Polavaram dam completion target pushed to June 2024

Flood-ravaged districts in AP limping back to normal

Giving a big boost to six districts, the rivers to the Godavari have come down considerably and the normalcy is limping back. The water level in the Godavari at the Dowleswaram barrage stood at 17.7 feet in the evening and 19 lakh cubic meters were discharged downstream into the sea.

Jagannana Government has embarked on building 4 seaports in 5 years in circumstances when accomplishing one in 10 years is considered a big achievement. As part of this

In the first phase, it is envisaged to set up a total of 50,000 TEU capacity, two container berths and one multipurpose berth with Cargo handling capacity of 22 million tonnes. The total capacity of 133.54 million tons with 15 berths to be constructed in two phases.

Steps towards setting up the largest industrial corridor in 3.77 Acres. Two 4 lane roads, eco-friendly transport facilities and setting up of KDZ Industrial Park. It envisaged to provide employment opportunities to 40,000 people which include direct employment to 10,000 and indirect employment to 30,000 people.

Rehabilitation and Resettlement will be taken up with Rs. 117.64 crores to the 660 families of Monnivalapalem, Amalavelpalem and Kukalakoppa villages who are likely to be displaced. One job per family will also be provided to the displaced.

Ramayapatnam Port will be developed on par with Mumbai, Kochi and Visakhapatnam Ports. Ramayapatnam Port will come as one of the biggest Ports in the Country and will become the key to the State’s economic development.

In the first phase, the port will serve 10 container berths and two multipurpose berths with 25 million tonnes of Cargo handling capacity.
Jagan may go for early polls along with TS

Complete village lands in 2,000

Presidential polls: AP govt sends ballot box to Delhi

Rs 1.11 L cr excess expenditure...

Polavaram dam ...

Bolts faults...

Flood-affected districts in AP limping back to normal

Polavaram dam ...

HC quashes case against IOS officer

Amalamu press

President's message

The Ultimate Journalist

The Pioneer

The Pundits
**CM disburses Rs 137 crore to residual beneficiaries**

The Chief Minister of the state of Andhra Pradesh, YS Jagan Mohan Reddy, has disbursed Rs 137 crore to residual beneficiaries under various welfare schemes. The disbursement was made on the occasion of Friendship Day and also to mark the 100th day of the current government.

**Jagan names nominated candidates for MLC posts**

Chief Minister YS Jagan Mohan Reddy, in a press conference here on Monday, announced the names of candidates to contest for the MLC elections. A total of 10 candidates have been nominated to contest for MLC seats.

**NIA raids house in Duddu Prabhakar in Ajit Duddu murder case**

The National Investigation Agency (NIA) on Wednesday conducted searches at the house of social activist Duddu Prabhakar, in connection with the Ajit Duddu murder case. The searches were conducted by the NIA team in the presence of the District Collector, Bhimavaram, and other officials.

**TAVI gives new lease of life to two geriatric women**

The doctors at the Sree Chitra Tirunal Institute for Medical Sciences and Technology (SCTIMST), Trivandrum, have successfully performed Transcatheter Aortic Valve Implantation (TAVI) on two elderly women aged 92 and 76, respectively. The procedure was performed under a minimally invasive technique, and both patients were able to walk within 24 hours after the surgery.

**NIA raid house in TDP in Andhra for Rs 50k bribe**

The NIA has conducted a raid on a house in Tuchipparal village in Tenali town of Guntur district in Andhra Pradesh in connection with an alleged bribe of Rs 50,000 offered to a TDP leader. The raid was conducted by the NIA team in the presence of the District Collector, Guntur, and other officials.
**Players selected for Youth Basketball Championship**

**Mani Sravani wins gold in powdertell event**

Mani Sravani, representing BCI at PB Shalabharbha Science and Arts College of Education, dominated his opponent when he clinched the gold medal in the All India Public School Championship at Tirupati. The grade 10th standard athlete also represented Tamil Nadu and qualified for the National schools meet in Tirupati. Shalabharbha Science and Arts College of Education, Tirupati, had a momentous day as not only Mani Sravani but also Prabhutvam’ at Bhavajipeta, ‘Gadapa Gadapaku Mana’ at Ramayapatnam, ‘Kanavu’ at Bambukonda, and ‘Prasadupata’ at Ongole, were declared as the winners of the respective categories.

**Jagan to lay foundation for Ramayapatnam seaport today**

The Sridevi Gardens in Vijayawada entered not only the recorded history of the city, but also the architectural evolutions that have been witnessed in the city’s history. The complex has been designed to accommodate a variety of uses, from residential apartments to commercial spaces, and will be an integral part of the city’s skyline. The project is expected to attract investment and create jobs, driving economic growth in the area. The complex has been designed to be energy-efficient and sustainable, with features such as solar panels and green roofs. The project is also expected to contribute to the city’s cultural heritage by preserving and restoring historical buildings.

**Opposition making false allegations: MLA Vishnu**

In a statement on Tuesday, MLA Vishnu Reddy said that the TDP was making false allegations against the ruling government. He said that the TDP was spreading misinformation and false propaganda to distract the public from the real issues that the government was addressing. He said that the TDP was trying to create a negative image of the government and its policies.

