

Tank explosion at Dakshina Energy kills two workers



A massive fire and explosion at the Dakshina Energy plastic pyrolysis plant in Parawada Pharma City, Anakapalli district, resulted in at least two worker deaths and left others feared trapped. Emergency response teams are conducting rescue operations as authorities initiate an investigation into the incident. Visakhapatnam: A major explosion occurred at the Dakshina Energy Industry located in the Industrial Park claimed two lives in Anakapalli district.

The industry is located adjacent to the Jawaharlal Nehru Pharma City at Parawada on Monday morning.

According to preliminary information, the deceased were identified as Venkatesh, a native of Govada village in Chodavaram mandal, and Thiriadh, a resident of Atchutapuram. The sudden explosion at the company triggered panic among workers and led to an emergency response at the site. The fire erupted after a tank exploded during the plastic waste recycling process at the company's facility. The flames spread rapidly trapping workers inside the plant.

CM Chandrababu express shock over fire accident in Anakapalli, assures support to victims



Andhra Pradesh Chief Minister Nara Chandrababu Naidu expressed deep sorrow over the fire accident that occurred at the Jawaharlal Nehru Pharma City in Parawada, Anakapalli district. Immediately after the incident, the Chief Minister spoke to senior district officials over the phone to gather details about the event. He expressed deep shock over the loss of lives of two workers in the accident at the 'Dakshina Energy' plant within the Pharma City. Andhra Pradesh news He assured the families of the deceased workers that the government would stand by them. He also directed the district administration to provide immediate assistance to the injured victims and ensure they receive the best possible medical treatment.

Officials reported that relief operations were expedited immediately following the accident. Recognizing the severity of the situation, two fire engines from the Pharma City fire station and another from the Parawada station were promptly dispatched to the scene. Officials informed the Chief Minister that fire personnel responded in a timely manner and brought the blaze fully under control. CM Chandrababu emphasized that officials must pay special attention to safety standards in industrial areas and take measures to prevent the recurrence of such incidents. He also ordered a comprehensive inquiry into the causes of the accident.

APSDMA predicts rains parts of Andhra Pradesh today



The Andhra Pradesh State Disaster Management Authority stated that a trough extends from Telangana, passing through Rayalaseema and Tamil Nadu, down to the Gulf of Mannar. The Andhra Pradesh State Disaster Management Authority stated that a trough extends from Telangana, passing through Rayalaseema and Tamil Nadu, down to the Gulf of Mannar and predicted rains in parts of the State of Andhra Pradesh. Telangana news The APSDMA stated light to moderate rains are likely at isolated places in the North Andhra districts, as well as in Kakinada, Eluru, Krishna, NTR, Palnadu, Prakasam, Sri Potti Sriramulu Nellore, Kurnool, Nandyal, Chittoor, and Tirupati districts on Tuesday. Also, it said that some areas in the remaining districts may experience light rain accompanied by lightning. Meanwhile, between 5 PM on Sunday and 5 PM on Monday, the highest rainfall recorded was 40 mm in Gudur (Nellore district), followed by 25 mm in Nimalikallu (Palnadu district), 24.2 mm in Venkatagiri (Tirupati district), and 22 mm each in Ratnagiri (Sri Sathya Sai district) and Hampapuram (Anantapur district).

Srisaillam hundi generates Rs 5.45 crore cash in less than a month

Srisaillam: The Srisaillam Devasthanam recorded a cash collection of Rs 5,45,55,035 during the hundi counting conducted on Monday. The offerings were made by devotees over a period of 27 days, from May 26 to June 21, 2026, reflecting the continued flow of pilgrims to the renowned shrine.

During the counting process, the temple also received 127.500 grams of gold and 3.680 kilograms of silver as offerings. In addition, a significant amount of foreign currency was found in the hundis, including 392 US dollars, 10,105 UAE dirhams, 17 Saudi riyals, 38 Singapore dollars, five British pounds, 18 Malaysian ringgits, 160 Australian dollars, 40 euros, 10 Canadian dollars, 11 Qatari riyals, three Omani riyals and 100 Omani baisas, among other foreign currencies. The hundi counting was carried out under stringent security arrangements with continuous surveillance through CCTV cameras to ensure transparency and accountability. Executive Officer M Srinivasa Rao personally supervised the entire counting process.



Members of the Temple Trust Board, including G Lakshmeswari, G Gangamma, K Kanthavardhini, Chiluvuru Kashinath, Upputuri Subbalakshmi, PU Shivamma and G Sridevi, along with special invitees Buggana Chandramouleeswara Reddy and Vayugandla Venkateswarlu, monitored the proceedings. Unit officers from various departments, supervisors, Devasthanam staff and Shiva Sevaks also participated in the hundi counting.

Nara Lokesh responds on Parwada Pharma City fire accident, assures better medical care

Andhra Pradesh Education Minister Nara Lokesh responded via X (formerly Twitter) regarding the fire accident at the Parwada Pharma City. He expressed sorrow over the death of two workers in the incident and conveyed his deepest condolences to the bereaved families. The Minister stated that measures have been taken to ensure the injured receive quality medical care and prayed for their speedy recovery. He assured the affected families that the Alliance government would stand by them in every possible way. Andhra Pradesh BJP President PVN Madhav also responded to the Pharma City accident, expressing anguish over the unfortunate incident. He described the deaths of the two workers as tragic and wished for the speedy recovery of those injured. He emphasized that there should be no room for negligence regarding the implementation



tion of safety standards in industrial areas. Pendurthi MLA Panchakarla Ramesh Babu also expressed regret over the accident. Terming the fire incident unfortunate, he noted that the official machinery is providing superior medical treatment to the injured. He stated that a comprehensive investigation into the incident is underway and full details would be known soon. Meanwhile, Chief Minister Nara Chandrababu Naidu, Deputy CM Pawan Kalyan, and several other top leaders of the Alliance have already responded and expressed their condolences regarding the accident.

Hyderabad Metro expansion moves forward after CM Revanth Reddy meets union ministers

A crucial step has been taken regarding the future of the Hyderabad Metro Rail project. Telangana Chief Minister A. Revanth Reddy, currently visiting Delhi, held a series of successful meetings with Union Ministers. These discussions cleared the path for the government to take over Metro Phase-1 and resolved major hurdles hindering the Phase-2 expansion works.



A high-level joint meeting lasting approximately 40 minutes took place this morning (Tuesday) at the residence of Union Minister for Housing and Urban Affairs, Manohar Lal Khattar. CM Revanth Reddy participated in the meeting alongside Union Ministers Manohar Lal Khattar, Ashwini Vaishnaw (Railways), and G. Kishan Reddy, as well as senior officials from the Telangana government. A consensus was reached regarding Metro expansion, resource mobilisation, and the joint partnership between the Centre and the State. 'SBICAPS' (SBI Capital Markets), a prestigious financial advisory firm, has been selected as the consultant to steer the Metro project forward both financially and technically. The firm will study key aspects and submit a comprehensive report. As the government prepares to fully take over Metro Phase-1 from L&T, SBICAPS will formulate a roadmap addressing the associated debt, equity valuation, and loan restructuring. Phase-2 Report: The report will address the estimated construction costs for the corridors pro-

posed under Phase-2 and identify suitable international lending agencies for funding. The Central and State governments will jointly determine the next steps based on the report submitted by the consultancy firm. A special coordination committee comprising senior officials from both the Central and State governments has been constituted to accelerate project execution in alignment with Central guidelines. This committee includes a representative from the Central Government and the Special Secretary of Telangana's Municipal Administration and Urban Development (MA&UD) Department as coordinating members. The committee will oversee the approval process for the works while incorporating necessary revisions to the Detailed Project Reports (DPRs) in accordance with Central regulations. This development is expected to facilitate securing Central approval for the Hyderabad Metro Phase-2 expansion. It will not only alleviate traffic congestion in Hyderabad but also serve as a milestone in the city's future public transportation system.

CPRO/SCoR/PR/18/Visakhapatnam Date: 23rd June 2026

GENERAL MANAGER REVIEWS SAFETY PREPAREDNESS ACROSS SOUTH COAST RAILWAY



General Manager, South Coast Railway, Shri Sandeep Mathur, conducted a comprehensive review of the safety preparedness across the Zone today with the participation of Principal Heads of Departments and Divisional Railway Managers of all four divisions. During the review meeting, Shri Sandeep Mathur assessed the current status of train operations,

punctuality performance, safety protocols, security arrangements, and various measures being undertaken to ensure resilient and seamless railway operations across the South Coast Railway network. The discussions focused on strengthening operational efficiency while maintaining the highest standards of safety and service delivery. A key focus of the review was the safety and security



of passengers both onboard trains and at railway stations over the zone. General Manager emphasized the need for continuous vigilance, strict adherence to safety procedures, proactive risk assessment, and effective coordination among departments to ensure a safe and secure travel environment for passengers. He called upon all officers and staff to remain committed to the principles of safety-first and customer-centric service.

Reiterating South Coast Railway's commitment to operational excellence, General Manager emphasized that safety remains the foremost priority of Indian Railways and directed all concerned officials to maintain the highest standards of safety, security, punctuality, and passenger service across the Zone.

