Govt asks dept to promote five-minute yoga break

T he Centre has asked all its departments to promote five-minute yoga break in ‘yakshagana’ among employees under them, with a view to reduce stress and enhance efficiency of office-goers, a senior official said.

The Ministry of Finance has designed and developed five-minute duration yoga poses, named ‘yakshagana’, for work places by an expert committee in 2019 and the module was launched in January 2020. Office-goers have been advised to do the yoga break for five minutes before and after work. The yoga breaks are designed by Prashant Bhaban, former yogi and yoga guru of the Ministry of Archeology and National Heritage.

A senior official said “workplace yoga” aimed at reducing stress and work-related injuries, increase mental and physical fitness, and enhance mental clarity. “The ministry also held webinars on workplace yoga and Dr. R. Subramaniam, former Professor of Yoga, IIT Madras, had trained staff on the same,” he said.

Yoga poses can be done in any desk and the officials have been advised to do at least 25 minutes of light exercises in a day, he said.

SC achieved 11% representation of women with great difficulty: CJI

Chief Justice of India (CJI) NV Ramana said that the Supreme Court has achieved a mere 11% representation of women on its bench.

Addressing concerns over the low presence of women in the judiciary, Chief Justice of India NV Ramana on Saturday said that with great efforts, the Supreme Court has achieved a mere 11% representation of women on its bench.

The apex court presently has 77 judges and 33 sitting judges. Highlighting that majority of women advocate struggle within the profession, the CJI said after 75 years of independence, the courts are still predominantly male- dominated. A panel of women judges was launched in January 2020 to help women advocates, he said.

B J P’s 20-DAY MEGA EVENT

A 20-day mega event “Seva and Sanmanam Abhiyan” will begin from Friday. In this campaign, on September 17 to 26, a five-day-long mega campaign will also be organized. From September 27 to 30, the BJP is planning to hold massive cleanliness and food donation campaigns and multiple events as part of the 20-day campaign.

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5 reasons video games...
Vice-President Naidu calls for fighting against divisive forces

The speed that Telangana Chief Minister K Chandrashekar Rao has given to his government in fighting against divisive forces through spreading awareness among people and taking tangible initiatives that affect the rural population. The Information Minister said that the government is committed to rural development and economic uplift of the poor and weaker sections of the society, he said.

On observing that Bharat Mata represents the unity of all the religion, youth to be independent of any outside force and driven by concern upon native states instead of being prey to the interests of the West. He called for creating a political understanding and he had to install a sense of pride in the country's diversity among the younger generation.

He also said that the creation of wealth can only be achieved in harmony, which is an essential part for the progress of human civilization. He said, "It is in the interest of all to prevent the spread of unscientific and false religious beliefs and practices."

The Vice President said that if the government was to achieve its objectives, it must not only uphold the values and traditions but also achieve the goal of harmonizing the interests of all the communities.

He also added that the government must continue to work towards the eradication of poverty, illiteracy, and disease, and for the promotion of social harmony and peace.

The Vice President also spoke about the importance of education and emphasized that it is the key to reducing poverty and improving the quality of life.

Continued from page 1

KCR meets Amit..."After 75 years of independence, we have to create an environment where people are free to choose their religion without any interference," he said.

KCR meets Amit..."We are committed to the unity and integrity of our country and the welfare of all its citizens," he said.

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Four gates of Osman Sagar lifted

The Hyderabad Metropolitan Development Authority (HMWD) has lifted the last four gates of the Osman Sagar lake in the city. This is due to the continuous rain in the last two months which has resulted in overflowing at different points of the lake, including the Momin Nager, Shivalinga, Fruit Market, and a nullah near the Moinul Hassan college.

While public focus on Tollywood, usage of drugs among youth goes unheeded

Three held for selling MDMA, marijuana, charas and LSD tablets.

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man arrested for stealing vehicles

The Malandurg Police arrested a man from Andra Nagar in 11 cases of theft on Sunday.

The arrested person was identified as Mahesh, aged 31, who resides at Andra Nagar. On the basis of information received, the police have registered a case against the arrested person.

RTC Hospital to be developed on par with corporate hospitals

Groundwater levels surge in Telangana

HINDUSTAN TIMES

RTC Hospital to be developed on par with corporate hospitals

A Special Team of the CGBSD has conducted a water level survey at 124 locations in Telangana and Madras area to map out the water resources in the region. The survey was conducted to estimate the availability of water for agricultural and domestic use, and to plan for future development.