**TDP leader attacked; accused arrested**

On Wednesday, a TDP leader was attacked in the area, and the accused was arrested. The incident took place in the area of Pulivendula, where the TDP leader was attacked by a group of people. The leader was reportedly beaten up and injured in the attack. Police arrested one of the accused and launched a search for the others.

**NIA searches house of top Maoist leader Akkiraju Praveen**

The National Investigation Agency (NIA) conducted a search at the residence of a top Maoist leader, Akkiraju Praveen, in the area. The search was carried out as part of an investigation into a case related to theuse of technology to support terrorism. The agency seized several documents and electronic devices as evidence.

**Ten-year-old girl dies in Ramayapatnam seaport today**

A young girl died at Ramayapatnam seaport today, after she was hit by a truck. The girl was riding a bicycle near the seaport when she was hit by a truck coming from the opposite direction. She was later taken to the hospital, where she passed away from her injuries. The police have launched an investigation into the incident.
Gyanvapi mosque case: Next hearing tomorrow

A Rajasthan High Court bench on Thursday fixed July 21 for the next hearing of the Gyanvapi mosque case.

The bench, comprising Justice Sachdeva and Justice Singhal, heard arguments in the case and fixed a date for the next hearing.

The case pertains to the alleged existence of a Shiva temple inside the Gyanvapi premises, which is a part of the larger Varanasi city.

Gyanvapi, located on the banks of the Ganges River, is a complex of ancient structures, including the Gyanvapi Ghat and the Gyanvapi Mosque of Srinagar.

The case was filed by Laxmi Narayan Rajput, a Hindu pilgrim, seeking permission to build a temple on the site.

The High Court had earlier reserved its order on the matter, and the next hearing will be heard tomorrow.

Kerala girls' molestation: Four detained, nine arrested

Four people were detained and nine others were arrested in connection with the molestation case that came to light in Kerala.

The女孩子 construction in the Kollam district was allegedly carried out by the accused.

The investigation is ongoing, and further arrests may take place.

About 120 girls, mostly students, had complained of being molested by security personnel at the construction site.

The accused are being questioned by the police, and the investigation is expected to continue for several days.

ED files charge sheet against six Bangladeshi money laundering accused

The Enforcement Directorate (ED) has filed a charge sheet against six Bangladeshi nationals accused of money laundering.

The accused, who were operating from Dhaka, were accused of laundering funds through shell companies and other means.

The ED has alleged that the accused had laundered funds through various shell companies registered in different countries.

The police have also seized the accused's properties worth over Rs. 2 crores.

Six states yet to constitute UMTAs, says Parl panel

A parliamentary panel has expressed concern over six states yet to constitute Urban Mass Transit Authorities (UMTAs).

The panel has noted that while seven states have constituted UMTAs, six states have yet to do so.

The panel has urged the central government to take necessary steps to constitute UMTAs in these states.

The panel has also suggested that the states should constitute UMTAs to promote urban mobility.

The panel has also suggested that the states should constitute UMTAs to promote urban mobility.
121 tribals notified in prison for a crime they did not commit. Time for judicial reforms is now.

The acquittal of all 121 in a five-year-old Naxal attack case in Chhattisgarh is welcome commentary on the rule of law and the judicial system. A designated National Investigation Agency (NIA) court said on Friday, "No evidence or statements record- ed in the prosecutor's action were considered. The trial was based on the oral testimony of the witnesses who were present at the scene of the的事.

Legislators grow up please!
The conduct of Kerala legislators leaves much to be desired. They need to behave in the house.

Justice denied!

The British democracy shows maturity in the testing times while we in India are still in overdrive. In the following pages, you will read how the British parliamentary system, supported by a strong tradition of civil service, is far ahead of Indian democracy.ing that the British MPs are not as heavily influenced by political ideologies as Indian MPs.

The British system is also more decentralized, with power being distributed among different institutions, such as the House of Commons, the House of Lords, and the Cabinet.

The British system is also more transparent, with the publication of financial statements and the freedom of information acts.

The British system is also more inclusive, with a greater proportion of women and minorities holding political positions.

The British system is also more stable, with a smaller number of governing parties and a greater emphasis on consensus-building.

The British system is also more crisis-proof, with a more developed and diversified economy and a better social welfare system.

The British system is also more professional, with a more highly trained and experienced civil service.
**FIRST COLUMN**

**PERILS OF CHILDREN ON RAILWAY PLATFORM**

Children who lived off at railway platforms face harsh realities.

---

**SECOND COLUMN**

**INDIANS SEE RELIGIOUS TOLERANCE AS A SIGN OF THEIR CIVILISATION.**

Indians’ concept of religious tolerance does not necessarily involve the mixing of religious communities.

---

**THIRD COLUMN**

The government needs to focus on the pros and cons of population growth and choose the right path.

---

**FOURTH COLUMN**

Unplanned population growth will result in chaos.
New Delhi

Rupee rises 6 paise to 79.92 against US dollar

The rupee recovered from all multi-month lows of over 79 paise as US dollar demand fell on Tuesday, tracking its wobbly start and a dip in global majors.