Former Corporator Puli Jagan's aggressive behaviour

- Selection of Division President as per his wish
- Putting aside seniors and giving the post to those who came yesterday
- Puli Jagan's style of behavior will be brought to the attention of the higher-ups....
- Former Chairman of Amberpet Constituency Minority Cell Mohammed Hussam uddin

Hyderabad June 23 (Metro Udayam)

In the selection of the Congress Party Division President in Patel Nagar Division, Puli Jagan, who was in charge of Patel Nagar Division, gave the post of Division President to those who joined the party recently, leaving aside seniors who had worked hard in the party. He issued a statement on Monday alleging that the selection of the Patel Nagar division president was not transparent. Speaking about the selection of the Patel Nagar division president, Hussam uddin expressed his impatience that the party made its own decisions unilaterally without consulting the party seniors, without taking their opinions, and without recognizing those who have been working in the party for a long time, and by assigning the post of division president to a person from his group, he insulted the seniors. He expressed his concern that we, who have trusted the party for a long time and served the party selflessly, are not respected, and that we are still the ones who are flying the flags. Hussam uddin said that the selection of the Patel Nagar division president is not proper and that he will bring this matter to the attention of the constituency in-charge and the high command.



International Widows Day celebrated in a grand manner....



Kodad June 23 Metro Morning.....

International Widows Day celebrations were held in a grand manner at the Narasimhapuram Gram Panchayat Office. In this program held under the auspices of Village Sarpanch Dr. Vemuri Satyanarayana, many poor widowed women of the village were honored

with shawls and sweets were distributed. Speaking on the occasion, Sarpanch Dr. Vemuri Satyanarayana said that it is commendable that women face life without getting discouraged even though they have lost the head of the family due to various reasons, health problems or accidents. He praised them for working hard and teaching their



children good education and making them useful, and for marrying off their daughters and becoming role models for the rest of the society. They said that it was a great pleasure to honor such women. The women who were honored in this program were Kinnera Kausalya, Kommu Rambai, Alli Lakshmi, Chervupalli Veeramma, Chamakuri

Kumari, Sheikh Maibu, Sheikh Nasir Ban. Also participating were members of the Panchayat governing body Sheikh Aziz Mia, Pachipala Ashwini, Panchayat Secretary Gandra Balaraju, village elders Revuri Babu, Balina Nageswara Rao, Kinnera Swapna, Veeramma and others.

Telangana activists should come in large numbers....

Kodad June 23 Metro Morning..... The Telangana Activists Forum leaders have called on activists from across Suryapet district to come in large numbers to make the Telangana activists' Chalo Kodangal Gratitude Rally, which is planned to be held on the 28th of this month, a success. On Tuesday, an emergency meeting of the activists was held at the premises of the local Amma Medical Agency in Kodad town under the chairmanship of Forum District President Gundepangu Ramesh. Speaking on the occasion, Forum State Vice President Avula Rama Rao and District President Ramesh thanked Chief Minister Nara Chandrababu Naidu for appointing the KK Committee for the welfare of Telangana activists and making plans to fulfill the promises made in



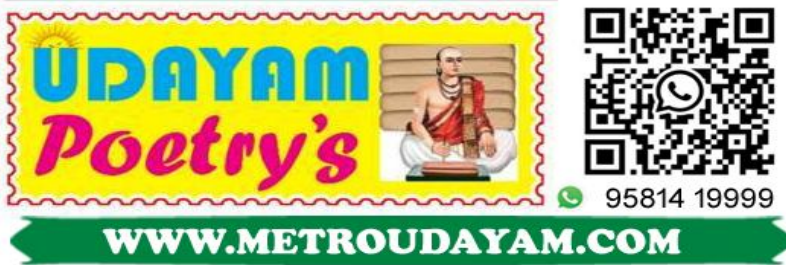
the elections. They praised CM Revanth Reddy for becoming a true relative of the activists. It was in this context that a huge gratitude rally was being organized from Chevella to Kodangal. Activists from all over Suryapet district were asked to vol-

untarily come in large numbers for this rally. Kodad constituency activists Mattapalli Srinivas, Ellesh Rao, Rambabu and others participated in this program.

Invitation Unveiling for a New World Record Attempt on the Occasion of International Day Against Drug Abuse and Illicit Trafficking



A special program was held today at the Khairatabad Additional DCP Office, where the invitation for a new world record attempt, scheduled for June 26 under the auspices of Wonder Book of Records International, was formally handed over by Khairatabad ADCP Anand. Speaking on the occasion, he stated that the world record attempt being organized by GVR Karate Academy to create awareness among youth on the occasion of the International Day Against Drug Abuse and Illicit Trafficking, observed every year on June 26, is highly commendable. He noted that with the increasing use of drugs among young people, it is essential to guide them in the right direction through positive activities such as sports and martial arts. He further informed that on June 26 at 10:30 AM, at GVR Karate Academy, Narayanaguda, Hyderabad, under the leadership of Dr. G.S. Gopal Reddy, a new world record attempt will be made by breaking 26 apples placed on the heads of six students within just 26 seconds using hand chop strikes. He said that this unique demonstration would showcase speed, precision, courage, and karate excellence. The students participating in the world record attempt are Bhargav Sai, Praneeth, Naithik Reddy, Sanjana, Tanvi, and Chinmayi Priya. The organizers stated that the event aims not only to create awareness about the harmful effects of drug abuse but also to promote discipline, self-confidence, a healthy lifestyle, and social responsibility among youth. According to representatives of Wonder Book of Records International, Mr. Bingi Narendra Goud will attend the world record attempt on June 26 as the Official Observer and will oversee the entire record verification process.



ऊपर से देखने में लोग भले ही एक जैसे लगे लेकिन वास्तव में मोमिन (सच्चे धार्मिक) और मुनाफिक (ढोंगी और पाखंडियों) दोनों अलग होते हैं।...
(शकील उवाच -७३६)

पवित्र कुरआन, अध्याय 8, सूरह अल-अनफाल, आयत 49 में आया है के, जब पाखंडी (मुनाफिक) और वे लोग जिनके दिलों में रोग था, कह रहे थे कि, इस्लाम लोगों (मुसलमानों) को इनके धर्म ने धोखे में डाल रखा है। जबकि जो कोई भी अल्लाह पर भरोसा (तवक्कुल) करता है, तो निश्चित रूप से अल्लाह अत्यंत प्रभुत्वशाली, तत्वदर्शी (सर्वज्ञ) है। इस आयत में जाहिरन मुसलमान लेकिन अंदर से मुनाफिकों (पाखंडियों) की मानसिकता को दर्शाया है। यह आयत बाहरी समानता के बीच मुनाफिक और मुमिन का असली फर्क से परिचय कराती है।



इस आयत का संदर्भ है के, जब कुरैश के लोगों द्वारा पैगम्बर साहब (स्व.) पर जबरदस्ती युद्ध के लिए मजबूर किया गया, तब अपने अस्तित्व को बचाए रखने के लिए उन्हें लड़ना पड़ा। ये युद्ध 17 रमजान, 2 हिजरी (13 मार्च 624 ई.) को मदीना और मक्का के बीच बद्र नामक स्थान पर लड़ी गई। इस्लाम की पहली और सबसे महत्वपूर्ण सैन्य मुठभेड़, जहाँ मदीना के 313 मुसलमानों ने मक्का के लगभग 1000 कुरैश योद्धाओं का सामना किया। कुरान इस दिन को यौम-अल-फुरकान खूकद (सत्य, धर्म) और बातिल (असत्य, अधर्म) के बीच फैसला करने वाला दिन, कहता है।

बद्र के युद्ध में मुसलमान संख्या में बहुत कम थे (313 बनाम 1000), कम हथियार थे, और दुनिया के हिसाब से वे कमजोर प्रतीत होते थे। इसलिए पाखंडी लोग कह रहे थे कि पैगम्बर साहब (स्व.) के अनुयायी अपने धर्मध्नेता से भटका दिए गए हैं। ऐसा कहने वाले खुद को मुसलमान बता रहे थे। लेकिन तवक्कुल (ईश्वर पर भरोसा) की तालीम (शिक्षा) देती है। जो ईश्वर पर भरोसा करता है, निश्चित रूप से ईश्वर अत्यंत प्रभुत्वशाली और तत्वदर्शी है। सच्चे लोगों का भरोसा ईश्वर पर था, इसलिए वे दुनिया की कमजोरी से प्रभावित नहीं हुए।

इस युद्ध में शत्रुओं की तुलना में ये लोग बहुत कमजोर थे, उनके पास हथियार और सैनिक कम थे। बद्र युद्ध केवल तलवार की लड़ाई नहीं थी क्यू यह ईमान, सब्र और अल्लाह पर भरोसे की परीक्षा थी। ईश्वर ने सत्य को विजय दी, भले ही सत्यवाले संख्या और हथियारों में कम थे। यह आयत बताती है के, बाहरी आलोचना बनाम भीतरी हालात अलग होते हैं। लोग क्या कहते हैं (आलोचनाध्शक) और आपकी भीतरी स्थिति (विश्वास, तवक्कुल) क्यू दोनों अलग चीजें हैं। जो सच्चे दिल से अल्लाह पर भरोसा करता है, वह स्थिर रहता है।

तवक्कुल का सकारात्मक नतीजा यही है के, अल्लाह (ईश्वर) सर्वशक्तिमान और सर्वज्ञ है क्यू वह हर चीज को जानता और निहितार्थों को देखता है। इसलिए झूठे आरोपों या षड्यंत्रों से घबराने की जरूरत नहीं। जब कभी आलोचना या गलतफहमी सामने आए तो घबराना नहीं चाहिए। अपने आचरण और नियत की जाँच करते रहना चाहिए। और ईश्वर पर पूरा भरोसा रखना चाहिए। दूसरों की राय से अपनी धार्मिक पहचान या अच्छे कामों को त्यागना ठीक नहीं। सच्ची नीयत और तवक्कुल (ईश्वर पर भरोसा) से स्थिरता बनी रहती है।

