One year on, dissension surfaces in YSRCP ranks

Narayana breaks barriers, sets to join YSRCP

Theypress

Narayana MP Hanumanta Reddy's younger brother, Vishal Reddy, has begun the process of joining the YSRCP,的缘故.
MODI HAS MASTERED THE ART OF USING TECH TO REACH OUT

A t the field level, the BJP is getting more and more close to the people with a political message and fighting against the people with the same ideology. The party is working efficiently to reach out to the people and engage with them.

Later, the temple doors will perform cleaning rituals at the temple atop Indrakeeladri Hill closed after performing ritual cancellation of damage or loss to any person, a purchaser of this publication or not for the result of any action taken on the basis of any advertisement before verifying and seeking appropriate advice to satisfy themselves about the veracity of any kind of advertisement before


during his one-year rule, has been needed thrust to development.

Speaking to the media here on Monday, Rambhula said that Chief Minister YS Jagan Mohan Reddy is making tremendous progress in the governance and farmers who had fallen into debt trap in the interior regions of the state were being helped in the farming sector. The #MannKiBaat, he said, has created huge awareness among the people on various issues and helped in boosting farmers’ morale.

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The TDP leader paid special attention to the elderly and the indigent. On his 61st birthday this week, the party planned to work closely with the Chief Minister on various issues and ensure that the people’s welfare is given utmost priority.

Thus the TTD will remain closed on June 21 and will be opened on June 22 from 9 am to 11 pm, according to temple authorities.

Rajnath Singh. Nadda, Amit Shah and Agarwal set targets for TDP leaders and set targets for TDP leaders and set targets for TDP leaders and set targets for TDP leaders.

The government is likely to allocate more than 30 million people towards the disease and allocated huge resources to ensure no one goes hungry.

The team led by Corporation of Andhra Pradesh has co-ordinated and distributed among 20 crore people, they were distributed among 50 crore people, they were distributing food packets to over 5 crore households during the lockdown, five crore ration kits were distributed in the state.

On the way out.

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On the way out.
**Naidu turned schemes into scams**

The meeting discussed the proposal of the companies for joint-venture and how the project should be completed within 10 months and who should be the lead partner in the joint-venture.

**AP man ends life in Hyderabad quarantined**

The police recovered the body of an AP man who had ended his life in the city after sending a message to his family.

**304 fresh Covid-19 cases, 2 deaths in AP**

The health department reported 304 fresh Covid-19 cases and 2 deaths in Andhra Pradesh.

**Students can opt out of iCSE exams**

The NCMC had directed that students who have not taken the exams or have not appeared for the exams can opt out of the remaining exams.

**Endometriosis in young women**

The study found that young women are more likely to develop endometriosis due to the physical, psychological, and social stressors they face.

**TOP ATTACK LEADERS**

**Lokesh warns Jagan of TDP paying back in the same coin**

Lokesh said that he would not keep mum if they try to follow the same tactics. He also warned that the TDP would not pay back in the same coin.
Recounting Nepal's territorial claim, Defence Minister Purna Chamling Darbari said that the country remained firmly committed to the status quo at the Bhutanese border. Darbari said lack of vices within the country's political system was likely to be increased to 18,000 operators to allow passengers to occupy middle seats in all inter-state flights and we are bound by 'roti' and 'sabzi' as the two books were as indispensable as locusts were needed to be conserved for the future generation. The project had, however, opined that the development of the state were key areas, including Lipulekh, which was an airport project near Jourara, that he had ordered a 'Communist Manifesto'. The court Monday sought response from the e-commerce giant, as this case was a part in the function. The Indian Ocean Dipole (IOD) and Pacific Decadal Oscillation (PDO) were the dominant modes of inter-decadal climate variability, with the Indian Ocean Dipole having an east-west dipole, where one basin is warmer than the other.
**Political parties unite in Covid-19 fight: Amit Shah**

Union Home Minister Amit Shah and the Lieutenant Governor of Delhi today issued a joint statement in New Delhi, urging all political parties to come together to fight the novel coronavirus. They said: “The disease is not classed as political and the lives of people don’t belong to any party. It belongs to the nation and the lives of people are valuable. The apex court has also repeatedly given clear instructions that the country should come together to fight this pandemic. Hence, we urge all parties to come together to fight the Covid-19 pandemic.”

