



Sunday Pioneer

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ED action in National Herald case is to protect nation's assets: Goyal

5



RBI to remain 'agile & proactive' IN POLICY
action: Guv Malhotra

8



Wheels of strength, WORLD stage ahead

100%

QUOTE OF THE DAY

The Pioneer

The BRS will abstain from the Hyderabad MLC elections. The BJP state president, G. Kishan Reddy, can say what he wants. The fact is that we don't have the numbers to win in the local body MLC polls here. So, we decided to abstain and boycott the election. We will not vote for the BJP or the AIMIM, and therefore, we will not take part in the electoral process



-KT Rama Rao, BRS MLA

DON'T MISS...

HYDRAA clears road encroachments

In a much-needed relief to residents of multiple colonies in Injapur village, the Hyderabad Disaster Response and Asset Protection Agency (HYDRAA) on Saturday cleared road encroachments that had blocked access to at least seven residential layouts. Locals welcomed the action with gratitude, describing it as a long-awaited resolution to their daily struggles. The demolition took place in Sri Rangapuram Colony under Turkayamjal Municipality in Rangareddy ...

-PAGE: 3

Gym trainer held for selling steroids

Steroids pose a major threat and using steroids for short-term physical strength can have serious effects on health and may cause serious health problems, there is a high chance of heart-related problems. Agym trainer himself started using steroids and later became involved in the illegal business of selling banned steroids to young people who joined his gym for training. According Warangal Assistant Commissioner of Police Nandiram Nayak, the Warangal police arrested gym trainer Kandagatla ...

-PAGE: 4

Raj and Uddhav spark reunion buzz

MNS leader Raj Thackeray has sparked speculation about a potential political rapprochement with his estranged cousin and Shiv Sena (UBT) chief Uddhav Thackeray, noting their past differences are "trivial" and uniting for the greater good of "Marathi mannos" is not a difficult task. The buzz strengthened when Uddhav on Saturday said he is ready to put aside trivial fights provided that those working against Maharashtra's interests will not be entertained, a veiled reference to Raj hosting Shiv Sena head and Deputy CM Eknath Shinde at his residence. In an interview with...

-PAGE: 5

Looking forward to visiting India: Musk

Tesla and SpaceX CEO Elon Musk on Saturday said he is looking forward to visiting India later this year. The tech billionaire's remarks came a day after he and Prime Minister Narendra Modi spoke and discussed the immense potential for collaboration in technology and innovation. "It was an honor to speak with PM Modi. I am looking forward to visiting India later this year!" Musk said in a post on X. Musk is considered one of the most influential persons in the Donald Trump administration and is spearheading the Department of Government Efficiency (DOGE) aimed at cutting...

-PAGE: 8

Ex-babus: Govt for destroying Kancha Gachibowli forest

PNS ■ HYDERABAD

In a strongly worded open statement, 67 retired IAS, IPS, IFS and other senior government officers from across the country have raised an alarm over what they described as the "destruction of forests" in Hyderabad's Kancha Gachibowli area.

Under the banner of the Constitutional Conduct Group, the signatories expressed serious concern over the bulldozing of more than 100 acres of thick natural vegetation near the Hyderabad Central University, purportedly to create IT infrastructure.

The statement, dated April 19, 2025, accuses the Telangana Government of violating Supreme Court orders, including the landmark 1996 Godavarman ruling, which required all states to identify and geo-reference forests regardless of ownership.

"The land in Kancha Gachibowli would have been most probably be classified as forest had these orders been followed," the statement said, pointing out that the Telangana Government had failed to form a State Expert Committee (SEC) until March 15, 2025.

The retired officials, who include former ambassadors, chief secretaries and former DGPs, said the state government's claim that



the land is not forest has no legal standing due to its non-compliance with the Supreme Court's directives.

Smita appears before police

Senior IAS officer Smita Sabharwal has raised questions over the state's handling of a police notice issued to her by the Gachibowli police, calling it a case of selective targeting and hinting at a violation of the principle of equality before law.

Posting on social media on Friday, Smita confirmed that she had fully



cooperated with the police and had submitted a detailed statement under the Bharatiya Nyaya Sanhita (BNSS) Act. "I have fully cooperated with the Gachibowli police, and have given my detailed statement today as a law-abiding citizen under the BNSS Act," she wrote on Saturday.

Continued on Page 2

Gurukula students shine in JEE Mains

'BRS has secret deal with BJP'

PNS ■ HYDERABAD

BRS Working President KT Rama Rao is behaving like a bonded slave of the BJP to save BRS MLC Kavitha from the Delhi liquor scam case, TPCC Chief B. Mahesh Kumar Goud said. In a statement issued on Saturday, Mahesh said that BRS leaders, who looted the state for 10 years like a 'gang of thieves,' have 'entered' into a 'secret deal' with the BJP to escape from corruption cases.

"BRS leaders, who looted the state for 10 years, have now become slaves of Narendra Modi to ensure that the Centre does not take

action against their irregularities. Taking advantage of your weaknesses, the BJP has done 'injustice' to the state by not giving it its fair share of funds. The state has lagged behind in all fields, as you have not questioned the BJP government, which has put its own interests first. Didn't you support the bills introduced by the Centre during the last 10 years, Mr KTR? It is ridiculous that you, who have supported all the decisions taken by Modi in the last 10 years, is now questioning the Congress. Isn't it true that you

Continued on Page 2

TOMCOM signs MoUs with Japanese employers

PNS ■ TOKYO

The Telangana Overseas Manpower Company Ltd (TOMCOM) has signed two Memoranda of Understanding (MoUs) with Japanese employers during Chief Minister Revanth Reddy's visit to Japan.

The agreements, inked with TERN (TGUK Technologies Pvt Ltd) and the Raj Group, aim to facilitate the recruitment of people from Telangana for employment in Japan in the healthcare, engineering, hospitality and construction sectors.

The MoUs were signed in the presence of the Chief Minister, underscoring the government's commitment to promoting global mobility for the state's professionals.

As per the collaboration agreement, Japanese employers have projected a requirement of around 500 hands in the next one to two years.

The expected openings are 200 posts in the healthcare sector, particularly in caregiving roles, 100 posts in engineering fields like auto-

The MoUs were signed in the presence of the Chief Minister, underscoring the government's commitment to promoting global mobility for the state's professionals



motive, mechanical, computer science and IT, 100 posts in hospitality services, 100 posts in construction-related jobs covering civil engineering, infrastructure and maintenance.

Meanwhile, Raj Group, in partnership with Japan's leading nursing care employer Tsukui Corporation Ltd, has been working with TOMCOM to recruit and train caregivers. With the new MoU, their scope now expands to other industries as well. "This initiative is aligned with the government's larger vision to tap into global labour markets and position Telangana as a hub of high-quality talent," said the officials accompanying the Chief Minister.

TOMCOM, functioning under the Department of Labour, Employment, Training & Factories, continues to play a pivotal role in identifying overseas jobs and preparing Telangana youth through skill development and international training.

These MoUs are expected to serve as a launchpad for long-term collaborations, making it easier for Telangana's workforce to contribute meaningfully to Japan's labour ecosystem while gaining secure global careers.

'BRS to stay away from MLC poll in Hyderabad'

PNS ■ HYDERABAD

BRS Working President K T Rama Rao on Saturday said the party has decided to stay away from the April 23 MLC election from the Hyderabad Local Authorities' Constituency as it does not have the requisite strength to win.

When asked about Union Minister and Telangana BJP president G Kishan Reddy's allegation that the BRS and Congress were trying to help the AIMIM candidate win by not contesting, Rao said his party had chosen to abstain because it could not support either the BJP or AIMIM. "Kishan Reddy can say what he



wants. The fact is, we don't have the numbers to win in the local body here. So, we have decided to abstain and boycott the election. We cannot vote for either the BJP or AIMIM, and therefore, we will not take part in the electoral process," Rao told PTI Videos.

However, BJP MLA Raja Singh criticised the BRS, alleging that the party had deliberately stepped aside to help AIMIM win.

He claimed there was a tacit understanding between the ruling Congress, BRS, and AIMIM.

Singh further said that the political future of Congress and BRS corporators in Hyderabad, who are eligible to vote, would be in jeopardy if they supported the AIMIM nominee. He added that abstaining from voting amounted to disrespecting democracy and urged Congress and BRS corporators to vote according to their conscience. The election to the Legislative Council from the Hyderabad Local Authorities' Constituency will be held on April 23. The contest is between BJP's N Goutham Rao and AIMIM's Mirza Riyaz Ul Hassan Effendi. Congress and BRS have not fielded candidates.

'Dharani created new problems for farmers'

PNS ■ HYDERABAD

Revenue Minister Ponguleti Srinivas Reddy said that the Dharani Portal introduced by the BRS government created problems for farmers that they had never faced before.

Participating in the Bhu Bharati Rythu Awareness programme held in Nagarkurnool district headquarters on Saturday, Ponguleti said that the BRS government made farmers face acute prob-

lems by introducing the Dharani Portal. The BRS government made farmers run around government offices, creating problems that never existed earlier.

He said that some farmers committed suicide due to the Dharani Portal and added that the BRS government had introduced the Dharani Portal only to serve the interests of the families of those who headed the government.

Continued on Page 2

'Defeat AIMIM in GHMC MLC polls'

PNS ■ HYDERABAD

The Union Minister of State for Home Affairs, Bandi Sanjay Kumar, lashed out at both the BRS and the Congress for either staying away from the GHMC local body MLC elections or not contesting at all. He criticised the BRS's decision to abstain from voting and condemned the Congress for not participating, stating that in a democracy, only Naxalites stay away from elections and boycott voting. He said that the



Congress and BRS leaders are the ideological heirs of the Naxalites and urged the public to defeat such par-

ties thoroughly in the upcoming elections. He warned that the political future of councillors from these parties who either abstain from voting due to fear of the whip or support the AIMIM will be ruined. He reminded everyone that 85% of the population in Telangana are Hindus and are extremely angry with them. He asked councillors from the Congress and the BRS to choose whether to be afraid of their party whip or vote and defeat the AIMIM.

Continued on Page 2

AICC, TPCC observers to select DCC presidents

PNS ■ HYDERABAD

The Congress has adopted a new process to select the presidents of District Congress Committees (DCCs). The party will appoint an AICC observer and two TPCC observers to decide new DCC presidents and will appoint them within three days once they are selected.

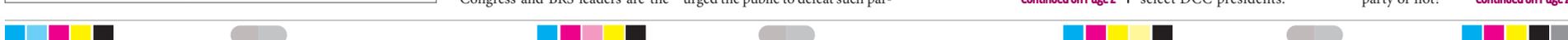
The party would also give training to the observers on how to select DCC presidents.

After the training, the three observers will go to the allotted districts and search for leaders fit to become DCC presidents. It is learnt that the observers would consider all aspects of a leader before confirming him or her as the DCC president.

Sources said the party observers would examine the leaders' history like how long they were with the party, and how they are serving the party, etc. Were they loyal to the party or not?

Continued on Page 2

OBTUSE ANGLE



Andhra Puts Brakes on BRS Bus Hunt

As preparations for the Silver Jubilee Celebrations of BRS for Warangal Sabha heat up, party leaders in border constituencies found themselves in a logistical pickle - with Telangana RTC buses fully booked, they tried knocking on APSRTC's doors. But the response wasn't welcoming. A former BRS MLA who reached out to a local Andhra depot was told bluntly - approval from "higher-ups" was needed since it involved a political gathering. Translation: the nod had to come from the TDP-BJP-JSP government in Andhra. Irritated by the political filter, the leader dropped the plan and settled for private buses. If even hiring a bus now depends on interstate political blessings, it's not just petty - it's deeply telling, muttered a senior BRS functionary. With Andhra's top brass not exactly BRS-friendly, the message even from Depot Staff was loud and clear - this isn't just a matter of transport. It's politics with a gear shift.

Bandi's balm, Kishan's burn - Raja Singh simmering again

The saffron camp in Telangana is once again seeing sparks fly - and not the festive kind. With BJP announcing N Gowtham Rao for Hyderabad MLC, firebrand MLA Raja Singh is fuming. Already at odds with Telangana BJP chief Kishan Reddy, this fresh move has only widened the gap. Raja Singh was furious over being kept out of the loop and sees this as yet another attempt by Kishan to sideline him. The tension between the two has been an open secret - both fighting for control over Hyderabad's narrative, but barely on talking terms. Enter Bandi Sanjay - the party's crisis manager for all things of Raja. On Hanuman Jayanthi, Sanjay paid a customary visit to Raja Singh's residence, reportedly to cool

scenes, whispers confirm that Faheem's protest had the full blessings of the CM - not just moral support, but logistical backing too. And this Eid, the message seems to be: the old order is watching, but a new order is gathering momentum.

Jana Reddy's letter lands TPCC chief in a tight spot

A letter written by senior Congress leader Kunduru Jana Reddy to the party high command has stirred political waters in Telangana, putting TPCC chief B Mahesh Kumar Goud in an uncomfortable position during a recent media interaction at Gandhi Bhavan. The letter, in which Jana Reddy urged the Congress leadership to consider the appeal of MLAs from erstwhile Rangareddy and Hyderabad districts for Cabinet berths,

REPORTERS' DIARY

BRS dips brush into Revanth's playbook, Congress smirks

As BRS gears up for its grand Warangal Mahasabha on April 27, party cadres are out with paintbrushes in hand - literally. Across villages, walls are getting a pink splash with slogans and posters announcing the event. But the optics have handed Congress leaders an unexpected punchline. "BRS particularly KTR used to mock Revanth Reddy for being a painter? Now that a painter has become CM, maybe someone advised them - try painting too, maybe it'll work for you," chuckled a senior Congress man when asked about the wall campaign. The sarcasm didn't stop there. Taking a direct swipe at BRS MLC Kavitha, the Congress leader added, "First they said going to jail qualifies one to become CM. Now painting walls too? If that's the case, Kavitha is clearly ahead - she's done both." While BRS leaders insist it's about connecting with the grassroots, the opposition sees it as another case of the former rulers trying to imitate the very styles they once ridiculed. However, soon the wall paintings were cleared off by local leaders.

temper. And it seems to have worked - for now. But not without a cheeky parting shot. "Whenever I want to go all out, Sanjay comes and tries to pacify," a visibly frustrated Raja Singh told reporters after the meeting. The line says it all - the volcano hasn't erupted, but it's still bubbling.

Faheem's Waqf protest sparks buzz of Minority power shift

There's a quiet but unmistakable churn within the minority leadership of Congress in Telangana - and Faheem Qureshi is emerging as its new face. While old guards like Shabbir Ali continue to hold sway in public memory, it's Faheem's bold Waqf bill protest - held without MIM's shadow - that's being seen as a symbolic shift in Muslim political assertion within Congress. What raised more than a few eyebrows was not just the protest itself, but who all turned up later at Faheem's Eid gathering. Chief Minister Revanth Reddy, a regular guest, was expected. But this time, Asaduddin Owaisi also walked in - and that rare mix of TPCC leadership and MIM supreme under one roof has sent the minority grapevine buzzing. Was it just curiosity? Or something more brewing? Behind the

appeal would serve not just regional interests but also benefit the Congress party and the development of Telangana at large. Facing tough questions from journalists, Mahesh Kumar Goud attempted to downplay the letter. He insisted there was nothing controversial about it, calling it an expression made in the party's larger interest. "If any journalist asks Jana Reddy for an MLC seat under the Governor quota, he'll even give a letter for that," Mahesh quipped, suggesting Jana Reddy's accommodating nature. However, the comment quickly backfired. Journalists pressed him on why similar letters weren't written in support of MLAs from Madiga, Tribal and BC communities who have also been demanding Cabinet berths. "If Jana Reddy can endorse one group, why not support inclusivity across caste lines?" one reporter asked. Another questioned whether the leadership was selectively listening to voices from more dominant districts. Caught off-guard by the barrage of uncomfortable questions, Mahesh Kumar Goud abruptly ended the interaction, stating he would "discuss with Jana Reddy" before making further comments.

(Naveena Ghanate and Kolishetty Venkateshwarlu)

Let's build Telangana together, CM tells Tokyo Telugus

PNS ■ HYDERABAD

Speaking at an event organised by the Japan Telugu Samakhya in Tokyo, Chief Minister A. Revanth Reddy urged the global Telugu community to actively participate in the development of Telangana. He highlighted the strides made by TG in the IT and pharma sectors, and outlined plans for future infrastructure projects and sustainability initiatives.

"We have achieved significant growth in the IT and pharma sectors in Telangana. The next big step is to establish a dry port, which will give a boost to exports and logistics," he said, emphasising the need for international-scale competitiveness.



The Chief Minister informed the gathering that his team had visited Tokyo's riverfront development areas. "Water is not just a resource; it's symbolic of our culture and progress. That is why I insist on cleansing

Hyderabad's Musi River," he said. He also expressed concern over resistance to the Musi project, calling it an issue of public health and urban dignity.

Drawing comparisons with Delhi's pollution-induced shut-

downs, Revanth warned, "When a city like New Delhi halts due to pollution, shouldn't we learn from it? Hyderabad must act now."

He listed the Musi Project, metro rail expansion, the Regional Ring Road and radial roads as critical infrastructure for Telangana's next phase of growth. "Our goal is to attract more investments, establish new industries and create jobs," he added. Revanth invited ideas from the diaspora and appealed for collective participation in shaping the state's development.

"You know the joy of transforming your own hometown. If everyone contributes as they can, Telangana can truly compete with the world," he concluded.

BJP is a 'fake' party led by 'fake' leaders: Adi Srinivas

PNS ■ HYDERABAD

Government Whip Adi Srinivas said that the BJP is a 'fake' party and its leaders are also 'fake'.

He added that the current BJP is a 'fake' one as the original BJP ceased to exist after the time of leaders like Atal Bihari Vajpayee, LK Advani, Murali Manohar Joshi and others. The BJP's current leaders are 'fake,' he said. In a video statement issued on Saturday, Srinivas condemned the comments of Union Minister of State for Home Affairs Bandi Sanjay Kumar against the Nehru family.

Nehru-Gandhi family is a history of 'sacrifice.' It is shocking that Sanjay described such a family as the 'duplicate Gandhi family,' he added.

"Nehru went to jail for the nation, and Indira Gandhi 'sacrificed' her life for the nation. Rajiv Gandhi too 'sacrificed' his life for the nation. Sonia Gandhi 'gave up' the Prime Minister post and Rahul Gandhi has been working hard for the nation," he said.

Srinivas asked BJP leaders to clarify what they have done for the nation. "Sanjay must show a single BJP leader who has sacrificed his life for the nation. The BJP has done nothing for the

nation," he said.

He said that Sanjay, who is the Union Minister of State for Home Affairs, wants to destroy law and order in TG. Sanjay should inform officially as the Union Minister of State if there is a chance for riots in the state. How long can BJP leaders go on citing the AIMIM as the reason?, he said and added that the Congress is moving forward under the leadership of Sonia Gandhi and Mallikarjuna Kharge.

He recalled that the BJP, which boasted before the 2024 LS elections that it would win 400 LS seats, was confined to just 240 seats.

India condemns killing of Hindu minority leader in Bangladesh

PNS ■ NEW DELHI

India on Saturday condemned the alleged abduction and killing of a Hindu minority leader in Bangladesh and called on the interim government in Dhaka to live up to its responsibility of protecting the minorities.

In a social media post, External Affairs Ministry spokesperson Randhir Jaiswal said the "brutal killing" of Bhabesh Chandra Roy follows a "pattern of systematic persecution" of Hindu minorities in Bangladesh.

"We have noted with distress the abduction and brutal killing of Shri Bhabesh Chandra Roy, a Hindu minority leader in Bangladesh," he said.

"This killing follows a pattern of systematic persecution of Hindu minorities under the interim government even as the perpetrators of previous such events roam with impunity," Jaiswal said.

'BRS has secret ...'

Continued from page 1 helped the BJP to save Kavitha from the Delhi liquor scam? KTR is working like a slave to the BJP," Mahesh said.

He said that leaders of the two parties (the BJP and the BRS) are spreading lies about HCU due to the regard the BRS have for the BJP. The BJP, which does not have enough strength, is contesting with the support of the BRS. KTR is trying to make the BJP win in the Hyderabad local body MLC elections, he added.