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Several arrested for selling contraband

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Officials told to work in tandem with MLAs

Girmingham of the public in villages and the MLAs, village secretaries and the facilities of the officials in work with the people's representatives in the post of District Collector Devender Reddy. The meeting, which was called the works of the MLA and the officials in the villages in the MLA's constituency, was attended by the officials to resolve the issues as soon as possible and to look into their reports.

As per the official in charge, Villages and Panchayats, officials said that the works were not completed in Nalgonda, Narsapur, and Ramagundam and villages in Nizampet. The MLA directed the officials to complete the works in the villages in the MLA's constituency.

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Call to warn youth away from drugs

Congress leaders’ slighest against ‘YSR Athmeeya Sammelan’

Irrespective of the situation, the leaders see the possibility of the party leadership as not to backstab it and serve the party better.

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Agencies borrow money to run mid-day meal
e

Officials told to work in tandem with MLAs

Pending clarity of the government on the mid-day meals in government schools is an issue facing the minority in the food supply chain. The government is yet to instruct the officials to the schools to notify it. There are reports of several officials regarding to the mid-day meals in government schools.

For several years together pending clarity by the minister, the official is not working in the district schools. The government has not been able to provide mid-day meals to the students for several years due to the mid-day meals scheme.

Juvenile delinquency is a serious problem in the state. The government has not been able to provide mid-day meals in the government schools, and the students are not able to get the food.

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3 illegal structures dismantled in Medak

DPRD U

During the inspection by the agency in the hyderabad, they called for the construction of houses under the Pradhan Mantri Awas Yojana, the houses were not allocated to the beneficiaries. The officials also demanded the construction of houses under the Pradhan Mantri Awas Yojana.

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Yatra will change fate of Telangana: Fadnavis

Former chief minister of Maharashtra, Devendra Fadnavis asserted that ‘Yatra Sangam’ was launched in the state of Telangana. The Yatra Sangam was launched by the TRS government.

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LSP leaders scheme against ‘Kamadretti’

The LSP leaders accused against ‘Kamadretti’ the state government. The government has not been able to clear the mid-day meals agency bills.

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Judicial complaint against ‘Kamadretti’

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官方不清理贷款

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Mission Bhagiratha water for SCCL workers colonies

The Mission Bhagiratha supplied water to the colonies of the SCCL workers. The supplied water was not adequate.

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Sridhar Babu lays stone for panchayat office

The MLA of the Peddapalli constituency Sridhar Babu laid the stone for the panchayat office in the Peddapalli constituency.

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Chit fund agent, wife held

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The Congress on Thursday sought to portray the 2011 police action against the Punjab National Bank (PNB) fraud accused as just another instance of the BJP government’s indulgence in criminal activities. The Congress demanded major police officials in the case, including Satish Cumar and Sanjiv Bhatt, be presented in court.

The Congress party’s demand comes in the backdrop of the recent case involving the Kerala Police, who had arrested Congress leader K Rahman Khan and two others in connection with the Thiruvananthapuram gold smuggling case.

The party also alleged that the BJP government had failed to ensure justice and accountability in the PNB fraud case, which had resulted in the loss of hundreds of crores of rupees.

Congress leader Rahul Gandhi had earlier accused the Modi-led government of being complicit in the PNB fraud case, saying it had not taken any action against the accused despite the chargesheet being filed in the case.

The party further alleged that the Modi government had failed to provide adequate protection to the accused in the case, who were later released on bail.

Congress leader Anand Sharma had also accused the Modi government of being biased in the PNB fraud case, saying it had not taken any action against the accused despite the chargesheet being filed in the case.

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**Equities likely to rise further but valuations cast concern**

- **PNS & Money**

  **Barbeque Nation raises Rs 100 cr via preferential issue of shares**

  - Expecting consumer behaviour of shifting to online shopping

  **FT MF gets Rs 149 crore from VI**

  - The investment amount received from the receptive investors is an indication that unitholders of the segregated portfolio will prefer investing in VI over other options

  - The decision was taken after the Supreme Court instructed the telecom players to prepare a plan to raise the adjusted gross revenue along with the interest on spectrum in the near term

**Infosys inaugurates Silver Jubilee Block**

- **PNS & Money**

  - The block was inaugurated on September 3, 2021 in the presence of variety of stakeholders and the company’s management team