At the interbank forex market, the rupee opened at 79.96 against the US dollar, prior to firming up to touch 79.92 against US dollar, registering 6 paise gain for the day.

Dealers said the rupee dropped to a new session low of 79.98 against US dollar on low dollar demand and strong sentiment in the global market. The greenback traded at 80.34 against the greenback.

On Monday, the rupee dropped to a new all-time low of 80.41 against US dollar.

Against the Singapore dollar, the rupee opened at 20.39 on Tuesday and touched a new low of 20.91.

Rupee rose to 6 paise against the Japanese yen opening at 93.5 against previous close.

On Monday, the rupee hit the new all-time low of 94.05 against the Japanese yen.

On Monday, the rupee declined nearly 20 paise against the euro at a new all-time low of 97.78.

On Monday, the rupee hit a new all-time low of 101.7 against the Chinese yuan.

On Monday, the rupee hit the new all-time low of 88.56 against the Russian ruble.

On Monday, the rupee hit a new all-time low of 120.8 against the Canadian dollar.

On Monday, the rupee hit the new all-time low of 89.5 against the South Korean won.

On Monday, the rupee hit a new all-time low of 204.87 against the Thai baht.

On Monday, the rupee hit a new all-time low of 93.8 against the Brazilian real.

On Monday, the rupee hit a new all-time low of 2.55 against the New Zealand dollar.

On Monday, the rupee hit a new all-time low of 87.0 against the Australian dollar.

On Monday, the rupee hit a new all-time low of 105.5 against the South African rand.

On Monday, the rupee hit a new all-time low of 9.5 against the Thai baht.

On Monday, the rupee hit a new all-time low of 145.7 against the Mexican peso.

On Monday, the rupee hit a new all-time low of 17.1 against the Hong Kong dollar.

On Monday, the rupee hit a new all-time low of 2.08 against the South Korean won.

Economy on course to achieve 8-8.5% growth based on Q1 data

The government is closely monitoring the global price movements and their impact on India's consumer prices.

Recently, prices of various commodities, including edible oil, crude oil, petrol and diesel, have witnessed an upward trend.

According to the data placed in the Parliament on January 15, the current account deficit for the April-June quarter is 3.3 per cent of GDP.

The Reserve Bank of India, in its monetary policy review on January 27, had kept the key policy rate unchanged at 5.5 per cent.

According to the data placed in the Parliament on January 15, the current account deficit for the April-June quarter is 3.3 per cent of GDP.

The Reserve Bank of India, in its monetary policy review on January 27, had kept the key policy rate unchanged at 5.5 per cent.

Against the US dollar, the rupee opened at 79.92 on Tuesday and closed at 79.92.

Against the euro, the rupee opened at 97.78 on Tuesday and closed at 97.78.

Against the Japanese yen, the rupee opened at 93.5 on Tuesday and closed at 93.5.

Against the Singapore dollar, the rupee opened at 20.39 on Tuesday and closed at 20.39.

Against the Chinese yuan, the rupee opened at 94.05 on Tuesday and closed at 94.05.

Against the South Korean won, the rupee opened at 120.8 on Tuesday and closed at 120.8.

Against the Canadian dollar, the rupee opened at 2.55 on Tuesday and closed at 2.55.

Against the Australian dollar, the rupee opened at 87.0 on Tuesday and closed at 87.0.

Against the South African rand, the rupee opened at 105.5 on Tuesday and closed at 105.5.

Against the New Zealand dollar, the rupee opened at 2.08 on Tuesday and closed at 2.08.

Against the South Korean won, the rupee opened at 9.5 on Tuesday and closed at 9.5.

Against the Mexican peso, the rupee opened at 17.1 on Tuesday and closed at 17.1.

Against the Hong Kong dollar, the rupee opened at 2.08 on Tuesday and closed at 2.08.

Against the Thai baht, the rupee opened at 75.19 on Tuesday and closed at 75.19.

Against the US dollar, the rupee opened at 79.92 on Tuesday and closed at 79.92.

Against the euro, the rupee opened at 97.78 on Tuesday and closed at 97.78.

Against the Japanese yen, the rupee opened at 93.5 on Tuesday and closed at 93.5.

Against the Singapore dollar, the rupee opened at 20.39 on Tuesday and closed at 20.39.

Against the Chinese yuan, the rupee opened at 94.05 on Tuesday and closed at 94.05.

Against the South Korean won, the rupee opened at 120.8 on Tuesday and closed at 120.8.

Against the Canadian dollar, the rupee opened at 2.55 on Tuesday and closed at 2.55.

Against the Australian dollar, the rupee opened at 87.0 on Tuesday and closed at 87.0.

Against the South African rand, the rupee opened at 105.5 on Tuesday and closed at 105.5.

Against the New Zealand dollar, the rupee opened at 2.08 on Tuesday and closed at 2.08.

Against the South Korean won, the rupee opened at 9.5 on Tuesday and closed at 9.5.

Against the Mexican peso, the rupee opened at 17.1 on Tuesday and closed at 17.1.

Against the Hong Kong dollar, the rupee opened at 2.08 on Tuesday and closed at 2.08.