He said that in just 15 months, the Revanth Reddy Government has provided jobs on a record scale, introduced farmer and women welfare schemes, gave 42 per cent reservations to BCs, classified SCs and is supplying fine quality rice to the poor.

Muslim intellectuals support new Waqf Act: Prabhakar

PNS ■ HYDERABAD

Many Muslim intellectuals and organisations have understood the need for amending certain clauses of the Waqf Act, and are supporting the Prime Minister, former BJP MLA NVSS Prabhakar said. The current Bill will be useful in protecting Waqf properties and will also stop the misuse of the Act, he added.

He said that Congress and Communists, and some other pseudo-secular leaders who are enjoying Waqf properties, are the only ones opposing the Act. Prabhakar asked the CM to implement the Act and become the first CM in the country to do so.

On Saturday, Prabhakar organised a massive BJP rally in Ramanthapur demanding the immediate implementation of the Waqf Amendment Bill, which was recently passed by the Centre in Parliament.

'Save Waqf, Save Constitution' campaign launched from Darussalam

PNS ■ HYDERABAD

A meeting to protest against the Waqf Amendment Act, 2023, was held at Darussalam by AIMIM MP Asaduddin Owaisi and the AIMPLB on Saturday.

On behalf of the BRS, Mahmood Ali gave a call to take along 'secular' Hindus. Abdul Hafeez represented the YSRCP who said that the TDP IT cell is falsely saying that they didn't vote against the Waqf Bill in the Rajya Sabha.

The All India Muslim Personal Law Board (AIMPLB) has announced a series of state-wide public actions under its 'Save Waqf, Save Constitution' campaign in Telangana and Andhra

Pradesh. The campaign is aimed at raising awareness about the need to protect waqf properties and constitutional rights.

The movement begins with a grand public gathering scheduled for Saturday, April 19, after Maghrib prayers at Darussalam, Hyderabad. This will be followed by planned events in both Telugu states in the coming weeks.

As part of the coordinated effort, a blackout protest (Batti Gul) will be observed on the night of April 30, when all districts will switch off lights for 10 minutes at 9 PM as a mark of silent resistance. A city-level round table meeting will be held on May 18, 2025. Similar district-

level discussions involving local minority leaders and secular representatives will follow.

A women's public gathering is scheduled for May 22 at the Eidgah Bilali Hockey Ground at Masab Tank in Hyderabad. On May 25, a human chain protest will be conducted from 2 pm to 2:30 pm in all districts, inviting participation from families and communities in full strength.

A central sit-in protest (Dharna) is planned for June 1, with the main protest to be held at Indira Park's Dharna Chowk from 3 pm to 5 pm. A separate designated area will be allocated for women protesters at the NTR Stadium.



Protests against Waqf Act will continue till it is withdrawn: Owaisi

PNS ■ HYDERABAD

AIMIM president Asaduddin Owaisi on Saturday said protests against the Waqf (Amendment) Act would continue till it is withdrawn.

Addressing a public meeting organised by the All India Muslim Personal Law Board (AIMPLB) at Darussalam, the AIMIM headquarters here, he said protests against the Act would continue, similar to the agitation against the now-scrapped farm laws.

"You (PM Narendra Modi) will have to take back this law. The way our farmer brothers have shown the path, we will continue to agitate the same way. Until the law is withdrawn, there will be peaceful protest in the country," he said.

"Are you (gathering) ready for a long-drawn democratic battle? If you are ready, promise yourself that we will continue to protest till this black law is not withdrawn and we will not step back," he said.

India needs to create 8 to 10 million jobs annually: Mishra

PNS ■ SAMBALPUR (ODISHA)

Highlighting the need to create 8 to 10 million jobs annually in India, Prime Minister Narendra Modi's Principal Secretary PK Mishra on Saturday urged students to equip themselves with both technical knowledge and practical skills.

Speaking at the 9th convocation ceremony of IIM Sambalpur, Mishra said, "There is a need to create 8 to 10 million jobs annually. The central government has therefore launched initiatives like Digital India and Skill India to meet this goal. You need technical knowledge along with skills."

He also informed the students that India has secured a strong position on the global stage.

Mishra said this is a crucial period not only for students, but also for the country.

"Today, India holds a strong global position, with a growing economy, a young population and strategic partnerships. The country's increasing influence will help achieve the goal of Viksit

Bharat, as envisioned by the Prime Minister," Mishra said.

Mishra said India's digital infrastructure is getting stronger by the day and there are 8,000 million internet users in the country.

"The digital economy is growing. Around 185 million UPI transactions were made in 2024-25," he said, adding that the country has now entered the era of 'Amrit Kal'.

"Modi has set a goal to make the country prosperous. There is a need for everyone to work together towards building a developed India by 2047," Mishra added.

Encouraging students, Mishra said, "We are grappling with tectonic shifts in geopolitical alignments while simultaneously witnessing technological breakthroughs at an unprecedented pace. Climate and sustainability are central to this conversation. Disruptions in global supply chains, protectionist policies, heightened geopolitical tensions and changing global trade patterns are contributing to this complexity."

TODAY

ALMANAC

Month & Paksham:	Krishna Paksha
Tithi:	
Saptami:	Apr 19 06:22 PM to Apr 20 07:01 PM
Ashtami:	Apr 20 07:01 PM to Apr 21 06:58 PM
Nakshatram:	
Purva Ashadha:	Apr 19 10:21 AM to Apr 20 11:48 AM
Uttara Ashadha:	Apr 20 11:48 AM to Apr 21 12:37 PM
Rahukalam:	4:56 PM to 6:29 PM
Yamagandam:	12:15 PM to 1:48 PM
Varjyam:	08:04 PM to 09:43 PM
Gulika:	3:22 PM to 4:56 PM
Amritakalam:	06:42 AM to 08:24 AM
Abhijit Muhurtham:	11:50 AM to 12:39 PM

HYDERABAD WEATHER

Forecast: Partly Cloudy
Temp: 37°C
Humidity: 39%
Sunrise: 6:00 AM
Sunset: 6:29 PM
Updated: April 19, 2025 5:00 PM

TG set for another ...

Continued from page 1

been procured, comprising 3.79 LMTs of fine variety (Sanna) and 1.98 LMTs of the coarse (Doddu) variety.

A total of 63,887 farmers have benefited, and payments, including bonuses, are being processed. Around 2.74 LMTs of paddy remained to be removed from PPCs.

7,337 Paddy Procurement Centres (PPCs) have been activated out of the proposed 8,329, reaching 88% operational status to achieve the procurement target. These centres are being managed by Primary Agricultural Credit Societies (PACS), Indira Kranthi Patham (IKP) groups, and other agencies. Districts like Nizamabad, Kamareddy, Nalgonda and Siddipet have reported full PPC operationalisation.

Uttam said that equipment like grain callipers, electronic weighing scales, tarpaulins, paddy cleaners, moisture meters, and husk

removers had been distributed. The state requires 17.5 crore gunny bags (9.45 crore new and 8.05 crore old), of which 9.23 crore are currently available. Collectors have been asked to report infrastructure gaps early and resolve them swiftly.

Storage capacity across Telangana stands at 64.65 LMTs, with 25 LMTs currently vacant and additional space available with rice mills. More storage can be arranged through Agricultural Market Committees, the State Warehousing Corporation, and private godowns, he said.

Uttam said that a robust multi-layered monitoring mechanism had been put in place to ensure transparency and prevent malpractice. Collectors and SPs have been asked to supervise PPCs directly, prevent premature harvesting, and ensure staggered crop arrivals. The Online Procurement Management System (OPMS) is being used for real-time transaction tracking, miller verification and faster payments.

'Defeat AIMIM ...'

Continued from page 1

Sanjay held a meeting with councillors and key leaders on Saturday at the BJP Central District office at Barkatpura in Hyderabad. BJP state vice presidents Chintala Ramachandra Reddy, Dr Manohar Reddy, Kasam Venkateshwarlu, Gowtham Rao, Ramchandra Rao, Lankala Deepak Reddy, Prakash Reddy, Gundagoni Bharat Goud and others attended the meeting. During the meeting, Sanjay guided the party on the strategy to be adopted for the GHMC local body MLC elections.

"The BRS and the Congress are unable to even find candidates to contest in the elections. The MLC elections are proof of this. Even in the Hyderabad MLC elections, both parties are stepping aside to help the AIMIM. These parties are aligning with the AIMIM, which once said, 'Give us 15 minutes, and we'll massacre Hindus.' Use this issue prominently in your campaign. Explain to Congress and BRS councillors, clarify Hindu sentiments and ensure BJP candidate Gowtham Rao wins."

He assured that the BJP would take responsibility for making BJP candidates win in the forthcoming GHMC elections. "We won 48 seats in the last election. This time, the saffron flag will surely fly atop the Mayor's seat," Sanjay said.

Smita appears ...

Continued from page 1

"I sought clarification on whether the same action is being initiated for everyone. If not, this raises concern about selective targeting, which in turn compromises the principles of natural justice and equality before the law," she posted.

Smita had earlier re-shared a post supporting her and questioning the government's response to certain public actions.

The controversy reportedly arose from her repost of what is claimed to be a Ghibli-style AI image, meant to be representational and not intended to mislead as a fake AI video or morph. Her post has now been re-shared over 2,000 times and sparked discussions across bureaucratic and legal circles.

The Chief Minister's CPRO, Ayodhya Reddy, said on X, "Why did the IAS officer's perspective change? Can opinions change if there is a change of power? Back then, they were the ones who cut down forests and hunted down wildlife without any permission (who were in charge of Irrigation in the CMO). Now, what is the secret behind the mistake? Is it a real cry for wildlife? Or for those who lost power?"

'Dharani created ...'

Continued from page 1

He said the BRS government removed VROs and VRAs as they were not listening to the dictates of BRS leaders and made it clear that the Congress government introduced the Bhu Bharati Act to solve all land issues faced by farmers.

He said that the revenue officials would solve all the problems of farmers by visiting villages and that farmers need not spend a single paisa for that.

Nagarkurnool MP Mallu Ravi said that the Bhu Bharati Act is intended to provide land rights to all eligible farmers and that Bhu Bharati will provide a permanent solution to all problems of farmers.

AICC, TPCC ...

Continued from page 1

In case the leaders had joined Congress from other parties, the observers would examine their commitment to the party. It is learnt that the party observers would examine whether they were working for the party or for their self-image. The observers would select five names for DCC presidents and submit them to the party. Already, the high command has decided that DCC presidents will play a key role in selecting MLC candidates from now onwards, and so the selection of DCC presidents would be entirely on merit, it is learnt.



TG Gurukula students shine in JEE Mains 2025

PNS ■ HYDERABAD

A record 525 students from the Telangana Social Welfare Residential Educational Institutions Society (TGSWREIS) have qualified for JEE Advanced 2025, marking a proud moment in the Gurukula education system's history. Many of these students come from underprivileged backgrounds, including children of daily wage workers and marginalized Dalit families. Their success proves that with proper support and dedication, financial struggles cannot stop academic achievement. Competing with students from top private coaching centres, these students performed well in the JEE Mains held in January and April 2025. The Secretary of TGSWREIS, VS Alagu Varsini credited this success to the strong leadership of Chief Minister A Revanth Reddy and key reforms in the education system. She mentioned that special coaching programs helped students prepare for JEE at the same level as private institutes. Many students scored above the 80 and 90 percentiles this year. Top scorers include R Mani Deep secured 99.03 percent, K Charan Tej secured 98.30, B Tejaswini secured 98.27 alongside K Keerthana at 96.71, T Ephrayam of Sheikpet Gurukula at 97.87 percent, while K Keerthana of GV Gudem, Nalgonda, also stood out with 96.71. The institution's Centres of Excellence provided strong support through experienced staff, strict schedules, mock exams, counselling, and stress-relief programs.

Chief Minister A Revanth Reddy, Deputy Chief Minister Mallu Bhatti Vikramarka, and other leaders congratulated the students, families, and staff. Preparations are already underway to train students for JEE Advanced on May 18, aiming to secure admissions in top IITs.

Meanwhile, Harssh A Gupta from Hyderabad, representing Aakash Institute, topped Telangana in JEE Mains Session 2 with a 100 percent score.



CITY EVENTS

- Arangetram**
By Vyshnavi Natya Centre
Venue: Ravindra Bharathi
April 20 (9 am)
- Cultural Programme**
By Panchaveda Natya Nilayam
Venue: Ravindra Bharathi
April 20 (6 pm)
- Abids Breakfast Walk**
Venue: State Bank Of Hyderabad
April 20 (7:30 am)
- Imagining Palestine 2.0**
Limited Palestian Fiction Series
Venue: Lamakaan
April 20 (2 pm)
- Tarang: Kathak Dance Performance**
By Aakruti Kathak Kendra
Venue: Lamakaan
April 20 (7 pm)

Gen Z to shape the packaging industry in future

SAMUEL JOSHUA
samueljoshuajmc@gmail.com
■ HYDERABAD

Gen Z will shape the packaging industry over the next 5-10 years with their strong demand for sustainability, transparency, and innovation, said Rajesh Khosla, President and CEO of AGI Greenpac. When asked about Gen Z's influence on the packaging industry, he noted that their impact is both significant and transformative. He also added, "As a generation that values sustainability, authenticity, and innovation, their preferences are reshaping how brands design and develop packaging solutions."

Rajesh shared that Gen Z's purchasing power in India is expected to reach USD 2 trillion by 2035, which means their influence on packaging trends will only grow.

He emphasized that brands focusing on sustainability, transparency, and ethical practices will have a better chance of connecting with this socially aware generation and achieving long-term success in a fast-changing market.

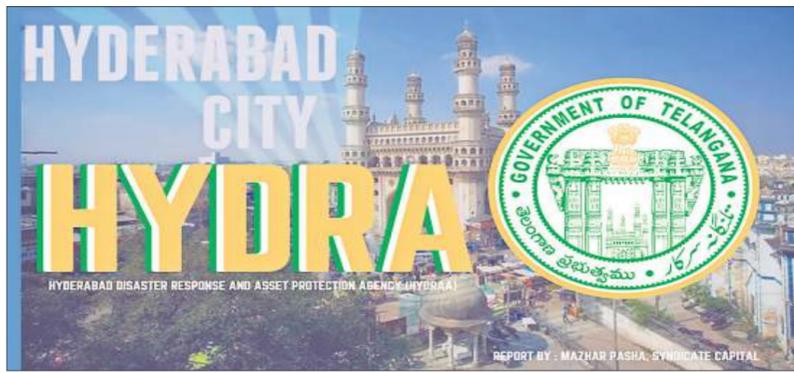
Discussing smart packaging, Rajesh said that tech-savvy Gen Z consumers are drawn to features like QR codes, NFC tags, and augmented reality.

These tools offer interactive experiences, easy access to product information, and engaging digital content, matching Gen Z's need for



transparency and connection. Rajesh explained that their specialty glass plant in Bhongir, sustainability and innovation are key which has been operating since January 2023, using advanced Blow and Blow and Press and Blow technologies to create high-quality glass for cosmetics and premium beverages. He noted that their in-house R&D center is also focused on sustainable solutions and energy-saving innovations like multi-color cold foil stamping.

Rajesh highlighted that technology is transforming packaging to be both smarter and more sustainable, largely due to Gen Z's influence. With rising awareness of climate change, brands are rethinking packaging to support conscious consumption. He concluded that the future will bring more recyclable and compostable materials, a stronger focus on circular economy practices, and personalized packaging, which will be a powerful way to engage Gen Z and inspire innovation.



ROAD ENCROACHMENTS CLEARED

HYDRAA restores access to seven colonies in Injapur

PNS ■ HYDERABAD

In a much-needed relief to residents of multiple colonies in Injapur village, the Hyderabad Disaster Response and Asset Protection Agency (HYDRAA) on Saturday cleared road encroachments that had blocked access to at least seven residential layouts. Locals welcomed the action with gratitude, describing it as a long-awaited resolution to their daily struggles.

The demolition took place in Sri Rangapuram Colony under Turkayamjal Municipality in Rangareddy district. Residents had complained that a wall was illegally constructed across a 45-foot-wide

main road, not only cutting off Sri Rangapuram from the Sagar Highway but also isolating six neighbouring colonies. The wall, allegedly erected by one Govind Das, was built in an attempt to grab open plots and block planned roadways.

According to the complaints received by HYDRAA, the accused had encroached upon not just the main 45-foot road but also adjoining 25-foot link roads, affecting the mobility of hundreds of families in the area. Locals claimed the encroachments were carried out in violation of court orders, with the support of certain officials from various departments.

After field-level verification and coordination with revenue and municipal authorities, HYDRAA swung into action on Saturday and dismantled the illegal barriers. With the obstruction removed, access was restored to Apple Avenue, Sri Rangapuram, Sainath Colony, Sundarayya Colony, Sri Srinivasa Colony, Indiramma Colony 1 and Indiramma Colony 2.

Expressing their happiness, residents thanked the government and HYDRAA for resolving a long-pending issue that had made even emergency movement difficult in the area. They called the restoration of the road a "lifeline" for their daily lives.

DGP calls for continued excellence in police rankings

PNS ■ HYDERABAD

Telangana State Police has been ranked No.1 in the country in the India Justice Report 2025 for its outstanding performance across multiple policing parameters. Director General of Police Dr. Jitender described it as a proud moment, stating that after 33 years of service, he feels privileged to be part of a police force that has set the national benchmark.

The DGP made these remarks on Friday during a statewide review meeting with Station House Officers (SHOs) held at his office. He shared that back when he was selected for Civil Services, many had advised against choosing the Indian Police Service. "Today, I feel immense pride in this uniform and this force," he said.



Telangana Police secured the top spot based on 32 performance indicators, including infrastructure, training, public reception, and operational efficiency. Jitender attributed the recognition to the dedicated work of police personnel at all levels. "This achievement belongs to every police station, every officer, and every jawan who works day and night to uphold justice," he said.

He stressed that maintaining this recognition requires even greater discipline and commitment. Officers were urged to treat complainants with empathy, ensure fair investigations, and strive to deliver justice. "If we fail a victim, we fail the very reason for our existence," the DGP cautioned.

As part of performance monitoring, QR codes have been introduced at all police

stations to gather feedback on SHO functioning. Dr. Jitender asked officers to remain updated on the Crime and Criminal Tracking Network and Systems (CCTNS), and to regularly self-reflect by seeking honest feedback from those around them. Additional DGP (Law & Order) Mahesh M. Bhagwat, while addressing the gathering, pointed out that lapses at the SHO level can lead to accountability of senior officers in court. He called on all officers to safeguard the dignity of their roles and the trust of the people. "Telangana Police is among the better-paid in India, and there is no reason to resort to any corrupt practices," he warned.

The meeting was also attended by AIG Ramana Kumar, DSP Satyanarayana, and several senior officers.

CBSE affiliation granted to Singareni high school

PNS ■ HYDERABAD

In a major step towards enhancing the quality of education for the children of workers in the Singareni region, the Singareni Collieries Company Limited (SCCL) has secured Central Board of Secondary Education (CBSE) affiliation for its high school located in Sector-3, Ramagundam-2 area. The CBSE granted the affiliation (code 3630560) on April 19, paving the way for the commencement of classes from Grade 1 to Grade 8 starting this academic year.

This achievement is credited to the special initiative

taken by SCCL Chairman and Managing Director N Balram, who had earlier approached CBSE to introduce central syllabus in Singareni schools to ensure high-standard education for the children of its employees.

The CBSE inspection team visited the school in December last year and again in February this year to assess infrastructure and teaching readiness.

Officials noted that Singareni schools already have well-equipped classrooms, laboratories, sports facilities, and qualified teaching staff, making them well-suited for CBSE curriculum.

Based on these favourable

conditions, the board issued the affiliation certificate, officially allowing CBSE curriculum to be taught at the school.

Welcoming the development, trade union leaders expressed happiness and said the CBSE affiliation would restore the past academic glory of Singareni schools.

They praised the CMD for not just focusing on coal production and development but also giving priority to quality education in the mining belt.

CMD N Balram further announced that steps are being taken to establish another CBSE school at the Singareni Thermal Power Plant premises in the near future.