ईश्वर की न्याय-व्यवस्था और ज्ञान पर भरोसा रखना चाहिए। अंततः वह सब देखता और परखता है। अंततः यह आयत हमें सिखाती है कि बाहरी परिस्थितियों (संख्या, हथियार, ताकत) से घबराने की नहीं, बल्कि ईश्वर पर पूर्ण तवक्कुल रखकर स्थिर रहना चाहिए। सच्चा ईमान बाहरी कमजोरियों से कभी भी प्रभावित नहीं होता। अल्लाह (ईश्वर) सर्वशक्तिमान है और वह सबसे अच्छा जानता है। बद्र की जीत साबित करती है कि जब ईमान और तवक्कुल हो, तो वह मदद करता है।

यह आयत सब मुसलमान एक जैसे नहीं होते इस तथ्य को केवल समझाती ही नहीं बल्कि मुसलमानों को मुनाफिक (ढोंगी और पाखंडियों) में और मोमिन (सच्चे धार्मिक) दो हिस्सों में बाँटती है। यह आयत ऊपर से देखने में लोग भले ही एक जैसे लगे लेकिन वास्तव में मोमिन (सच्चे धार्मिक) और मुनाफिक (ढोंगी और पाखंडियों) दोनों अलग होते हैं, इस तथ्य को बताती है। साथ सच्चे-झूठे लोगों की पहचान भी करवाती है। अल्लाह (ईश्वर) की न्याय - व्यवस्था और ज्ञान पर भरोसा रखने का भी पाठ सिखाती है। (क्रमशः)...

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

Transactions involving Iranian crude oil, petroleum products, and petrochemicals are permitted by a temporary general license provided by the US Treasury.

US has provided an unexpected lifeline to Iran's oil industry. In a major policy change, Washington has approved a 60-day waiver allowing Iranian crude oil and petroleum products to be produced, sold, delivered, and imported until August 21. The move is part of ongoing negotiations with Tehran to reach a more comprehensive peace agreement and to restart international nuclear inspections.

The development might have a significant impact on India, one of the world's largest crude oil importers.

Tankers transporting Iranian crude to Indian ports might not happen right away. However, at



a time when the world's energy markets are still susceptible to geopolitical shocks, it creates an opportunity that New Delhi hasn't had in years, as access to another significant oil supplier. Transactions involving Iranian crude oil, petroleum products, and petrochemicals are permitted by a temporary general license provided by the US Treasury. Additionally covered by the waiver are related services, including banking, insurance, and shipping. It will be

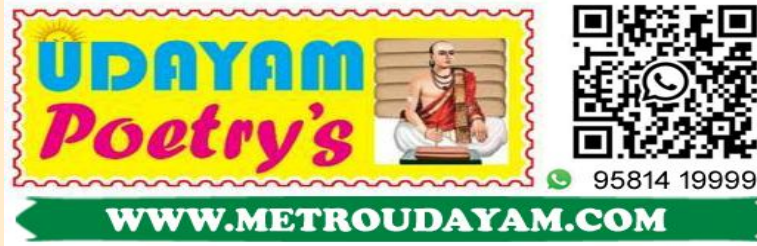
good till August 21.

Iran consented to participate in broader diplomatic talks and to permit inspections by the International Atomic Energy Agency, which led to the conclusion. The waiver is viewed as an effort to create trust rather than a permanent reduction of sanctions.

Oil markets responded right away. As traders anticipated more supplies hitting the market, crude prices dropped. Meanwhile, India is highly sensitive to global oil prices because it imports around 85% of the crude oil it uses. India became one of the largest consumers of cheap Russian oil during the conflict between Russia and Ukraine. Russia is currently India's biggest supplier of oil, accounting for between one-third and forty per cent of the country's imports.

Not everything Is about you

One of the healthiest habits we can learn is to stop taking everything personally. Not every criticism is a judgment of your worth. Not every rejection is proof of your inadequacy. Sometimes, people speak from their wounds, not from wisdom. People often react to you through the lens of their own pain. A frustrated person may criticize. An insecure person may compare. An unhappy person may project their anger onto



others. That does not mean you have to carry their emotions. Not every arrow thrown at you deserves a place in your heart. Someone's opinion is information, not your identity. Learn to separate feedback from frustration. Accept what helps you grow and leave behind what only seeks to hurt. Their words belong to them. Your peace belongs to you. Most emotional suffering comes not from what people say, but from the meaning we attach to it. Before reacting, pause.



Ask yourself, "Is this really about me, or is it about what they are going through?" Ten minutes of silence can save ten days of regret. You don't have to attend every argument you are

invited to." Maturity is not proving everyone wrong. Maturity is knowing that not every opinion deserves a response. Because peace begins the day you realize that other people's moods, judgments, and expectations are not your responsibility.

"Take feedback seriously, but never take everything personally." And remember, You lose your freedom the moment you allow someone else's opinion to become your identity.

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

Abhinav's name will be remembered as long as the sun and moon exist.....



Kodada June 23 Metro Morning.....

As long as the sun and moon exist, the name of Asian chess champion Mekala Abhinav will remain memorable in the field of sports, said Kodada Municipal Chairperson Erneni Kusuma Venkataratnam Babu, PCC Delegate Chintakuntla Lakshminarayana Reddy, and District Library Chairman Vangaveeti Rama Rao. On Tuesday, the chess club located in the premises of the local boys' high school in Kodada town celebrated the 36th birth anniversary of Mekala Abhinav. The parents,

along with Mekala Venkateswarlu and Aruna, garlanded Abhinav's statue and paid tribute. Speaking on the occasion, they said that Abhinav has spread the fame of Kodad across the continents by achieving many successes from the school level to the international level. Later, a cash incentive prize was presented in memory of Abhinav to a poor student who studied in a government school and excelled at the division level in the tenth standard results. The program, chaired by Dongari Srinivasa Rao, was attended by Vice Chairman Devarapalli Malleswari,

former Sarpanch Para Seethaiah, MEO Salim Sharif, Market Vice Chairman Sheikh Bashir, Councilors Kandula Koteswara Rao, Gandham Pandu, Thota Srinu, Thunam Krishna, Sheikh Nayeem Ravella Seetharamaiah, Bolisetty Krishnaiah, Ramineni Srinivasa Rao, Sundari Venkateswarlu, Baddam Bhadra Reddy, Bollu Rambabu, Chandrasekhar, Jaganmohan Rao, Pandi Thirapaiah, Bajan, Pathipaka Janardhan, Rahim, Budigam Nani, Sundar Babu Srinu, Chanda and others....



US Removes Sanctions On Iran's Oil

Home Guards on the move to be transferred...



Chikkadapally, June 23 Metro Udayam : M. Prasad and Eka Swamy, who have been working as Home Guards at Kacheguda Traffic Police Station in Hyderabad Traffic Division for the last nine years, have been transferred to the Telangana Home Guards Headquarters. Inspector B.V. Kaushik, along with the SS staff, organized a farewell meeting for the two who are on the move on Tuesday and felicitated them with shawls. Later, Inspector B.V. Kaushik said... It is a matter of pride for our station that they have worked here with great discipline and perseverance for so long and have earned a good name. The officials asked them to earn a better name in the performance of their duties. The transferred Home Guards spoke to us..This farewell with great affection.. They said that there is a pain as well as joy in parting after working together for so many years and that with the encouragement of higher authorities, they will bring more fame to the police department. SI Veeramallayya, Home Guards and others were present at the event.

Dr. Trinadharao receives Vamsi Dasari Global Award



Chikkadapally, June 23 Metro Udayam : Famous singer and former AGM of SBI Dr. Chintalapudi Trinadharao was felicitated with the Vamsi Dasari Global Award and the Kalakarna title. Trinadharao was felicitated by former High Court judge Justice Granthi Bhavani Prasad at a program held at Tyaga Rayagana Sabha under the auspices of Kala Ravindam Sanstha. Speaking on the occasion, he said that Trinadharao excelled in the field of music while working efficiently as a bank officer. It is a privilege to continue to provide his services even after retirement, said Koniya Dr. A large number of artists and fans from the twin cities participated and felicitated Trinadharao. Bhargavi acted as the coordinator while Daivagna Sharma, Vamsi Rama Raju, Ram Kumar, Maddi Patta Viswanath, Kinnera Raghuram, Rama Krishna Rao and others were present at the event.

Retail Market Chairman Presents Srivari Prasadam to MLA...



Hyderabad, June:23, MetroUdayam

Retail Market Chairman Makkala Satyanarayana paid a courtesy call on Kukatpally MLA Madhavaram Krishna Rao and presented him with Srivari Teertha Prasadam (sanctified offerings). Having visited the deity at Tirumala on Monday, Satyanarayana met the MLA at his camp office on Tuesday. Accompanied by former corporator Muddam Narasimha Yadav and BRS leaders Komati Balraju and Krishna Reddy, he honored the MLA by draping a shawl around him and presented the Srivari Prasadam. Retail Market Chairman Makkala Satyanarayana and others honoring MLA Madhavaram Krishna Rao with a shawl and presenting Srivari Prasadam.