Against the Thai baht, the rupee opened at 75.19 on Tuesday and closed at 75.19.

Economy on course to achieve 8-8.5% growth based on Q1 data

The government is closely monitoring the global price movements and their impact on India's consumer prices.

Recently, prices of various commodities, including edible oil, crude oil, petrol and diesel, have witnessed an upward trend.

According to the data placed in the Parliament on January 15, the current account deficit for the April-June quarter is 3.3 per cent of GDP.

The Reserve Bank of India, in its monetary policy review on January 27, had kept the key policy rate unchanged at 5.5 per cent.

Against the US dollar, the rupee opened at 79.92 on Tuesday and closed at 79.92.

Against the euro, the rupee opened at 97.78 on Tuesday and closed at 97.78.

Against the Japanese yen, the rupee opened at 93.5 on Tuesday and closed at 93.5.

Against the Singapore dollar, the rupee opened at 20.39 on Tuesday and closed at 20.39.

Against the Chinese yuan, the rupee opened at 94.05 on Tuesday and closed at 94.05.

Against the South Korean won, the rupee opened at 120.8 on Tuesday and closed at 120.8.

Against the Canadian dollar, the rupee opened at 2.55 on Tuesday and closed at 2.55.

Against the Australian dollar, the rupee opened at 87.0 on Tuesday and closed at 87.0.

Against the South African rand, the rupee opened at 105.5 on Tuesday and closed at 105.5.

Against the New Zealand dollar, the rupee opened at 2.08 on Tuesday and closed at 2.08.

Against the South Korean won, the rupee opened at 9.5 on Tuesday and closed at 9.5.

Against the Mexican peso, the rupee opened at 17.1 on Tuesday and closed at 17.1.

Against the Hong Kong dollar, the rupee opened at 2.08 on Tuesday and closed at 2.08.

Against the Thai baht, the rupee opened at 75.19 on Tuesday and closed at 75.19.
Calvin Harris Drinks Raw Sheep Milk From His Ibiza Farm

Several DJ Calvin Harris fans were left shocked on Friday when he posted a photo on Instagram showing off a bucket of fresh raw sheep milk. The image, which was taken on his Ibiza farm, sparked a debate among fans about the health benefits and risks of consuming raw milk.

Harris, who is known for his love of healthy living and fitness, shared the photo with the caption: "Raw milk from my Ibiza farm! Eu by the way, it's not there to be drunk. It's for my dogs!"

The post quickly went viral, with many fans commenting on the health benefits of raw milk, while others expressed concern about the potential risks.

One fan commented: "I love raw milk! It's amazing for digestion and gut health. Thank you for sharing this,Calvin!"

Another commented: "Raw milk is amazing! I've been drinking it for years and it's so good for you. Thanks for sharing, Calvin!"

However, some fans were cautious, with one commenting: "I'm not sure about this. Raw milk can be risky if not handled properly. I'd be careful, Calvin!"

Another added: "I don't think I'll try this. It's just not my thing. Stick with water!"

The controversy around raw milk has been ongoing for years, with some health experts recommending it for its potential health benefits, while others warn of the potential risks.

Harris has a reputation for sharing photos of his healthy lifestyle on social media, and fans have praised him for his dedication to personal wellness.

Calvin Harris is known for his work as a DJ and producer, with hits such as "This Is What You Came For" and "What0 You Need Is Love." He has collaborated with many high-profile artists, including Rihanna, Dua Lipa, and Sam Smith.

The post on Instagram has received over a million likes and counting, with fans eagerly awaiting more updates from Harris about his healthy lifestyle.

---

**John Wick was 75 yrs old but Keanu made character his own**

Originally, the character John Wick was set to be a man in his late 60s. However, the actor, Keanu Reeves, took on the role, and as a result, the character has been aged into his 70s. The actor's dedication to the role has been widely praised, with fans noting that he brings a sense of authenticity and depth to the character.

Keanu Reeves has been praised for his commitment to the role, with many fans commenting on his ability to fully inhabit the character and bring a sense of realism to the otherwise fantastical world of the John Wick franchise.

---

**Brett Goldstein Sent His Parents to Thor: Love and Thunder Without Telling Them About His Post-Credits Cameo**

Brett Goldstein is well-known for his role as Goldstein on the popular Netflix series Ted Lasso. However, few fans were aware that he also has a cameo in the latest Marvel movie, Thor: Love and Thunder, which was released earlier this year.

Goldstein recently disclosed on the Late Late Show with James Corden that he had sent his parents to see the movie without telling them about his post-credits cameo. The actor revealed that his parents had seen the movie and enjoyed the cameo, which he had declined to reveal before the release of the film.

---

**Unsolved**

Two sheep were surprised to see that one of them had the head of a horse. Though there was a stretch of time when Goldstein spotted that his mother would make him a head appearance—"I had a little kid, and my mother would make me a rubber head," he joked—"My mom finally said, ‘I’ll just stick it on the head of a horse,’ and I said, ‘You should do it, it’s funny.’"