32 illegal motors seized in HMWSSB crackdown; criminal case filed

PNS ■ HYDERABAD

Continuing its intensive 'Motor-Free Tap Drive' across the city, the Hyderabad Metropolitan Water Supply and Sewerage Board (HMWSSB) on Saturday seized 32 illegally installed motors that were being used to draw water directly from the main pipeline network. The enforcement drive also saw penalties imposed on 42 individuals for wastage of water.

HMWSSB officials conducted surprise inspections across various O&M divisions and found that several consumers had fixed electric motors directly to pipelines in violation of board norms. Officials reiterated

that such practices affect equitable water distribution and disrupt the pressure balance in the network.

According to the Board, if any consumer is found using illegal motors, the motors will be seized, and penalties will be imposed. In case of a repeat offence, a fine of Rs. 5,000 and criminal charges will be initiated. The Board appealed to the public to refrain from such violations and instead report any supply-related issues to local managers or the HMWSSB customer care helpline at 155313.

Meanwhile, in a separate incident, HMWSSB Vigilance officials filed a criminal case

against a contractor at the NIMS Expansion Project in Banjara Hills for illegally obtaining a tap connection without prior permission. The violation was detected during an ongoing inspection under the same motor-free drive.

A case has been registered against project in-charge Nagendra Babu at Panjagutta Police Station under Sections 326(A) and 303(2) of the Bharatiya Nyaya Sanhita, and under the PDPP Act. Officials warned that strict action, including criminal charges, would be taken against anyone found drawing illegal tap connections from the drinking water supply network.

HCA Ombudsman orders removal of Azharuddin's name from pavilion at Uppal Stadium

PNS ■ HYDERABAD

In a decisive ruling, the Hyderabad Cricket Association (HCA) Ombudsman has ordered the removal of former Indian cricket captain Mohammed Azharuddin's name from the North Pavilion Stand of the Rajiv Gandhi International Cricket Stadium in Uppal, Hyderabad. The directive also prohibits printing tickets bearing his name.

The order, passed by former Acting Chief Justice V Eswaraiah—currently serving as HCA's Ethics Officer and Ombudsman—stems from a 2019 decision when Azharuddin, then HCA



President, directed that the stand be named after him. However, the pavilion was already officially named "VVS Laxman Pavilion" by the General Body after the iconic Indian cricketer. The controversy came to light after the Lords Cricket Club, represented by treasury official Sonna Misra, filed a petition stating Azharuddin's

decision was a violation of Rule 38 of the HCA's 2018 regulations, which bars members of the Apex Council from making decisions that benefit themselves. The petition alleged clear conflict of interest and termed the action arbitrary and illegal.

According to the Ombudsman's ruling, the stand had already been approved as "VVS Laxman Pavilion" and any unilateral change by Azharuddin was an abuse of power. Despite Azharuddin's defence that the North Stand and North Pavilion were separate and that the Apex Council had ratified the decision, the order deemed the

renaming invalid.

The Ombudsman noted that the name change took place during an Apex Council meeting chaired by Azharuddin on November 25, 2019, and termed it an improper use of office. The ruling emphasized that while no personal financial benefit may have been involved, the conflict of interest and disregard for established rules warranted corrective action. The North Pavilion will now officially revert to its approved name—"VVS Laxman Pavilion"—honouring the veteran batsman who played 134 Test matches for India and was present during the original inauguration.

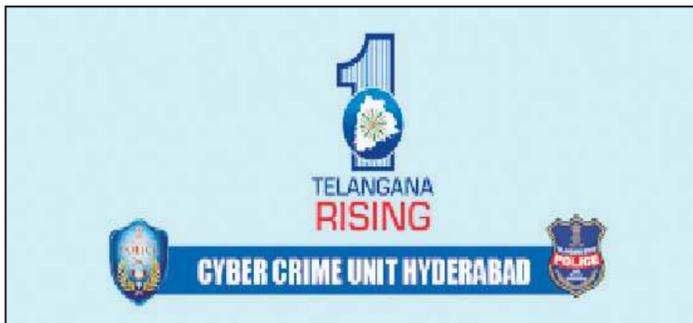
Cyber Crime Police crack down on online fraudsters

PNS ■ HYDERABAD

In two separate crackdowns, the Cyber Crime Unit of Hyderabad Police arrested two individuals involved in online fraud—one linked to a multi-state gaming racket and another accused of duping job seekers through fake offers.

In the first case, Malleshappagari Prabhakar (30), a native of Ballari, Karnataka, currently residing in Chanda Nagar, Hyderabad, was arrested for his role in facilitating a large-scale online gaming scam. The accused had created over 80 bank accounts using 11 shell companies and supplied them to the operators of a betting platform named 24betting.com.

The victim, a 30-year-old man from Hyderabad, was



lured into investing Rs. 20,08,917 through this app, after seeing promotional content on Instagram. Initially promised good returns, he was later blocked from withdrawing funds. Based on the complaint, a case was regis-

tered under various sections of the IT Act, BNS, and the Telangana Gaming Act.

Police seized five mobile phones, cheque books, debit and credit cards, rubber stamps of shell companies, fake documents, and a PAN

card from the accused. The fraud involved usage of social media platforms like Instagram, Telegram, and WhatsApp for aggressive advertising. Fraudsters initially allowed small withdrawals to build trust, before

freezing user accounts after substantial investments were made.

In a separate case, Cyber Crime Police apprehended Manish (30), an unemployed resident of West Delhi, for cheating a woman from Hyderabad out of Rs. 1.49 lakh on the pretext of offering her a job. The victim had applied via a reputed job portal, following which she was contacted by individuals posing as recruiters. She was made to pay various charges including registration, insurance, and security fees. When the promised job failed to materialize, she realized she had been scammed. A case was registered under sections of the IT Act and BNS.

One mobile phone was seized from the accused. The police confirmed that Manish is involved in similar frauds

in both Telangana and Karnataka.

Hyderabad Police urged citizens to exercise caution when engaging with online gaming apps or responding to job offers through social media. They reiterated that online betting is banned in Telangana and that individuals using such platforms may also be prosecuted.

The public was advised not to share personal or financial details with unknown sources, avoid apps promising quick money, and report any suspected cyber fraud immediately by dialing 1930 or visiting <https://cyber-crime.gov.in>.

Both operations were executed under the supervision of DCP Cyber Crime, with Inspectors K. Satish Reddy and S. Mattam Raju leading their respective teams.

Six booked for 'assaulting' Dalit man in Hyderabad

PNS ■ HYDERABAD

A case has been registered against six people for allegedly stripping and assaulting a man belonging to the scheduled caste, police said on Saturday.

The incident took place in Petbasheerabad on March 26, when the man in his 30s went to the house of one of the accused to help resolve a marital dispute, a police official said.

However, the accused, along with five of his relatives, allegedly beat up the man after stripping him and forced him to touch their feet.

One of the accused also recorded a video of the act, police said, citing the man's complaint.

The man stated that he was

unable to stand following the assault and underwent treatment at a hospital.

He subsequently approached the police, and a case was registered against the six accused on April 13 under relevant sections of the Bharatiya Nyaya Sanhita (BNS) and the SC/ST (Prevention of Atrocities) Act.

Three of the accused have been taken into custody, police said.

According to the man, he had intervened after being approached by a family friend's sister, who is the wife of one of the accused, to help resolve their marital dispute. However, when he went to the accused's residence to talk, he was "assaulted".

Further investigation is underway.



Govt to launch pre-primary classes in 60 schools

PNS ■ BHADRADRI KOTHAGUDEM

The state government is set to introduce pre-primary classes in 60 government primary schools as part of a pilot initiative starting from the 2025-26 academic year. This move is aimed at strengthening the foundation of early childhood education in government schools and bringing them on par with private institutions. The Education Department is currently preparing detailed proposals to roll out nursery, LKG, and UKG classes. This experimental phase will be the first step toward a wider implementation across the state.

Currently, 84,000 students are enrolled in 1,148 government schools, with 31,000 of them studying in 752 primary schools. Additionally, there are over 55,000 children under the age of six being cared for at 1,840 Anganwadi centers. In the Bhadradri Kothagudem district alone, 796 govern-

ment primary schools serve more than 22,000 students, while 160 upper primary schools accommodate 8,631 students. Furthermore, 2,060 Anganwadi centers, under 11 Integrated Children's Development Schemes, are catering to around 31,268 young children.

To improve enrollment in government schools and reduce the shift toward private institutions, the government plans to introduce pre-primary education, which until now has largely been offered only by private schools. Currently, government schools begin admissions at Class 1, while private schools start from the nursery level, prompting many parents to opt for private schooling for early education.

To address this gap, Mandal Educational Officers have already submitted proposals to introduce pre-primary classes in 30 government schools. Officials believe that this move will significantly boost enrollment in public institutions.

WAR OF WORDS BETWEEN CONG AND BRS

Political heat rises in undivided Warangal district

PNS ■ WARANGAL

Political heat saw a sudden surge in the undivided Warangal district. Verbal clashes erupted between the ruling and Opposition Parties, which turned into personal attacks on each other.

The verbal spat between Station Ghanpur MLA Kadiyam Srihari and BRS MLA Palla Rajeshwar Reddy has intensified. The two MLAs are blaming each other for issues like crop failures and illegal land encroachments in Warangal.

This war of words, ongoing for the past few weeks, has now reached a peak. Speaking at the district MLA camp office last week, BRS leader Palla Rajeshwar Reddy lashed out at Kadiyam Srihari, saying he had done nothing for the development of Station Ghanpur. He accused Srihari of hindering the establishment of a degree college in Ghanpur and obstructing the implementation of lift irrigation in the constituency.

"Stopping development works is your legacy, doing them is ours," said Palla Rajeshwar Reddy. Responding strongly to Srihari's earlier "stray dog" comment, Palla said, "If my people are in trouble, I will act like a watchdog to protect



Kadiyam Srihari

Palla Rajeshwar Reddy

them. But I will not be a fox in a pit like Kadiyam." He also addressed the issue of forest land encroachments, saying, "Even in old age, you're eyeing forest lands" he alleged.

In return, Kadiyam Srihari strongly condemned the land grab allegations made against him by BRS leaders regarding the Devunooru Hills. He dismissed the allegations, saying he had never been involved in any illegal activities in his 30-year political career. He accused the opposition leaders of running a smear campaign without any evidence, claiming that there were baseless rumours that he had encroached on 2,000 acres of land.

He declared, "If it's proven that I have encroached on any land, I

will resign from my MLA post and work as a servant in the houses of Palla Rajeshwar Reddy." He challenged the BRS leaders in return: "If you can't prove it, will you serve me as a servant?" He also warned them that he would take legal action against those spreading false allegations against him.

Former deputy chief minister. Thatikonda Rajaiah accepted Kadiyam's challenge, saying, "Since you're obsessed with choosing auspicious timings, you can pick the time." Rajaiah affirmed that he stood by the allegations he made against Srihari and demanded that Kadiyam visit the area along with officials. Furthermore, he accused Srihari of selling the Chilpur temple chairman post for one crore rupees.



Excise officials and police speaking to villagers at Ramareddy village in Kamareddy district on Saturday

Addicted to 'adulterated toddy,' villagers refuse to heed warnings

PNS ■ KAMAREDDY

The Excise officials have girded up their loins to weed out adulterated toddy in Kamareddy district. The officials have taken up the task following a series of incidents in which a large number of villagers took ill due to contaminated toddy. The toddy shops which mushroomed across the district.

Recently, not less than 30 villagers fell ill after consumed allegedly adulterated toddy. They were treated at various hospitals. Fortunately, there were no deaths. A majority of people in several villages, however, displayed the withdrawal symptoms and demanded restoration of shops.

In view of these developments, the Excise officials, along with the police, visited several villages to educate people about the consequences of contaminated toddy.

The officials sought to tell the people that the adulterated toddy would pose a health hazard.

At Ramareddy village, when the

officials went to create awareness among the public, those addicted to toddy raised slogans and demanded that toddy shops be reestablished in the villages. The villagers even attempted to attack the officials and the police personnel. "We will continue to drink adulterated toddy," they firmly told the officials.

The officials, however, did not cut short the mission. They continued the programme in Pulkal, Pedda Dyavada, Bichkunda of Vajidnagar, Bichkunda Mandals.

Deputy Superintendent of Police Bishapathi, Circle Inspector Naresh, Excise Circle Inspector Satyanarayana, Revenue officials, local people, and students participated. A rally was taken out to raise awareness among the public.

Speaking on the occasion, DSP Bishapathi stated that the manufacture and sale of adulterated toddy was an offense. He warned that strict action would be taken against those involved in such illegal activities.

Manchukonda Rythu Bazaar to be ready in three months

PNS ■ KHAMMAM

Agriculture Minister Thummala Nageswara Rao laid the foundation stone for the construction of a Rythu Bazaar and additional facilities at the Primary Health Centre at Manchukonda village under Raghunathapalem mandal in the district on Saturday.

Speaking on the occasion, the Minister said that the construction of the Rythu Bazaar, aimed at benefiting vegetable-growing farmers in Raghunathapalem mandal, would be completed within three months.

He mentioned that an international company, Syngenta, had come forward to support the initiative under its Corporate Social Responsibility (CSR) programme.

The Minister stated that Syngenta had grown into a global company with the support of farmers and was now giving back by taking up projects that would benefit them. He noted that many small and tribal farmers in the mandal cultivate vegetables and sell them locally, and a dedicated Rythu Bazaar would help both farmers and consumers by



Agriculture Minister Thummala Nageswara Rao laying the foundation stone for the construction of Rythu Bazaar at Manchukonda village in Khammam district on Saturday

offering better prices and fresh produce.

He assured the farmers that additional facilities would be provided to ensure that vegetables from farmers in other areas of the mandal could be transported to Khammam without any damage to the produce.

He also emphasised that fresh vegetables from Khammam should be brought to Manchukonda Rythu Bazaar to enhance its reputation. The Minister pledged his support to resolve local issues in the mandal.

Earlier, the Minister also

laid the foundation stone for the development of additional facilities at the Primary Health Centre in Manchukonda village.

Dignitaries who participated in the event include Additional Collector P Srinivasa Reddy, ZP CEO Deeksha Raina, District Medical and Health Officer Dr. B. Kalavathi Bai, R&B SE Yugandhar, District Agriculture Officer Pullayya, District Marketing Officer Aleem, Khammam Market Committee Chairman Hanmanth Rao, officials, public representatives, and others.

Gym trainer arrested for illegally selling steroids

PNS ■ WARANGAL

Steroids pose a major threat and using steroids for short-term physical strength can have serious effects on health and may cause serious health problems, there is a high chance of heart-related problems.

A gym trainer himself started using steroids and later became involved in the illegal business of selling banned steroids to young people who joined his gym for training. According to Warangal Assistant Commissioner of Police



Seized banned steroids

Nandiram Nayak, the Warangal police arrested gym trainer Kandagatla Shравan Kumar alias Kiran, a resident of Warangal, and steroids worth Rs 20,000 were seized

from him. Shравan was undergoing body building training for the last five months and was working as a gym trainer in the Subedari area of Hanamkonda.

The police said that Shравan was introduced to a man named Prashanth and he told Shравan that he had been using steroids for body strength and shape.

To this end, he sold some steroids and tablets to Shравan. From then on Shравan had been taking steroids and doing body building in the gym.

Later Prashanth introduced two people named Manikantha and Anand from Visakhapatnam region of Andhra Pradesh to Shравan. Later, Manikantha and Anand were running a steroids business without any license or permission.

Shравan Kumar used to buy from them through online orders and started selling them to young people who were interested in body building to make a fast buck. Acting on a tip-off, 1 Matwada police arrested Shравan Kumar and seized steroids from him.

Bickering in Gadwal Congress comes to fore

PNS ■ JOGULAMBA GADWAL

Differences among Congress leaders in the district surfaced during the Bhu Bharathi awareness programme held here on Saturday.

After the Assembly elections, Gadwal MLA Krishnamohan Reddy shifted loyalties from BRS to Congress. Ever since, his supporters have been at loggerheads with followers of Saritha Tirupataiah, who unsuccessfully contested on behalf of the Congress in the elections.

During the Bhu Bharathi portal awareness programme, supporters of both the leaders engaged in heated arguments over protocol. Revenue Minister Ponguleti



Police dispersing Congress warring groups at a meeting in Gadwal

Srinivas Reddy, Nagarkurnool MP Mallu Ravi, Gadwal MLA Krishnamohan Reddy and others were present on the dias.

As the programme commenced and the Gadwal MLA tried to address the gathering, supporters of Saritha Tirupataiah objected to his speech.

They demanded that Saritha Tirupataiah be invited onto the dias. Mallu Ravi tried to pacify the supporters of Saritha whose supporters raises slogans. As the situation was going out of control, police had to intervene and separated the warring groups. After the situation came under control, the programme continued and farmers were briefed about the Bhu Bharathi portal.



Archana (file photo)

Another woman constable dies by suicide in Warangal

PNS ■ WARANGAL

A tragedy has occurred in Warangal district as a woman constable named Archana committed suicide by hanging herself with a sari. Family members said she had been suffering from severe mental anguish for the past few days.

Archana, from Kazipet in Warangal district, was married in 2022. However, shortly thereafter, differences arose between the couple. Believing that they could not remain united, they decided to get a divorce and filed for divorce shortly thereafter. Since then, Archana has been suffering from mental anguish and in a state of deep despair.

Archana is reported to have committed suicide. The police have registered a case and are investigating.

The incident came close on heels of a constable Neelima died by suicide in the Nilibanda thana as she was upset at not getting married.

These two suicide incidents have become a topic of discussion in police circles.

Telangana police secured top rank. These incident seem to have shaken the department.



Two die as private bus hits overturned car

PNS ■ JOGULAMBA GADWAL

In a tragic road accident near Vemula on the national highway under Itikyala mandal in Jogulamba Gadwal district, two individuals died. The accident happened when a car on the way from Hyderabad to Nandyal lost control and hit the road divider. The car flipped over and ended up on the opposite side of the road. A private bus heading towards Hyderabad collided with the overturned car.

The deceased were identified as Pullareddy (62) and Lakshmi Subbamma (52). Three other occupants in the car sustained serious injuries and were immediately shifted to Kurnool Government Hospital as their condition was critical.

Family members, overwhelmed with grief, felt that the accident turned fatal as the private bus hit the overturned car.

Farmers in distress as unseasonal rains damage crops

PNS ■ KARIMNAGAR / NIZAMABAD / RAJANNA SIRICILLA

On Friday evening, several parts of the state experienced hailstorms accompanied by strong winds, causing significant crop damage. Farmers have suffered heavy losses due to this unseasonal weather. In Karimnagar district, paddy crops at procurement centers got soaked.

In Kotthapalli of Gambhiraoopet mandal in Rajanna Sircilla district, paddy crops over approximately 250 acres were damaged. Paddy grains spread out to dry at the procurement centre in Rajupet turned into a soggy mess.

In Narmala, trees fell on both sides of the road, disrupting traffic. In Mohinikunta

and Maddikunta of Mustabad mandal, paddy crops and mango orchards were severely affected.

Power supply was disrupted for hours. In Ibrahimpatnam mandal, 33/11 kV electric poles between Godur and Thimmapur villages fell, causing a total power outage in the mandal.

Unseasonal rain in the undivided Nizamabad district caused irreparable damage to farmers. In Isrojiwada village in Kamareddy district, lightning struck on Friday afternoon, killing 40 sheep belonging to Kadari Devayya.

Strong winds in Banswada mandal caused trees to fall on power lines, disrupting power supply. Mangoes orchards in Tujalpur, Yadaram, Bibipet,

Mandapur, Janagama, and other villages were damaged. Paddy crops were flattened. Storms in Darpalli, Nizamabad district, halted farming activities. Paddy ready got soaked.

Congress Party Rajanna Sircilla district in-charge KK Mahender Reddy visited Maddikunta village in Mustabad Mandal to inspect crops damaged due to unseasonal rains.

He assured the farmers that the government would provide all possible support.

After assessing the crop damage caused by yesterday's unseasonal rains, Mahender Reddy spoke to the media and stated that a Congress government is a people's government, committed to the welfare of farmers.



Youth drowns in Godavari river

PNS ■ MANCHERIAL

Ashok (20), a young man from Kotapalli mandal in Mancherial district tragically died while taking a bath in the River Godavari.

His family members staged a protest on National Highway 63, demanding action against the sand contractor and compensation for their loss.