BJP Chief Nitin Nabin to Visit Telangana on June 28, Says Mallela Narsing Rao



Hyderabad, June 23 (Metro Udayam): With an eye on the upcoming Greater Hyderabad Municipal Corporation (GHMC) elections and the 2028 Assembly polls, the Bharatiya Janata Party (BJP) is stepping up its organisational activities in Telangana. BJP National President Nitin Nabin is scheduled to visit the state on June 28, according to Mallela Narsing Rao, Vice-President of the BJP Medchal-Malkajgiri district unit. BJP leaders held a meeting at the residence

of Mallela Narsing Rao to discuss preparations and organisational issues ahead of the visit. Speaking to mediapersons, Narsing Rao said that a key meeting would be held to deliberate on organisational strengthening, the Special Intensive Revision (SIR) programme and coordination at the booth level. Booth presidents, BLA-2 members, division presidents, district office-bearers and state leaders are expected to participate in the meeting. He said the National



President would provide direction to party cadres with the objective of strengthening the BJP at the grassroots level and preparing the organisation for the forthcoming GHMC elections and the 2028 Assembly polls. Narsing Rao further said that discussions would also focus on the developmental initiatives, welfare schemes and various nation-building measures implemented by the Central Government under the leadership of Prime Minister Narendra Modi

over the past 12 years. Expressing confidence, he said the meeting would infuse fresh enthusiasm among party workers and serve as a roadmap for the party's future strategy. State Council member Satish, district spokesperson Pothagani Gopal Goud, and party leaders Bandaru Venkata Rao and Devasani Balachander, among others, were present at the press conference.

People-Centric Leadership Defines MLA Bandari Lakshma Reddy, Says BRS Leader Sai Jan Shekar

Hyderabad, metro udayam June 23: BRS leader Sai Jan Shekar has lauded Uppal MLA Bandari Lakshma Reddy, describing him as a people's leader who remains accessible to the public and works tirelessly to address their concerns. In a statement, Sai Jan Shekar said that a true public representative is one who stays connected with the people, understands their problems firsthand and strives continuously to ensure timely solutions. He said these qualities are clearly reflected in the leadership style of Bandari Lakshma Reddy. He noted that the MLA has been giving top priority to the development of the constituency and has been responding promptly to issues affecting the people. According to him, Bandari Lakshma



Reddy's proactive approach and close interaction with residents have earned him widespread appreciation among the public. Sai Jan Shekar further said that the MLA has been closely monitoring issues at the grassroots

level and coordinating with officials concerned to ensure their resolution. He described it as a matter of pride and fortune for the people of Uppal to have such a committed leader representing them. He expressed confidence that

under the leadership of Bandari Lakshma Reddy, the Uppal constituency would continue to witness progress and development across various sectors, with public welfare remaining the foremost priority.

Public Relations Society of India, Hyderabad entered into MOU with St. Ann's College for Women and CBIT

The Public Relations Society of India, Hyderabad Chapter signed Memorandum of Understanding (MoU) with St. Ann's College for Women, Mehdiapatnam, Hyderabad and another MoU with Chaitanya Bharathi Institute of Technology, (CBIT) Kokapet, Hyderabad on 22nd June, 2026. The collaboration aims to bridge the gap between academia and industry. *The MoU was signed under the initiative of "Nalanda Student's Forum" launched by the National Council of PRSI to benefit college students* to train them in the field of PR & Communications, develop various skills, organise seminars, field visits and workshops apart from generating internship opportunities. So far the PRSI has in total 13 MoUs are signed with various colleges in the twin



cities. Dr. Vijaya Rani, Principal of St. Ann's College, who signed the MoU expressed her enthusiasm about the partnership say-

ing PRSI can connect academics with industry and can play an important role for providing internship".

Dr. K. Y. Giri, Chapter chairman of PRSI along with Sri Krishna Baji, Convenor of Nalanda Student's Forum, Ln. Sri K. Govindraj, Past Chairman, Dr. Fatima Raheem, Co-Convenor, Sri Hamed Bin Sayeed Committee Member, Dr. Bharati, HOD, Journalism and Mass Communication, Smt. K. Nandini, Faculty were present. Sri Krishna Baji, Convenor listed the achievements of the Chapter and the benefits the student community who will gain under the Nalanda initiative. Lion Sri K. Govindraj, gave a presentation on the various aspects of PR and Communication and how the Students can shape their

career. The MoU at the CBIT was signed by the Principal of the College Dr. CV Narasimhulu, who expressed happiness about the partnership saying "Our Motto is Connecting academics with Industry" and PRSI can make it possible in enhancing that vision. Dr. K.Y.Giri, Chapter Chairman of PRSI along with Sri Krishna Baji, Convenor of Nalanda Student's Forum, Lion Sri K. Govindraj, Past Chairman, Dr. Fatima Raheem, Co-convenor, Sri Hamed Bin Sayeed Committee Member were present from the PRSI forum. Also present were Dr. P. Prabhakar Reddy, Director Academics, Dr. V. Barla, Prof. & Advisor, Dr. UK Choudhary, Director, I & I and Dr. GNR Prasad, Professor and PRO of CBIT were at the MOU signing ceremony.

Meta suspends AI training program that tracked employee computer activity following a corporate-level data leak

Meta has paused its internal "Model Capability Initiative" after a leak made employee data accessible to a large portion of the company. The incident has heightened privacy concerns and increased unease regarding AI-driven changes within the firm. It appears that employee morale at Meta is unlikely to improve in the near term. Meta's Chief Technology Officer, Andrew "Boz" Bosworth, recently stated that staff morale was near an all-time low, as mass layoffs and internal AI initiatives continued to unsettle many veteran workers. Now, according to a new report, the social media giant has paused one of those AI initiatives after confidential employee data reportedly became accessible company-wide. According to screenshots obtained by Business Insider, Meta has temporarily halted an internal AI training program following a leak that exposed private conversations, performance data, and employee transcripts. The incident was classified as SEV 2 on Meta's internal scale (which ranges from 1 to 5, with 1 being the most severe). A Meta spokesperson confirmed the incident and stated that the company is investigating the matter.

"We designed this program carefully, incorporating privacy safeguards, and while we currently have no indication that Meta employees improperly accessed any data, we have paused it while we investigate," the spokesperson noted. The AI project that raised privacy concerns The program at the center of the controversy is called the "Model Capability Initiative" (MCI). Meta installed the software on computers used by its U.S.-based employees to collect mouse movements, clicks,



and keystrokes—data that can be used to train its artificial intelligence models. According to an internal memo previously shared by an in-house AI researcher, the tool operates on work-related apps and websites and also captures occasional screenshots of content visible on employees' screens. For most employees, participation in the program was mandatory. That decision had already sparked criticism within the company, as many workers reportedly felt uncomfortable having their activity recorded.

The recent leak appears to have heightened those concerns. According to screenshots viewed by Business Insider, some employees expressed frustration that the data was not secured from the outset and ques-

tioned why sensitive information was so widely accessible within the company. Another security headache for Meta This incident is also the latest in a series of security issues affecting Meta. Last month, a reported flaw in the company's AI chatbot allowed third parties to take control of several Instagram accounts. The issue came to light after hackers allegedly accessed various high-profile accounts, including the Obama-era White House Instagram account, the cosmetics brand Sephora's account, and that of a senior U.S. Space Force official. This latest leak is unlikely to quell the concerns of Meta employees, many of whom are already grappling with rapid changes driven by artificial intelligence.

Learn German to land jobs in Germany: Minister to youths

Mancherial: Labour and Mining Minister Gadam Vivekanand called upon young people to set ambitious goals and work with determination to achieve success while inaugurating a German language training programme in Mandamarri on Monday. The programme was attended by District Collector Kumar Deepak and Singareni Mandamarri Area General Manager Radhakrishna. Addressing the gathering, the Minister said the training programme, being conducted through Tom Com, would open pathways for employment opportunities in Germany. He encouraged participants to learn the language with dedication and advised them to respect local laws while working abroad. Highlighting overseas employment prospects, Vivekanand noted that Germany offers



significant opportunities for skilled workers and maintains a work schedule of only 32–35 hours per week, allowing time for personal and professional growth. Earlier, the Minister laid the foundation stone for a community hall in Jaipur mandal. He assured farmers that adequate urea stocks are available and urged them to purchase only the required quantity through the designated application while dis-

regarding rumours and misinformation.

He also announced plans to open a new mine after obtaining necessary forest clearances, a project expected to generate employment for nearly 5,000 local youth. At the Kasturba Gandhi Girls School in Bheemaram, the Minister inaugurated additional hostel rooms constructed at a cost of Rs 66 lakh under Samagra

Shiksha. The Minister further announced efforts to establish Telangana Public Schools in Chennur and Mandamarri, upgrade degree and junior colleges in Chennur with an investment of Rs 3.5 crore and complete a 100-bed hospital in Chennur by July 15. He also sought proposals for reopening the 50-bed hospital in Mandamarri.

Later, Vivekanand visited the Lakshmi Devi Temple at Parupalli village in Kotapalli mandal. He announced Rs 15 lakh for internal roads, two borewells and two high-mast lights in the village. The Minister also informed residents that Rs 10 crore had been sanctioned for the Parupalli–Kotapalli road and inaugurated houses constructed under the Indiramma Housing Scheme.