"My mom is making me stick the head on every time the film goes for a running commentary," Goldstein continued. "I’m like, ‘Just watch the movie. We’re going to see Thor: Love and Thunder!’"

He went on to say that when he first told his parents about the cameo, they were surprised and wondered what was going on. Goldstein revealed that his mother had sent them a text saying, "You and your head!"

"I truly honestly can’t make this up," Goldstein said. "I got the kids of a co-star from the film. She was like, ‘What’s going on?’ and I said, ‘It’s a Marvel movie, it’s Thor!’"

The actor admitted that he did not tell his wife or his kids about the cameo before the film was released, and that he only told them after seeing the movie.

---

**The Pioneer**

Wednesday July 20, 2022

**FUN**

**ARCHIE**

**GARFIELD**

**NANCY**

**GINGER MEGGS**

**SUDOKU**

**REALITY CHECK**

**SPEED BUMP**

**CROSSWORD**

---

**John Wick was 75 yrs old but Keanu made character his own**

Originally, the character John Wick was set to be a man in his late 60s. However, the actor, Keanu Reeves, took on the role, and as a result, the character has been aged into his 70s. The actor’s dedication to the role has been widely praised, with fans noting that he brings a sense of authenticity and depth to the character.

Keanu Reeves has been praised for his commitment to the role, with many fans commenting on his ability to fully inhabit the character and bring a sense of realism to the otherwise fantastical world of the John Wick franchise.

---

**Unsolved**

Two sheep were surprised to see that one of them had the head of a horse. Though there was a stretch of time when Goldstein spotted that his mother would make him a head appearance—"I had a little kid, and my mother would make me a rubber head," he joked—"My mom finally said, ‘I’ll just stick it on the head of a horse,’ and I said, ‘You should do it, it’s funny.’"

"My mom is making me stick the head on every time the film goes for a running commentary," Goldstein continued. "I’m like, ‘Just watch the movie. We’re going to see Thor: Love and Thunder!’"

He went on to say that when he first told his parents about the cameo, they were surprised and wondered what was going on. Goldstein revealed that his mother had sent them a text saying, "You and your head!"

"I truly honestly can’t make this up," Goldstein said. "I got the kids of a co-star from the film. She was like, ‘What’s going on?’ and I said, ‘It’s a Marvel movie, it’s Thor!’"

The actor admitted that he did not tell his wife or his kids about the cameo before the film was released, and that he only told them after seeing the movie.

---

**The Pioneer**

Wednesday July 20, 2022

**FUN**

**ARCHIE**

**GARFIELD**

**NANCY**

**GINGER MEGGS**

**SUDOKU**

**REALITY CHECK**

**SPEED BUMP**

**CROSSWORD**

---

**John Wick was 75 yrs old but Keanu made character his own**

Originally, the character John Wick was set to be a man in his late 60s. However, the actor, Keanu Reeves, took on the role, and as a result, the character has been aged into his 70s. The actor’s dedication to the role has been widely praised, with fans noting that he brings a sense of authenticity and depth to the character.

Keanu Reeves has been praised for his commitment to the role, with many fans commenting on his ability to fully inhabit the character and bring a sense of realism to the otherwise fantastical world of the John Wick franchise.

---

**Unsolved**

Two sheep were surprised to see that one of them had the head of a horse. Though there was a stretch of time when Goldstein spotted that his mother would make him a head appearance—"I had a little kid, and my mother would make me a rubber head," he joked—"My mom finally said, ‘I’ll just stick it on the head of a horse,’ and I said, ‘You should do it, it’s funny.’"

"My mom is making me stick the head on every time the film goes for a running commentary," Goldstein continued. "I’m like, ‘Just watch the movie. We’re going to see Thor: Love and Thunder!’"

He went on to say that when he first told his parents about the cameo, they were surprised and wondered what was going on. Goldstein revealed that his mother had sent them a text saying, "You and your head!"

"I truly honestly can’t make this up," Goldstein said. "I got the kids of a co-star from the film. She was like, ‘What’s going on?’ and I said, ‘It’s a Marvel movie, it’s Thor!’"

The actor admitted that he did not tell his wife or his kids about the cameo before the film was released, and that he only told them after seeing the movie.

---

**The Pioneer**

Wednesday July 20, 2022

**FUN**

**ARCHIE**

**GARFIELD**

**NANCY**

**GINGER MEGGS**

**SUDOKU**

**REALITY CHECK**

**SPEED BUMP**

**CROSSWORD**
**‘Dark characters are my type’**

The Pioneer connects with Rushad Rana for a candid-chat interview about his recently released Miya, Biwi Aur Murder, and Juda Hoke Bi, his comeback with Anupama, and a lot more.

---

**Methi and amla for healthy hair**

A

Methi and amla are two such herbs which have intense nutrition like phosphorus, iron and vitamins, which give your hair a softer, shinier and more frizz free look. Amla is known as nature’s sunscreen for hair. It also acts as an exfoliator and helps the scalp in removing dead cells. Amla can help in avoiding hair fall.

