The Indian Space Research Organization (ISRO) has successfully completed its first launch mission in 2022. The ISRO announced the successful launch of 23 satellites and three minutes, 30 seconds, the third stage of PSLV-C51, carrying the primary payload, was successfully injected into its targeted orbit at 529 km. The launch was part of the country’s space program and marks a significant milestone in India’s space exploration.

The ISRO said the important flight test data and injection of satellites into orbit will help in further mission planning.

As the mission continues, ISRO is focusing on the landing of its Mars mission, which is scheduled for next year. The mission aims to explore the Red Planet and collect valuable scientific data.

ISRO Director General Dr K Sivan, who has led the Indian space program since 2014, said, “The success of this launch is a testament to the hard work and dedication of every member of the ISRO team. The mission is a significant step towards our goal of becoming a space power and making India a leader in the field of space exploration.”

The mission has received widespread praise from the Indian government and the scientific community, with many expressing confidence in ISRO’s capabilities and future missions.

The success of the launch is a major boost for India’s space program, which has seen significant growth in recent years. The country has set ambitious goals to become a leader in space technology and explore other planets.

As ISRO continues to push the boundaries of space exploration, the world watches with interest, hoping to see what incredible things the Indian space program will achieve in the future.
HYDERABAD | TUESDAY | FEBRUARY 15, 2022

Kavitha fight it out

HYDERABAD | TUESDAY | FEBRUARY 15, 2022

or 3.06 per cent to plunged 1,747 points while Sensex on Monday total investors’ wealth has their names for participating Telangana. It was not a GIFT.

Manickam Ji once and for all.

Australia, France, Italy, model… “

Department is conducting a the war by Tweeting,

Tagore and TRS MLC K.

Continued from page 1

Salaries and benefits.

After the Lok Sabha elec-

Seville. 51
ded the Centre in Parliament

Justice Pratibha Singh sub-

Two days after the death of a senior doctor in a GHMC-run hospital in Khammam district, the police on Monday issued an order to conduct an autopsi

In just two months, the total investor’s wealth has swelled by more than Rs 12 lakh crore. The BSE Sensex rose 3.75% on Monday, closing at 53,924.28 points, against the previous week’s close of 51,776.77 points. The Nifty closed at 13,405.45, against 12,752.54 points.

Bharath those

Ambedkar, leaders like

Jain's key aide Praveen Prakash shifted to AP Bhavan

In a surprise development, a formerabyte Coca-Cola, Praveen Choudhary, who is currently the President of the Bottling Company Association, is also the MNA for Janashakti Party from Bhuwanecchery, Nagpur, and is now associated with the TRS. He had previously been associated with the BJP. The GYA has already come out against Praveen Choudhary for his comments on BSE.

Praveen Choudhary, a younger son of Bhavanecchery MLA Jagdishrao Choudhary, was appointed as parliamentary assistant for general administration, revenue, irrigation, and agriculture, and a junior minister for finance and rural development. He had previously been associated with Bhavanecchery MLA Jagdishrao Choudhary, who was previously associated with the BJP.

In the past when the Centre or the issues TRS MPs

To mark its 25th-anniversary

The company

What are the circumstances

Accordingly, Opposition parties, including the CPI-M, CPI, and the Congress, are likely to move a no-confidence motion against the government. The Congress and the CPI-M have already announced that they will support the move.

The Congress is likely to support the no-confidence motion, and the CPI-M has already said that it will support the motion. The CPI will also support the motion, and the CPM is likely to support the no-confidence motion.

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KTR extends financial aid to two girl students to pursue MBBS

IT Minister KTR Y. S. Ram Reddy has come forward to extend financial support to two girl students who were struggling due to their financial limitations. Aravathi Akhila’s father Prabhakar, a software engineer, and Pakulam Lakshmi Prasad, a resident of Medaram, were unable to finance their daughter’s education.

Pakulam Lakshmi Prasad completed her Intermediate with an aggregate of 80% from Government Science College in Medak District. She was interested in pursuing Medicine from Government Medical College in Hyderabad. She sought financial aid from the Hyderabad Government.

The Government of Telangana has already launched an investigation. In Rangareddy district, there are several schools and NTPC officials are waiting for the students to enroll. In view of COVID hit low income level students, they are looking for ways to help the students.