Quit addiction; take to sports: Vakiti



Calling upon youth to stay away from drugs and participate in sports, Minister for Animal Husbandry, Dairy Development, Fisheries, Sports and Youth Services Vakiti Srihari said that sports play a vital role in shaping discipline and transforming lives. On Monday, the Minister, along with Government Whip and Mahabubnagar MLA Yennam Srinivas Reddy, laid the foundation stone for modern sports infrastructure works worth Rs 12.53 crore at the Indoor Stadium grounds in Mahabubnagar district headquarters under the Telangana State Sports Authority. Telangana news The project includes construction of an international-standard 400 m eight-lane synthetic athletics track at a cost of Rs 10.70 crore, four open gyms costing Rs 1 crore, an indoor gym with an allocation of Rs 51 lakh, and completion of pending works at the women's athletics hostel with Rs 32 lakh.

Addressing the gathering, Srihari said Chief Minister A Revanth Reddy is giving top priority to sports development and ensuring that athletes receive world-class facilities. He encouraged youth to treat sports not merely as recreation but as a pathway to discipline, opportunity, and success. The Minister stated that nearly Rs 80 crore has already been allocated for sports development across the erstwhile Palamuru region and added that the government is prepared to invest up to Rs 100 crore if necessary. He assured that sports projects would receive fast-track approvals through a green channel mechanism. Yennam added that it was a matter of pride that one of the first major sports projects approved after Minister Srihari assumed office was being launched in Mahabubnagar. He said plans are also being prepared for establishing volleyball and kabaddi academies along with a cricket stadium in the district. Telangana Sports Authority Chairman Shivasena Reddy said the government is investing heavily in reviving stadiums, swimming pools, and sports grounds across the state with the aim of transforming Telangana into a national sports hub.

The committee will oversee the approval process for the works while incorporating necessary revisions to the Detailed Project Reports (DPRs) in accordance with Central regulations. This development is expected to facilitate securing Central approval for the Hyderabad Metro Phase-2 expansion. It will not only alleviate traffic congestion in Hyderabad but also serve as a milestone in the city's future public transportation system.

Treasure hunters dig up ancient temple near Rayadurg; locals demand arrests

Rayadurg: An alleged search for hidden treasure has triggered concern among devotees after fresh damage was reported at the ancient Chaturmukha Pasupathinath Temple located on Lingalabanda hill near Chadam Gollaladoddi village in Rayadurg mandal. According to local residents and devotees, unidentified persons had earlier damaged the Nandi idol and the presiding deity at the temple. In the latest incident, miscreants are alleged to

have performed occult rituals and uprooted stones around the temple's flagstaff area, raising suspicions of an attempt to unearth hidden treasure. The incident came to light on Monday when devotees visited the temple for regular worship and noticed signs of excavation and damage within the temple premises. The discovery caused concern among worshippers, who expressed anguish over the repeated vandalism of the his-

toric shrine. Devotees alleged that the destruction was being carried out in pursuit of hidden treasure and demanded immediate intervention by the authorities. They urged the police to investigate the incidents, identify those responsible and take strict action to prevent further damage to the temple. Local residents also called for enhanced protection of the ancient temple to safeguard its religious and historical significance.



Zubeen Garg death case: SC asks Assam govt to reply to Shyamkanu Mahanta's bail plea



New Delhi: The Supreme Court on Tuesday issued notice to the Assam government on a bail plea filed by Shyamkanu Mahanta, one of the accused in the high-profile case relating to the death of singer Zubeen Garg in Singapore last year. A Bench of Justices B.V. Nagarathna and Joymalya Bagchi passed the order while hearing a special leave petition (SLP) filed by Mahanta challenging the Gauhati High Court's refusal to grant him bail in the case. The apex court sought a response from the Assam government, and according to the computerised case status available on the official website, the matter is likely to be listed on August 10. Last month, the Gauhati High Court rejected Mahanta's bail plea, observing that the allegations against him were serious and that the investigation had collected material indicating his active involvement in the alleged conspiracy. Rejecting the bail application, a single judge Bench of Justice Mitali Thakuria said that despite being aware of the health condition of the deceased singer, there were allegedly no proper safety arrangements or medical facilities provided for him. "Prima facie it is seen that there was a conspiracy of the petitioner along with other co-accused persons," the Gauhati High Court had observed, adding that the materials collected during the investigation indicated that the yacht party was organised with Mahanta's consultation and that he had played "an active part in the said conspiracy". The order further recorded that the prosecution case suggested that the singer was allegedly supplied alcohol throughout the night and taken for the yacht trip without medical assistance despite restrictions on alcohol consumption and exposure to water-related activities because of his medical condition.

It also expressed concern over the possibility of Mahanta absconding if released on bail, stating that he had travelled to Malaysia after the incident and was later arrested at the Delhi airport after lookout notices were issued. "It cannot be out-rightly rejected that there is a flight risk of the petitioner, if he is released on bail," the Gauhati High Court said. Referring to the large number of witnesses cited by the prosecution, Justice Thakuria also observed that the possibility of witness tampering could not be ruled out at the present stage. The Gauhati High Court held that the period of detention could not be treated as prolonged incarceration and that a designated special court had already been constituted to conduct the trial on a day-to-day basis. Mahanta, known as the organiser of the popular Northeast festival, has been lodged in jail for the past several months after being named as one of the accused in the case linked to the death investigation concerning Zubeen Garg. The case pertains to the death of Zubeen Garg, who died on September 19 last year while swimming near Lazarus Island in Singapore, a day before he was scheduled to perform at an event organised under the Northeast International Festival (NEIF) banner. Following the incident, a Special Investigation Team (SIT) constituted by the Assam Police's CID conducted an extensive probe and filed a chargesheet in December. The chargesheet named seven accused people, including Mahanta. Four of them have been booked on charges of murder. Earlier, Assam Chief Minister Himanta Biswa Sarma had described the case as a "plain and simple murder" during a discussion in the state Assembly. Meanwhile, a parallel probe conducted by the Singapore Police concluded that there was no evidence of foul play in Garg's death. However, Assam authorities have maintained that the findings of the foreign investigation will not affect the ongoing criminal proceedings and trial in the state.

5 Reasons Naturopathy Is Emerging as a Future Healthcare Career

If you ask a random person if they know what naturopathy is, there are chances that they will mistake it for Ayurveda. But in healthcare this is not the case, Naturopathy has blended in the healthcare, integrative medicine practise, government policies, and this shift is worth giving some thought if you are deciding your degree.

- 1. A million-dollar wellness market is calling**
Last year world's wellness economy was at \$6.8 trillion and it is going to reach \$9.8 trillion by 2029. Which includes gyms to wellness retreats, but an important thing to note here is traditional and complementary medicine, which is the category that includes naturopathy alongside Ayurveda. The Global Wellness Institute is expecting it to grow to 11% a year through 2029. An industry growing that fast needs a lot of staff and doctors. Most of naturopathy students don't realise that they are walking into one of the best corner of global healthcare right now.
- 2. The Indian government has put real money behind it, not just speeches**
Ministry of AYUSH, runs the National AYUSH Mission and under this project, it has built more than 12,500 AYUSH hospitals in the country. Profits at these hospitals jumped from 1.5 crore in 2021 to over 11.5 crore by 2025. Insurance companies have also started taking the AYUSH system seriously now. The insurance authorities in 2024 agreed to cover 170 AYUSH treatments which is a great news as it allows the naturopathy treatment to be covered in the claim forms.
- 3. Naturopathy is the fastest-growing branch inside AYUSH itself**
Ayurveda still dominates India's traditional medicine market, holding roughly 71% of it by revenue. But Mordor Intelligence projects the yoga and naturopathy segment to grow at nearly 15% a year through 2031, faster than any other AYUSH category, Ayurveda included. That is why it is the best time to enter this industry now.
- 4. People are tired of managing chronic disease with pills alone**
Diabetes, hypertension, obesity, and chronic stress aren't going away, and most of them get treated with a prescription that needs refilling indefinitely. A lot of patients are fine with that. But now the patients have become more aware and they are not just looking for symptomatic relief but a permanent solution to their problems. Naturopathy's whole approach, fasting therapy, hydrotherapy, diet correction, and yoga, is built for exactly that ask. The data also proves us that Mental wellbeing and stress management have grown more than 12% since 2019, which makes it the fastest wellness category to grow in the world.
- 5. The job isn't just "open a clinic" anymore**
A BNYS degree, Bachelor of Naturopathy and Yogic Sciences, the standard entry qualification, can lead in several directions now: a post at a government AYUSH hospital or wellness centre, a role at a private wellness resort, a corporate wellness program, a research position, or a teaching job at one of India's 886 AYUSH undergraduate colleges, including Chennai's own Government Yoga and Naturopathy Medical College, which has been training students in this exact field for decades. Wellness tourism adds another layer entirely. Kerala's wellness tourism sector alone contributed Rs 13,500 crore last year, 25% more than the previous year's performance, and the state's accredited wellness centres grew from 460 to 550 in just 12 months. None of this means naturopathy is about to replace mainstream medicine, and anyone telling you that is overselling it. What it does mean is that the field is no longer a fallback option for students who couldn't get into a regular medical college. The funding behind it is real, the insurance coverage is real, and the range of jobs on offer has genuinely widened, faster than most career counsellors seem to have noticed.

