against top international opponents and further their development at the highest level," Ajay Singh, President of the Boxing Federation of India, had said. On Day 5, four Indian boxers will compete in their quarterfinal matches. In the women's category, Minakshi (51kg) will face Kazakhstan's Alua Balkibekova, Saneh (65kg) will face Poland's Kinga Krowka, and Prachi (57kg) will face Shih Yi Wu of Chinese Taipei.

In the men's division, Nikhil (55kg) will go up against Azerbaijan's Amin Mammadzade. Results (India): Won: Minakshi (51kg-W) bt Natalia Kuczevska (Poland) 5-0 Lost: Abhinash Jamwal (65kg) lost to Mirzokhid Imamnazarov (Kyrgyzstan) 0-5 Indian Boxers in Quarterfinals: Nikhil (55kg) Deepak (70kg) Minakshi (51kg-W) Prachi (57kg-W) Saneh (65kg-W) Indian Boxers in Semi-finals: Jyoti (48kg-W) Jugnoo (85kg) Day 5 Schedule (India): Minakshi (51kg-W) vs Alua Balkibekova (Kazakhstan) Saneh (65kg-W) vs Kinga Krowka (Poland) Nikhil (55kg) vs Amin Mammadzade (Azerbaijan) Prachi (57kg-W) vs Chengyu Yang (Chinese Taipei) Deepak Poonia (70KG) vs Nabi Isgandarov (Azerbaijan)

India seal ODI series with 170-run win

India clinches the ODI series against Afghanistan with a dominant 170-run victory in Lucknow! Captain Shubman Gill's masterful 154 and Ishan Kishan's explosive century powered India to 402. Check out the match highlights and series update here. Lucknow: Captain Shubman Gill battled intense heat and cramps to produce a masterful 154, while the increasingly confident Ishan Kishan scored a statement century as

India recorded a dominant 170-run win over Afghanistan in the second ODI here on Wednesday to seal the series. India have taken a 2-0 unassailable lead in the three-match series. Afghanistan's decision to bowl first under the scorching afternoon sun backfired as Gill and Kishan, who scored his second ODI hundred in his comeback series, helped India put up a formidable 402. The conditions were very demanding through

out the game with several players struggling with cramps while Gill also batted with an ice collar. In fact, the Indian skipper didn't return to the field once he got out. Brief Scores: India: 402 all out in 49.5 overs (Shubman Gill 154, Ishan Kishan 125; N Kharote 4/76). Afghanistan: 232 all out in 44.3 overs (Rahmat Shah 79, Sediqullah Atal 42, Rahmanullah Gurbaz 41; Arshdeep Singh 3/45, Gurnoor Brar 3/60).

