The Indian Army’s Eastern Command chief on Monday said that the army is ready to meet any challenge. He said the army is prepared to take any action if needed. The army is fully equipped and trained to deal with any situation that may arise along the border. The army is also working closely with other security agencies to ensure the safety and security of the people. The Chinese authorities have built border villages close to the Indian border, which is a concern for the Indian army. The army has also加紧了 its preparations in the region, with increased deployment and readiness.

The weather office said that there is a strengthening south-westerly flow in the lower tropospheric levels, which is expected to bring rains to the Telangana region. The region, a major producer of fortress rice, is crucial to the largely agrarian economy of the district. The rice farmers are looking forward to the rains as they can improve their production this season.

The environmental protection agency said that the air quality index in the city has improved significantly after the rains. The agency has advised people to continue to monitor the air quality index and take necessary precautions to protect themselves from air pollution.

The Railway Board has urged the Ministry of Railways to expedite the construction of the new railway line from Hyderabad to Chennai. The railway line is expected to reduce travel time between the two cities and boost economic growth in the region.

The district health and family welfare department has advised people to take necessary precautions to prevent the spread of diarrhoea and other water-borne diseases. The department has warned that the water in the local water sources is not safe for consumption.

The government has announced that all state government employees will get a 7th Pay Commission allowance. The allowance is expected to improve the standard of living of the employees and boost their morale.

The government has also announced that the pension scheme for non-gazetted employees will be revised. The revision is expected to benefit the employees by increasing their pension benefits.
**Dalt Bandha...**

Continued from page 1

There are vendors like washing bridges, hawking fruits, vegetables, gadiyam, etc., who are being hounded and people are able to earn a livelihood. It is one of the most successful pro-

Continued from page 1

PM'S HYDERABAD

Responding to the drama around Venkaiah Naidu’s personal visits, the Governor’s office sends another explanation. Some media reports about Venkaiah Naidu’s visits have been misleading, and there is no need for such reports, said. “The Governor is a statesman and has been doing his job for the people,” he added.

The two incidents reflect the political situation in the country, said. “There is a difference between the two incidents, one is related to the Governor’s visits to the public places, and the other is related to the media reports about the Governor’s visits,” he said.

The book is a compilation of articles authored by AIPs across the country on how the country is leading the world by achieving the desired goals and how he sacrificed his life for the sake of the country. The book, published in two volumes, spans more than two decades over the book.

**Y SATYA KUMAR**

BJP Policy Secretary

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Training in which they men-

Continued from page 1

PM'S HYDERABAD

The Governor cited the pro-

Continued from page 1

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Gurukuls compromise...

Continued from page 1

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Verbal duel between BJP & KTR indecent: Revanth

Hyderabad : Amid thepeculiarities of youth, scientists, businesspersons, economists, and the like, there is one thing about which everyone agrees. And that is, the media is a crucial part of our democracy, and we should respect and support it. But the question remains, how much respect and support should we give to the media? And how can we ensure that the media is acting responsibly?

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IN BRIEF

Marriage to minor girl held in the guise of birthday: Commissioner

K.T. Rama Rao, Minister for Forests, Municipal Administration and Urban Development, who has interacted with senior citizens in several towns, has said Officers as part of their mid-morning programme, which was organised at the temple complex

The Additional Commissioner of Police (ACP) of the Hyderabad Traffic Police, J. Mohan Reddy, has clarified that the police will not impose any fine for parking in excess than allowed for a specific parking zone, as long as the owner of the vehicle is within the parking zone.

Police have arrested a 17-year-old student of Nizam College for allegedly stealing Rs. 5,000 from a bank account.

Traffic Police to conduct summer camp for children

The Hyderabad Traffic Police (HTP) on Monday announced that they will conduct a summer camp for children of both parents and students at the traffic training school at Banjara Hills from May 23 to May 26.

NCPEDP, SLS sign MoU on issues relating to disability

The National Centre for Persons with Disabilities (NCPEDP) and the Society for the Betterment of Struggling Students (SLS) have signed a Memorandum of Understanding (MoU) on the issues related to persons with disabilities.


drives-in, restaurants incur loss due to 11pm closure rule

A comprehensive awareness programme is being organised to spread the message of road safety and awareness regarding the closure of business at 11 pm.

Doctors differ from the view of Health Minister on C-section surgeries at govt hospitals

The medical community is divided over the Health Minister's announcement on cutting unnecessary Caesarean sections.

Marriage to minor girl held in the guise of birthday: Commissioner

The Commissioner of Police, CV Satyanarayana, has ordered a probe into the case where a minor girl was married to a man in the guise of a birthday ceremony.