5 Reasons Naturopathy Is Emerging as a Future Healthcare Career

By The Hans India

- 1** A million-dollar wellness market is calling
Last year world's wellness economy was at \$6.8 trillion and it is going to reach \$9.8 trillion by 2029. Which includes gyms to wellness retreats, but an important thing to note here is traditional and complementary medicine, which is the category that includes naturopathy alongside Ayurveda. The Global Wellness Institute is expecting it to grow to 11% a year through 2029. An industry growing that fast needs a lot of staff and doctors. Most of naturopathy students don't realise that they are walking into one of the best corner of global healthcare right now.
- 2** The Indian government has put real money behind it, not just speeches
Ministry of AYUSH, runs the National AYUSH Mission and under this project, it has built more than 12,500 AYUSH hospitals in the country. Profits at these hospitals jumped from 1.5 crore in 2021 to over 11.5 crore by 2025. Insurance companies have also started taking the AYUSH system seriously now. The insurance authorities in 2024 agreed to cover 170 AYUSH treatments which is a great news as it allows the naturopathy treatment to be covered in the claim forms.
- 3** Naturopathy is the fastest-growing branch inside AYUSH itself
Ayurveda still dominates India's traditional medicine market, holding roughly 71% of it by revenue. But Mordor Intelligence projects the yoga and naturopathy segment to grow at nearly 15% a year through 2031, faster than any other AYUSH category, Ayurveda included. That is why it is the best time to enter this industry now.
- 4** People are tired of managing chronic disease with pills alone
Diabetes, hypertension, obesity, and chronic stress aren't going away, and most of them get treated with a prescription that needs refilling indefinitely. A lot of patients are fine with that. But now the patients have become more aware and they are not just looking for symptomatic relief but a permanent solution to their problems. Naturopathy's whole approach, fasting therapy, hydrotherapy, diet correction, and yoga, is built for exactly that ask. The data also proves us that Mental wellbeing and stress management have grown more than 12% since 2019, which makes it the fastest wellness category to grow in the world.
- 5** The job isn't just "open a clinic" anymore
A BNYS degree, Bachelor of Naturopathy and Yogic Sciences, the standard entry qualification, can lead in several directions now: a post at a government AYUSH hospital or wellness centre, a role at a private wellness resort, a corporate wellness program, a research position, or a teaching job at one of India's 886 AYUSH undergraduate colleges, including Chennai's own Government Yoga and Naturopathy Medical College, which has been training students in this exact field for decades. Wellness tourism adds another layer entirely. Kerala's wellness tourism sector alone contributed Rs 13,500 crore last year, 25% more than the previous year's performance, and the state's accredited wellness centres grew from 460 to 550 in just 12 months. None of this means naturopathy is about to replace mainstream medicine, and anyone telling you that is overselling it. What it does mean is that the field is no longer a fallback option for students who couldn't get into a regular medical college. The funding behind it is real, the insurance coverage is real, and the range of jobs on offer has genuinely widened, faster than most career counsellors seem to have noticed.



forms.

- 3. Naturopathy is the fastest-growing branch inside AYUSH itself**
Ayurveda still dominates India's traditional medicine market, holding roughly 71% of it by revenue. But Mordor Intelligence projects the yoga and naturopathy segment to grow at nearly 15% a year through 2031, faster than any other AYUSH category, Ayurveda included. That is why it is the best time to enter this industry now.
- 4. People are tired of managing chronic disease with pills alone**
Diabetes, hypertension, obesity, and chronic stress aren't going away, and most of them get treated with a prescription that needs refilling indefinitely. A lot of patients are fine with that. But now the patients have become more aware and they are not just looking for symptomatic relief but a permanent solution to their problems. Naturopathy's whole approach, fasting therapy, hydrotherapy, diet correction, and yoga, is built for exactly that ask. The data also proves us that Mental wellbeing and stress management have grown more than 12% since 2019, which makes it the fastest wellness category to grow in the world.
- 5. The job isn't just "open a clinic" anymore**
A BNYS degree, Bachelor of Naturopathy and Yogic Sciences, the standard entry qualification, can lead in several directions now: a post at a government AYUSH hospital or wellness centre, a role at a private wellness resort, a corporate wellness program, a research position, or a teaching job at one of India's 886 AYUSH undergraduate colleges, including Chennai's own Government Yoga and Naturopathy Medical College, which has been training students in this exact field for decades. Wellness tourism adds another layer entirely. Kerala's wellness tourism sector alone contributed Rs 13,500 crore last year, 25% more than the previous year's performance, and the state's accredited wellness centres grew from 460 to 550 in just 12 months. None of this means naturopathy is about to replace mainstream medicine, and anyone telling you that is overselling it. What it does mean is that the field is no longer a fallback option for students who couldn't get into a regular medical college. The funding behind it is real, the insurance coverage is real, and the range of jobs on offer has genuinely widened, faster than most career counsellors seem to have noticed.

approach, fasting therapy, hydrotherapy, diet correction, and yoga, is built for exactly that ask. The data also proves us that Mental wellbeing, lifestyle management and stress management have grown more than 12% since 2019, which makes it the fastest wellness category to grow in the world.

5. The job isn't just "open a clinic" anymore
A BNYS degree, Bachelor of Naturopathy and Yogic Sciences, the standard entry qualification, can lead in several directions now: a post at a government AYUSH hospital or wellness centre, a role at a private wellness resort, a corporate wellness program, a research position, or a teaching job at one of India's 886 AYUSH undergraduate colleges, including Chennai's own Government Yoga and Naturopathy Medical College, which has been training students in this exact field for decades.

Wellness tourism adds another layer entirely. Kerala's wellness tourism sector alone contributed Rs 13,500 crore last year, 25% more than the previous year's performance, and the state's accredited wellness centres grew from 460 to 550 in just 12 months. None of that growth happens without trained naturopathy professionals to staff it.

None of this means naturopathy is about to replace mainstream medicine, and anyone telling you that is overselling it. What it does mean is that the field is no longer a fallback option for students who couldn't get into a regular medical college. The funding behind it is real, the insurance coverage is real, and the range of jobs on offer has genuinely widened, faster than most career counsellors seem to have noticed. (Author Dr Narendra K Shetty is chief wellness officer, Kshemavana, SDM institute of Naturopathy and Yogic science)

From Rajagopal to Kurian, BJP's Kerala formula faces another test

New Delhi/Kochi: With Union Minister George Kurian resigning after the BJP decided not to renew his Rajya Sabha term, attention has shifted to whether Kerala will get a new representative in the PM Narendra Modi-led Union Council of Ministers. Kurian submitted his resignation on Tuesday after completing his term in the Upper House, and President Droupadi Murmu accepted it. Sources said Kurian is likely to return to organisational responsibilities, with the BJP leader having expressed his interest in working in Kerala. However, the party is yet to clarify whether he will be given a role at the national level or in the state. Kurian, a long-time BJP leader who joined the party when it was formed in 1980, was inducted into the third Narendra Modi government in June 2024 as Minister of State for Fisheries, Animal Husbandry and Dairying, and Minority Affairs.



His entry into the Cabinet had surprised many as he was not then a member of either House of Parliament. In August 2024, Kurian was nominated to the Rajya Sabha from Madhya Pradesh after the seat fell vacant following the resignation of Union Minister Jyotiraditya Scindia, who moved to the Lok Sabha after winning the general election. Andhra Pradesh news With the BJP not extending his Rajya Sabha term, Kurian becomes the

fourth BJP leader from Kerala to exit the Union Cabinet without securing a second stint. The BJP has in the past followed a similar route of bringing Kerala leaders into the Rajya Sabha and inducting them into the Union Cabinet. Former Union Ministers O. Rajagopal, K. J. Alphons, and V. Muraleedharan had entered Parliament through the Upper House before holding ministerial positions. Kurian, a lawyer who had practised in the

Supreme Court, had served in several organisational roles, including BJP state Vice President, National Executive member, Core Committee member, and party spokesperson. He had also worked as an Officer on Special Duty when Rajagopal was a Union Minister. His electoral journey in Kerala, however, remained challenging. He had contested Assembly elections several times, including from Kanjirappally in the recent state polls, but could not secure a victory. At present, the lone BJP representative from Kerala in the Union Cabinet is actor-turned-politician Suresh Gopi, who scripted a historic victory from the Thrissur Lok Sabha constituency. Now, all eyes are on whether BJP's Rajya Sabha nominee from Kerala, C. Sadanandan Master, will be considered for a ministerial berth, or whether Kerala's representation in the Modi Cabinet will remain limited to one.

Sarjak Gurjar: Ek Creative Safar Jo Music Aur Storytelling Ko Jodta Hai

United Kingdom – Har artist ki ek kahani hoti hai. Kuch log apni kahani likhte hain, kuch bolkar sunate hain, aur kuch use music ke zariye mehsoos karwate hain. UK mein rehne wale songwriter aur composer Sarjak Gurjar unhi artists mein se ek hain jo apne geeton ke madhyam se emotions aur experiences ko logon tak pahunchane ki koshish kar rahe hain. India se UK tak ka unka safar sirf location ka badlav nahi tha, balki creative growth ki ek lambi journey bhi thi. Technology aur design ki padhai karne ke bawajood music unke jeevan ka hamesha ek important hissa raha. Vadodara ke Maharaja Sayajirao Polytechnic se Information Technology mein Diploma karne ke baad unhone United Kingdom mein Visual Communication aur Graphic Communication ki padhai ki. History Design aur communication ki education ne unhe audience ko samajhne ka nazariya diya, lekin music ne unhe apni baat kehne ka platform diya. Dheere-dheere unhone apne personal thoughts, observations aur life experiences ko lyrics aur composi-



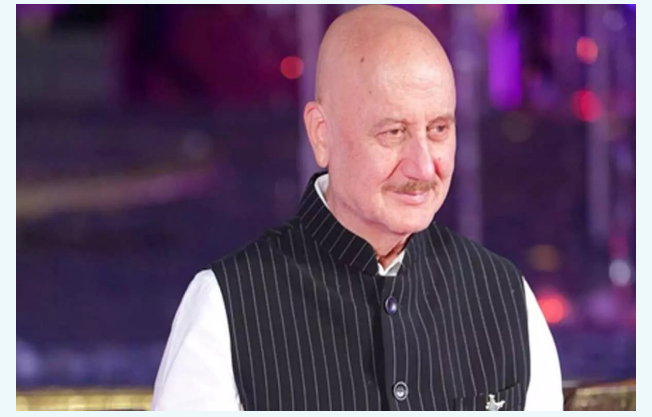
tions mein badalna shuru kiya.