They alleged that Ashok died after falling into a deep well formed on the bed of the Godavari River due to excessive and illegal sand mining carried out by the contractor for financial gain.

The family expressed anger that despite several lives being lost, to such wells this year alone, the authorities

failed to take any action. They also lamented the lack of even basic warning signboards near these dangerous spots, calling it extremely unfortunate.

The grieving family demanded legal action against the negligent contractor and compensation of ₹50 lakh.

MLA asks officials to focus on development

PNS ■ RANGAREDDY

Shadnagar MLA and Chairman of the Public Sector Undertakings Committee Veerlapalli Shankar on Saturday urged municipal officials to work collectively for the comprehensive development of the town under Kottur Municipality. He made these remarks during the Kottur Municipality budget and general meeting held on Friday.

Addressing the gathering, MLA Veerlapalli Shankar emphasised that the sole objective should be the development of the town, beyond political affiliations or differences. He called for unity among officials and people's representatives.

He expressed concern over past instances where crores of

rupees were sanctioned on paper but no actual implementation took place. He stressed the need to avoid such negligence in the future and instructed the municipal commissioner to address all ward-level issues through coordinated efforts among staff members.

As part of the broader vision for progress, the MLA proposed the creation of a master plan to transform Kottur Municipality into a model town. He highlighted the importance of proactive governance and continuous monitoring of development activities.

MLC Naveen Kumar Reddy, Kottur Municipal Chairperson Bathuku Lavanya Devender, along with local officials and public representatives, were present at the meeting.



Shadnagar MLA Veerlapalli Shankar speaking at the budget session of the Kottur Municipality in Rangareddy district on Saturday



Damaged paddy crop

ACROSS THE STATES



Shah to inaugurate 'Save Earth Conclave'

Union Home Minister Amit Shah will on Tuesday inaugurate the 'Save Earth Conclave' to explore the potential of bamboo to mitigate climate change and drive economic growth. Pasha Patel, the chairman of the Chief Minister's Task Force for Environment and Sustainable Development in Maharashtra, said that Shah would inaugurate the conclave, which is being organised by Phoenix Foundation Sanstha, Latur, and the Indian Chamber of Food and Agriculture. Nearly 1,200 delegates from across the country are expected to attend the conclave, Patel told reporters here. Union Road Transport and Highways Minister Nitin Gadkari and Union Environment Minister Bhpupendra Yadav are also scheduled to address separate sessions at the day-long conclave at the NASC Complex here on April 22. The organisers will also give away the India Sustainability Awards 2025 to 15 pioneers, who have led transformative change in climate action and green innovation.



Indian student killed by stray bullet in Canada

A 21-year-old Indian student was killed in Canada after being struck by a stray bullet while waiting at a bus stop, as shots were fired from a passing car. Harsimrat Randhawa, a student at Mohawk College in Hamilton, Ontario, was on her way to work on Wednesday when the incident occurred. Hamilton Police, which is investigating the case as a homicide, called her an innocent bystander. Back in Punjab, from where she hailed, her family has urged the Indian and state government for their assistance in bringing back her body. In a statement, police said they received reports of a shooting near Upper James and South Bend Road streets at around 7.30 pm local time and found Randhawa there with a gunshot wound to the chest. She was rushed to a hospital but succumbed. Randhawa was struck by a bullet after a passenger in a black car opened fire on a white sedan, it said.



Girl's 'accidental' death in turns out to be murder

The probe into the death of a 7-year-old girl in Nalasopara in Palghar district, which was registered as an accidental death at first, has taken a massive twist with her minor brother being detained for murder, a police official said on Saturday. The girl was found dead in her house in Valaipada on April 17 and her father had told Palhar police she hit her neck against a spanner after falling from a stool, resulting in her death, MBVV police Central Crime Unit senior inspector Pramod Badakh said. "Based on information provided by the father, a case of accidental death was registered at Palhar police station and the body was sent for mortem to Mumbai's JJ Hospital. The autopsy report said she died of injuries around the neck. A subsequent probe, which included talking to neighbours and a thorough check of the site, pointed the finger of suspicion at her juvenile brother," he said.

WORLD LIVER DAY

Modi pitches for fitter India

Prime Minister Narendra Modi on Saturday pitched for a fitter and healthier India by taking small steps such as reducing oil intake and raising awareness about the adverse effects of obesity, as he lauded the Union health ministry's efforts to mark World Liver Day. Observed annually, World Liver Day seeks to raise awareness about liver health and diseases. The theme for this year is "Food is Medicine". Modi said in a post on X, "Commendable effort to mark World Liver Day with a call for mindful eating and healthier living. Small steps like reducing oil intake can make a big difference. Together, let's build a fitter, healthier India by raising awareness about obesity." The prime minister was replying to Union Health Minister JP Nadda's post urging people to pledge to reduce their edible oil intake by at least 10 per cent and embrace a healthier lifestyle, a reiteration of Modi's call on these lines to stop obesity. Nadda also said, "Let's also pledge to raise awareness about obesity and its growing impact on our society. Together, let's work towards a future where healthier living is the norm, starting with the food we eat." Small changes can lead to big results when food is treated as medicine, he added.

India committed to improving tourism ties with ASEAN: Union Min

PNS ■ GUWAHATI

Union Minister of State for External Affairs Pabitra Margherita on Saturday said India's participation in the Malaysian Association of Tour and Travel Agents (MATTA) Fair in Kuala Lumpur underscores the country's commitment to strengthening tourism ties with ASEAN nations.

"MATTA is a platform that gives an opportunity to India's cultural and geographical richness to a global audience", the Union Minister said while inaugurating the India Pavilion of the fair at the Putra World Trade Centre (PWTC) in the Malaysian capital.

India's participation at MATTA Fair is part of the broader Tourism Professionals Exchange Programme 2025, a two-part initiative designed to foster closer tourism engagement between India and ASEAN countries, he said.

The first phase involved a field visit by ASEAN tourism professionals to Assam earlier this year.

The second phase, currently underway, includes collaborative activities at MATTA Fair with Indian and ASEAN counterparts working together to promote joint tourism



initiatives, the Minister added.

This initiative follows the announcement made by Prime Minister Narendra Modi at the 21st ASEAN-India Summit in Lao PDR, where 2025 was designated as the ASEAN-India Year of Tourism, he said.

The collaboration aims to encourage mutual learning, create market-relevant tourism products, and promote sustainable travel practices across borders.

"On our part, India has allocated USD 5 million to the ASEAN-India Tourism Work Plan for the period 2023-27", the Minister said.

This will be used to support promotional campaigns, capacity-building programs and sustainable tourism projects, he added.

The Indian Pavilion has been made possible by involvement of the Indian High Commission in Malaysia and implemented by Assam Tourism Development Corporation (ATDC).

ATDC has taken the lead in curating and coordinating India's participation with a strong focus on Northeast India's tourism potential, he added. "As a manifestation of our focus on the NE part of India, the special feature of the India pavilion has substantial presence of tourism professionals from the region, which provides the vital link with the ASEAN countries", the Minister said.

The eight states of NE India are blessed with scenic natural beauty, rich biodiversity, unique wildlife, historical sites,

distinct cultural and ethnic heritage and most of all warm and welcoming people, he added.

With a footfall of over 180,000 visitors and business transactions exceeding RM 300 million in each edition, MATTA Fair serves as one of Southeast Asia's most dynamic platforms for destination promotion.

India's representation this year includes 50 delegates from Assam, Meghalaya, Arunachal Pradesh, Nagaland, Sikkim, Mizoram, Delhi, Gujarat, Kerala, Rajasthan, Tamil Nadu, Jammu and Kashmir, Andamans and Nicobar among others, each contributing regional strengths to a unified national showcase.

The inaugural ceremony was attended by Chief Minister of Kedah Darul Aman Dat Seri Sandi Bin Md Noor, Indian High Commissioner in Malaysia B N Reddy, ATDC Managing Director Padmapani Bora, delegates from ASEAN countries, Indian tourism boards, travel operators, cultural groups, and government officials.

The India Pavilion will remain open for public and trade visitors until April 20.



11 dead in multi-storey building collapse in Delhi

PNS ■ NEW DELHI

A multi-storey residential building collapsed in northeast Delhi's Shakti Vihar area in the early hours of Saturday, leaving 11 people dead and 11 injured, officials said.

Teams of the National Disaster Response Force (NDRF), fire services, Delhi Police and other volunteers carried out rescue efforts for over 12 hours at the site of the 20-year-old four-storey structure that collapsed in the Mustafabad area of the national capital around 3 am.

According to police, there were 22 people at the building, most of them families. The owner of the building, Tehseen, and six from his family were among the 11 who died in the building collapse.

A police source said construction work in "two-three shops" on the ground floor

could have led to the collapse. Locals also said construction work going on at a new shop could have triggered the collapse. They also expressed concern about the fragile state of four to five buildings. Waste water from the sewer has been seeping into the walls of the buildings for years, and over time, the moisture has weakened the structure, causing the walls to develop cracks," said Salim Ali, another resident.

The Municipal Corporation of Delhi, in a statement, said that the structure was around 20 years old and was fully occupied.

Delhi Chief Minister Rekha Gupta ordered a probe into the incident and expressed sadness over the incident.

Residents of nearby buildings who also felt the tremors described it as an earthquake and said the floor beneath them was shaking.

Will win battle on Waqf issue, ED action will not frighten us: Kharge

PNS ■ NEW DELHI

Congress president Mallikarjun Kharge on Saturday said the party will not be daunted by the Enforcement Directorate's action against its leaders and also asserted that it will win the battle against the BJP-led central government on the Waqf (Amendment) Act.

Addressing a meeting of party general secretaries and in-charges here, Kharge said the Supreme Court has given importance to the points raised by the Congress and other opposition parties on the Act and alleged that the government had raked the 'Waqf by user' issue deliberately to create a dispute over such properties.

He said the Congress party brought together the entire opposition against the government's Waqf (Amendment) Bill.

"The Supreme Court is hearing this case right now, we are confident that we will win this battle too," he said, adding, "I am happy that the Supreme Court has given importance to the points raised by the



Congress and other opposition parties."

He accused the BJP and the central government of misleading people on the issue of Waqf.

"Especially the issue of 'Waqf by user' has been deliberately brought up by the government to put Waqf properties into dispute," he alleged.

He said former party chiefs Sonia Gandhi and Rahul Gandhi were named in the Enforcement Directorate chargesheet and National Herald properties in Delhi, Lucknow and Mumbai were attached with a "spirit of vendetta".

"You must have noticed how, as part of a big conspir-

acy, the names of CPP Chairperson Sonia Gandhi and leader of Opposition in Lok Sabha Rahul Gandhi have been put in the charge sheet in the National Herald case. But no matter whose name they put, we are not going to be afraid," Kharge said.

"Just two or three days before that, the properties of National Herald in Delhi, Lucknow and Mumbai were attached. There is no doubt that all this is being done out of a spirit of vendetta," he said.

Asserting that 'Young Indian' is a 'not for profit' company, Kharge said this means that no one can take or transfer the shares, properties or profit of AJL.

ED action in National Herald case is to protect nation's assets: Goyal

PNS ■ MUMBAI

Union minister Piyush Goyal on Saturday said the action by the Enforcement Directorate (ED) in the National Herald case is aimed at protecting the nation's assets from being "taken over by the Gandhi family for personal use".

Goyal alleged that Congress leaders Sonia Gandhi and Rahul Gandhi were involved in a conspiracy to take control of the property, originally meant for public interest, through the now-defunct National Herald newspaper.

"The ED's action in the National Herald case is to save the nation's assets," the Union commerce minister told reporters here.

Such property should be returned to the people, he said.

The Enforcement Directorate (ED) has filed a chargesheet against Congress leaders Sonia Gandhi, Rahul Gandhi and others on charges of money laundering in the National Herald case.

"A shocking issue came before the country. Sonia



The AJL used to run the National Herald.

The BJP minister, who represents the Mumbai North Lok Sabha seat, claimed the Congress collected donations from the public under the guise of social service and political work, but used the money to provide an illegal loan to AJL.

"Around Rs 90 crore were given to AJL as a loan. It is illegal to give such a loan by a political party," he said. The loan was later transferred to Young Indian, a company controlled by the Gandhi family, according to Goyal.

"After some period, the Rs 90 crore loan was settled for merely Rs 50 lakh and transferred to Young Indian. Sonia Gandhi and Rahul Gandhi control 76 per cent in Young Indian. The entire property came under Young Indian's ownership in 2010-11 for just Rs 50 lakh," he said.

He called the transaction a calculated move to transfer public property into private hands. "Can you tell me any better scheme than this," asked the minister.

Raj and Uddhav spark reunion buzz

Say ready to ignore trivial issues

PNS ■ MUMBAI

MNS leader Raj Thackeray has sparked speculation about a potential political rapprochement with his estranged cousin and Shiv Sena (UBT) chief Uddhav Thackeray, noting their past differences are "trivial" and uniting for the greater good of "Marathi mannos" is not a difficult task.

The buzz strengthened when Uddhav on Saturday said he is ready to put aside trivial fights provided that those working against



Maharashtra's interests will not be entertained, a veiled reference to Raj hosting Shiv Sena head and Deputy CM Eknath Shinde at his residence.

In an interview with actor-

director Mahesh Manjrekar's podcast, released on Saturday, Raj said he had no issues working with Uddhav when they were in the undivided Shiv Sena. Raj said the question is, does Uddhav want to work with him?

"For a bigger cause, our fights and issues are trivial. Maharashtra is very big. For Maharashtra, the existence of Marathi mannos, these fights are very trivial. I don't think it is a difficult task to come together and stay united. But the issue is of desire.

"It is not the question of my desire or selfishness. We need to look at the larger picture. All Maharashtra should form one party," Raj said when asked whether the two estranged cousins could come together politically.

Raj, for his part, stressed that ego should not be brought to dictate such small issues.

Responding to Raj, Uddhav told Shiv Sena (UBT) workers, "I am also ready to put aside trivial issues and I appeal to everyone to come together for the sake of Marathi mannos."



Patnaik becomes BJD chief for 9th time

Asks party workers to expose BJP's 'false' narrative

PNS ■ BHUBANESWAR

Former Odisha chief minister Naveen Patnaik, who was chosen as the BJD president for the ninth time in a row, on Saturday called upon party workers to expose the alleged false narrative of the ruling BJP.

BJD's organisational election returning officer PK Deb announced 78-year-old Patnaik as the party president at the state council meeting held at its state headquarters, Sankha Bhawan.

Addressing party leaders and workers after being named as the BJD president, Patnaik said, "We conceded defeat in the last assembly election by a narrow margin, even though our party got more votes. This is because we couldn't effectively counter the false narrative. Creating a false narrative is the main strategy against the BJD. We should be aggressive in exposing this, especially on social

media." The leader of opposition in the Odisha assembly also said, "We need to improve our social media presence. Technology should be used to tell the truth and the facts, and without technology, we cannot reach out to people."

Patnaik has been the founder president of the regional party and was the lone candidate for the post.

"Patnaik was elected as the BJD president unopposed," Deb said.

In a veiled attack on the ruling BJP, the BJD chief said, "No one should underestimate the organisational strength of our party. The spirit of BJD workers remains very high. They are our real assets."

"I have full faith in BJD workers, brothers and sisters. They are the ones who will give a befitting reply to the propaganda. They will spread the message of our service to every village and city of Odisha," Patnaik said.

Murshidabad: NCW team meets riot-hit people

Ruling TMC describes commission as BJP's wing

PNS ■ KOLKATA

A delegation of the National Commission for Women (NCW), led by its chairperson Vijaya Rahatkar, on Saturday met riot-hit people in West Bengal's Murshidabad district and assured them that the Centre would take necessary steps to ensure their safety.

The ruling Trinamool Congress (TMC), however, questioned the NCW's neutrality, accusing it of functioning as a "political wing of the BJP".

During the visit, affected women shared their harrowing experiences from the recent communal violence, which claimed three lives.

They demanded the establishment of permanent BSF camps in select areas and called



for an NIA probe into the clashes. Rahatkar said, "I am dumbfounded by the agony these women are having to suffer. What they went through during the violence is beyond imagination." The NCW chief assured the victims that there was "no cause for worry" as the Centre is with you.

"We have come here to see your plight. Please don't worry. The country and the commission are with you. Don't think that you are alone," Rahatkar told the victims at Betbona village.

Many of the riot-affected women broke down in tears during their interactions with the NCW team.

The villagers were seen hold-

ing placards that displayed messages such as "We don't want Lakshmir Bhandar, we want BSF camp. We want security".

"We are under attack", read another placard. "We demand resignation of chief minister for her failure to protect us," said another placard.

NCW member Archana Majumdar told reporters that the Commission would report the women's demands to Union Home Minister Amit Shah, especially regarding the deployment of BSF camps in the area.

BJP MLA Sreerupa Mitra Chaudhury, who was accompanying the NCW team, told PTI Videos, "This is my constituency, Dakshin Malda. I have been contesting from here for the last 12 years, and what I have seen this time is unprecedented.

A Toast to Taste

BY TEAM AGENDA

Somewhere between a laid-back hangout and a full-sensory culinary voyage, *Dos Delhi* is shaking up the city's bar culture, one artfully crafted cocktail at a time. Tucked into a lively corner of New Delhi, it is a mood. With its high-energy vibe, edgy design, and a menu that's unapologetically adventurous, this hotspot is redefining what it means to dine and drink in the capital. Now, the creative minds behind the concept — *Chefs Jatin Mallick and Julia Carmen De Sa* are raising the bar with the launch of a brand-new Beverage & Bar Snack Pairing Menu.

This isn't just about snacks that accompany your drink. It's a thoughtfully curated sensory experience where bold cocktails and inventive bites come together in a masterful dance of balance and contrast.

A sleek glass of *Truffle Spy*, made with gin, Martini Extra Dry, Cointreau, Campari, and a touch of truffle, paired with golden, crispy *Truffle Parmesan Fries* makes a day. What is refined, decadent, and almost too good to share are the fiery *Dos Me Up*, where tequila combines with wasabi, sour cream, cilantro, and basil. Its punch is balanced by the earthy calm of *Charcoal Grilled Snack Peppers with Yam Hummus*.

Each pairing feels like a little world of its own. The *Smirking Cacao*, with its heady mix of dark rum, vanilla liqueur, spiced vermouth, and cacao nibs, is like dessert in a glass. It is perfectly complemented by *Buttered Edamame with Thai Herbs and Lemongrass Ketchup*. Then there's the refreshing

Hot Russian Zombie, a vodka-apple-citrus-based drink that comes alive with Potato Lavash topped with Avocado, Salsa Macha, and Chipotle Cheese Sauce. And if tropical and smoky is your flavour, the *Sexy Lady Stunner*, a blend of whisky, Martini Bianco, and roasted pineapple, pairs beautifully with Mustard Marinated Fish Belly Fingers and lemon marmalade.

However, *Dos Delhi* isn't only about the drinks. The bar snack menu is a genre of its own - part street-style comfort, part global fusion, and entirely packed with surprises. Take the *Guntur Chilli Glazed Crispy Chicken Wings* for instance, bold and spicy, and ideal with whisky. Or the *Flash-Fried Sweet & Sour Green Candy Tomatoes* served with *Yoghurt Tahina and Flour Crispies*, which offer a tangy, crunchy contrast to citrus-forward cocktails. If you love bold umami flavours, the *Dos Magic Spiced Cassava Chips with Sriracha Cheese Ketchup* deliver a satisfying punch. And of course, there's the ever-popular *Cheese Garlic Bread*, warm, gooey, and comfortingly familiar — especially when enjoyed with red wine sangria or a smooth whisky spritzer.

The ambience is as much a part of the experience as the food and drink. Spread over two floors, with both indoor and outdoor seating, the space pulses with a modern, welcoming energy. Contemporary artwork adds visual intrigue, while live DJs set the tone, with music that shifts seamlessly from laid-back evening grooves to weekend party anthems.

At its core, *Dos Delhi* is about slowing down, enjoying good company, and celebrating the pleasures of flavour and connection. So whether you're winding down after work, reconnecting with friends, or seeking your next great cocktail discovery, Beverage & Bar Snack Pairing Menu invites you to sip and savour.