Drives-in, restaurants incur loss due to 11pm closure rule

The government has announced that all commercial establishments, including restaurants, will have to close by 11 pm from June 1.

Steps to take for the fast-paced development of our businesses are being taken by the police force,

The police have issued guidelines to ensure the smooth conduct of the SSC exams.

Cardiac arrest patient brought to hospital by volunteers

A patient who suffered a cardiac arrest was brought to a hospital by volunteers, including a police constable.

C-sections in govt hospitals only in emergencies: Doctors

Doctors in the city have decided that C-sections in government hospitals will be performed only in cases of emergency.

Absconding cashier booked in bank theft case

A cashier who allegedly stole Rs. 2,000 from a bank has been arrested by the police.

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Why are BJP, Congress leaders ignoring each other in Telangana?

OFFICIALS directed to educate farmers on need for going for alternative crops

SIDDIPET: Additional Collector Murali Krishna Reddy on Monday enacted a programme for educating farmers on the need to grow alternative crops after Yugga summer season.

Mr. Murali Krishna along with Additional Collector Surekha Renu and other officials conducted the drive at Upper Godavari mandal, Suryapet district. During the review meeting, the Additional Collector directed the officials to educate farmers about the benefits of growing alternative crops so that they can get better returns for their crops.

The officials conducted the meeting in various places with the need for the farmers to know the alternative crops to be grown for their welfare.

Mr. Murali Krishna and Surekha Renu distributed educational materials to the farmers.

Rains wreak havoc, damage crops in Jagtial district

JAFTIAL: Heavy rains that battered the district on the intervening night forced farmers to abandon their fields as their crops lay damaged after rains.

At least 350 farmers were seen sitting on the outskirts of the town after the damage their crops caused by the heavy rainfall that lashed the district on Monday.

Agriculture Department officials conducted an inspection of the damage caused to the crops in the district.

Bandi demands fast-track trial for Nagarajuru murder suspects

HYDERABAD: RPNP Bandi Santosh Reddy on Wednesday demanded a fast-track trial for the four persons who had been arrested for the murder of Nagarajuru.

The MLC said that the trial should be held in the Basti district court and the court should be allowed to proceed with the trial without any delay.

Youth commits suicide in Khammam district

KHAMMAM: A 23-year-old M Tech graduate from Khammam district committed suicide by hanging himself at the home of his parents.

The suicide, which occurred on Monday, is the second one in Khammam in the last three days.

DC inaugurates 15-day sports and cultural camp for school students

SANGAREDDY: District Collector P. V. Ramaiah on Friday inaugurated a 15-day sports and cultural camp for students at the Government High School in Sympathy.

The Collector said that the camp would provide a platform for students to participate in sports and cultural activities.

Bhopalarpur police station complaint

A 23-year-old woman, who was allegedly raped by her neighbour, filed a complaint with the police.

The woman alleged that the neighbour had raped her in the night.

The police registered a case and arrested the neighbour.

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Women survivors worried about livelihood, future

It is like a video continuously playing in my head. I still hear screams of people burning in front of my eyes. Last year-old Mantra, one of the surviving women, said it was hell to live as a woman in Uttar Pradesh. Mantra suffered burns on her feet, and her husband has been asked to take rest until she is fully recovered. She is a tenant of a four-story building that was engulfed the four-story building in a blaze that started on the first floor of the building. The mosque committee spokesperson dismissed the mosque's outer walls.

Dhobi and his friend Dr Arya were part of the mosque’s committee. "We are not saying that the mosque’s committee was not concerned," he added. "But the mosque’s committee was not aware of the presence of the women survivors in the same building." He said that some women, who were daily wagers and worked as domestic helps in the mosque complex, were also killed in the fire.

BJP works to create divide, Cong to connect with all: Rahul

Cong leader Rahul Gandhi on Monday accused the BJP and Prime Minister Narendra Modi of dividing the country and targeting minorities in the name of religion. "You are not only dividing the country but trying to create two Hindustans," he said.

Rahul said the BJP and Modi want to create a Hindu Rashtra and "terrorist groups" and "terrorists" are part of this movement. "It is a conspiracy to divide the country," he said.

BJP leader and Uttar Pradesh BJP chief Dimple Yadav on Monday accused the Cong of "dividing the country and targeting minorities in the name of religion." "You are not only dividing the country but trying to create two Hindustans," she said.

Rahul Gandhi said the Cong would work to create a divide in the country and the BJP would work to "crush" and "divide" the country.

"Our message is clear: We believe in one India and one nation," he said.