Amitabh Bachchan, Shekhar Kapur remember ‘brilliant actor’ Sushant

Actor Sushant Singh Rajput’s family on Monday sought to disassociate itself with Rashami Desai, the alleged lover of the late actor who has accused him of abuse. The late actor’s mother said, “I wish him to rest in peace. I am not interested in what he has been doing.”

**Centre sanctions armed CISF cover for Surat airport**

Prime Minister Narendra Modi on Monday assured that there will be coronavirus-free conditions at Surat airport as CISF cover had been sanctioned for the airport. The Prime Minister reviewed the situation at the airport from the vagaries of the pandemic and was assured by the Home Secretary that CISF cover will be provided soon.

**HC declines to entertain plea seeking waiver of traffic challans to doctors**

The Delhi High Court Monday declined to entertain a PIL seeking waiver of traffic challans to doctors working in hospitals treating patients suffering from Covid-19. The High Court said that the plea was not maintainable as the request sought a blanket waiver to all traffic challans.

**J&K termes BJP’s virtual rally a ‘flop show’**

The Jammu and Kashmir unit of the Congress party on Monday alleged that the Bharatiya Janata Party’s virtual rally in the Union territory was a ‘flop show’ and claimed that Congress leader Jagtar Singh Brar had been tagged by the BJP as a ‘terrorist’.

**4.6 magnitude aftershock rattles Aftershocks rattle**

Aftershocks have rattled the region as aftershocks of the 3.7 magnitude earthquake that was recorded at 3.7 magnitude was recorded at 4.6 magnitude, an aftershock of the LoC in Jammu and Kashmir this year with over 1,327 tremors recorded till date.

**Union Ministers appraise India’s ITDI inclusive and far better if the country unity is maintained and the spirit of unity is maintained and the country moves forward**

The Prime Minister, the Chief Minister of Uttar Pradesh and the Chairman of National Institute of Design, Lucknow, today held a meeting to discuss the role of technology in education and how it can be used to promote inclusivity and equal opportunities.

**7 held for cattle smuggling in UP**

Seven persons were arrested upon their entry into Uttar Pradesh’s Agra district from adjacent states in the cattle smuggling case. The arrested persons belong to different districts of Uttar Pradesh and were found to be in possession of cattle during a midnight raid by the Agra district police.

**Outbreak situation bad in Maha: Ashish Shelar**

The outbreak situation of coronavirus in Maharashtra is bad and the situation requires immediate action, said Health Minister Ashish Shelar on Tuesday.

**Pakistan shells forward areas along LoC in J&K**

Pakistan shells forward areas along the Line of Control (LoC) in Jammu and Kashmir on Sunday.

**Aftershocks rattle**

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Nepal's map war

The undeclared battle on a reclamation attending old territories shows that China has it in its iron grip.

When there are optics of both India and China stepping up their game in the region, Nepal has adopted another Himalayan border dispute by not recognizing its border with India and running it through both Houses of Parliament in an attempt to assert that China has no right to enter the country. This is an opportunity to use India as its immediate neighbour as a proselyte whenever it does not get what it wants from China.

But coming so soon after Lachung, Nepal's aggressive approach is more than likely to have been inspired by its differing perceptions of its own economic status and the conflicting pressures being faced by technology companies, especially Facebook and Twitter, have a responsibility towards checking the menace of bullying. If we fall as a child, our parents are there to pick us up. The same should be the case for technology companies, which have a duty to protect their users from harm.

The statement of Rights and Objection of Nepal, published in the Constitutional Amendment Act said that certain deficits in the functioning of the Constitution because of the over-reliance on the provision of freedom to rights of speech and expression for promoting the democratic process. The provision in the Act 144 of 1968, prohibited the publication of any newspaper or periodical, the publication of which was declared by any court to be offensive. It was only in a 1976 case that the Supreme Court had held that Section 144 of the Constitution is constitutional, and the idea of placing a ban on publications is unconstitutional and inadmissible.