  - It constitutes state-of-the-art infrastructure to accommodate various functions, including an auditorium, board rooms, and executive offices

**Government looks at revising coal stock rules to address fuel shortage**

- **PNS & Money**

  - The Ministry of Power is considering changes in the rules governing inter-state coal movement to allow states to bring in coal from multiple sources

  - The proposal seeks to relax the rules that require states to ensure a minimum supply of coal from a single source

  - The changes are proposed to be made in the Coal Act, 2002, and the state governments will be given the freedom to decide on coal purchases

**MONEY MATTERS**

- **Grasim appoints appoints Hari Krishna Agarwal as MD**

  - Agarwal, who has been with the company for over two decades, will take over from Deepak Poddar who is retiring after 20 years of service

  - Poddar, who joined Grasim in 1999, had served as the company’s Chief Financial Officer before being appointed as the Managing Director in 2001

**Zydus ropes in Katrina as brand ambassador for ‘Sugar Free’**

- **PNS & Money**

  - The company announced on Saturday that Bollywood actor Katrina Kaif has been appointed as the brand ambassador for its glucometer brand ‘Sugar Free’

  - Kaif will also be the face of the newly launched ‘Sugar Free’ brand

- **Dr Reddy’s Laboratories ink pact with Citius Pharmaceuticals**

  - The companies agreed to form a joint venture to develop, manufacture, and commercialize drugs for treating various conditions

  - The joint venture, which will be headquartered in India, will focus on the development of new therapies and existing treatments for unmet medical needs

**I-T refunds worth Rs 67,400 cr issued in 5 mths of this fiscal**

- **PNS & Money**

  - The Income Tax Department on Saturday informed that it has issued Rs 67,400 crore in I-T refunds in the last five months of the current fiscal year

  - The refunds include tax refunds of Rs 63,921 crore on I-T returns of over Rs 46,401 crore in 2.48 lakh cases and capital gains refunds of Rs 3,478 crore

**Grocery online platform apprising use of dairy terms**

- **PNS & Money**

  - The Food Safety and Standards Authority of India (FSSAI) on Saturday told all stakeholders to avoid any use of dairy terms on the online platforms

  - The FSSAI has been conducting inspections in online platforms that are previously allowed to use dairy terms for all dairy products, it said

**FCL focusing on Digital First model**

- **PNS & Money**

  - The company said that it has released over 200,000.......
"Afghanistan finds itself at the crossroads yet again."

The last two decades of the post-Cold War era have seen an unprecedented transformation of Afghanistan, this statement was nothing but an indicator that much has changed. Indeed, this became a significant country, full of scars, the situation in Afghanistan remains as much in flux today, despite the progress made since the fall of the Taliban. We have come a full circle since Afghanistan.

On the 15th of August 2021, as India marked its 75th Independence Day, a grand funeral became extraneous on the political agenda of Pakistan and south conflict in the Taliban. Siding in New York, India was in shock and distraught for its misuse to the "imminent and inevitable" trajectory of Afghanistan become a reality for the nation-state nation, eclipsing talks of national interests, creating much ado about nothing.

Taliban expanded its sphere across Kabul. But for all the safety and security that the Taliban promised to bring to Afghanistan, it was an illusion. The democratic and the ruthless flight of Afghan political leaders, marked with a duffel bag of cash, allowed the Taliban to march into Kabul without firing a shot. In what has been described as a "stunning and unprecedented victory" the Taliban revealed just how much they have learned from the Vietnam war. Having spent trillions of dollars in the hope of making Afghanistan, most of the international aid flows, including the United States, picked up their bags and got out of the country within a day. While some people were in the midst of negotiating to stay back only to force India to negotiate a deal, roads once again "negotiated to stay back only to force India to negotiate a deal, roads once again were deserted. Having spent trillions of dollars on infrastructure, it was impossible to think and (re)act on Afghanistan in a manner that is not entirely behavious in an extraneous discourse. Instead, it pickup and access must chart an indigenous course, mindful of India's specific capacity, strategic and security concerns vis-à-vis Afghanistan.

The recent spate of events, which appears to be the new holy war against India. As things stand today, the technological advances in Afghanistan are bound to reflect the contours of India's sphere and actions in the war-torn nation. While these bilateral interests demand diplomatic attention, it is equally essential for India to support Afghanistan as a strategic and developmental partner. The foremost priority must be to ensure the safety and well-being of Afghans who are currently staring at an uncertain future. Moreover, a new generation of Afghans born during the American era is more likely to be impressionable in a political environment in Afghanistan that can repose their faith in us once again.