MTR extends financial aid to two girl students to pursue MBBS

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NPTEL officials distribute notebooks

Two people were killed in separate road accidents in different places in Medak District. They were identified as a 21-year-old woman and a 25-year-old man. Both of them were hit by a vehicle that was on the opposite side of the road. The accident occurred around 8:30 pm on February 15.

The two people were identified as Ramna and Ramesh. They were on their way to work when the accident occurred. The police are investigating the incident and have not yet confirmed the cause of the accident.

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With the level of water in Lake Fardar, the situation is alarmingly down, levels have been reduced at an alarming rate. The drinking water crisis observed in the city is due to the low levels of water in the reservoir. The condition of many reservoirs in the region is alarming, with levels dropping below the critical point. The Pirah and Shahid Lake, which are crucial for drinking water supply, have reached their lowest levels, posing a serious threat to the water supply in the area.

The Srisailam reservoir, which supplies water to various districts, is also facing critical levels. The reservoir has reached only 36% of its total capacity, and the situation is dire. The government has announced that the reservoir is at risk of drying up, which would severely affect the water supply to the cities and villages dependent on it.

The government has taken several measures to address the drinking water crisis. They have declared a state of emergency in the affected areas and are working with the Water Resources Department to ensure a stable water supply. The government has also announced that they will be increasing the water capacity of the reservoir by 20% to address the current crisis.

The officials have urged the public to conserve water and take necessary steps to ensure the sustainability of the water supply. The government has also announced that they will be providing free drinking water to the affected areas in the short term.

The water crisis in Srisailam is a wake-up call for the government to take urgent action to address the issue. The government must invest in water infrastructure and develop alternative water sources to ensure a stable water supply for the future. The situation is critical, and immediate action is required to prevent the crisis from worsening.
Farooq Abdullah prevented from leaving residence in Srinagar

Following the restrictions imposed on Farooq Abdullah by the administration, he was not allowed to leave his residence in Srinagar on Sunday.

The former Jammu and Kashmir chief minister was prevented from departing his residence on Sunday, officials said.

They said Abdullah, who was allowed to return home on January 22 after nearly three months in detention, was apprehended by the security forces on the basis of ‘intelligence input’.

In a joint press conference along with his counsel, senior advocate Aamir Ummer, Abdullah said the situation in Kashmir is an opportunity for all the national leaders to help the people of the Valley.

A person who stands by someone during a crisis is a true well-wisher. And a person who is present in front of the crowd to create a noise is not an opportunist,” he said and urged people that it is an appropriate time to give a befitting reply to such people by defeating them in the elections.

The law and order situation in the state and at the Centre, he said that the Centre has been considering the issue, and the Centre has also been considering the issue for the last few days. The Centre has also been considering the issue for the last few days.

The information about the protest has been conveyed to the Centre, and the Centre has also been considering the issue for the last few days. The Centre has also been considering the issue for the last few days.

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The need is to promote secularism among the citizenry without State interference

...
The subsidy currently covers 800 million and is meant for the poor. Heavily subsidised food is very poor. How can 2/3 of Indians be very poor?

The Budget's Food Subsidy Conundrum

The subsidy currently covers 800 million and is meant for the poor. Heavily subsidised food is very poor. How can 2/3 of Indians be very poor?
Discussions on with RBI over digital currency: FM

The Trend and Progress of Banking in India, report, released in December 2021, had said that given the digital dynamic of the policy action, it is already to adopt basic models initially, and test comprehensively so that it has monetary policy and the banking system.

Finance Minister Nirmala Sitharaman on Monday announced the appointment to Rajneesh Kumar, the Chairman of the Central Bank Digital Currency (CBDC) Committee, a position. The announcement comes after the discussion with RBI on the progress of the digital currency project.

Sitharaman said the announcement is a part of the government’s commitment to digital India and the use of technology for enhancing the delivery of public services.

She added that the government is working closely with the Reserve Bank of India (RBI) to ensure the success of the project.

The CBDC will be a digital version of the rupee and is expected to be launched by the end of this year. The government has already set up a committee to oversee the project.

The committee will be headed by the Finance Minister and will include representatives from the RBI, the ministry, and other relevant bodies.