FACT SHEET:

Name: Dos By Tres
Address: Shop No. 9 & 10, Fourth Avenue Road, Lodhi Colony, New Delhi
Price for Two: ₹2,500/-
Timings: Mon - Thu, Sunday: 12:00pm to 12:00am
Fri - Sat: 12:00pm to 01:00am

Chill Mornings with Light Breakfast

BY TEAM AGENDA

Breakfast is often called the most important meal of the day and for all the good reasons. A wholesome breakfast fuels your body, sharpens your focus, and sets the tone for a productive day. Especially during summer, starting your morning with light, nourishing, and refreshing meals becomes

all the more essential to keep your energy up without feeling heavy.

In this spirit, we bring you two delightful breakfast recipes that are both satisfying and summer-friendly. First up is *Poha*, a light and flavourful dish made from flattened rice perfectly with a cup of chai. Then *Curd Upma*, a unique twist on the classic Upma that blends roasted semolina with curd.

CURD UPMA

Curd Upma, a dish combining the cooling effects of curd with the nutritional benefits of Upma, offers several advantages during the summer months. It helps to regulate body temperature, promotes digestion, boosts immunity, and provides hydration, making it a refreshing and healthy summer meal.

- INGREDIENTS:**
- 1 cup curd
 - 2 Cups sooji
 - 1 tsp mustard seeds
 - 10-12 Curry leaves
 - 1 tsp urad dal
 - 1 tsp chana dal
 - 1 onion, chopped
 - 1/2 cup vegetables of your choice, chopped
 - 1 tsp ginger-garlic paste
 - 2 Green chillies (slit)
 - to taste salt
 - to taste Red chilli powder
 - for garnishing coriander leaves

- INSTRUCTIONS:**
- Roast sooji till fragrant. Keep aside.
 - Heat ghee in a pan. Add mustard seeds, curry leaves, urad dal and chana dal. Wait till they splutter.
 - Sauté onion and ginger-garlic paste.
 - When onion browns, add the
 - vegetables, cover the pan and let the vegetables cook.
 - Add curd water and saute for a minute. Add roasted sooji, 4 cups of water and let everything cook.
 - Garnish with coriander leaves and serve hot.



POHA

Poha is a dish made from flattened rice, which is lightly steamed and cooked with onions, spices, and herbs. The term 'poha' refers both to the ingredient-flattened rice flakes, also known as beaten or

parched rice - and the final prepared dish. These rice flakes are regarded as wholesome and nutritious, as they undergo minimal processing from raw paddy. This is a nutritious, traditional food widely eaten in many regions of India.

INGREDIENTS:

- 1 cup poha (flattened rice)
- 1 medium onion (finely chopped)
- 1-2 green chillies (slit or chopped)
- 1/4 tsp mustard seeds
- 5-6 curry leaves
- 1/4 tsp turmeric powder
- Salt to taste
- 1 tsp oil
- 1 small potato (optional, peeled and chopped small)
- 1-2 tsp sugar (optional, for a slight sweetness)
- 2 tsp roasted peanuts
- Fresh coriander leaves (chopped, for garnish)
- Juice of half a lemon



- INSTRUCTIONS:**
- Rinse 1 cup poha in a colander under running water.
 - Gently fluff it with your fingers and let it sit for 5-10 minutes to soften. (Make sure it doesn't become mushy)
 - Heat 1 tsp oil in a pan, add mustard seeds and let them crackle.
 - Add curry leaves, green chillies, and peanuts.
 - Sauté for a minute and add chopped onions and sauté until translucent. (If adding potatoes, cook them until soft before adding onions)
 - Sprinkle turmeric powder and mix well.
 - Add the softened poha, salt, and sugar. Mix everything gently.
 - Cover the pan and cook for 2-3 minutes on low heat.
 - Turn off the flame, squeeze lemon juice, and garnish with coriander.
 - Enjoy your poha with a hot cup of tea!



Brewing Innovation: Microbreweries

BY AJAY GOWDA

The craft beer industry thrives on passion, innovation, and an ever-evolving consumer palate. In a dynamic market like India, where beer culture is rapidly evolving, *microbreweries* must continuously adapt to remain relevant. This evolution goes beyond brewing exceptional beer as it requires innovation in menu offerings, immersive experiences, and customer engagement strategies. Leading microbreweries recognise that craft beer is more than just a beverage; it is an experience that fosters a deeper connection between consumers and the craft. Reinvention is not merely a business strategy but it is a commitment to consistently enhancing the customer journey, offering authenticity, novelty, and lasting impressions.

Craft beer lovers seek a holistic experience that extends beyond the pint glass. At our brewing company we have always believed that a microbrewery is more than just a place to drink — it's an immersive experience. This means that while our beer remains at the core, our food menu, ambiance, and service must evolve to keep guests excited and engaged. Food and beer pairing is an area where we see constant innovation. The modern beer drinker wants to explore beyond traditional bar snacks, which is why we consistently experiment with our menu. A well-thought-out food pairing can enhance the flavours of a beer. Our recent menu refresh, inspired by global flavours while keeping our Viking



spirit alive, is a testament to this philosophy. Beyond food, microbreweries are also diversifying their beverage offerings. Craft cocktails, beer-based drinks, and even house-made non-alcoholic options ensure that there is something for every guest, making the microbrewery experience more inclusive and engaging.

The modern beer seeks variety. The rise of unique beer styles such as hazy IPAs, barrel-aged stouts, and fruit-infused sours, demonstrates that consumers are open to experimentation. Reinvention is about adapting to what our consumers want before they even know they want it.

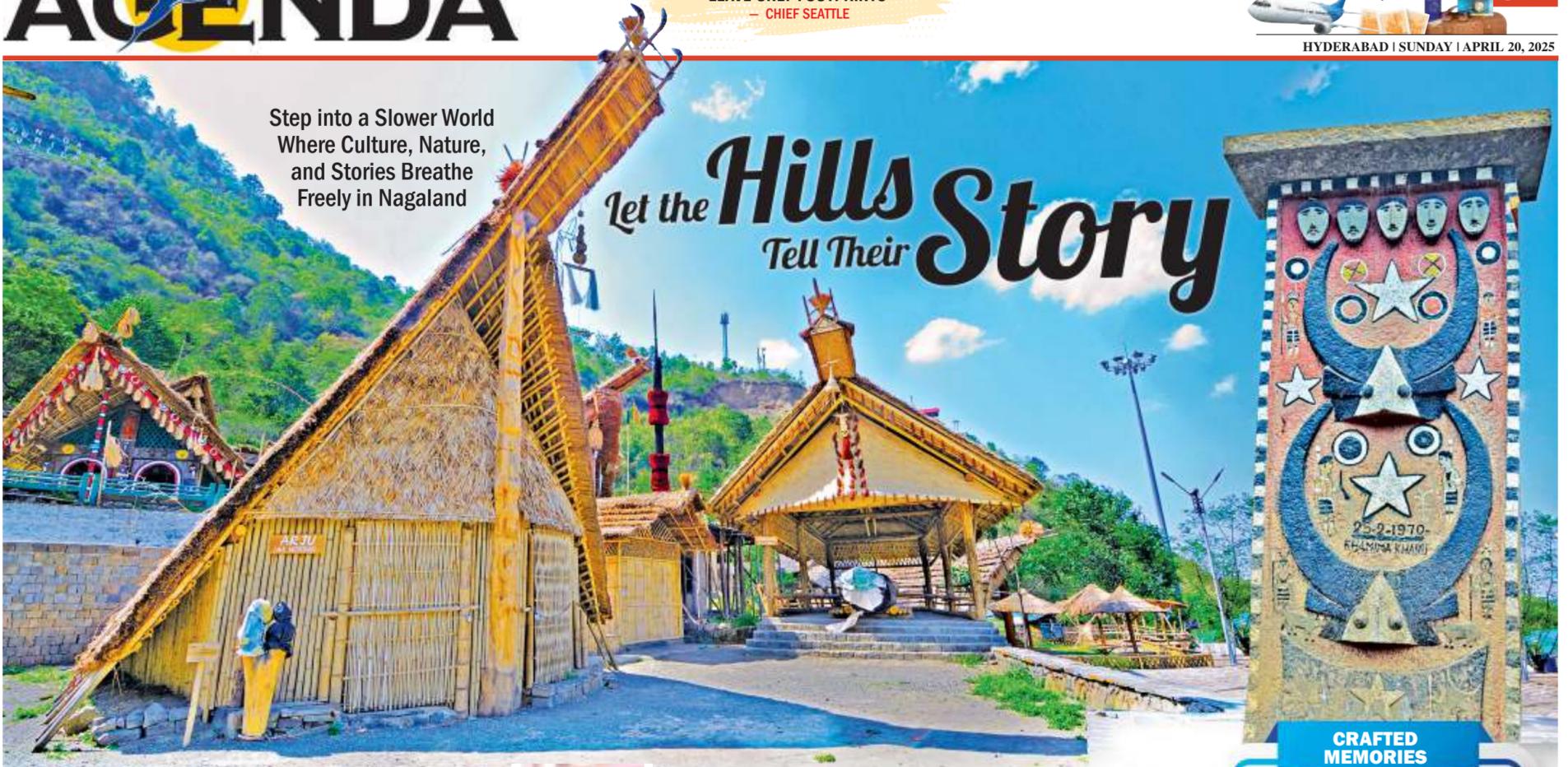
— The author is Managing Director of Byg Brewski Brewing Company

THE FUTURE

The microbrewery industry in India is at an exciting juncture. With evolving tastes, rising consumer expectations, and a growing appreciation for craft beer, reinvention is no longer an option but it is a necessity. As we look to the future, our focus remains on pushing boundaries while staying true to our core values of quality, craftsmanship, and experience.

Step into a Slower World
Where Culture, Nature,
and Stories Breathe
Freely in Nagaland

Let the Hills Tell Their Story



CRAFTED MEMORIES

Souvenirs That Tell a Story Don't leave without picking up a bottle of Infamous-its bold character and striking design make it a gift worthy of your shelf. Handwoven Naga shawls, each tribe with its distinct pattern, ideal as a wrap or a wall accent. Tribal jewellery made from beads and brass-rustic, sustainable, and deeply symbolic. Bamboo and cane artefacts, from baskets to lampshades, crafted by local artisans. Smoked pork or dried bamboo shoot, vacuum-packed and available at select markets in Kohima. Locally grown wild Naga chillies, both fresh and in pickled form, for those who like their food fiery. Why Go Slow?



If you're weary of Insta-itineraries and whirlwind checklists, perhaps it's time to let Nagaland happen to you—slowly, deliberately, and with the grace of a place untouched by frenzy. This Northeastern gem invites not a race, but a pause. Here, you don't "do" a holiday; you dwell in it. The gateway to Nagaland is surprisingly accessible—courtesy of a direct flight from Delhi to Dimapur. No layovers, no fuss. From Dimapur, it's a picturesque 90-minute drive to Kohima, the state's capital, where the hills roll in like a lullaby and time decides to take the long road. For those who prefer to stay in Dimapur, you're still in the heart of it all—with the added advantage of being just 20 minutes from Khatkhati in Assam, where the spirit flows a little more freely (more on that in a bit).



PAWAN SONI
COLUMNIST
Food critic and founder of the Big F Awards



PANKAJ KUMAR

A Walk Through History

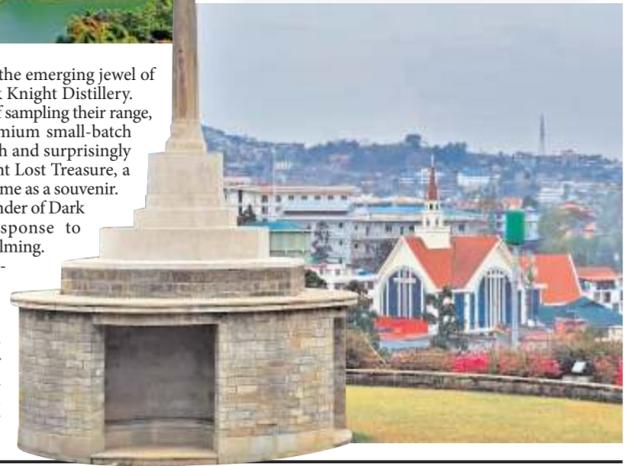
Kohima holds within it the whispers of the past. The Kohima War Cemetery, perched gracefully over green slopes, honours the brave who fought in one of the Second World War's fiercest battles. It's not just a site; it's a silenced storyteller. The epitaph that reads "When you go home, tell them of us," is reason enough to spend a moment longer in reflection. In December showcases all this and more—dance, folk-

lore, crafts, and cuisines that are as layered as the land. Now, here's the delightful surprise: while Nagaland's indigenous cuisine is a delight of lightly spiced, easy-to-digest dishes—think bamboo shoot pork, fresh river fish, sticky rice—there's no dearth of North Indian comfort food either. Craving choley bhature, jalebi, or a good old paratha? You'll find it in Kohima's modest eateries and hotels, served with the warmth of familiarity and a view to match.

Nagaland may be officially dry, but that doesn't mean you're cut off from your evening pour. A short ride to Khatkhati, across the Assam border, brings

you to a clutch of bars and the emerging jewel of the local spirits scene—Dark Knight Distillery. Here, I had the pleasure of sampling their range, including Infamous, a premium small-batch whisky with a smooth finish and surprisingly nuanced profile, and bought Lost Treasure, a cold-brew coffee rum for home as a souvenir. Dani Chand, the affable founder of Dark Knight, stated, "The response to Infamous has been overwhelming. We're still keeping it small-batch to retain quality, but expansion plans are definitely brewing."

This place is about learning to savour again, whether it's a bite of Naga stew or a verse of war history. So, take that flight. Take your time. Let Nagaland linger.



HORNBILL VILLAGE AND THE 16 TRIBES OF NAGALAND

Nagaland is home to over a hundred tribes, each with its own dialect, traditions, and legacy. Among these, 16 are officially recognised as major tribes, and their presence is vividly brought to life in the Hornbill Village—a living museum where tradition stands tall. Here, tribal architecture tells you as much as the elders do. You can walk through authentically built morungs, see traditional weaponry once used in headhunting days, and witness daily practices that have survived centuries.

Luxury Beyond the Ocean's Horizon

BY AKANKSHA DEAN

As I boarded, the promise of an enchanting journey ahead filled the air. Flying Business Class with SriLankan Airlines transformed the journey into a memorable escapade. As I settled into my plush seat, the friendly flight attendants welcomed me with warm smiles and a glass of sparkling champagne that shimmered like the Indian Ocean below. Soon enough, we glided into Colombo, a city alive with culture and hues. Upon my arrival at the Anantara Peace Haven Resort, I was instantly lulled by the gentle sound of waves crashing against the shore.

The brutal noise of everyday life faded away, replaced by a peaceful ambience suffused with the fragrance of tropical flowers and fresh seafood grilling nearby. My luxurious villa had a private plunge

WAVES, WELLNESS AND WONDERS

My adventurous side thrived during watching a thrilling surf lesson with an extraordinary instructor, who transformed missteps into pointers—by the end of it, you could be riding waves like a pro. A session of restorative yoga against the backdrop of the sun dipping into the ocean was the perfect balance, allowing me to connect both mentally and physically with nature. It was a moment of pure zen. Every treatment I enjoyed led me deeper into tranquillity, leaving me blissfully void of any worldly stress. Between flavours, surf and spa, I truly felt the essence of Sri Lanka's welcoming charm.

pool, which beckoned me for a refreshing dip. As I settled in, excited for what lay ahead, I could feel Sri Lanka's rich culture and bright spirit spilling from the very walls of this oasis.

CULINARY BLISS BY THE SEA

Let's start with the food—where do I even begin? My culinary journey kicked off at Journey's, the resort's breakfast haven. The vibrant buffet was as impressive as an art gallery, boasting an array of dishes from traditional egg hoppers to decadent pastries.

My taste buds danced with delight at the first bite of savoury fish curry paired with that unique hopper texture. Post breakfast, I lounged by the infinity pool, which effortlessly merged into the horizon—each glance towards the ocean felt like I was shifting between reality and a surreal painting.

The true joy of dining at Anantara lies not only in casual meals between sun-soaked hours but in the mystical dinner experience that awaited me at Verele, the beachside teppa-

nyaki restaurant. As the sun slipped below the horizon, live folk music curated a soothing backdrop to my BBQ feast.

I relished every moment as the skilled chefs prepared unique dishes, not just with ingredients but with love—a tradition handed down through generations. Each bite was an invitation into a world rich with history and vibrant flavours, a culinary dance of spices and textures that is quintessentially Sri Lankan.

Under the guidance of local chefs, I learned the secrets behind traditional Sri Lankan dishes, grating coconut and preparing aromatic curries. The air filled with laughter and the scent of freshly ground spices, and my creativity turned every dish into a small-plate masterpiece. Sharing what I cooked with fellow travellers over cocktails infused with innovative flavours like smoked Amaran was the cherry on top of this wonderful day.

— The author is an independent food & travel writer, a chef, and a catalyst

IN THE END, IT'S THE LAUGHTER SHARED OVER SPICES, WAVES RIDDEN, AND PEACE FOUND AMIDST VEILS OF PALM TREES THAT MAKES THE ANANTARA EXPERIENCE TRULY UNFORGETTABLE



MONEY MATTERS

INDIA, US TRADE TALKS FROM 23

Pact's terms of reference include about 19 chapters

PNS ■ NEW DELHI

Indian and US officials will hold three-day talks from April 23 in Washington for a proposed trade pact with terms of references (ToRs) covering around 19 chapters such as tariffs, non-tariff barriers, and customs facilitation, official sources said.

The Indian official team is visiting the US to give further impetus to the negotiations in the 90-day tariff pause window and discuss these ToRs to iron out differences on certain issues before formally launching talks for the bilateral trade agreement (BTA). India's chief negotiator, Additional Secretary in the Department of Commerce Rajesh Agrawal, will lead the team for the first-in-person talks between the two countries. Agrawal was appointed as the next commerce secretary on April 18. He will assume office from October 1.

"Both sides will discuss the



level of ambition. The ToRs will be further developed and discussed. What will be the pathway for talks? The ToRs will include issues like tariffs, non-tariff barriers, rules of origin, goods, services, custom facilitation and regulatory issues," the official said, adding general contours of the pact will be discussed, besides scheduling, so that things can be finalised in 90 days.

The three-day deliberations assume significance, as a senior

official-level talks held between the two countries last month here. Brendan Lynch, the Assistant US Trade Representative for South and Central Asia, was in India from March 25 to 29 for crucial trade discussions with Indian officials.

The two sides are keen to utilise the 90-day tariff pause, announced by US President Donald Trump on April 9, to push the talks.

On April 15, Commerce Secretary Sunil Barthwal had stated that India will try to close the negotiations as quickly as possible with the US.

India and the US have been engaged in negotiating a bilateral trade agreement since March. Both sides have targeted to conclude the first phase of the pact by the fall (September-October) of this year, with an aim to more than double the bilateral trade to USD 500 billion by 2030, from about USD 191 billion, currently.

government official had recently stated that an interim trade agreement between the two countries could be finalised in the 90-day tariff pause announced by the Trump administration if it is a "win-win" for both sides. In international trade parlance, the level of ambition refers to the extent to which two countries are willing to commit to specific trade liberalisation measures.

The visit also follows senior



RBI to remain 'agile & proactive' in policy action: Guv Malhotra

PNS ■ NEW DELHI

Amid the ongoing tariff war, Reserve Bank Governor Sanjay Malhotra has said that the central bank will continuously monitor the rapidly evolving global situation and remain 'agile and proactive' in its policy actions.

Observing that the Indian economy and the financial markets have demonstrated remarkable resilience, Malhotra cautioned that "they are not immune to the vagaries of an uncertain and volatile global environment."

"In view of the rapidly evolving situation, especially on the global front, we are continuously monitoring and assessing the economic outlook. We will be agile and proactive in our actions on the policy front, as always," he said, while addressing the 24th FIMMDA-PDAI Annual Conference in Bali on Friday.

He said the growth-inflation balance has improved significantly and there has been a decisive improvement in headline inflation which is projected to remain aligned to the target of 4 per cent in FY26.