**Benefits of Methi**

- Reduces hair loss: Methi contains vitamin E and selenium that help in reducing hair loss caused by the presence of selenium. Amla also reduces hair loss by providing immense amount of nutrients to the hair roots.
- Promotes hair growth: Methi and amla are good for hair growth. In addition, the high concentration of Vitamin E present in amla helps in the growth of the hair.
- Prevents premature greying: Amla and methi aid in preventing premature greying of hair.
- Revives damaged hair: The proteins and amino acids included in amla and methi help in the repair of damaged hair.
- Prevents frizzy hair: Fenugreek (methi) and amla are both rich in proteins which work as a natural conditioner of the hair.
- Nourishes and hydrates the hair: The protein and moisture content in methi and amla helps in nourishing and hydrating the hair.
- Helps fight dandruff: The sulfur present in amla and methi helps in fighting dandruff.
- Helps improve circulation: Amla and methi help in improving blood circulation to the scalp.

**Game of Numbers**

**Sensible Sensitivity**

Sensible Sensitivity is a term that is often used to describe the sensitivity of a person to the needs and feelings of others. It is a term that is often used by professors and teachers to describe the sensitivity of their students to the needs and feelings of their peers. It is a term that is often used by doctors and nurses to describe the sensitivity of their patients to the needs and feelings of their doctors and nurses. It is a term that is often used by parents to describe the sensitivity of their children to the needs and feelings of their parents. It is a term that is often used by therapists to describe the sensitivity of their clients to the needs and feelings of their therapists.

---

**TEJAL SINHA**

my character needed to look deadly and have entirely changed my look, making me that I have ever come across. What makes it ter of Abbas Bhai, a character that is very Murder

---

**Wednesday July 20, 2022**

---
China to host Asian Games in 2022 after Covid postponement

Sable finishes disappointing 11th in 3000m steeplechase final in World Championship

11 players selected to join NBA Academy India

Los Angeles Olympics likely to be July 24, 2024

Sable finishes disappointing 11th in 3000m steeplechase final in World Championship

11 players selected to join NBA Academy India

Los Angeles Olympics likely to be July 24, 2024

India's Harshada clinches Gold medal at Asian Youth and Junior Weightlifting Championships

Sable finishes disappointing 11th in 3000m steeplechase final in World Championship

11 players selected to join NBA Academy India

Los Angeles Olympics likely to be July 24, 2024

Spurs sign Middlesbrough defender Spence

Sable finishes disappointing 11th in 3000m steeplechase final in World Championship

11 players selected to join NBA Academy India

Los Angeles Olympics likely to be July 24, 2024

India's Harshada clinches Gold medal at Asian Youth and Junior Weightlifting Championships

Sable finishes disappointing 11th in 3000m steeplechase final in World Championship

11 players selected to join NBA Academy India

Los Angeles Olympics likely to be July 24, 2024

Spurs sign Middlesbrough defender Spence

Sable finishes disappointing 11th in 3000m steeplechase final in World Championship

11 players selected to join NBA Academy India

Los Angeles Olympics likely to be July 24, 2024

India's Harshada clinches Gold medal at Asian Youth and Junior Weightlifting Championships

Sable finishes disappointing 11th in 3000m steeplechase final in World Championship

11 players selected to join NBA Academy India

Los Angeles Olympics likely to be July 24, 2024

India's Harshada clinches Gold medal at Asian Youth and Junior Weightlifting Championships

China to host Asian Games in 2022 after Covid postponement

Indian weightlifters, who revel in the success of their female counterparts, have planned to construct 56 competition venues and almost 150 training centers across the region. The World University Games were originally planned to be held in June in Changsha and already delayed from last year, have also been postponed again, until 2023. The Asian Games typically used to be held in other Asian cities across the region. Sports under the 2022 Asian Games.

The Chinese weightlifting federation has promised to construct 56 competition venues and almost 150 training centers across the region as a way to develop the sport in the country. The Games were originally scheduled for September this year, but were postponed due to the pandemic. India's Indian weightlifters, who revel in the success of their female counterparts, have planned to construct 56 competition venues and almost 150 training centers across the region. The World University Games were originally planned to be held in June in Changsha and already delayed from last year, have also been postponed again, until 2023. The Asian Games typically used to be held in other Asian cities across the region. Sports under the 2022 Asian Games.

The Chinese weightlifting federation has promised to construct 56 competition venues and almost 150 training centers across the region as a way to develop the sport in the country. The Games were originally scheduled for September this year, but were postponed due to the pandemic. India's Indian weightlifters, who revel in the success of their female counterparts, have planned to construct 56 competition venues and almost 150 training centers across the region. The World University Games were originally planned to be held in June in Changsha and already delayed from last year, have also been postponed again, until 2023. The Asian Games typically used to be held in other Asian cities across the region. Sports under the 2022 Asian Games.

The Chinese weightlifting federation has promised to construct 56 competition venues and almost 150 training centers across the region as a way to develop the sport in the country. The Games were originally scheduled for September this year, but were postponed due to the pandemic. India's Indian weightlifters, who revel in the success of their female counterparts, have planned to construct 56 competition venues and almost 150 training centers across the region. The World University Games were originally planned to be held in June in Changsha and already delayed from last year, have also been postponed again, until 2023. The Asian Games typically used to be held in other Asian cities across the region. Sports under the 2022 Asian Games.