The announcement comes amid growing interest in digital currencies globally, with several countries exploring the possibility of launching their own digital currencies.

Sitharaman also said that the government is working on a comprehensive financial technology (fintech) policy to promote innovation and growth in the industry.

The government has also been working on a national digital payment system to promote digital transactions and reduce the use of cash in the economy.

The Trend and Progress of Banking in India report highlighted the importance of digital banking and the need for a comprehensive fintech policy.

The report said that the government needs to work closely with the private sector to ensure the success of the digital banking project.

The government has announced several initiatives to promote digital banking, including the National Financial Inclusion (NFI) program and the Digital India program.

The government has also been working on the development of a national digital identity system, which is expected to be launched soon.

The Trend and Progress of Banking in India report also highlighted the challenges facing the banking sector, including the impact of the COVID-19 pandemic and the need for regulatory reforms.

The report recommended several measures to address these challenges, including the need for a comprehensive financial technology policy to promote innovation and growth in the industry.
Correcting errors in nutritional practices could reduce liver disease and cancer risk

The liver is one of the most vital organs in the human body, responsible for a myriad of functions, including detoxification, blood sugar regulation, and nutrient synthesis. However, the liver's health can be threatened by dietary choices and lifestyle habits. Two major liver conditions, nonalcoholic fatty liver disease (NAFLD) and nonalcoholic steatohepatitis (NASH), affect millions worldwide, leading to liver failure and increasing the risk of liver cancer.

The liver obtains its energy from a variety of sources, including carbohydrates, fats, and proteins. Throughout the metabolism of these ingested nutrients, the liver is exposed to toxins and reactive oxygen species, which can damage liver cells.

### Nutritional Imperatives for Liver Health

#### Carbohydrates

- **Sugars:** Include a variety of sources such as fruits, vegetables, and legumes.
- **Starches:** Choose whole grains, unrefined and unenriched varieties.
- **Fiber:** Consumption of fiber-rich foods like fruits, vegetables, and whole grains helps in maintaining a steady blood sugar level.

#### Fats

- **Monounsaturated Fats:** Include foods like nuts, avocados, and olive oil.
- **Polyunsaturated Fats:** Include nuts, seeds, and fatty fish like salmon and mackerel.
- **Saturated Fats:** Consume in moderation, as they raise blood cholesterol levels.
- **Trans Fats:** Avoid as they increase the risk of liver disease.

#### Proteins

- **Lean Meats:** Include chicken, turkey, and fish.
- **Vegetarian Sources:** Beans, lentils, and tofu.

#### Antioxidants

- **Vitamins:** Particularly E and C, and B vitamins.
- **Minerals:** Like copper and magnesium.
- **Fruits and Vegetables:** Rich in fiber, vitamins, and antioxidants.
- **Herbs and Spices:** Include turmeric, ginger, and rosemary.

#### Micronutrients

- **Magnesium:** Important for energy production and liver function.
- **Vitamin B6:** Essential for energy metabolism and neurotransmitter function.

#### Water

- **Hydration:** A critical component of liver health, helping in the detoxification process.

### Lifestyle Changes

- **Exercise:** Regular physical activity can improve liver function and reduce liver fat.
- **Adequate Sleep:** Sleep deprivation can increase the risk of NAFLD.
- **Reduced Alcohol Consumption:** Alcoholic liver disease is entirely preventable.
- **Smoke Cessation:** Smoking increases the risk of liver disease.

### Conclusion

By adopting a balanced, nutrient-rich diet and incorporating lifestyle changes, one can significantly reduce the risk of liver disease and improve overall health. The importance of liver health is underscored by the prevalence of liver disease worldwide, and the potential for prevention through dietary and lifestyle interventions should not be underestimated.
The edge of the thriller... - The Edge of Darkness started shooting on Monday giving a glimpse of the dark world. The film stars Ajay Devgn in the lead. In the series, possibly the greatest character you may have never witnessed before.

The suspense-filled trailer of Rudra - The Edge of Darkness was unveiled at an event in Mumbai. Running for around 2 minutes, the trailer opens with a startling dialogue for Ajay: “It is an anti-hero who has, made use of rituals to keep us all under a spell.”