Aaj Sarjak apne creative platform Sarjak Studios ke madhyam se original music aur digital content create karte hain. Unke songs mein pyaar, spirituality, self-growth, relationships aur rozmarra ki zindagi se judi baatein dekhne ko milti hain. Unka maanna hai ki ek achha gaana sirf suna nahi jaata, balki mehsoos bhi kiya jaata hai. Sarjak ke shabdon mein, "Music mere liye sirf entertainment nahi hai. Yeh ek medium hai jiske through main apni feelings aur stories share kar sakta hoon. Jab koi listener kisi gaane mein apni kahani

dekh leta hai, wahi mere liye sabse badi achievement hoti hai." Digital platforms ke daur mein independent artists ke paas pehle se kahin zyada opportunities hain. Sarjak ne bhi is badlav ko apnaya hai aur apna music alag-alag streaming platforms par release kiya hai, jahan se duniya bhar ke listeners unke kaam tak pahunch sakte hain. Music ke saath-saath unki visual communication background bhi unki creative identity ko alag banati hai. Woh sirf gaane hi nahi banate, balki presentation, branding aur visual storytelling par bhi dhyan dete hain. Is wajah se unke projects ek complete

creative experience ki tarah nazar aate hain. Aane wale samay mein Sarjak naye music projects aur collaborations par kaam kar rahe hain. Unka focus trend follow karne se zyada apni originality ko maintain karne par hai. Unka maanna hai ki long-term growth ke liye authenticity sabse zaroori cheez hai. Independent music industry tezi se badal rahi hai aur naye artists apni jagah bana rahe hain. Is badalte hue environment mein Sarjak Gurjar ka safar yeh dikhata hai ki dedication, creativity aur consistency ke saath ek artist apni alag pehchaan bana sakta hai. About Sarjak Gurjar Profession: Songwriter, Composer, Independent Music Artist Youtube = <https://youtube.com/@sarjakstudios?si=i5bXtuoT0U4PaGo> Spotify = <https://open.spotify.com/artist/4tJ2MAz6TbY7P3DVGk8dJy?si=WmrZKYVRSmm43FBYn-5Orw> Based In: United Kingdom Sarjak Gurjar original music aur creative content create karte hain, jahan storytelling aur emotional connection unke kaam ka kendr bindu hai.

Anupam Kher says 'India is changing', calls for more food outlets on Samruddhi Mahamarg



Mumbai: Veteran actor Anupam Kher has praised Maharashtra's Samruddhi Mahamarg after undertaking a road trip from Shirdi to Nagpur. He described the journey as an "amazing experience" that reflects India's rapid infrastructure transformation. Sharing his thoughts on Instagram, Kher said the smooth roads, efficient connectivity, and reduced travel time made him feel that distances in India are shrinking and possibilities are expanding. While applauding the expressway, the actor also pointed out the need for more food outlets along the route to further enhance the travel experience. Sharing the video, the 'Special 26' actor wrote, "Road trip and Driver Dattatreya's words! Yesterday, I travelled by road from Shirdi to Nagpur on the Hriday Samrat Balasaheb Thackeray Maharashtra Samruddhi Mahamarg. What an amazing experience!"

The smooth roads, the efficiency, the ease of travel, and the time saved made me feel as if distances in India are shrinking and possibilities are expanding." "Progress doesn't always announce itself with great fanfare. Sometimes it is experienced quietly, through a comfortable journey, reaching your destination on time, and realizing how much has changed around you. I thoroughly enjoyed the drive. It made me feel hopeful, proud, and excited about what lies ahead. India is changing. And it is wonderful to witness it. Jai Ho! The only thing badly needed is food outlets," added Anupam. For the unversed, the Samruddhi Mahamarg, officially known as the Hindu Hrudayasamrat Balasaheb Thackeray Maharashtra Samruddhi Mahamarg, is a 701-kilometer expressway connecting Mumbai and Nagpur. The six-lane highway has significantly reduced travel time between the two cities to about eight hours. Professionally, Anupam Kher was last seen in "Tanvi The Great," which he also directed. The film featured an ensemble cast comprising Jackie Shroff, Arvind Swami, Boman Irani, Pallavi Joshi, Karan Tacker, Naseeruddin Shah, and Iain Glen.

Mammooty and son Dulquer Salmaan land in Delhi before Padma Awards ceremony

President Droupadi Murmu is scheduled to confer 65 Padma Awards during the ceremony, including two Padma Vibhushan, seven Padma Bhushan and 56 Padma Shri honours New Delhi: Celebrated Malayalam actor Mammooty arrived in the national capital on Tuesday ahead of the second Civil Investiture Ceremony of the Padma Awards 2026, where he is set to receive the prestigious Padma Bhushan. Accompanying him were his wife Sulfath, daughter Surumi and actor-son Dulquer Salmaan. Photographs of the family arriving at the airport quickly gained attention on social media. Actor R. Madhavan also reached New Delhi ahead of the ceremony and was seen interacting cheerfully with photographers at the airport. Madhavan is among the distinguished personalities who will be honoured during the event at Rashtrapati Bhavan. President Droupadi Murmu is scheduled to confer 65 Padma Awards during the ceremony, including two Padma Vibhushan, seven Padma Bhushan and 56 Padma Shri honours. Mammooty will receive the Padma Bhushan for his outstanding contribution to Indian cinema, while Madhavan is set to be honoured with the Padma Shri. Playback singer Alka Yagnik is also among the prominent recipients. History The Padma Awards, among India's highest civilian honours, recognise distinguished service across fields such as art, literature, education, science, medicine, sports and public affairs. Earlier this year, the Government of India announced a total of 131 Padma Awards for 2026.

Tamannaah Bhatia says 'Disturbing Gaze' towards women in South Cinema is not a compliment

Actress calls for more meaningful and respectful representation of women in cinema

Mumbai: Actress Tamannaah Bhatia has opened up about the portrayal of women in films, stating that the "disturbing gaze" often directed at female actors in certain sections of South Indian cinema should not be considered flattering or complimentary. Speaking about the representation of women on screen, Tamannaah stressed that actresses deserve to be viewed as complete characters rather than being reduced to visual objects. The actress highlighted the importance of creating meaningful roles that allow women to contribute to storytelling beyond their appearance. Tamannaah's remarks come amid a wider debate within



the Indian film industry regarding the objectification of women and the need for more balanced and respectful portrayals of female characters. Several actresses, including Taapsee Pannu and Janhvi Kapoor, have recently spoken about how women are often presented through a male-centric lens in mainstream cine-

ma. The actress, who has worked extensively in Telugu, Tamil and Hindi films for more than two decades, said audiences are increasingly accepting stronger and more nuanced female characters. She noted that the industry is gradually evolving, offering actresses greater opportuni-

ties to showcase their talent through substantial roles. Known for her performances in blockbuster films across multiple languages, Tamannaah remains one of India's most successful pan-Indian stars. Her comments have reignited discussions on how filmmakers can move beyond conventional stereotypes and create content that respects women while reflecting changing audience expectations. Industry observers believe the conversation around female representation has gained momentum in recent years, with actors and audiences alike calling for stories that focus on character depth rather than objectification. Discussions across the film fraternity and online communities have increasingly centred on the need for a more inclusive and balanced cinematic approach.

Nani's The Paradise likely to release on September 25 amid production delays

The film is expected to feature Nani in a rugged and intense role, portraying a man from a marginalised community fighting for recognition and rights. Hyderabad: Actor Nani's much-anticipated action thriller The Paradise is reportedly set to arrive in cinemas on September 25, replacing its previously announced release schedule. While the makers are yet to make an official announcement, industry reports suggest the film's release has been pushed due to ongoing production work and an extensive shooting schedule. Directed by Srikanth Odela, The Paradise is one of the most awaited Telugu films in production. Reports indicate that the team has completed more than 120 days of shooting, but several key sequences and songs are still being filmed. A lengthy schedule is currently underway,



with the makers aiming to wrap up the remaining portions before moving into post-production. The film is expected to feature Nani in a rugged and intense role, portraying a man from a marginalised community fighting for recognition and rights. The action thriller also stars

Raghav Juyal, Kayadu Lohar, Mohan Babu, Sonali Kulkarni and several others in pivotal roles. The music has been composed by Anirudh Ravichander. The Paradise marks the second collaboration between Nani and Srikanth Odela after the success of Dasara. The project has generated significant buzz among fans due to its scale, gritty narrative and Nani's striking transformation for the role. Industry reports also suggest that production delays and post-production requirements prompted discussions around a revised release plan. Although September 25 is being widely reported as the new target date, fans are awaiting an official confirmation from the makers regarding the film's theatrical release. Until then, anticipation continues to build for one of the biggest Telugu releases on the horizon.

Women's T20 WC: Devine, Tahuu back as NZ elect to bowl against Scotland in must-win clash

Bristol: New Zealand won the toss and elected to field against Scotland in what is a virtual knockout group game of the ICC Women's T20 World Cup here at the County Ground.