The Chinese weightlifting federation has promised to construct 56 competition venues and almost 150 training centers across the region as a way to develop the sport in the country. The Games were originally scheduled for September this year, but were postponed due to the pandemic. India's Indian weightlifters, who revel in the success of their female counterparts, have planned to construct 56 competition venues and almost 150 training centers across the region. The World University Games were originally planned to be held in June in Changsha and already delayed from last year, have also been postponed again, until 2023. The Asian Games typically used to be held in other Asian cities across the region. Sports under the 2022 Asian Games.

The Chinese weightlifting federation has promised to construct 56 competition venues and almost 150 training centers across the region as a way to develop the sport in the country. The Games were originally scheduled for September this year, but were postponed due to the pandemic. India's Indian weightlifters, who revel in the success of their female counterparts, have planned to construct 56 competition venues and almost 150 training centers across the region. The World University Games were originally planned to be held in June in Changsha and already delayed from last year, have also been postponed again, until 2023. The Asian Games typically used to be held in other Asian cities across the region. Sports under the 2022 Asian Games.

The Chinese weightlifting federation has promised to construct 56 competition venues and almost 150 training centers across the region as a way to develop the sport in the country. The Games were originally scheduled for September this year, but were postponed due to the pandemic. India's Indian weightlifters, who revel in the success of their female counterparts, have planned to construct 56 competition venues and almost 150 training centers across the region. The World University Games were originally planned to be held in June in Changsha and already delayed from last year, have also been postponed again, until 2023. The Asian Games typically used to be held in other Asian cities across the region. Sports under the 2022 Asian Games.

The Chinese weightlifting federation has promised to construct 56 competition venues and almost 150 training centers across the region as a way to develop the sport in the country. The Games were originally scheduled for September this year, but were postponed due to the pandemic. India's Indian weightlifters, who revel in the success of their female counterparts, have planned to construct 56 competition venues and almost 150 training centers across the region. The World University Games were originally planned to be held in June in Changsha and already delayed from last year, have also been postponed again, until 2023. The Asian Games typically used to be held in other Asian cities across the region. Sports under the 2022 Asian Games.

The Chinese weightlifting federation has promised to construct 56 competition venues and almost 150 training centers across the region as a way to develop the sport in the country. The Games were originally scheduled for September this year, but were postponed due to the pandemic. India's Indian weightlifters, who revel in the success of their female counterparts, have planned to construct 56 competition venues and almost 150 training centers across the region. The World University Games were originally planned to be held in June in Changsha and already delayed from last year, have also been postponed again, until 2023. The Asian Games typically used to be held in other Asian cities across the region. Sports under the 2022 Asian Games.

The Chinese weightlifting federation has promised to construct 56 competition venues and almost 150 training centers across the region as a way to develop the sport in the country. The Games were originally scheduled for September this year, but were postponed due to the pandemic. India's Indian weightlifters, who revel in the success of their female counterparts, have planned to construct 56 competition venues and almost 150 training centers across the region. The World University Games were originally planned to be held in June in Changsha and already delayed from last year, have also been postponed again, until 2023. The Asian Games typically used to be held in other Asian cities across the region. Sports under the 2022 Asian Games.

The Chinese weightlifting federation has promised to construct 56 competition venues and almost 150 training centers across the region as a way to develop the sport in the country. The Games were originally scheduled for September this year, but were postponed due to the pandemic. India's Indian weightlifters, who revel in the success of their female counterparts, have planned to construct 56 competition venues and almost 150 training centers across the region. The World University Games were originally planned to be held in June in Changsha and already delayed from last year, have also been postponed again, until 2023. The Asian Games typically used to be held in other Asian cities across the region. Sports under the 2022 Asian Games.

The Chinese weightlifting federation has promised to construct 56 competition venues and almost 150 training centers across the region as a way to develop the sport in the country. The Games were originally scheduled for September this year, but were postponed due to the pandemic. India's Indian weightlifters, who revel in the success of their female counterparts, have planned to construct 56 competition venues and almost 150 training centers across the region. The World University Games were originally planned to be held in June in Changsha and already delayed from last year, have also been postponed again, until 2023. The Asian Games typically used to be held in other Asian cities across the region. Sports under the 2022 Asian Games.

The Chinese weightlifting federation has promised to construct 56 competition venues and almost 150 training centers across the region as a way to develop the sport in the country. The Games were originally scheduled for September this year, but were postponed due to the pandemic. India's Indian weightlifters, who revel in the success of their female counterparts, have planned to construct 56 competition venues and almost 150 training centers across the region. The World University Games were originally planned to be held in June in Changsha and already delayed from last year, have also been postponed again, until 2023. The Asian Games typically used to be held in other Asian cities across the region. Sports under the 2022 Asian Games.
Kollywood beauty Sa Dhansika makes her big screen debut in Telugu