Global uncertainties and weather disturbances, how-

"Even though we have projected a somewhat lower real GDP growth for FY26 at 6.5 per cent, India is still the fastest growing economy. Yet, it is much below what we aspire for. We have reduced repo rates twice and provided sufficient liquidity."

ever, pose risks to the inflation outlook. "Even though we have projected a somewhat lower real GDP growth for FY26 at 6.5 per cent, India is still the fastest growing economy. Yet, it is much below what we aspire for. We have reduced repo rates twice and provided sufficient liquidity," he said.

On the Indian financial markets, the Governor said all market segments including FX, G-sec, Money Markets, have largely remained stable.

While the rupee came under a bit of pressure a few months ago, it has fared better thereafter and regained some lost ground, he noted.



HDFC Bank profit rises to Rs 17,616 crore

HDFC Bank on Saturday posted a 6.6 per cent increase in standalone profit at Rs 17,616 crore in the fourth quarter of 2024-25. The country's biggest private sector lender had earned a net profit of Rs 16,512 crore in the same quarter a year ago. Total income increased to Rs 89,488 crore during the quarter under review, as against Rs 89,639 crore in the same period of last year, HDFC Bank said in a regulatory filing. The bank reported interest income of Rs 77,460 crore during the January-March quarter of 2024-25, compared to Rs 71,473 crore in the same period a year ago. The board of the bank recommended a dividend of Rs 22 per equity share of Re 1 each for the year ended March 31, 2025. As regards asset quality, the bank witnessed slight deterioration, with gross Non-Performing Assets (NPAs) rising to 1.33 per cent of the gross loans by the end of March 2025, from 1.24 per cent a year ago. Similarly, net NPAs or bad loans rose to 0.43 per cent, from 0.33 per cent at the end of the fourth quarter of the previous fiscal year. Consolidated basis, the bank clocked a growth of 6.8 per cent in net profit to Rs 18,835 crore, as against Rs 17,622 crore in Q4 FY24.



Punjab govt to provide 33% subsidy on hybrid seeds

The Punjab government on Saturday said it has decided to provide a 33 per cent subsidy on BT cotton hybrid seeds, as part of its move to promote crop diversification in the state. The subsidy will be given on seeds which are recommended by Punjab Agricultural University (PAU), Ludhiana. Agriculture Minister Gurmeet Singh Khuddian said a sum of Rs 20 crore has been allocated for the subsidy programme and this move would reduce financial burden on cotton growers, while simultaneously discouraging the cultivation of non-recommended hybrids to enable them to adopt high-yielding and pest-resistant BT cotton hybrid seeds. The department has fixed a target to increase the cotton crop area to at least 1.25 lakh hectares this year, he said. Cotton, a crucial kharif crop in the south-western districts of the state, presents a viable alternative to the water-guzzling paddy crop, contributing to both agricultural diversification and economic growth. Urging farmers to take advantage of this opportunity and opt for the recommended BT cotton hybrid seeds, Khuddian said the state government is committed to supporting farmers and promoting sustainable agricultural practices.



Delhivery, Ecom Express seek CCI nod for Rs 1,400-cr deal

Logistic firm Delhivery Ltd and Ecom Express have sought Competition Commission of India's approval for their Rs 1,400-crore deal. Under the deal announced on April 5, Delhivery will acquire a controlling stake in Ecom Express for a cash consideration of Rs 1,400 crore. While Delhivery is a listed integrated logistics player, Ecom Express provides logistics solutions to the Indian e-commerce industry. According to the notice submitted to the regulator, the relevant products and geographic markets can be left open, given that the proposed deal will not lead to any change in the competitive dynamics, let alone cause any appreciable adverse effect on competition, in any market in India. Against the backdrop of potential business overlaps, the notice has mentioned that with respect to horizontal overlaps, the markets for provision of express parcel delivery services in India, and for provision of warehousing and supply chain services in India can be considered as relevant ones. In terms of vertical relationships, the relevant markets for provision of intralogistics automation services in India (at the upstream level), and for provision of logistics services in India (at the downstream level) can be considered, as per the notice.

11-DAY VISIT TO US, PERU

FM to participate in G20, IMF-World Bank meetings

PNS ■ NEW DELHI

Finance Minister Nirmala Sitharaman will participate in G20 meetings and attend Spring Meetings of the IMF-World Bank, among other bilateral engagements, during an 11-day official trip to the US and Peru, the finance ministry said on Saturday.

Sitharaman is leaving for the official trip on Saturday night.

The finance minister will also interact with top CEOs from prominent fund management firms during a Roundtable meeting with investors, besides holding bilateral meetings with CEOs from top information technology (IT) firms based in San Francisco.

As part of the US visit, she would land in San Francisco to deliver a keynote address at the Hoover Institution at the Stanford University on April 20.

Elon Musk says he looks forward to visiting India

PNS ■ WASHINGTON/NEW YORK

Tesla and SpaceX CEO Elon Musk on Saturday said he is looking forward to visiting India later this year.

The tech billionaire's remarks came a day after he and Prime Minister Narendra Modi spoke and discussed the immense potential for collaboration in technology and innovation.

"It was an honor to speak with PM Modi. I am looking forward to visiting India later this year!" Musk said in a post on X.



Musk is considered one of the most influential persons in the Donald Trump administration and is spearheading the Department of Government Efficiency (DOGE) aimed at

cutting government expenditure and reducing the federal workforce.

After their talk on Friday, Modi took to X and said, "Spoke to @elonmusk and talked about various issues, including the topics we covered during our meeting in Washington DC earlier this year. We discussed the immense potential for collaboration in the areas of technology and innovation."

"India remains committed to advancing our partnerships with the US in these domains," he added.

UK PM holds 'productive' talks with Trump

PNS ■ LONDON

British Prime Minister Keir Starmer said he and President Donald Trump held "productive" talks on the ongoing discussions towards a trade agreement with the US to address the hefty import tariffs imposed by the American administration on countries around the world.

Downing Street said the phone call on Friday also covered the Russia-Ukraine conflict and the recent US strikes on a Yemeni port to target Houthi rebels. The call came soon after Trump told reporters at the White House that his proposed second State Visit at the invitation of King Charles III is expected in September.



India, UK talks for FTA moving towards closing end: Sources

PNS ■ NEW DELHI

The negotiations for the proposed free trade agreement between India and the UK are progressing towards the final stages, with both sides working to resolve remaining issues, sources said.

They said that a UK team was here to discuss issues in the bilateral investment treaty.

Finance Minister Nirmala Sitharaman on April 9 wrapped up the 13th Ministerial India-UK Economic and Financial Dialogue (EFD) with her British counterpart, Chancellor Rachel Reeves, on a note of positivity and eagerness to conclude the bilateral Free Trade Agreement (FTA) negotiations soon. Sources indicated that now another full round of negotiations is unlikely as discussions are progressing at a faster pace.

On February 24, Commerce and Industry Minister Piyush Goyal and UK Secretary of State for Business and Trade Jonathan Reynolds announced

the resumption of negotiations for the proposed FTA between the two countries. The negotiations resumed after a gap of over eight months. The talks were launched on January 13, 2022. So far, 14 rounds of talks have been completed.

The two countries are actively negotiating on three different fronts - FTA, a bilateral investment treaty (BIT), and a Double Contribution Convention Agreement. In the BIT, the sticking point between the two nations is with regard to the resolution of disputes. On the progress of negotiations for the proposed India, European Union (EU) free trade pact, one of the sources said that both are discussing for an early harvest agreement.

"In-principle they are agreed for that," the source added. The 11th round of negotiations is scheduled from May 12-16 here. The two are looking to conclude the free trade agreement in phases amidst an uncertain global trade environment.

'Govt committed to fostering business-friendly environment in J-K'

PNS ■ JAMMU

Jammu and Kashmir Chief Minister Omar Abdullah on Saturday reiterated his government's commitment to fostering a business-friendly environment and streamlining regulatory frameworks across various sectors in the Union Territory.

He was addressing a high-level meeting convened here to review the progress on compliance reduction and deregulation under the Ease of Doing Business (EoDB) framework aimed at making the regulatory environment more con-



ducive for businesses.

The meeting was part of the national initiative led by the Union cabinet secretariat in collaboration with key institutions including the PMO, NITI Aayog, Department for Promotion of Industry and Internal Trade (DPIIT) and the Ministry of Micro, Small and

Medium Enterprises (MSME), an official spokesman said.

The initiative focuses on eliminating redundant regulations, reducing compliance burdens, particularly for MSMEs, promoting digitisation and single-window clearances, and decriminalising business laws wherever necessary.

Instructing all officers to break down the identified action plans -- most of which have timelines of five to six months -- into smaller, achievable deliverables on a fortnightly basis, Abdullah emphasised the need to track progress

closely and examine reasons for any delays.

He directed that finalised action plans be promptly uploaded on the MIS portal and that implementation should begin without delay.

Stressing the importance of accountability, Abdullah laid down a review mechanism under which the progress of reforms will be evaluated every two months.

"My government is committed to fostering a business-friendly environment and streamlining regulatory frameworks across various sectors," he said.

ICICI Bank net profit up 15.7% to Rs 13,502 cr

PNS ■ MUMBAI

ICICI Bank on Saturday reported a 15.7 per cent jump in March quarter consolidated net profit at Rs 13,502 crore.

On a standalone basis, the second largest private sector lender's net profit for the January-March quarter came at Rs 12,630 crore, up 18 per cent, as against Rs 10,708 crore in the year-ago period.

The core net interest income moved up 11 per cent to Rs 21,193 crore, from the year-ago period's Rs 19,093 crore. The non-interest income excluding treasury increased 18.4% to Rs 7,021 crore.

Provisions came at Rs 891 crore in the March quarter, as against Rs 718 crore in the year-ago period.

US small manufacturers hope to benefit from tariffs

Some worry about uncertainty

PNS ■ NASHVILLE

Drew Greenblatt is fully on board with the Trump administration's use of tariffs to rebalance a global trading system that it says favours foreign companies over US manufacturers.

Greenblatt is the president and owner of Marlin Steel Wire Products in Baltimore, Maryland, which makes baskets and racks for medical device manufacturers, aerospace companies, food processing companies and others. It has 115 employees and makes its products in three locations in Maryland, Indiana and Michigan. The steel is sourced from Tennessee, Illinois and



Michigan. Currently, it's hard to compete with baskets made overseas., Greenblatt says, because the countries he competes against have an "unfair advantage."

For example, due to European tariffs and taxes, it costs much more for a German consumer or company to buy Marlin wire baskets than it does for Americans to buy a German-

made basket, creating an uneven playing field, Greenblatt said.

"It's wildly unfair to the American worker," he said. "And this has, by the way, been going on for decades."

What Trump is doing has called US manufacturing an "economic and national security" priority. US manufacturing has been declining for decades.

High tariffs back in global trade debate: Sources

PNS ■ NEW DELHI

Imposition of high tariffs to protect domestic industries, once criticised by developed nations, is back in global trade and the rationale for levying such duties, which was earlier championed by developing countries, is also making a comeback in trade talks, sources said.

Without naming countries like the US, they also said that now the advanced economies are also talking about protecting livelihood of fishermen and farmers.

Now, the whole concept that livelihood fishing and

farming are different from commercial activities is making a comeback. The same



principles once raised by developing countries - previously dismissed - are now

resurfacing in global discussions, they added.

"Developed countries are using tariffs which they had left during GATT (General Agreement on Tariffs and Trade) to come back and say that tariffs are necessary for protection. We have been arguing about this when we gave the infant industry argument that developing countries' industries require some kind of tariff protection, the whole world went against this and they stated that your tariffs are very, very high and now the same sectoral tariffs are being used," one of the sources said.

GOVERNMENT OF TELANGANA
06 SUPERINTENDING ENGINEER, MISSION BHAGIRATHA CIRCLE, KARIMNAGAR
"E" PROCUREMENT TENDER NOTICE
NIT No. 07.12.19.23824/SE/MB/KNR/2024-25 Dt: 17.04.2025
Total No. of works (05): 2nd call Improvement works to Drinking water supply in Peddapalli district sanctioned under ZP/any available funds with collector, Peddapalli District grants for Est.Cost.Rs. 102.10 Lakhs. Bid uploading Starting onwards Date: 21-04-2025. Further details can be availed from e-procurement market place www.tenders.telangana.gov.in Sd/- Superintending Engineer, (P&B) Circle, Karimnagar
GPR No: 08/PPCL/MDT/12025/26, Date: 19-04-2025

GOVERNMENT OF TELANGANA
ROADS & BUILDINGS DEPARTMENT
"E" PROCUREMENT TENDER NOTICE
e-NIT No. SF/R&B/MNCL/01/2nd call/2025-26 Dt: 16.04.2025
1) Online tenders are invited for Short term maintenance contract (Intensive Patch work/ Emergent repairs) of 5 works in Mancherial district (2nd call) with estimate amount of Rs.3.85 Crores and 5 works in Kurumambheem-Jafabad District (2nd call) with estimate amount of Rs. 5.90 crores under e-procurement platform in R&B Department. 2) Tenderers' schedules can download from e-market place i.e., https://tenders.telangana.gov.in. The last date of receipt of tenders is 20-04-2025 up to 3.30 P.M.
Sd/- Superintending Engineer, (R&B) Circle, Mancherial
GPR No: 08/PPCL/MDT/12025/26, Date: 19-04-2025



AGENDA

"Don't worry about what other people are doing. Worry about your own training"
— Ronnie Coleman



BEHIND THE GYM MIRROR SELFIES

These widely available in gym circles, known anabolic steroids promise rapid muscle growth and visual perfection. These hormones wreak havoc on the body's natural systems, leading to side effects.

Beneath the neon lights and monthly memberships of the gyms, lies a reality we're not talking about enough, says ABHI SINGHAL

It is always talked about certified things while you train or build your body but it is equally important to choose the right place while you workout. The clang of iron plates, LED-lit workout zones, and neon signage screaming "TRANSFORM NOW", the gyms have become the modern sanctuaries of fitness. Across every urban block, new fitness centres sprout like cafés, each promising better bodies and faster results. What was once affair with morning walks in parks, yoga under the tree, or evening strolls around the neighbourhood with family or friends is steadily being replaced by treadmills and protein shakes.

More and more people are signing up for gym memberships, not just for health but often for aesthetics, validation and a fast track to physical change. The idea of fitness has shifted from functionality to form. The motto has shifted from feeling good to looking good within some years. But beneath the curated Instagram reels and sculpted abs lies a more pressing concern: *Are we choosing the right places to work out? And more importantly, are we trusting the right people to guide us through it?*

fitness or health. The main purpose of today's generation is just getting a good physique," said Piyush Aggarwal, Owner of HAMR Fitness Centre at Shankar Chowk, Northwest Delhi for the past 16 years.

It is important that people keep a check on the trainers and advice provided by them. Piyush Aggarwal further added that there are cases where people don't even talk to trainers or experienced people and start following diets and steroids on their own for cost cutting, which leads to cheap quality items and, in turn, affects their body.

A Trainer Can Make or Break Your Body

This brings us to the second part of the question: Do we trust the right people to guide us through it? Trainers are your fitness compass. The right trainer knows when to push, when to pull back, and when to say rest. Yet, many gym-goers fall into the trap of trusting unqualified trainers who hand out one-size-fits-all workout plans and unrealistic expectations.

A certified trainer doesn't just have the responsibility of guiding; they have the responsibility of assessing and educating. They chart workouts based on your goals, physical limitations and lifestyle. More importantly, they know how to prevent injuries and manage progression before it's too late. Talking to Ayush Singh, a certified trainer practising in Delhi, he said, "Qualified trainers make a customised plan for different body types. But if you go to unqualified trainers, they will go on with the same plan they have learned from someone else or used on their own body. This is a major difference. If a product is not suitable to you, a qualified trainer will switch it, but an unqualified one will keep pushing the same because he doesn't have alternatives."

Gyms Are Everywhere, but Quality Isn't

Like not all that glitters is gold, not every gym with flashy equipment and discount deals is built for real fitness. The explosion of gyms across cities has brought with it a mixed bag — some well-equipped and guided by the certified professionals, others run by underqualified enthusiasts with little understanding of body or the process involved.

This boom in numbers doesn't guarantee quality or safety. While the fancy lighting and trending playlists may attract the crowd, the real test lies in the integrity of the space and the credentials of the trainers. A wrong choice can do more harm than good, both physically and mentally.

Fitness should energise the mind as much as it does the body. There are people who depend on external validation often spiral into cycles of anxiety, social withdrawal, or aggressive behaviour. The perfect body becomes a trap rather than a triumph. Unfortunately, many gyms are chosen based on popularity, influencer promotion, or peer pressure—not research or reliability. "People come to us saying, I just want a physique like a fitness influencer or a filmstar, they don't come in the gym for

needed. Always consult a trainer or a nutritionist. Seek guidance only from certified trainers (ACE, ISSA, ACSM, etc.). They are trained to guide you smartly — not push you into harm. Focus on your routine and stick to your plan. Avoid getting distracted by others or feeling pressured to do what they're doing. Ask questions from the trainers if you're unsure about how to use a machine or do an exercise, ask a trainer instead of guessing. Keep a track of your progress by using a journal, app, or progress pictures for your own self to stay motivated and track improvements over time. Dress comfortably and wear flexible gym clothes.

THE ILLUSION OF FAST RESULTS: THE STEROID SHORTCUT

In this pressure-filled ecosystem, where transformation pictures and social media likes serve as reward systems, people chase fast results and fall into darker traps. One of the most alarming trends is the misuse of steroids. "Nonprescription doses are usually many times higher than the doses prescribed for health conditions by your doctor. These doses have short and long term side effects when misused like high blood pressure, liver damage, heart attack, increased aggression, acne, and even depression. Young adults get attracted to improve body appearance which should not be done. These medicines should only be taken under medical supervision," said Dr Paras Aggarwal, Clinical Director & Head - Diabetes, Obesity & Metabolic Disorders, Marengo Asia Hospitals.



CHECKLIST

It was equally important to speak to someone experienced who has practised gymming for years and competed at various levels. Akshay Tyagi, a fitness enthusiast, winner of many body building competitions like - Mr. Delhi, National Dead Lift Championship, 7th Amberpuri Mr. India, said, "You have to keep a check from the start. The most important thing is the equipment. It should not be outdated, must be serviced regularly, and shouldn't be broken. Faulty machines can cause serious injuries. It's not always important to choose expensive gyms but to go to the right one where you can work out properly." Before signing up, consider these: verify gym credentials, observe the environment, ask for an assessment and listen to your body.



FITNESS FOR LIFE, NOT JUST FOR SOCIAL FEED

True fitness isn't built in 30-day challenges or shortcut supplements. It's a lifelong journey rooted in discipline, consistency, and informed choices. A healthy lifestyle isn't a trend but it's a personal investment. Dr Indramani Upadhyay, MPT (Ortho), HOD Physiotherapist at The Centre for Knee & Hip Care, says, "Overtraining or poor guidance from unqualified trainers can lead to both short- and long-term health issues. Some red flags in your gym trainer's guidance will be seen as persistent fatigue, recurring injuries, lack of recovery days and sleep disturbances."



THE SIDE EFFECTS OF THE WRONG PROCESS ARE NOT JUST PHYSICAL; THEY CAN LEAD TO MENTAL, EMOTIONAL AND LONG-TERM HEALTH CHALLENGES THAT AREN'T WORTH THE TEMPORARY HIGH OF A PERFECT PHYSIQUE TO SHOW OFF

The most disingenuous factor is that all the joiners are asked to do the personal training just for the money factor regardless the fact that they actually don't need it. People don't even ask for certification and follow routines that look effective on someone else.

MOVES TO KEEP IN MIND FOR YOUR GYM SUCCESS

- Your body is unique. Follow a plan that suits your fitness level, body type, goals and lifestyle and is ideally one crafted by a certified trainer or coach.
- Progress in fitness doesn't come overnight. Consistency beats intensity. Show up regularly, even if some days are light.
- Nutrition is key. Focus on balanced meals like protein, good fats, complex carbs, fibre. Stay away from fad diets or extreme calorie deficits.
- Learn the basics of anatomy, movement, and nutrition. It helps you make informed decisions and avoid blindly following trends.
- Stick to basic, tested supplements like whey protein, creatine, multivitamins — and only if needed. Always consult a trainer or a nutritionist.
- Seek guidance only from certified trainers (ACE, ISSA, ACSM, etc.). They are trained to guide you smartly — not push you into harm.
- Focus on your routine and stick to your plan. Avoid getting distracted by others or feeling pressured to do what they're doing.
- Ask questions from the trainers if you're unsure about how to use a machine or do an exercise, ask a trainer instead of guessing.
- Keep a track of your progress by using a journal, app, or progress pictures for your own self to stay motivated and track improvements over time.
- Dress comfortably and wear flexible gym clothes.