The pressure could hardly be greater as the two sides lock horns in a contest that has all the makings of an early exit. With both sides needing a victory to keep their Women's T20 World Cup dreams alive, there is little room for error from here on. A defeat would spell the end of the road for either team, adding extra significance to every passage of play.

While New Zealand entered the tournament as defending champions and one of the favourites, their campaign has never truly gathered momentum. Consecutive defeats after posting competitive totals left them with plenty of ground to make up, and even their first win of the tournament came only after surviving a late scare against Ireland.

Questions remain over both departments: the batting has lacked a defining innings, while the bowling unit has struggled to make regular breakthroughs,



leaving them with the fewest wickets among all teams in the competition.

Scotland, meanwhile, have shown enough to suggest they are capable of causing problems. After opening their account against Ireland, they pushed the West Indies deep before falling narrowly short and were tested by England in their last outing. Their top-order has consistently offered resistance, though sharper work in the field will be essential if they are to challenge a side desperate to stay in con-

tention.

Interestingly, these teams have never faced each other in this format before. Rankings may favour New Zealand, but with survival at stake, reputations count for little in what promises to be a high-pressure encounter. Winning the toss, New Zealand skipper Amelia Kerr said, "We don't really have a reason to bowl, but apart from, yeah, it being a morning game, sometimes in England it does a little bit more earlier and also we know that run rate's gonna

potentially play a part in our campaign, and I think the best way to do that is try keep them to a low total and then try chase it down quickly. I think we were better and it was nice to get a win and it was pleasing, I guess, how we turned it around in the field. There were some crucial moments there in the field that I think also won us the game. But I think with this group, I think someone's got to step up with the bat and click on and if you get a start, make it a big one. Yeah, fresh start, change of venue. I think one is we work really hard on our fielding. Craig McMillan leads us so well in the fielding front and he really challenges us as well. So you see us in trainings and we're taking catches and doing some pretty spectacular things. And unfortunately, we just had a couple of bad days. Soph (Sophie Devine) comes back into the side and Georgia Plimmer misses out and Rocco's (Mair) got a minor rib injury, so Lea Tahuu comes in." Meanwhile, Scotland captain Kathryn Bryce said, "I think we've been really good at setting totals in the recent period, so yeah, looking forward to getting

in there and having a bat. Yeah, absolutely. I think we've played some really good cricket against some good opposition in the last couple of games and just a couple of periods that have probably let us down a little bit. So I think we're trending in a really good direction and playing cricket that I think is good enough to win games. I think it's in those periods where you just drop a little bit for them not to be really bad periods and then just kind of limit the damage through that and then know that you will come back through and kind of build again. It will be Lister and Rachel Slater come back in."

Playing XIs:

New Zealand: Isabella Gaze (wk), Izzy Sharp, Amelia Kerr (c), Sophie Devine, Maddy Green, Brooke Halliday, Suzie Bates, Jess Kerr, Nensi Patel, Lea Tahuu, Bree Iling
Scotland: Darcey Carter, Katherine Fraser, Kathryn Bryce (c), Ailsa Lister, Sarah Bryce (wk), Megan McColl, Pippa Sproul, Priyanaz Chatterji, Kirstie Gordon, Rachel Slater, Hannah Rainey

Suryansh Shedge earns maiden India call-up as Nitish Reddy misses Ireland, England T20Is

Mumbai: India's preparations for the upcoming T20I assignments against Ireland and England have been dealt a setback after all-rounder Nitish Kumar Reddy was ruled out due to injury. In his place, the national selectors have handed a maiden senior call-up to Mumbai all-rounder Suryansh Shedge, rewarding the 23-year-old for his impressive performances in domestic cricket and for India A. Announcing the change, the Board of Control for Cricket in India (BCCI) confirmed that Nitish would be unavailable for both series after sustaining an injury during India's recent ODI series against Afghanistan. "The Men's Selection Committee has named Suryansh Shedge as a replacement for Nitish Kumar Reddy in India's squads for the upcoming T20I series against Ireland and England. Nitish reported left quadriceps discomfort after the third ODI against Afghanistan on June 20. Following a subsequent medical assessment, the BCCI Medical Team has recommended a period of rehabilitation, ruling him out of both T20I series," the board said in a statement.



Nitish's absence leaves India without one of their key seam-bowling all-round options at a time when the squad is already missing Hardik Pandya, who continues to recover from the injury he suffered during IPL 2026. The Andhra Pradesh all-rounder was expected to shoulder significant responsibility during the white-ball leg of the UK tour, particularly given his unique role in balancing the side. He remains the only seam-bowling all-rounder in India's ODI squad and one of only two such options in the T20I setup. Andhra Pradesh news Shedge's promotion comes on the back of a consistent run across formats. The Mumbai cricketer recently featured for India A in the tri-

series in Sri Lanka, where he played an important role in the team's title-winning campaign. Operating in the middle order, he accumulated 147 runs in five matches while also contributing with the ball, delivering 23 overs and claiming two wickets.

The BCCI highlighted the performances that earned Shedge his opportunity at the highest level. "Suryansh earned the call-up following a string of impressive performances for India A in the recently concluded tri-series in Sri Lanka. Batting in the middle order, the 23-year-old scored 147 runs in five matches and also chipped in with the ball, bowling 23 overs across the tournament. He was also one of the standout performers for Mumbai in their victorious

Syed Mushtaq Ali Trophy campaign in 2024-25, scoring 131 runs at a strike rate of 251.92 in the lower middle order," the statement read further. A right-handed batter who bowls medium pace, Shedge first grabbed national attention during Mumbai's triumphant Syed Mushtaq Ali Trophy campaign, where his explosive lower-order hitting proved decisive. Those performances earned him a Rs. 30 lakh contract with Punjab Kings at the IPL 2025 auction. Although he was previously drafted into the IPL in 2023 as a replacement for Jaydev Unadkat at Lucknow Super Giants, he did not make an appearance that season. His breakthrough came with the Punjab Kings, where he has since featured across two IPL campaigns. In 17 innings, Shedge has scored 165 runs at a strike rate of 163.36, while his IPL 2026 season was particularly encouraging, producing 158 runs from seven innings at an impressive strike rate of 175.55. India will play two T20Is against Ireland in Belfast before heading to the UK for five T20Is and three ODIs.

IPL: Rishabh Pant and Kuldeep Yadav complete trade between DC and LSG



Mumbai: Wicketkeeper-batter Rishabh Pant will return to Delhi Capitals; meanwhile, left-arm wrist spinner Kuldeep Yadav will move to Lucknow Super Giants as the two franchises have formally completed the high-profile trade ahead of the 2027 edition of the Indian Premier League, the governing body confirmed on Tuesday. Pant, who was bought by LSG at the mega auction ahead of IPL 2025 for a record fee of Rs 27 crore, will return to DC for Rs 15 crore. Kuldeep, meanwhile, will move to LSG for his existing fee of Rs 13.5 crore. "Following the trade, he will rejoin DC at a revised fee of INR 15 crore. Kuldeep joins LSG after a highly successful spell with Delhi Capitals lasting five seasons," the IPL said in a statement. "One of India's premier white-ball bowlers, Kuldeep will join LSG at his existing fee of Rs 13.50 crore," it added.

Pant had spent nine seasons between 2016 and 2024 with DC, making 111 appearances, the most by any player for DC. One of the franchise's defining faces for nearly a decade, he also captained the side in 43 matches across four seasons from 2021 to 2024. On the other hand, Kuldeep, who spent five seasons at DC, has claimed 72 wickets in 65 matches and established himself as one of the most effective wicket-taking bowlers in the tournament. Pant had a turbulent time with LSG, who finished at the bottom of the points table in IPL 2026, following their seventh-place finish in IPL 2025. Even before the IPL 2026 season ended, Pant stepped down as LSG's captain, and the franchise accepted the decision. Pant's stint at LSG lasted two seasons - as captain, he managed 10 wins and faced 18 defeats. IANS had reported on Friday about the high-profile trade, where Pant was approached by two franchises- DC, the first IPL team he played for nine seasons, and three-time winners Kolkata Knight Riders (KKR), for the 2027 season.

Team India depart for white-ball tour of Ireland and England

Chennai: The Shreyas Iyer-led Indian team has departed for Ireland and England from Chennai International Airport for white-ball series, starting June 26. The men in blue are scheduled to play two T20Is against Ireland, followed by five T20Is and three ODIs against England, from June 26. The T20Is in Ireland will be India's first since their T20 World Cup triumph earlier this year. India will play two T20Is in Dublin on June 26 and 28. With Shreyas at the helm of the T20I side, it marks the start of a new chapter for India in the shortest format, especially with the Los Angeles Olympics and the



next Men's T20 World Cup in Australia and New Zealand happening in 2028. The highlight of the touring party is the teenage batting sensation Vaibhav Sooryavanshi, who became the

youngest player to be picked for the Indian men's cricket team at the age of 15 years and 71 days, breaking Sachin Tendulkar's 36-year-old record. Uncapped fast bowler Prince Yadav has also received his first senior T20 call-up following an impressive outing in the Indian Premier League this season. Senior pacer Mohammed Siraj was initially picked in the squad but was later replaced by Prasidh Krishna. Seam-bowling all-rounder Harshit Rana, undergoing rehab for a meniscus tear surgery done in March, is also back in the mix, so as leg-spinner Ravi Bishnoi.