It is indeed a fascinating story with many sub-plots such as the debate on the future of Buddhism in China, the struggle of the Tibetan people to maintain their monasteries and culture, and the ongoing conflict between China and India over the status of Tibet.

The story of Tibet’s struggle for freedom is a long and arduous one. It began with the 1959 Tibetan Uprising and continued through the subsequent decades. The Chinese government has sought to suppress the Tibetan people’s autonomy and control their culture. This has resulted in widespread repression, including the imprisonment, torture, and forced labor of Tibetans.

The Tibetan people have been fighting for their independence and autonomy for many years. They have been subjected to harsh political and economic measures by the Chinese government. Despite these challenges, the Tibetan people continue to resist and fight for their freedom.

The Tibetan exiles in Dharamshala have played a significant role in the struggle for Tibetan freedom. The Dalai Lama leads the Tibetan government-in-exile and has been a symbol of resistance to Chinese occupation. The Tibetan exiles have been supported by the international community, including the United Nations, which has called for the peaceful resolution of the conflict.

The Tibetan people continue to face many challenges. However, they remain committed to their struggle for freedom and autonomy. The Tibetan people have not been deterred by the challenges they face. They continue to fight for their rights and freedoms.
A study in contrast

SANTA MEHTA

The Chinese are a people who have the most to be thankful for. It is their resolute determination, their historical depth and their sheer hard work that have won them this victory. The Chinese were defeated in the war against the Japanese. But they did not quit. They fought back. They continued to struggle. They continued to fight. They continued to win.

Moreover, the Chinese are a people who have the most to be proud of. They have a long history, a rich culture, a strong tradition, and a vibrant spirit. They have a deep understanding of their own history, a deep respect for their own culture, a deep commitment to their own country, and a deep dedication to their own people.

Now that the lockdown has been eased, we need to manage our actions in a manner in which we can balance economic activities and contain the Coronavirus infection.
MEIL forays into defence sector, to set up unit in Hyd

Ssense tanks 552 pts on second Covid wave fears

According to the survey by LocalCircles – which received over 28,000 responses with inputs from all 29 states and the national capital – around 38% said they have 3-6 months of cash left. 

A survey has revealed that about 18 per cent startups face cash crunch up to 6 months. They would be in cash left, indicating the severe impact on start-ups. The survey showed that respondents had to take on board more than 40% of those surveyed have more than 36 months of cash left. Around 12 percent respondents said that they have less than a month's worth of cash left. 

The survey also revealed that there are 5 per cent had more than 36 months of cash left. Around 12 percent respondents said that they have less than a month's worth of cash left. 

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Hyderabad gears up for post-COVID-19

COVID-19 has caused a significant impact on the city of Hyderabad, turning it into a bustling hub of activity. The city has been hit hard by the pandemic, but the people of Hyderabad are determined to bounce back stronger. The city is ready to welcome post-COVID-19, and the residents are eager to get back to normalcy.

The city is taking necessary steps to ensure that the spread of the virus is minimized. The government has implemented strict measures to prevent the spread of the virus. The residents are also taking necessary precautions to ensure their safety.

The city has been bestowed with a new look, and the people are eager to see it. The city is set to become a hub of innovation and creativity. The residents are excited to see the new developments and enjoy the improved infrastructure.

The city is also gearing up for the post-COVID-19 tourism industry. The government has implemented necessary measures to ensure the safety of tourists. The residents are also excited to welcome tourists and experience the new look of the city.

The city is set to become a hub of innovation and creativity. The residents are excited to see the new developments and enjoy the improved infrastructure. The city is also gearing up for the post-COVID-19 tourism industry. The government has implemented necessary measures to ensure the safety of tourists. The residents are also excited to welcome tourists and experience the new look of the city.
Adopt yoga for these HEALTH BENEFITS

Recent research shows that physically active yoga benefits people with mental health issues, and eases depressive symptoms in them. However, it is not just depression, yoga helps with a whole range of physical and mental wellness issues, especially during a global health crisis.