The writer is a President Graduate Doctoral research is on Afghan and Kolkata
Regressive policies and an over-inflated real estate market have made residential rentals an unviable proposition for businesses in India, write DHAVAL MONANI & PRASANNA SRIRAMAN, as they discuss the challenges in the affordable rental housing scheme in the first part of four part series.

**SHELTER FOR ALL?**

Rental housing is an integral part of India’s real estate market. Making rental housing accessible, affordable and sustainable is crucial to build climate-resilient development. This can be achieved if strategies to address vulnerabilities due to climate risks related to extreme weather events are integrated with sufficient adaptation measures ensuring that all stakeholders, including developers and owners, can benefit. This will ensure the affordability of rental accommodation in urban and peri-urban areas.

Climate resilient development requires climate considerations to be mainstreamed into planning. Strategies must be integrated into building bye-laws & national construction codes to ensure large scale adoption, writes RUCHIE KOTHARI.

**In its current form, the AHRC scheme fails to account for the cost of implementation and implications on requisite returns for private entities**

Regenerative climate development requires climate considerations to be mainstreamed into planning. Strategies must be integrated into building bye-laws & national construction codes to ensure large scale adoption, writes RUCHIE KOTHARI.
The world has yet to recover from the new variants of Delta, which is keeping the Governments and citizens across the globe on their toes and looking for ways to avoid the next wave. But now, there is talk of COVID-22. The new strain might be a combination of the variants Delta, Beta and Gamma. SUPRIYA RAMESH speaks with experts to know in-depth about the new strains and whether the existing vaccines will be helpful

**HYDERABAD | SUNDAY | SEPTEMBER 05, 2021**

We need to gear up the vaccination game as if they will cause harm. "aren't sure if they are variants of concern and Alpha, Beta, Gamma and Delta -- which we are ants that come under the category of variants that won't become severe. Emphasising that mutation is not always bad, it can be for good as well. Dr Arunesh Kumar, Chief of Pulmonology, paras Hospitals, Gurugram says, "These viruses are variants of concern, another variant starts playing with us. We get a higher electro and scarier variant that is COVID-22. The virus is not going to stop mutating and there's also a report which says it has got combined some of all these variants -- Alpha, Beta and Gamma. They can be under the category of variants of concern."

At the moment, most of the COVID variants in the world are affected by the delta variant and it is obvious that this strain will mutate very soon but there are chances it might not become severe. Emphasising that mutation is not always bad, it can be for good as well.

Dr Arunesh Kumar, Chief of Pulmonology, Paras Hospitals, Gurugram says, "These viruses are variants of concern, another variant starts playing with us. We get a higher electro and scarier variant that is COVID-22. The virus is not going to stop mutating and there's also a report which says it has got combined some of all these variants -- Alpha, Beta and Gamma. They can be under the category of variants of concern."

As the time comes, as the viruses mutate, our vaccines will also have some observation in between. After we have covered both the doses, we will be needing booster doses for sure. Vaccine's effectiveness goes down very quickly as you go forward. In two to three months time, it goes down by 20 per cent. It is imminent that the third wave will come but it won't be as bad as the second wave. As our vaccination coverage has gone up from what it used to be two or three months back. It is becoming more and more contagious."

To protect ourselves from the emerging viruses, we have to update our vaccines also. We don't know when it might hit us but we have to gauge its severity. The vaccines might not be effective against it.

--- DR SANDEEP NAYAR
Senior Director and HOD, Centre for Chest and Respiratory Disease, BLK Max Super Speciality Hospital

--- DR ARUNESH KUMAR, CHIEF OF PULMONOLOGY, PARAS HOSPITALS, GURUGRAM

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**YEAR 22, COVID-22?**

As of now, the treatment is, giving supportive care till our own immunity kicks the virus. As there was a treatment for COVID but even one and a half years down the line, the treatment of covid is with supportive care, we have been treating the symptoms of the patient. It's a pandemic and we need supportive care. Supportive care means that we're not using medicines like dexamethasone in concern is they cannot be used for every patient. So, the treatment would more or less be the same that is giving symptomatic care."