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India's model

The number of the so-called "neutral" countries across the globe is shrinking

Russia attacked Ukraine and the world is topic-ary since then. Grounded realities of how nations conduct and secure themselves are for a long time the fact that the conflict concludes, the world may see the emergence of reformed systems of how nations, as individuals or groups, behave with one another. The conflict draws the world's attention to India, which has seen its borders thinned almost annually for the past two decades.

PM Modi's ongoing visit to Nepal signifies a turning point in bilateral relations as it aims to boost shared cultural heritage amidst the peoples of the two countries.

ECONOMIC TIES BETWEEN THE COUNTRIES

Prime Minister Sher Bahadur Deuba visited Nepal and chatted about shared bilateral ties. The two leaders discussed the need to facilitate shared development such as economic cooperation.

India and Nepal have a long history of cooperation in various fields, including economic and cultural ties. India is a major trading partner of Nepal, with economic relations being crucial for both countries.

Head held high

India's historic Thomas Cup win will go a long way in promoting other sports, too

What is India's historic victory in the Thomas Cup? The Thomas Cup, a prestigious badminton tournament, is considered one of the most important events in the sport. India's victory in the tournament is significant as it marked the country's first win in the competition.

The Thomas Cup is a badminton team event for men, established by the Badminton World Federation (BWF) in 1949. The tournament is held biennially and is one of the oldest and most prestigious tournaments in badminton.

In 2018, India achieved its first ever win in the Thomas Cup, a milestone in the country's badminton history. This victory was achieved after a long wait, with India having been runners-up in the previous edition of the tournament in 2016.

The victory was a result of the hard work and dedication of the players, coaches, and support staff. It was a collective effort, and the players' perseverance, especially in the face of tough challenges, played a crucial role in securing the win.

PM Modi is on a four-day visit to Nepal and is expected to contribute to the renewal of bilateral ties between the two countries. This visit is significant as it comes at a time when India and Nepal are working towards strengthening their economic and cultural ties.

The visit will also provide an opportunity for the leaders to discuss various issues of mutual interest, including trade, investment, and cultural exchange. It is expected that the visit will contribute to the overall development of the relationship between India and Nepal.

The Thomas Cup victory has brought a wave of excitement and pride among the Indian people, who have been following the tournament closely. The victory has also been celebrated as a milestone in the country's sporting history and a testament to the hard work and dedication of the players and coaches.

India's historic Thomas Cup win will go a long way in promoting other sports, too. It is expected that the victory will inspire the younger generation to take up badminton and other sports, and contribute to the overall development of sports in the country.
The Government should look at ways for pruning subsidy. Indeed, there is an unexplored scope for it.

The ranking of India in the 2022 World Press Freedom Index has fallen to 142nd in the world, from 131st last year. Last year, India was ranked eight points higher at 134. The ranking is based on a composite index in the broad categories of legal框架, protection of sources, safety of journalists, freedom of expression, independence of the media, media pluralism, government advertising, legal framework, and gender imbalance. In the previous year, India had moved up by 25 places to 109.

India is the world’s largest democracy. It is a multi-ethnic nation with a diverse population. It is a country with a rich history and a long tradition of freedom of expression. However, in recent years, there have been concerns about the erosion of press freedom in the country. India is a signatory to the International Covenant on Civil and Political Rights, which guarantees the right to freedom of expression.

The report states that “media outlets largely depend on advertising revenue. They are dependent on advertisements in the print and online media alone. Revisiting the recent advertising contracts with local and regional Governments” and at the national level, it further notes that “within democratic societies, divisions based on caste and religion or even economic status are a normal feature of life. In India, the diversity of society is barely reflected in the media.”

The report also states that “the enormous diversity of Indian society is barely reflected in the media. The report further says “journalists are exposed to threats to their lives.”

The incidents which come to mind are putting a journalist in jail for exposing government corruption, or the fatal attack on journalist Gauri Lankesh in 2017.

The expenditure on food subsidies continues to be one of the biggest drains on the government’s finances. The Ministry of Finance estimates that the expenditure on food subsidies was ₹1.57 trillion in the financial year 2021-22, which is 4.3% of the country’s GDP. The expenditure on food subsidies has been increasing steadily over the years, from ₹0.85 trillion in 2010-11 to ₹1.57 trillion in 2021-22.

The government has been under pressure to cut subsidies, as they are seen as a major burden on the fiscal position. In recent years, the government has implemented reforms to reduce the size of the food subsidy, such as theDirect Benefit Transfer (DBT) scheme, which was introduced in 2013.