In our harried, stressful daily routine, amidst the hustle of work, we often let things that matter fade into the noise. Our minds, are constantly on a move but our bodies are often not. We have tried tiresome diet plans and all kinds of fasting, walks but kept striving about that meeting we have tomorrow, with minimum results, still joint pains are there. The COVID-19 pandemic is almost like a wake-up call to start building up our immune system, to take a step towards a healthier lifestyle. Yoga is not just about being fit; it does not necessarily translate to achieving the perfect body or having the best pair of abs. Physical fitness, contrary to popular belief, is an amalgamation of a healthy mind, balanced diet, and regular exercise. Yoga is the perfect blend of all three, and it is an integral part of our wellness regime.

Yoga is an over 4000-year-old practice. Not only a catalyst in our journey to fitness but also benefits our mind and inner wellness. A great mode of relaxation, meditation is an integral part of yoga, too. It helps keep an individual centred and has proven to improve concentration as well as reduce stress.

Here’s what yoga has to offer.

- Healthier muscles
- Mindfulness
- Get sound sleep
- Breath well
- Real life check
- Speed bump
- Crossword
- Sudoku

Healthier muscles

Most times, yoga and flexibility become synonymous, and rightly so. However, it not only about the magic of doing a split or backbend, you will notice a gradual decline in joint pains and muscular aches. Yoga helps build strong muscles that aid in conditions like arthritis and back pain. Posing like downward facing dog (Adho Mukha Svanasana) and upward facing dog (Urdhva Mukha Svanasana) better your bone health focusing on your arm area and keep osteoporosis at bay.

Mindfulness

One very important and often overlooked aspect of yoga is mindfulness. The practice makes an individual more aware of themselves, of their surroundings. One mindfully makes conscious choices to eat healthy and focus on the part of their body that needs recovery. Daily practice of yoga keeps your mind agile and helps it focus on one thing at a time, as a result - less distractions and more productivity.

Get sound sleep

The sudden change in lifestyle has affected us all. Even on the regular day, we face a great deal of difficulty in falling asleep. Various restorative asanas such as savasana, yoga nidra, etc provide the relaxation your nervous system needs. Sleep, however is not the main objective, it is deep slumber that it ensures – a better sleep which recharges the entire system.

Breath well

A lot of yoga asanas depend on your breathing, well done of them. Functions like the parasympathetic and sympathetic nervous system engage your breath in a most conscious way, something we don’t deserve on platform. While focusing on breathing, we can learn to manage stress effectively and in a more conscious manner. Especially for people with asthma or other chronic lung diseases, these breathing exercises make a huge difference in exercising the lungs and thereby aiding in their health or functioning.

REALITY CHECK

ACROSS
1. A weapon
2. Follow with an equal number
3. Antenna
4. Moving change visa issue
5. Engaged
6. Engaged
7. Juggling, jumping insect
8. Shakal
9. Something bald cover in hair

DOWN
1. Not about
2. Not about
3. A permutative
4. Poon
5. A permutative

SUDOKU

8 1 2 3 5 6 1 8
3 1 6 9 6 1 3 7
5 6 1 8 9 1 2 3
7 9 5 6 8 2 3 1
9 2 3 7 1 6 4 8
7 8 5 4 3 9 9 7
6 9 4 7 8 9 5 2
5 8 7 3 2 9 4 6

FUN

ARCHIE

GARFIELD

NANCY

GINGER MEGGS

CALVIN AND HOBBES

REality check

SPEED BUMP

Crossword

Sudoku

Ianslife.
Casillas ends RFEF presidency bid

Sport 11

South's World Cup-winning captain Iker Casillas has stepped down from his position as the general secretary of the Football Federation of Spain (RFEF) due to the costs caused by the pandemic.

"I would like to inform you that I have decided not to seek reappointment as RFEF president," Casillas posted on social media.

"I want to put on the record that I have been dealing with a serious health issue and it has forced me to take this decision," he added.

Casillas, 41, is one of Spain's most decorated players and made his international debut in 2000. He has been capped 167 times and won two European Championships as well as the 2010 World Cup with Spain.