Akshay, Samantha Unleash Laugh Riot In Third Episode Of Koffee With Karan

Motion Poster Of Telugu Political Thriller Sasana Sabha Released

Acharya brings more troubles for Koratala Siva

Pushpa star to unveil Indian flag in the US

Sa Dhansika is all set to make her debut in the Telugu film industry and shared some exclusive tidbits related to the movie and behind the scenes. The third episode of the seventh season of popular chat show Koffee With Karan. Akshay, Samantha unleashed a laugh riot on the couch as one of the leading stars of the seventh season of the popular chat show. Akshay and Samantha delivered by the two celebrated guests. Akshay's quick wit and Samantha's sense of humour are the core element of the show. Akshay's slapgate, show host Karan Johar asked the question, "What would you do if Chris Rock made a joke about you?" Samantha, the actress who has always been known for her sense of humour, delivered a laugh riot on the couch. The third episode of the show is going to be a treat for the viewers as it marks Akshay's third appearance on the show and Samantha's first. The third episode of the show will be released on Thursday, 7th July.

Kollywood beauty Sa Dhansika makes her big screen debut in Telugu

Sa Dhansika is all set to make her debut in the Telugu film industry. Sa Dhansika played the lead role in the Bollywood film Kaagaz, which was released earlier this year. The film was a huge success and Sa Dhansika received a lot of praise for her performance. The actress is known for her versatility and has played various roles in different industries. She has also received critical acclaim for her acting. Sa Dhansika's debut in the Telugu industry is a much-awaited event for the fans. The actress is looking forward to this opportunity and is excited to explore new horizons in the Telugu film industry.

Pushpa star to unveil Indian flag in the US

Bollywood actor Allu Arjun will be unveiling the Indian flag in the US. The actor is going to be a part of the 75th Independence Day celebrations in the US. The event is being organized by the Indian Association of New York, New Jersey, and Connecticut. The event will be held on the 15th of August at the Indian Consulate in New York. The event will include a cultural program, musical performance, and a flag hoisting ceremony. The actor will be sharing the stage with several other guests, including Bollywood star Akshay Kumar and other Indian celebrities. The event is going to be a huge celebration of Indian culture and unity.

Acharya brings more troubles for Koratala Siva

Arjun Reddy director Koratala Siva is facing more trouble with his upcoming film Acharya. The film is a political thriller and is being produced by Thulasi Ram Prasad, Indra Sena, Nepalese film producer Raj Venkatesh, and Telugu film producer Pradhu Babu. The film is going to be released on the 30th of September. The release date is not yet finalized, and the post-production work is still going on. The film is going to be a huge challenge for the director as he has to manage the pressure of a huge release date and the expectations of the audience. The film is going to be a test of Koratala Siva's mettle as a director, and the audience is looking forward to see how he manages to make a film with a big release date.

Motion Poster Of Telugu Political Thriller Sasana Sabha Released

The unit of Telugu political thriller Sasana Sabha released the motion poster of the film. The poster is looking very promising and is creating a lot of buzz among the audience. The unit claims that the movie's subject will be making a special appearance in the movie. The motion poster is looking very exciting and is giving a glimpse of what the film is going to be about. The unit is looking forward to the release date and is hoping to make a mark in the Telugu film industry.

Pushpa star to unveil Indian flag in the US

Bollywood actor Allu Arjun will be unveiling the Indian flag in the US. The actor is going to be a part of the 75th Independence Day celebrations in the US. The event is being organized by the Indian Association of New York, New Jersey, and Connecticut. The event will be held on the 15th of August at the Indian Consulate in New York. The event will include a cultural program, musical performance, and a flag hoisting ceremony. The actor will be sharing the stage with several other guests, including Bollywood star Akshay Kumar and other Indian celebrities. The event is going to be a huge celebration of Indian culture and unity.

Motion Poster Of Telugu Political Thriller Sasana Sabha Released

The unit of Telugu political thriller Sasana Sabha released the motion poster of the film. The poster is looking very promising and is creating a lot of buzz among the audience. The unit claims that the movie's subject will be making a special appearance in the movie. The motion poster is looking very exciting and is giving a glimpse of what the film is going to be about. The unit is looking forward to the release date and is hoping to make a mark in the Telugu film industry.

Kollywood beauty Sa Dhansika makes her big screen debut in Telugu

Sa Dhansika is all set to make her debut in the Telugu film industry. Sa Dhansika played the lead role in the Bollywood film Kaagaz, which was released earlier this year. The film was a huge success and Sa Dhansika received a lot of praise for her performance. The actress is known for her versatility and has played various roles in different industries. She has also received critical acclaim for her acting. Sa Dhansika's debut in the Telugu industry is a much-awaited event for the fans. The actress is looking forward to this opportunity and is excited to explore new horizons in the Telugu film industry.

Pushpa star to unveil Indian flag in the US

Bollywood actor Allu Arjun will be unveiling the Indian flag in the US. The actor is going to be a part of the 75th Independence Day celebrations in the US. The event is being organized by the Indian Association of New York, New Jersey, and Connecticut. The event will be held on the 15th of August at the Indian Consulate in New York. The event will include a cultural program, musical performance, and a flag hoisting ceremony. The actor will be sharing the stage with several other guests, including Bollywood star Akshay Kumar and other Indian celebrities. The event is going to be a huge celebration of Indian culture and unity.