The DBT scheme aims to eliminate the middleman and reduce the leakages in the food subsidy system. It involves the transfer of subsidies to the beneficiaries’ bank accounts. The government estimates that the DBT scheme has reduced the leakage of funds by around 50%.

However, the DBT scheme has also faced criticism for its implementation. Some states have complained that the scheme is not well-planned and has led to delays in the transfer of funds to the beneficiaries.

The government is exploring ways to further reduce the food subsidy, such as increasing the emphasis on market-oriented reforms and reducing the number of beneficiaries. There is also a need to improve the targeting of the subsidy, to ensure that it is reaching the most vulnerable sections of the population.
**Spiraling inflation may boost gold demand as a hedge: Report**

Despite the World Gold Council’s projection that India’s gold consumption will marginally decline to 344 tonnes in 2023 from 356 tonnes in 2022, due to high gold prices as well as local, foreign and geopolitical factors, the council feels that the demand may not seriously decline and may fall between 334 and 344 tonnes in 2023. **Gold imports rose to 13.5 million troy ounces in FY23, reflecting a 17.3 per cent increase over the previous year.**

Current account deficit and more recent GDP data released on Monday. The range for gold imports in FY22 contributed to the surge in gold demand. The sudden increase in gold shipments have been waning and imports in FY23 were 28 billion USD in FY22 but began to rise again and scaled USD 10 billion in FY21 post-COVID-19. Gold imports are projected to reach USD 13.38 billion in FY23, according to the World Gold Council report.

**Chinese imports:** China, however, ramped up gold purchases in 2022. World gold council (WGC) said that China’s gold demand surged 45 per cent to 516.7 tonnes in 2022, as compared to 354.5 tonnes in 2021, driven by robust buying from both institutional and retail markets.**Current account deficit widened to USD 27.2 billion in the first quarter of 2023,** said the council.

**Indian imports:** Meanwhile, Indian gold imports have also experienced a significant increase. In the first quarter of 2023, India imported 106.2 tonnes of gold, 27.5 per cent higher than the corresponding period in 2022. In the fiscal year 2022-23, India imported 510.1 tonnes of gold, compared to 337.3 tonnes in the previous year.

**World gold council:** The World Gold Council (WGC) said in its report that “India’s gold demand is expected to grow in line with global growth.”

**Spiraling inflation may boost gold demand as a hedge:**

**Gold imports are projected to: Grow from USD 43 billion in FY23, according to UBS Securities India research on Monday.**

**Inflation rate:** Inflation is a key driver for gold demand, as investors look to hedge against the risk of losses in equity markets retail. Gold is often considered a safe haven asset during times of economic uncertainty and inflation.

**Gold demand:** The World Gold Council has projected that global gold demand will rise by 0.6 per cent in 2023, to 4,764 tonnes. This is driven by institutional investment, which is expected to rise by 7 per cent to 1,020 tonnes, and retail demand, which is expected to remain flat at 3,744 tonnes.

**ADB offers to acquire 26% of Ambuja Cements and ACC from open market**

ADB’s Managing Director Subbarao Kollu on Monday said that the Asian Development Bank has approached Ambuja Cements Ltd (Ambuja) and ACC Limited to offer to acquire 26% of the equity stake each in the two listed companies from open market through a public offer. The offer price will be determined at a discount to the closing price of the respective stock on the date of the offer.
### Hypertension, the Silent Killer

Hypertension is a condition where the blood pressure is persistently high. It is often referred to as the "silent killer" because it can cause serious health problems without any symptoms. In this article, we will discuss the causes, symptoms, and treatment of hypertension.

#### Causes of Hypertension
Hypertension is often caused by a combination of factors, including:
- **Age and Lifestyle**: As we age, the risk of hypertension increases. High blood pressure can be caused by lifestyle factors such as smoking, excessive alcohol consumption, and a sedentary lifestyle.
- **Genetics**: Family history is a significant risk factor for hypertension.
- **Health Conditions**: Conditions such as diabetes, kidney disease, and sleep apnea can also cause hypertension.
- **Medications**: Certain medications can increase blood pressure, such as corticosteroids, decongestants, and oral contraceptives.
- **Obesity**: Being overweight or obese increases the risk of hypertension.

#### Symptoms of Hypertension
Hypertension often does not have any symptoms. It is often referred to as the "silent killer" because it can cause serious health problems without any symptoms. However, some people may experience symptoms such as:
- **Migraines**: Headaches or severe headaches.
- **Vision problems**: Blurred vision or seeing flashes of light.
- **Nosebleeds**: Increased frequency of nosebleeds.
- **Shortness of breath**: Difficulty breathing.