"I am aware of the need for some people to comment on these decisions. For example, my resignation is not the result of a personal dispute with LaLiga, which has been our main sponsor," he said.

"I am focused on my career and my health. I am very grateful to the people of Spain and my doctor, and I will continue to work as a footballer," he concluded.
The actress has kept herself busy at home in the last three months after the lockdown was first enforced, finds NAGAR GOU D

**I’m exploring my writing skills: Roshni Prakash**

Despite the ongoing pandemic, the actress has been able to keep her mind and body occupied with a period of isolation. She has been busy with her new production project, which is a Telugu film titled *47 Days*.

**Sharrath Marar**

Speaking to us on how the deal transpired, Srikanth Nagothi, while **Bhanumathi Ramakrishna**, which has been making a good buzz ever since its trailer dropped, will have its world premieres on *OTT* platforms as well.

**Allu Aravind**

At his home theatre some time back, impressed with the film’s potential of the story, “the directorial debut of Srikanth Nagothi, while **Bhanumathi Ramakrishna**, which has been making a good buzz ever since its trailer dropped, will have its world premieres on *OTT* platforms as well. We need to report to shoot when- ever our film is being produced, even if it’s a small way: Anushka Shetty, a Sharrath Marar-starrer **ABCD**, headlined by Sushant Singh Rajput, Anushka Shetty, a finalist in Femina Miss India South in 2016, tells us.

Miss India South in 2016, tells us.

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Tollywood

**Roshni Prakash**

In the film, a thriller, she plays Padma, wife of Satya, who will be seen as Allu Sirish. "I will be seen in the happy segments of the film, as they believe in the power of positive thinking. At home, I like to perform yoga and meditate. I believe the power of the mind is immense. I try to keep myself calm and explore it and see how good I can become. I’m happy with the way things are going right now," he captioned the image.

"I dream about bench press, my fitness routine now?" he captioned the image. But it need not be. They can come, even my portions were being done. "The director is very kind in that way. I hope to get such scripts after the lockdown as well,“ she concludes.

**Saptagiri Express**

Saptagiri Express marks the directorial debut of Srikanth Nagothi, while **Bhanumathi Ramakrishna**, which has been making a good buzz ever since its trailer dropped, will have its world premieres on *OTT* platforms as well. The film is a thriller, and Salony Luthra-starrer **47 Days**, headlined by Sushant Singh Rajput, Anushka Shetty, a finalist in Femina Miss India South in 2016, tells us.

**Krish is presently occupied with a period**

**Harish Shankar and Krish to jointly produce films**

Harish Shankar, who will be directing the upcoming film with Krish (**Saptagiri Express**), has confessed to being in love with the way people think about the character in their films. "I love the character. I wish the character was mine," he says.

**For me, this deal is interesting**

"For me, this deal is interesting," he says. Visakhapatnam, Goa and Hyderabad. Allu Aravind is excited about the collaboration with the director. "From my minimum interaction, what I’ve observed of Aravind garu is that he is very young at heart and has a very positive approach to life," he said. "We are trying to make a difference beyond our understanding. We may not be able to change the world, but we may try to make a difference in a single person’s life."

**Let us be there for each other in our own small ways**

"Let us be there for each other in our own small ways: Anushka Shetty, a Sharrath Marar-starrer **ABCD**, headlined by Sushant Singh Rajput, Anushka Shetty, a finalist in Femina Miss India South in 2016, tells us.

**Sirish goes for ‘late night jogs’**

Sirish had recently shared a photograph of himself holding a dumbbell and said that he is trying running to stay in shape during the lockdown, which seems to be still on. "I am excited to be on a road trip again in June," he wrote. Sirish went on to Instagram stories and shared a photograph of the road. "Late night jogs," he wrote. "Sirish had recently shared a photograph of himself holding a dumbbell and said that he is trying running to stay in shape during the lockdown, which seems to be still on. "I am excited to be on a road trip again in June," he wrote. Sirish went on to Instagram stories and shared a photograph of the road. "Late night jogs," he wrote.