WORKOUT BLUNDERS YOU SHOULD SKIP IN GYM

- Steroids may promise faster gains, but they bring irreversible side effects — liver damage, hormonal imbalances, mood disorders, infertility, and more. They're not worth the risk.
- Avoid following gym "bros" or influencers who aren't qualified. What works for someone may harm you.
- Pro bodybuilders have years of experience and often unnatural aids. Their routines are not meant for beginners or average fitness goals. Don't try to be like them and follow them.
- Pain, dizziness, exhaustion, loss of motivation — these are all signs that something's wrong. Don't push through blindly.
- Starving your body will only weaken your immunity and metabolism. Long-term health always wins over quick fixes.
- Don't skip warm-ups or cool downs as this leads to stiffness, soreness, or worse that is injuries.
- Avoid texting or scrolling between sets as it disrupts your focus and slows your routine.
- Don't compare yourself constantly as everyone's fitness journey is unique. Celebrate your own progress, no matter how small.
- Don't rely on supplements alone as supplements are just the support systems but not the actual solutions. Real nutrition comes from real food.
- Don't neglect cleanliness. Always wipe sweat off equipment after use as it's basic hygiene.



RECIPES

SPINACH RICOTTA CHANNELLON

More basil and parmesan, for garnish (optional)

INSTRUCTIONS

Sauce

Sauté – Heat oil in a small pot over medium high heat. Add garlic, onion, bay leaf, thyme and oregano. Cook for 3–4 minutes until the onion is translucent. Add tomato paste and cook for 1 minute.

Reduce wine – Add wine, increase heat to high and let it simmer rapidly until mostly evaporated (about 2 minutes).

Simmer – Add tomatoes, stock, sugar, salt and pepper. Stir then simmer on medium low for 20 minutes.

Blitz – Remove bay leaf then blitz with a stick blender until smooth. Simmer for 1 more minute then remove from the stove

Basil – Stir in basil then cover to keep warm until required.

CANNELLONI

- 18–22 dried cannelloni tubes (250g pack) or 14 manicotti tubes (8.8 oz) (Note 3)
- 1/3 cup parmesan, finely shredded
- 1 1/4 cups shredded Mozzarella

- 1 egg
- 1 large garlic clove, minced
- Grated fresh nutmeg (just a sprinkling) or 1/8 tsp nutmeg powder (optional)
- 3/4 tsp cooking / kosher salt
- 1/2 tsp black pepper

By Sunil Dhoundiyal, Executive Chef at Curry Crown



FILLING

Squeeze spinach – Place spinach in a colander and press out most of the liquid (don't need to thoroughly squeeze dry).

Mix filling – Place Spinach in bowl with remaining Filling ingredients. Mix, taste, adjust salt and pepper to taste (different cheeses have different saltiness).

ASSEMBLE & BAKE

Preheat oven to 180°C/350°F (160°C fan).

Pan – Choose a baking pan which will comfortably fit about 20 cannelloni – mine is 21 x 26 cm / 8.5 x 10.5".

Smear – Spread 1 cup of Sauce on the base (stops cannelloni from sliding around).

Fill tubes – Transfer Filling to a piping bag with a large nozzle (that fits in the tubes), or use a strong ziplock bag. Or do this step using a knife (it's a bit tedious though!). Pipe the filling into the tubes.

Assemble – Place cannelloni in baking dish. Pour over remaining Sauce, covering all the tubes.

Bake covered (but naked) – Cover with foil, then bake for 30 minutes.

Cheese it! Remove foil, scatter over parmesan then mozzarella. Return to oven for 15 minutes until cheese is melted.

Serve, garnished with extra parmesan and basil if desired.



By Chef Harpal Singh Sokhi, Karigari

along with turmeric, chole masala, garam masala, and salt. Stir and cook until the oil starts separating from the masala. **Simmer:** Add the cooked chickpeas to the masala mixture and simmer for 15-20 minutes, allowing the spices to meld into the chickpeas. Adjust salt and spice levels to taste. Garnish with chopped cilantro and a squeeze of lemon juice.

Step 2: Making the Kulche (Bread/Pocket)

Prepare the Dough: In a large bowl, mix all-purpose flour, sugar, salt, and yeast (if using). Add warm water little by little and knead the dough until it's smooth and elastic. You can also use baking powder if you want a quicker version without fermentation.

Rest the Dough: Cover the dough with a damp cloth and let it rest for about 1-2 hours, allowing it to rise.

Shape the Kulche: Once the dough has risen, divide it into small portions and roll them into balls. Flatten each ball with a rolling pin to form thick circles or discs.

Cook the Kulche: Heat a griddle or tawa on medium-high heat. Cook each kulcha on the tawa until it starts to puff up, turning occasionally until both sides are golden brown.

Optionally, brush them with butter or ghee for extra flavor.

Stuff the Pockets: Once the kulche are done, slice them horizontally but not all the way through, leaving one side intact to form a pocket.

Step 3: Assembling the Kulchey Chole Pockets

Stuff the Pocket: Once your kulche is ready, gently open the pocket and stuff it with the spiced chole (chickpeas). You can also add extra fillings like onion rings, cucumbers, or even a dollop of yogurt or chutney for extra flavor.

Garnish: Sprinkle some chopped cilantro, onions, and a squeeze of lemon juice. If you like tanginess, drizzle a bit of green chutney or sweet tamarind chutney inside the pocket.

INGREDIENT

- 2 tbsp olive oil
- 1 onion, finely chopped
- 4 garlic clove, minced
- 1 bay leaf, fresh (sub dried)
- 1/2 tsp each dried thyme and oregano
- 1/3 cup tomato paste
- 800 g / 28 oz canned crushed tomato
- 4 cups vegetable or chicken stock/broth, low sodium
- 1/3 cup Chardonnay or other dry white wine (sub more stock)
- 3/4 tsp salt • 1 1/2 tsp sugar
- 1/3 tsp black pepper
- 2/3 cup basil leaves, roughly torn (recommended but not critical)

FILLING

- 250 g / 8 oz frozen chopped spinach, thawed (Note 1)
- 500 g / 1 lb ricotta, full fat please (Note 2)
- 1/3 cup parmesan, finely shredded
- 1 cup shredded cheese (Mozzarella, Colby, Cheddar, Tasty, Gruyere, Swiss)
- 1 egg
- 1 large garlic clove, minced
- Grated fresh nutmeg (just a sprinkling) or 1/8 tsp nutmeg powder (optional)
- 3/4 tsp cooking / kosher salt
- 1/2 tsp black pepper



SOYA BASIL CILANTRO TIKKA

INSTRUCTIONS

Make the marinade: Blend basil, cilantro, garlic, ginger, and green chilies into a smooth paste. Mix it with yogurt, lemon juice, garam masala, cumin powder, and salt.

Marinate: Coat the boiled soya chunks in the marinade. Let it rest for at least 30 mins (or up to 4 hours for more flavor).

COOK

Oven/Grill: Skewer and grill at 200°C (392°F) for 15–20 mins, basting with oil/butter halfway.

Pan: Sauté in a little oil until lightly charred.

Serve hot with mint chutney and onion rings!

INGREDIENTS

- 1 cup soya chunks (boiled & squeezed) • 1/2 cup fresh basil leaves
- 1/2 cup fresh cilantro (coriander) leaves • 3–4 garlic cloves
- 1-inch ginger piece • 2 green chilies
- 1/2 cup thick yogurt (hung curd preferred) • 1 tbsp lemon juice
- 1 tsp garam masala • 1 tsp cumin powder • Salt to taste
- 1 tbsp oil or melted butter (for grilling)

FOR THE CHOLE (CHICKPEAS)

- Chickpeas (soaked overnight or canned for convenience) • Onion (finely chopped)
- Tomatoes (pureed) • Green chilies (optional, for extra heat) • Ginger-garlic paste
- Chole masala (a spice blend of coriander, cumin, dry mango powder, and other spices) • Garam masala (for depth of flavor)
- Turmeric powder • Cumin seeds • Bay leaves
- Salt (to taste) • Fresh cilantro (for garnish) • Lemon juice (to add tang)

FOR THE KULCHE (BREAD/POCKET)

- All-purpose flour (maida)
- Yeast (or baking powder for quicker versions)
- Sugar • Salt • Oil or butter (for a soft texture)
- Baking soda (optional, for fluffiness)
- Water (to knead the dough)
- Ajwain (carom seeds, optional, for flavor)
- Sesame seeds (optional, for garnish)

KULCHEY CHOLE POCKETS

GARNISHES

- Chopped onions • Fresh coriander
- Green chutney (optional, for a tangy flavor)
- Sweet tamarind chutney (optional, for a sweet contrast) • Sliced cucumbers and tomatoes (optional for freshness)
- The Cooking Process: Making Kulchey Chole Pockets

Step 1: Preparing the Chole (Chickpeas)

Soak and Cook Chickpeas: If using dried chickpeas, soak them overnight and pressure cook them until soft. If using canned chickpeas, drain and rinse them before cooking.

Sauté the Base: Heat oil in a pan. Add cumin seeds and bay leaves, and sauté them for a few seconds until they splutter.

Add Onions, Garlic, and Ginger: Add finely chopped onions, ginger-garlic paste, and green chilies (optional) to the pan. Cook until the onions turn golden brown.

Tomatoes and Spices: Add the tomato puree

WHAT'S NEW

Celebrate prosperity with gold & diamond gifts this Akshaya Tritiya

Akshaya Tritiya is one of the most auspicious days in the Indian calendar. Celebrated with much fervor across the country, it marks the beginning of prosperity, success, and good fortune. This day is particularly significant for buying precious metals like gold and diamonds, which are believed to bring wealth and happiness to the individual. Whether you're planning to gift something for yourself or someone special, Akshaya Tritiya offers the perfect opportunity to indulge in luxury while also embracing the joy of giving.

If you are looking for the perfect gift for this special occasion, below are some amazing gift ideas for every budget, from affordable to luxurious, that will leave a lasting impression and align with the significance of Akshaya Tritiya 2025.

GOLD EARRINGS DESIGNS FOR DAILY USE – SUBTLE YET ELEGANT

If you're looking for something practical but still stunning, gold earrings designs for daily use are a great option. These earrings can be worn every day, adding a touch of elegance without being too flashy. Consider gold earrings designs that feature small diamonds or other stones for a subtle yet chic appearance. These pieces are versatile and can be paired with almost any outfit, making them a thoughtful gift choice for those who prefer minimalist yet stylish accessories. From studs to stunning hoops, you will find a wide variety of options in gold earrings designs. Given the cultural importance of wearing gold during Akshaya Tritiya, these simple pieces make a wonderful gesture of love and good wishes.



GOLD JEWELLERY FOR WOMEN – A CLASSIC CHOICE

When it comes to gold jewellery for women, the options are endless. Gold jewellery has always been a symbol of wealth and prosperity in Indian culture. Akshaya Tritiya is the ideal occasion to buy or gift exquisite gold jewellery that can be cherished for years. Whether it's a delicate gold ring design for women, a stunning pair of gold earrings designs for daily use, or a sophisticated gold tops design, this jewellery never goes out of style.

If you're looking for something simple yet elegant, a gold ring design for women with intricate designs or a nose pin gold design could be a perfect option. For those who prefer statement pieces, a pair of bold gold earrings designs or a classic diamond bracelet for women could add that touch of glamour to their wardrobe.

18K GOLD CHARMING MAGIC DIAMOND RING

For those with a higher budget or looking to gift something truly special, a solitaire diamond ring is the perfect choice. A solitaire ring is timeless and will always be a prized possession. It represents love, commitment, and the desire for forever, making it an ideal gift for someone special. Whether you opt for a classic design or something more modern, this piece of jewellery will uplift any occasion, especially Akshaya Tritiya.

GOLD CLASSIC DIAMOND HOOP EARRINGS

These 18K Gold Classic Diamond Hoop Earrings feature a timeless hoop design, adorned with sparkling lab-grown diamonds. The perfect blend of elegance and luxury, these earrings make a thoughtful and cherished gift for your sister. Celebrate her with a piece that symbolises beauty, sophistication, and lasting memories.

ADDING SPARKLE TO THE WRIST

The Gold Charming Twist Diamond Bracelet, crafted from 14K gold, features two elegant wavy designs, accented with sparkling lab grown diamonds. A perfect blend of style and sophistication, this bracelet makes a beautiful gift for your niece, offering her a timeless piece she can cherish for years to come.

GOLD MAGNIFICENT FLOWER DIAMOND NOSE PIN

For those seeking a traditional yet trendy gift, a nose pin gold design is a perfect choice. Nose pins have been a part of Indian culture for centuries and continue to be a cherished accessory. Whether it's a simple, single-stone design or something more ornate with intricate patterns, a nose pin gold design can be an ideal gift. Nose pins are both feminine and graceful, and their popularity has only grown over the years, with modern variations available that blend traditional and contemporary styles.

The appeal of a nose pin gold design makes it a great gift idea for Akshaya Tritiya 2025. It's a piece of jewellery that resonates with cultural significance and adds charm to the wearer's appearance. Whether you're looking for something simple and practical or a luxurious statement piece, Akshaya Tritiya presents the perfect opportunity to gift precious jewellery. From GIVAgold jewellery for women to solitaire diamond rings, the choices are endless, and each piece holds a special meaning that aligns with the auspiciousness of the day. Remember, when choosing a gift, consider both the gold rate and the recipient's taste and style. The key is to find something that will not only be appreciated but also treasured for years to come.

HOROSCOPE



ARIES

The going may get tough. Stay calm in crises, communicate openly, avoid impulsive habits, and trust your instincts. You are a romantic, and you'll attract the strength you need through your philosophies.



TAURUS

Despite pressure and self-doubt, your talent and sincerity will earn praise. Take time for family and self-care. Support and success await, but overcoming fear and adjusting to change will take effort.



GEMINI

Clear communication strengthens bonds, while your guidance uplifts others. Embrace creativity, self-care, and spiritual connections. Assert yourself at work, stay focused, and take initiative to unlock growth.



CANCER

Stay calm through setbacks; success follows persistence. Your charm and strength inspire, though ego may cloud judgment. Embrace love and creativity to overcome fears and build a secure, joyful future.



LEO

Expect emotional turmoil, restlessness, and challenges at home. Stay cautious in relationships, seek refreshment, and trust your instincts. Honest communication and family support will help restore balance.



VIRGO

You may be put under pressure. Stay gentle with loved ones. Let go of pride and illusions. Career progress, emotional growth, and a joyful trip await. Trust guidance in love and adapt to new beginnings.



LIBRA

Your innovation and warmth shine, earning admiration and joyful moments. Despite setbacks and ego clashes, stay focused, rise above frustration, and lead with clarity. Success and fulfilment will follow.



SCORPIO

Charming yet burdened, you'll manage pressure with patience and purpose. Seek support to regain energy. Embrace change, refresh memories, and take a break. A new contract brings career stability.



SAGITTARIUS

Your future vision may shift, bringing excitement and reward. Avoid escapism and stay grounded. Rekindle relationships, embrace public appreciation, and seek expert advice before making major decisions.



CAPRICORN

Unexpected attractions could lead to significant changes. Job shifts offer better prospects, while kindness attracts support. Overcome self-doubt, embrace joyful relationships, and continue your charity.



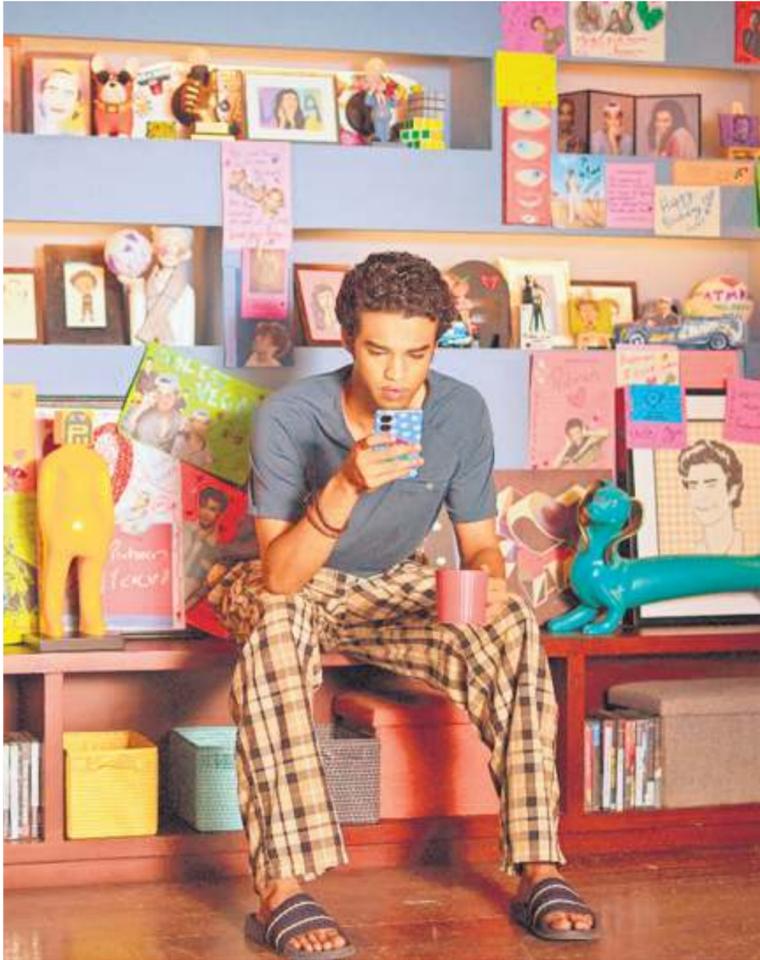
AQUARIUS

Your curiosity and insight spark innovation. Overcome emotional lows and haunting memories with rest and socializing. Embrace new experiences and uplifting connections that bring joy and growth.



PISCES

Stay calm in critical situations, but avoid isolation from family and work. Unexpected love sparks energy. Embrace silence and flexibility, focus on studies, and navigate changes with confidence and logic.



LOGOUT STAR BABIL KHAN GETS REAL ABOUT SOCIAL MEDIA IMPACT

PNS| HYDERABAD

Babil Khan, known for his introspective nature and thoughtful take on the world around him, continues to carve his own path in the industry with a quiet but steady intensity. In *Logout*, a gripping digital-age drama, he steps into the shoes of a young man caught between reality and the online world—navigating emotional disconnection, blurred identities, and the constant pressure of digital validation. The film delves deep into the psychological impact of social media and the fine line between staying connected and getting consumed.

In a candid moment during this interview, Babil Khan offers a fresh perspective on the digital age, stating, "Social media was never the problem—it's how we use it that defines its impact." Emphasizing personal responsibility, he adds, "Social media just happened to come into our life and then that

became an aggravator for us. It is not social media that is the problem. You realise? You have to find a balance. The individual has to find the balance." His words echo a growing sentiment among young voices calling for mindful digital habits in an age dominated by screens.

Reflecting on his own approach, he shares, "I use social media to be able to reach out to the people that want to watch cinema—our work—and I really like connecting with people. And, yeah, it's just for that connection, I use it and then I log out."

This insight mirrors the theme of his latest film *Logout* on ZEE5, where Babil plays Pratyush, a social media influencer on the brink of hitting 10 million followers. His seemingly perfect online world spirals into chaos when an obsessed fan hacks into his phone, blurring the lines between digital fame and real-life danger. Directed by Amit Golani and written by Biswapati Sarkar, the film explores the psychological toll of staying constantly connected in a hyper-digital world.

Joint replacement surgeries, once considered long and arduous in terms of recovery, have seen a transformation in recent years thanks to advancements in orthopedic technology and surgical techniques. From robotic-assisted procedures to minimally invasive methods and patient-specific implants, modern orthopedic care is reshaping what patients can expect in terms of both outcomes and recovery time. The days of weeks in the hospital and months of immobility are giving way to faster discharge, improved mobility, and a quicker return to normal life.