Director Rajesh Mapuskar who has directed films such as Nautanki Saala and an upcoming psychological crime thriller, The psyche of criminal gent criminals and the detective who hunts them. This has been both challenging and inspiring for me, and I am elated to share the glimpse of its dark world.

Director Rajesh Mapuskar said, “Rudra is a unique project, that has never been seen before. The psyche of a cop and crime drama is celebrated actor Ajay Devgn digital series debut, which will be very their character — a anti-hero. We have worked towards the making of this world.”

I am confident that viewers will be thrilled to watch this series. There is a lot of suspense and surprise awaiting you.”

Rudra - The Edge of Darkness will be available exclusively on Disney+ Hotstar under the banner of Tiger Studios. “This has been a thrilling experience working on this unique narrative along with an amazing cast, crew and our production partners, BBC Studios.”

Across Vaani Kapoor says the show is delivering strong performances on screen and feels that her upcoming film, Shamshera is the perfect vehicle for her. Vaani, who will be seen in a dramatic powerhouse avatar in Shamshera in which she plays the role of a perform- ing artist in the world. Vaani says, “I am truly elated to play the role of a performer in every cinema lover across the country. The added, “Shamshera is a film that is extremely close to my heart and each one of us have given our best to make it a film that all age groups, will enjoy.”

Coming out of Chundsi hits Ashique, I wanted to give audiences a performance that I was sure of my comfort zone. I hope the audience will appreciate me as I would playing it. I am very grateful to be sharing screen space with a celebrated star like Ajay Devgn.”

About her character in the much awaited action entertainer Shamshera, Vaani says, “I am truly elated to play the role of a performing artist in every cinema lover across the country. The added, “Shamshera is a film that is extremely close to my heart and each one of us have given our best to make it a film that all age groups, will enjoy.”

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SJ Suryah likely to be cast in Ram Charan-Shanker movie

The film's release date was recently announced as May 27. The movie's title poster was released, and SJ Suryah was confirmed to be a part of the cast, along with Ram Charan and Srihari. The movie is being directed by Sagar K. and produced by Rudra, with music by Devi Sri Prasad. The story is based on the adventures of a cop, with Rana playing the antagonist. The film is expected to be a grand-scale action drama featuring some of the best actors and actresses in the industry.
Franchises cautious while going for U-19 stars

PTI

PTI CENTRAL

Peshawar Kings, while Rajputana Sub Sahara with a team of 31. The squad was named by the franchise for the upcoming season. The team includes 18 players, 17 non-playing staff, and 1 assistant coach.

Bengaluru Capitals announced their team for the upcoming season. The team includes 18 players, 9 non-playing staff, and 1 assistant coach.

Don't think Kohli going for a lean season

PTI

PTI PUNJAB

Yuvraj Singh has revealed that Virat Kohli has been playing with a problem in his back for the last 10 years. He also added that the former Indian captain has been dealing with a nagging injury for most of his career.

The 35-year-old, who has won numerous trophies with the national team, is known for his hard work and commitment to the sport. He has been a valuable asset to the team, both on and off the field. Kohli has played a key role in India’s success in recent years, leading them to several victories.

Kohli’s back problem has been a concern for some time now, and it has been reported that he has been dealing with pain in his lower back. The problem has been particularly noticeable during his runs, and it has been seen that he has been hurting during some of his deliveries.

However, Yuvraj Singh has assured that Kohli’s performance has not been affected by the problem. He said, “We are aware of Virat’s back problem, but we have been managing it well. He has been putting in a lot of effort to overcome the pain.”

On the other hand, Yuvraj Singh has praised Kohli for his dedication and work ethic. He said, “Virat has always been a role model for us, and we are all inspired by his hard work and commitment.”

Indian cricket fans are eagerly anticipating Kohli’s performance in the upcoming season. With the World Cup and the T20 World Cup just around the corner, the pressure on the team is enormous. Kohli’s presence in the team will be crucial, and his experience will be invaluable.

The team management has been careful not to push Kohli too hard, and they have been managing his workload. The team has been focusing on building a strong squad, and Kohli’s role will be key in achieving that goal.

The upcoming season promises to be a exciting one for Indian cricket fans. With Kohli leading the way, the team is poised to make a strong showing in the upcoming tournaments.