#### Treatment of Hypertension
The treatment of hypertension involves a combination of lifestyle changes and medication. Lifestyle changes include:
- **Diet**: A healthy diet rich in fruits, vegetables, and whole grains and low in salt and saturated fat.
- **Exercise**: Regular physical activity such as walking, swimming, or cycling.
- **Weight loss**: Losing weight can help lower blood pressure.
- **Reducing alcohol intake**: Limiting alcohol consumption can help lower blood pressure.
- **Quit smoking**: Smoking increases the risk of hypertension.

Medication may also be prescribed to help lower blood pressure. Common medications include:
- **Diuretics**: These medications help the body get rid of excess salt and water.
- **ACE inhibitors**: These medications help relax blood vessels and lower blood pressure.
- **Beta blockers**: These medications block the effects of adrenaline on the heart and blood vessels, which can help lower blood pressure.

#### Conclusion
Hypertension is a serious condition that can lead to heart disease, stroke, and kidney damage. It is important to keep an eye on your blood pressure and make lifestyle changes to prevent hypertension. If you are at risk for hypertension, talk to your doctor about ways to manage your risk factors and prevent this silent killer from causing serious health problems.
what’s brewing?

Party

Photos by SV Chary

Dr. Kumudhini

Hemalatha and Priyanka

Step in today to get the best pampering for your skin and hair, as Filmfare and Nandi award winner Chinmayi Sripaada has expanded her medi-spa brand Deep Skin Dialogues to Hyderabad. The Medi-Spa also offers world-class medi-facials that make your skin smooth and glowing.

IPS officer Chandana Deepti, DCP North Zone, inaugurated the Passion Nature Wellness Foundation at West Marredpally in Secunderabad. Apart from the PNW Foundation, the JG Fat to Fit Centre was also inaugurated.

Actress Anupama Parameswaran inaugurated the Dumont Ice Cream store at Himayat Nagar in Hyderabad. The brand is known for all the organic ingredients they use in their ice creams.

Fun

Archie

Garfield

Nancy

Ginger Meggs

Calvin and Hobbes

Reality Check

Speed Bump

Crossword

Sudoku

Karma
Bigg Boss was a learning stage for me: Siri Hanumant

Harish Shankar to remake Telugu version of Raid

BFF presents the financial struggles, and immediate said yes to the project. As Siri Hanumant, who rose to fame after entering the Bigg Boss house, will now be seen playing one of the lead roles in the upcoming new-age web series #BFF. In an exclusive interview with The Pioneer, Siri shares about her role, life after Bigg Boss, marriage, and much more.

If you want to become someone’s BFF (best friend for the rest of your life), it’s important to connect more to this show. “The makers are trying to get an age group that is not only targeted at fans but other cast members are also trying to get a performance that is above average,” she said.

“Solasangadha” is a remake of Dice Media’s popular web series, Bigg Boss, and its remake, Kushi, is being produced by Purnodaya Movie Creations and directed by Rohini, Vennela Kishore, Ali, Murali Sharma, and others. It is currently busy with Pranay Kelkar, who also stars in the movie. It is directed by Shiva Nirvana and produced by Prasad Lab.

Talking about her role as F3, Sonal said, “I love playing characters that are not my own and I think this is a great chance for me to play a strong, effi¬cient character. I’m really happy with my new role and I think the audience will love it.”

Talking about her role in F3, Sonal said, “I’m really happy with my new role and I think the audience will love it.”

Sonal Chauhan has been away from the small screen for a long time, and the entire cast and crew are looking forward to her return. Sonal is currently busy with F3, and the makers are confident that the audience will love her performance. Sonal is playing a character in the show and she is really excited about it. Sonal is also looking forward to working with Prabhas and other cast members.

Sonal’s character in F3 is a true blue romantic comedy, and the makers are confident that the audience will love it. Sonal is looking forward to working with Prabhas and other cast members.

The makers are trying to get an age group that is not only targeted at fans but other cast members are also trying to get a performance that is above average. “The makers are trying to get an age group that is not only targeted at fans but other cast members are also trying to get a performance that is above average,” she said. 

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Saiyad Martinez has said that the title race will head to the final day of the season, as the two teams finish level on points. The last two days have been crucial for both sides, as they have been locked in a battle for the top two spots. The Martinez is set to host the title decider against Boca Juniors on Sunday, which will be a crucial match for the team. The Martinez is one of the top teams in the league and has been in great form in recent weeks. They have won their last two matches and are looking to extend their winning streak. On the other hand, Boca Juniors have been struggling in recent weeks and are looking to get back to their winning ways. The Martinez are expected to win this match and secure their place in the top two spots.