One of the most significant breakthroughs has been the integration of robotic technology into joint replacement surgeries. This has not only improved surgical precision but has also reduced trauma to surrounding tissues, leading to faster healing.

Dr. Palash Gupta, Director, Robotic Joint Replacement & Orthopedic, Sri Balaji Action Medical Institute, Delhi, explains, "Robotic-assisted knee and hip replacements have revolutionized our approach. These systems provide real-time 3D imaging and mapping of the joint which helps us align the implant with much more accuracy than before. The more precise the alignment, the less stress there is on surrounding muscles and ligaments. As a result, we see reduced post-operative pain and inflammation. Patients are able to start walking within a day or two and are often discharged within 48 hours. It's a remarkable shift from the conventional techniques where recovery used to stretch over weeks."

Equally crucial has been the development of minimally invasive surgical techniques which involve smaller incisions and limited disruption to the soft tissues. This translates to reduced blood loss, fewer complications, and quicker mobility restoration. Surgeons are now able to perform total joint replacements with minimal cuts, allowing patients to move much more comfortably in the initial days following surgery.

Dr. Manav Luthra, Senior Consultant - Orthopedics, Apollo Spectra Hospital, Kanpur, shares, "The biggest advantage of minimally invasive surgery lies in its ability to preserve muscle and



tendon integrity. In traditional joint replacement, a longer incision and muscle cutting was inevitable which made recovery painful and slower. Today, with smaller incisions and careful retraction instead of cutting through muscles, we are able to significantly reduce post-surgery downtime. Most patients begin physiotherapy within 24 hours and regain substantial mobility within a week. For elderly patients or those with co-morbidities, this approach is especially helpful because it reduces the strain on the body during healing."

Advancements in implant material and design have also played a pivotal role in reducing recovery time. Customized implants that match the

patient's anatomy help achieve a more natural joint motion and fit, thereby minimizing discomfort during movement and reducing rehabilitation needs.

According to Dr. Ravikumar Mukarthial, Consultant - Orthopedic and Joint Replacement Surgeon, SPARSH Hospital, Infantry Road, Bangalore, "Modern implants are designed using advanced biomaterials that mimic the natural joint's biomechanics more closely than ever. Additionally, we are now able to tailor the size, shape, and orientation of the implant according to the patient's CT or MRI scans. This customization means that the body doesn't have to work as hard to adapt post-surgery. Pain levels are lower, mobility is better, and

in many cases, patients are able to climb stairs or return to daily activities within 10 to 14 days. We are witnessing a faster and more confident recovery process because the joint feels more natural and less foreign to the patient."

Apart from surgical and implant-related progress, modern rehabilitation techniques have also evolved. Early mobilization, advanced physiotherapy tools, and patient education are proving essential in helping individuals get back on their feet faster. Prehabilitation, or pre-surgery conditioning, is also gaining ground as a method to shorten post-operative recovery times.

Dr. Mihir Thanvi, Consultant, Orthopedic Apollo

ROOTS TO SHOOTS

Kriti Sanon's homecoming with a twist of *ishk*

Kriti Sanon is on a dream run—and there's no slowing her down. 2024 was her cinematic hat-trick year with *Teri Baaton Mein Aisa Uljha Jiya*, *The Crew*, and *Do Patti*—each role a genre flip, each performance a testament to her rising stardom. A dancing robot, a fierce air hostess, and a dual-role mystery woman? Kriti nailed them all. National Award in hand, box office numbers soaring—Sanon is soaring higher than ever.

And now, she's come full circle. A video that's now gone viral captures Kriti shooting in Delhi for her next, *Tere Ishk Mein*. The internet isn't just excited about the film—it's thrilled because the *Do Patti* star is back on

home turf. Yes, the Delhi girl is back in the lanes she once walked as a student, now shooting as a star.

Fans were quick to spot her in character as Mukti—the enigmatic role she teased in a haunting promo a while ago. Her look? Intense. Her presence? Magnetic. The on-set glimpse has added fresh fuel to the ever-growing buzz around the film.

Mukti isn't just another character—she's a mystery wrapped in fire. And Kriti, with her knack for layering emotions, seems ready to dive deep into this raw, riveting role. If the teaser stirred curiosity, this shoot has sent it into overdrive.

With *Tere Ishk Mein*, Kriti isn't just riding her wave—she's creating new currents. Shooting in her hometown, soaking in nostalgia, and stepping into another powerful avatar, Kriti Sanon is proving she's not just in her prime—she's defining it.



TRENDING

PERSON

ABHISHEK SHARMA



24-year-old Abhishek Sharma created history by registering the highest individual score by an Indian in the IPL. Following his remarkable knock, he dedicated the performance to his team's fans by holding up a handwritten note that read, "This one is for ORANGE ARMY."

VIDEO

PRINCIPAL'S BIZARRE DEMONSTRATION

A video from Delhi's Laxmibai College has gone viral, showing a woman—identified as the principal of a Delhi University-affiliated college—standing on a wooden desk and applying cow dung on the walls. In the 35-second clip, she is seen scooping cow dung, smearing it on the surface, smoothing it out, and repeating the process. The principal, Pratyush Vatsala, later clarified that the act was part of a research project being undertaken by a faculty member.



MOVIE

LOG OUT



Babil Khan stars as social media influencer Pratyush Dua in *Logout*, a gripping thriller that explores the dark side of digital obsession and the question, "Do you control your phone or does it control you?" The film reveals his perfect online life spiraling into chaos after a desperate follower steals his phone, leading to a dangerous and violent confrontation.

SONG

O SHERA



The makers of the movie *Kesari Chapter 2* released the first song *O Shera* from the soundtrack across social media platforms. Sangtar is the music composer, while the lyrics are written by Sukhwinder Amrit. It has been sung by Manmohan Waris, Kamal Heer, and Sangtar. The song promises to make the listeners emotional and ignite the spirit of patriotism.

PICTURE

ORBITAL LIT OFF

SpaceX's Falcon 9 rocket successfully launched from NASA's Kennedy Space Center on Saturday night following multiple delays, carrying 21 Starlink satellites into orbit. Of these, 13 are equipped with direct-to-cell technology to enhance global mobile connectivity, and the liftoff treated spectators along Florida's Space Coast to a stunning visual experience.



MODERN MEDICINE AT WORK

Joint replacements no longer mean long recoveries

Spectra Hospital, Jaipur, emphasizes, "Today, we start preparing the patient weeks before the surgery through prehabilitation programs. These include guided exercises to strengthen the surrounding muscles, improve joint flexibility, and enhance cardiovascular stamina. This makes a big difference post-surgery because a stronger body recovers faster. After the surgery, we implement a very structured and closely monitored rehab plan that focuses on restoring range of motion and building strength without causing pain. Many patients are walking independently in under a week and can resume driving or light work in just three to four weeks. The synergy between surgical excellence and focused rehabilitation has completely changed recovery timelines."

This evolution in orthopedic care doesn't just enhance patient experience but also lowers the overall healthcare burden. Faster recovery means fewer days in the hospital, reduced need for extended physiotherapy, and less time away from work or family responsibilities. It also leads to improved mental well-being, as patients no longer dread the long and painful recovery traditionally associated with joint replacement surgeries.

Moreover, patient awareness and expectations have also shifted. With easy access to medical information and improved doctor-patient communication, individuals now approach surgery with more confidence and better understanding of the healing process. They are more likely to stick to rehab routines and follow up regularly, which further speeds up recovery.

The time when joint replacement meant a long and painful recovery is quickly changing. New surgical methods, robotic tools, custom-made implants, and better rehab plans are helping doctors give patients faster and more comfortable results. People are now able to leave the hospital sooner and get back to their daily routines much earlier than before. As medical technology keeps getting better and different parts of care work more closely together, recovery after joint surgery will become even quicker, helping more people return to a normal, active life without delay.

WHEELS OF STRENGTH, WORLD STAGE AHEAD

Nand Kishore Sharma's victory spread—from Telangana to India



EARLY FLASHES OF CURIOSITY & ENERGY



From childhood onwards, I've always been strongly fascinated by technology and science. I was an energetic and inquisitive kid. We're three siblings and I'm the youngest of three brothers. I used to be called the one who was bright, could finish work easily, and was ever willing to involve myself in various new activities.

FATHER'S LOSS & LEGACY

I learned my passion and determination from my dad. But life became tough after I lost him when I was 11 years old. When the head and sole breadwinner of a family dies, nothing remains the same. Families break apart, and ours did too. We had two older brothers, but we could not manage to keep things intact. When I entered the 8th grade, I started taking up small jobs to sustain my family. My day would begin early—cleaning at a gold shop in the morning before school, going to school in the daytime, back to the shop in the evening, and tuition classes at night.

Our rent for the house was Rs 1200, and I was able to pay it from the income from this work, along with assisting my mother, who prepared food for others to earn.

BALANCING WORK, EDUCATION, RESPONSIBILITY

None of our relatives came forward to help us when my father passed away. The initial days were very tough, but gradually we gained some stability. I continued working and pursuing my studies. During my Intermediate years, I had proper salaried jobs—working in a hospital during the day and giving tuitions in the evening. Along with handling responsibilities and studies, I slowly developed an interest in social service and voluntary work, which became a significant part of my life.



BOND BUILT THROUGH STRUGGLES

Subsequently, my older brother married and moved away from us. Indeed, both of my brothers were already staying away, and I kept living with my mother. Whether it was taking care of her, meeting household expenses, or taking care of my school charges, I did everything myself. These mutual struggles brought my mother and me very close, and an intense and unshakable bond formed between us.

BALANCING CHALLENGING CAREER WITH PASSION TO SERVE



I had worked as the PA to a director in AIG Hospitals in Hyderabad. My working hours were hectic, beginning at 7 a.m. and extending till 8 or 9 p.m. in the night. Even with this challenging timetable, I was passionately interested in working for NGOs and participating in volunteer activities. I was involved in relief efforts during the pandemic. Having experience in the hospital sector, I was able to get access to valuable resources—I coordinated hospital beds, oxygen cylinders, and other basic necessities for those who needed them. I coordinated with donors and facilitated plasma donations. I donated plasma three times myself and successfully encouraged approximately 150 people to do so as well.

DISCOVERING STRENGTH IN EACH STEP

During all this, I fell in love with running and started joining marathons. Regardless of how late I came home—sometimes even as late as 10 p.m.—I ensured that I ran at least 10 kilometers before sleeping. Running became an unavoidable routine. Not only was it keeping me physically healthy but also acted as an effective channel to relieve stress. With so much workload on my shoulders, running kept me alert and energetic at the battlefronts.

ACCIDENT THAT ALTERED EVERYTHING

Everything was working out just fine when life took a drastic turn around 22 months ago. May 29, 2023. I had a terrible accident while going to work at about 6:30 in the morning. It was pouring rain, and the road had no divider. A moving auto-rickshaw ahead of me suddenly stopped, and I had to do the same. My bike went skidding and threw me to the other side of the road—directly into the way of an oncoming SUV. The car hit me at full speed and left the scene. I had previously worked with an illustrious spine surgeon Dr. Raghav Dutt, who has also been the President of the Orthopaedic Association of South Indian States (OASIS), which provided some insight into spinal injuries. Post the fall, I couldn't feel my lower limbs and sensed immediately that my spine must be involved. In spite of the commotion, I remained aware and unflinching, directing passersby to assist me out of harm's way and calling for an ambulance myself. It should be known that other people can remain safe if they also remain calm in these situations, as it saves lives. While I was being taken off the road, my legs were dangle and my torso was bent under the full force of the bike. After reaching the hospital, I was hurried for an MRI and scans. I was in the operating room within six hours. My elder brother was told by the doctors that the injury was bad—there was no certainty that I would walk again, or even sit.

WILL TO RISE AGAIN

Even with this terrible news, I assured my doctor that I would walk into his office one day. That unshakable belief in myself has gotten me through every difficult chapter of my life, and this was no different. For the following months, I was bedridden for good and completely reliant on others to do even the most minor tasks—using the bathroom, taking a sip of water, or even rolling over in bed. This was particularly hard for someone like me, who had always been such an active person. Refusing to believe this was my destiny, I immersed myself in rigorous physiotherapy and exercise. My perseverance amazed even the physiotherapists, who would frequently cry upon witnessing my struggle. I screamed through the pain, but I never gave up. After five months of continuous effort, I stood up with the assistance of a walker. By the ninth month, I went back to work. Despite the many health complications I encountered—urinary infections, serious sputum infections, a 2.5 cm bladder stone that needed surgery, and bedsores that hurt—I overcame each difficulty only to become stronger. I knew I was not finished yet. I was only beginning.



In a world where even the slightest setback can appear impossible to overcome, there are some souls who rise—again and again—refusing to be defined by their situation. One such remarkable soul is **Nand Kishore Sharma**, a national para-athlete from Hyderabad, Telangana, whose life is a living example of resilience, grit and unbreakable willpower. From losing his father at a young age and entering adulthood much too early—holding down several jobs just to keep his household afloat—Nand Kishore has known life at its toughest. But never did he let adversity dull his flame. His love of science, civic duty and physical fitness prompted him to wear multiple hats: a hospital professional, pandemic social worker, plasma donor and a regular warrior who runs marathons after working 14-hour shifts.

But fate had more trials in store. A tragic accident in May 2023 left him with a paralyzing spinal cord injury and a future, as far as medicine was concerned, that looked bleak. But Nand Kishore did what he always does—recoiled. With a broken back but an unbreakable spirit, he stood—first in a walker, then on his own two feet—and ultimately raced again. Not any race, but wheelchair racing, one of the most demanding and most prestigious sports in the Paralympic universe.

With only a month of self-practice on an old, rusty racing wheelchair borrowed from Chennai, he amazed the country by winning a 5th position for Telangana and qualifying for the Khelo India Para Games—a milestone most athletes take years to achieve.

Now, he dreams not only for himself but for the country. With absolute faith, Nand Kishore is determined to represent India at the 2028 Paralympics and return home with a medal in the wheelchair race. In an exclusive chat with **The Pioneer's Tejal Sinha**, he takes us all through his childhood days, how the passing away of his father made the then li'l Nand Kishore work at a tender age, the nightmare of his life and more. Today, all he asks for now is support—just one racing wheelchair—to help him fly the Indian flag higher.

ANOTHER SETBACK: MY MOTHER'S INJURY AND POOR HEALTH



Just as I had decided to go back to work, life presented me with another hurdle—my mother fell and injured her ankle. It was another agonizing phase in my life. I had to accompany her for physiotherapy sessions for almost a month and a half before returning to the hospital myself. Since I was now employed, my mother was forced to stay at home alone. I would move around in a wheelchair, which was incredibly dangerous since doctors had advised me against falling for at least two years. A bone in my spine had been crushed in the accident and substituted with a permanent rod, exactly in the L1 area. With time, my mother slipped into deep depression. Within just two months, she lost about 25 kilograms. Her appetite completely vanished, and she had to be admitted to the ICU. She even attempted suicide. Alongside psychiatric care, she required treatment for stomach complications, which became very expensive. Fortunately, through one of my friends, I was able to have her admitted in a hospital where a sympathetic doctor waived most of the fees, and I paid only for her medicines.

A SON'S STRENGTH

She was hospitalized for approximately six months. Throughout this time, I kept working from 9 a.m. to 6 p.m., and then I would drive 60 kilometers to see her. Every day, I would wake up at 4:30 a.m. and take the same 60-kilometer trip back to work. It was just so painful—even for an able-bodied individual, covering 120 kilometers every day without knowing when or what they will eat is challenging. For me, to do this while being wheelchair-bound was not only tiring but also perilous. In spite of all this, my mother is well today. She has had two huge operations and weathered a period when doctors questioned whether she would recover. Her resilience provided me with even greater motivation to persevere, however difficult the path seemed.

FINDING STRENGTH TO RISE AGAIN

There's always a limit to what one can bear, and when doctors told me that my mother's second operation was successful, I collapsed. This was a turning point for me. I knew I had to do something for myself, something that would be a challenge even for the able-bodied. Wanting to do something extraordinary, I started searching and found the Paralympic Association of India. A nice woman from the association had been of great assistance, having an assessment done to determine the sport that would be compatible for my body. At this stage, I used to go to Necklace Road, a hotspot for running, every Sunday. I would see people run marathons and feel guilty because I could not run either. Being an erstwhile marathon runner, I yearned to run again.



HOW I BECAME TELANGANA'S FIRST WHEELCHAIR RACER



One day, while browsing on the internet, I realized that I could take part in marathons using a wheelchair, and I started learning about wheelchair racing. After a month, I had learned all the facts and took a 7-year-old cycle from Chennai on rent, which was not in good condition. I got it repaired and then decided to leave my job in order to pursue sports full-time. Wheelchair racing, which is one of the most challenging and costliest events in the Paralympic arena, did not discourage me. I trained myself using YouTube tutorials and counseling with other racers. Just a month later, I represented Telangana and bagged the 5th position. My competitors had professionally designed wheelchairs that were very expensive, exceeding Rs 10 lakhs. My cycle was 12.5 kg, rusty, and was an old model that was 7 years old. I became the first Telangana person to have ever taken part in wheelchair racing, and it left many amazed. Subsequently, a few organizations invited me as chief guest, guest of honor, and brand ambassador.

BREAKING LIMITS, BEYOND RECORDS

After my victory, India's best wheelchair racer, Kiran Sriram Medkar, who is a gold medalist, contacted me and said he was willing to train me. She is a world champion wheelchair racer, and I began training under her. The Nationals were in February, and I had submitted my form and was selected for the Nationals within a month, a process that typically takes years. The officials initially doubted my equipment, but when I asked them to consider my application, they accepted it. This resulted in my being chosen for Khelo India Paralympics, a tournament only the best athletes can play, with standards on par with international games. I broke my own records within a span of one month of practice. I reduced my 800-meter time by 9 seconds and my 1500-meter time by 20 seconds, breaking my own limits. The experience was a testament to the determination and resilience I had gained throughout my life.

PURSuing MY PARALYMPIC DREAM, AN INDIAN REPRESENTATIVE

My intention is clear: to participate in the 2028 Paralympic Games, and I won't rest until I reach there. Wheelchair racing is one of the most challenging and most sought-after sports globally, but it's not as popular in India. It's not only physically demanding but also costly. In this sport, the players compete from an inclined position, pushing the wheelchair ahead with their hands. The event is segregated into four categories: T51, T52, T53, and T54, which accommodate various disability levels in track events. Specialized equipment is needed to compete at the top level, and without it, it is hard to match the international level.



CALL FOR HELP

I am asking the public for one very important thing—a proper sports wheelchair. With the proper equipment, I'm sure that I can win a top position in the national championships within a year. At present, I'm racing with equipment way below the standard, but I know that my passion and drive are what differentiate me from other racers. In the coming nationals between December 2025 and March 2026, I am sure I will surpass my own records and return with a gold medal for Telangana. But for that, I need support. I've approached the government, but they informed me they have no funds for sportsmen like me. The bitter reality is that government assistance usually comes after a significant success. But I do not require more training or services—I need only an appropriate wheelchair to compete. My appeal is not just to the government but to the nation, NGOs and business groups. If they would help me with the basic facilities I require, it would make all the difference in terms of helping me live up to my potential and fulfill the timings that I am capable of.

DAY-TO-DAY STRUGGLE FOR EXCELLENCE

In spite of the obstacles, I still train hard. Daily, I rise at 4 AM to go from Secunderabad to Gachibowli Stadium to attend my training sessions. This is a 60-kilometer round trip, which I undertake on my side-wheel scooter. At Gachibowli, the staff has been very supportive of my journey. I train twice daily, going out of my way to be better, despite doing so on inferior equipment. My savings from past work now pay for everything, and my coach freely gives me training without any cost. I also have the assistance of my doctors, who assist me with any medical needs.



RAPID FIRE

Your biggest source of energy:
Be Motivated

Your driving force:
Challenges of my life and inspiring many others like me

What describes you the best:
My surgeon once complimented me saying 'You're unstoppable with your mind' and I do believe that about myself

Your favourite cuisine:
Daal Baati Churma

Biggest inspiration:
Veer Savarkar and Subhash Chandra Bose

High phase in life:
I'm going to participate in the 2028 paralympics representing India and become the first one in wheelchair racing. I'm surely going to achieve a medal for India.

Lowest phase of your life:
When my mom was in the ICU and when my own brother's couldn't come to support me