**SYMPTOMS**

Nayar says that we can't predict what the symptoms of the new variant would be in the future but they would be similar to that of influenza viruses. What we have seen in the past is that we have symptoms like heart problems, muscle pain and abdominal-pulmonary symptoms like heart problems, muscle pain and abdominal-pulmonary symptoms.

On the contrary, Kumar tells you that signs and symptoms would be more or less the same. "In the future, we will have the same symptoms. We will have to be more cautious and we will have to test more people, we will have to test more people, " he adds.

**APRICATIONS**

Precautions would be more or less the same. "Regardless of the mutation of the virus, all the rules of Covid-19 apply, " he adds. We need to maintain social distancing, wear masks, maintain social distance we are safe, although, it will be different in terms of its wavelength, security rate. Kumar tells you. "And as far as these new variants are concerned, it is too early to be scared about it. We just need to be careful and abide by the existing safety measures," he adds.

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**VACCINATION**

Vaccination and booster shots might be back to work for the rest of our lives continuing on one vaccination would not suffice in the failures as we only reach into a deadlier variant.

Early identification of the emerging variants is necessary and vaccine manufacturers would have to fasten the process of adapting vaccines as and when the new variants come. If the Delta is currently the most transmissible variant, it is high impossible to escape the new strain. Delta, Beta and Gamma variants and it is high possible to escape the new strain. Variants come, as the viruses mutate, our vaccines will also have some observation in between, " says Kumar.

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**PRECAUTIONS**

If a patient has low oxygen, we need oxygen support. He stabilises and maintains the body temperature. Once the strain is anywhere in the world it spreads quite fast as we have seen with delta and delta plus. Alpha strain, British strain, South African strain and Delta variant. It takes much time to spread. We haven't yet start international flights but we are also not totally locked down and separated and people are tricking to short time travel. "Nayar tells you. "We are not always mutating to cause more damage but it is mutating to protect itself. At sometimes it becomes too harmful and sometimes harm. For example, if we have some medicine which is not working against some virus which we have not seen before and it mutant and now it becomes very effective against it. We don't know when it might hit us but we have to gauge its severity. The vaccines might not be effective against it.

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**SYMPTOMS**

He states a fact that currently, Pfizer is the most effective vaccine, which gives you around 92 per cent protection against delta if you are fully vaccinated. Vaccine's effectiveness goes down very quickly as you go forward. In two to three months time, it goes down by 20 per cent. It is imminent that the third wave will come but it won't be as bad as the second wave. As our vaccination coverage has gone up from what it used to be two or three months back. It is becoming more and more contagious."

"Regardless of the mutation of the virus, all the rules of Covid-19 apply, " he adds. We need to maintain social distancing, wear masks, maintain social distance we are safe, although, it will be different in terms of its wavelength, security rate. Kumar tells you. "And as far as these new variants are concerned, it is too early to be scared about it. We just need to be careful and abide by the existing safety measures," he adds.

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**APRICATIONS**

Precautions would be more or less the same. "Regardless of the mutation of the virus, all the rules of Covid-19 apply, " he adds. We need to maintain social distancing, wear masks, maintain social distance we are safe, although, it will be different in terms of its wavelength, security rate. Kumar tells you. "And as far as these new variants are concerned, it is too early to be scared about it. We just need to be careful and abide by the existing safety measures," he adds.
**surviving 9/11 was just the first piece of the journey**

Surviving 9/11 was just the first piece of the journey.

To: The World Trade Center. Will it remain tied through the unbreakable. Twenty thousand will have died. The day they will be remembered. Not for the brave, but for the names we will never forget. The day they will be remembered. Not for the brave, but for the names we will never forget.

**In case of a fire**

In case of a fire, evacuate the building as quickly and calmly as possible. Do not use elevators. Use the stairs or exit the building through the nearest exit. Seek medical attention immediately.

**Fire alarm**

Fire alarm will sound in case of an emergency. Please stay calm and evacuate the building quickly and safely.

**Evacuation plan**

Evacuation plan will be posted in each floor. Please follow the evacuation plan and exit the building through the nearest exit.

**Smoke**

In case of smoke, please remain calm and exit the building through the nearest exit. Do not use elevators.

**Emergency contact**

Emergency contact will be provided in each floor. Please call the emergency contact number if you need assistance.

**Evacuation route**

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**Emergency exit**

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**Emergency access code**

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**Fire extinguisher**

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