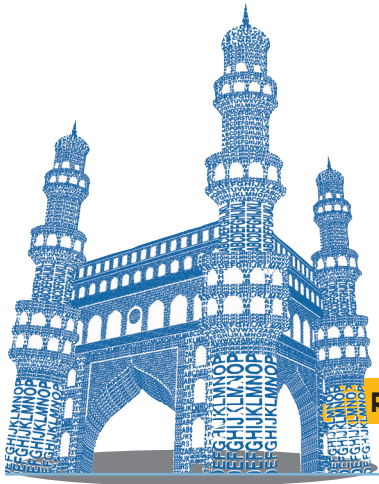




HYDERABAD HEADLINES

RNI NO.APENG/2010/33328

VOL NO. 17

ISSUE NO.: 109

RANGAREDDY (HYDERABAD)

PAGES: 12

RS. 1/-

FRIDAY, AUGUST 14, 2026

WWW.HYDERABADHEADLINES.COM



India at 80: From Achievement to Aspiration

OPINION 06

12 Bills Passed, Just One Debated in Lok Sabha

HOMELAND 07



SPECIAL 02

SHORT TAKES

Air India orders drug tests for 5,000 pilots

NEW DELHI: Air India and Air India Express will conduct one-time drug tests on all their nearly 5,000 pilots following a marijuana-positive test involving the pilot of the Phuket-Delhi flight that suffered a sudden 300-foot altitude drop on August 4, injuring 24 people. The screening, beginning Thursday, goes beyond the DGCA's mandatory random testing norms and is aimed at strengthening safety standards and reassuring passengers. The August 4 incident is under investigation by the Aircraft Accident Investigation Bureau (AAIB). The DGCA rules provide for strict action, including licence suspension or cancellation, in confirmed and repeated cases of drug use.

Rahul: India missed chance to mediate Iran-US conflict

NEW DELHI: Leader of Opposition Rahul Gandhi on Thursday accused Prime Minister Narendra Modi of remaining on the sidelines while Pakistan played a mediating role in efforts to resolve the Iran-US conflict. Speaking at the Rachnatmak Congress National Convention, Gandhi said India had missed a "huge opportunity" to use its ties with Iran, the US and Russia to play a meaningful role in ending the conflict. "Iran is our old friend, and Russia and America are our friends. But Pakistan took our place," he said.

22-A Landholders Need Not Fear: CM Revanth

Lays Foundation Stone for Indiramma Towers in Kukatpally

- Assures 22-A Landowners of Protection of Genuine Rights
- Survey Numbers to Get Sub-Numbers to Resolve Land Issues
- 11 Acres Allocated for Indiramma Towers for Urban Poor
- 70,000 Government Jobs Filled in Two Years: Revanth

HYDERABAD, AUG 14

Chief Minister A. Revanth Reddy has assured landowners whose properties have been included in the prohibited list under Section 22-A that they need not worry, stating that genuine rights holders would be protected and their grievances resolved. He said survey numbers of lands included in the prohibited list would be assigned sub-numbers to facilitate the resolution of issues faced by le-



gitimate landowners. The Chief Minister was speaking at a public meeting after laying the foundation stone for the construction of Indiramma Houses (Towers) at KPHB Colony in Kukatpally, within the Core Urban (CURE) area of Hyderabad. Ministers Ponguleti Srinivas Reddy, D. Sridhar Babu and Ponnamp Prabhakar, along with other public representatives, attended the bhoomi puja programme.

Referring to the 22-A issue, Mr. Revanth Reddy said the entire extent of land covered by a survey number was some-

times included in the prohibited list when a portion of it was involved in a court dispute. The government, he said, was now separating the portions involved in litigation and assigning sub-numbers to the remaining land so that

CONTINUED ON PAGE 2 >

Indiramma Sewing Machines Scheme Launched

HYDERABAD, AUG. 13

The Telangana government on Thursday formally launched its ambitious 'Intintaa Indiramma Sewing Machines' scheme aimed at economically empowering BC women and promoting self-employment through tailoring. Transport and BC Welfare Minister Ponnamp Prabhakar launched the scheme at the Secretariat.

Speaking on the occasion, the Minister said the government, led by Chief Minister A. Revanth Reddy, was according priority to self-employment and economic empowerment of BC women. The scheme was aimed at transforming women from beneficiaries of welfare programmes into self-employed entrepreneurs, he said. Under the scheme, 1,19,000 automatic sewing machines would be distributed, with 1,000 machines allocated to each of the 119 Assembly constituencies in the State.

CONTINUED ON PAGE 2 >



"I CAN'T BE BOUGHT FOR MONEY": POCHARAM SRINIVAS REDDY

KAMAREDDY, AUG. 13

Banswada MLA Pocharam Srinivas Reddy said he had never changed political loyalties for money or a ministerial post, asserting that he could not be "bought". Speaking at a workers' meeting, Pocharam said he supported the Congress only with the expectation that development works in his constituency would be expedited and backed Chief Minister A. Revanth Reddy for the same reason.

At the same time, he expressed regret over the difficulties he was facing within the Congress and reiterated his respect for BRS chief K. Chandrashekar Rao. He said he had been assured that pending constituency works would be completed within six months, but alleged that ministers were now not responding to his calls.

BRS LEADERS MOVE LOKAYUKTA OVER ALLEGED IRREGULARITIES IN LIFT IRRIGATION SCHEME

Hyderabad, Aug. 13: Former BRS MLAs have approached the Lokayukta seeking a comprehensive probe into alleged irregularities in the Makthal-Narayanpet-Kodangal Lift Irrigation Scheme being implemented in Narayanpet and Vikarabad districts.

BRS Narayanpet district president and former MLA S. Rajendhar Reddy, former Makthal MLA Chittam Rammo-han Reddy and former Kodangal MLA Patnam Narendar Reddy lodged the complaint on Thursday, seeking action against those responsible if wrongdoing

is established. Rajendhar Reddy alleged large-scale discrepancies in land acquisition near Perapalla village, including claims of fake passbooks being used to secure compensation. He also alleged mismatches between survey numbers and actual land locations and said some farmers were shown as losing land to water storage in Jayamma Cheruvu despite allegedly retaining their land.

The BRS leaders demanded transparency in the project and strict action against officials or others found responsible for corruption or violations.

YOUTH URGED TO LEAD INDIA'S JOURNEY TOWARDS VIKSIT BHARAT



Hyderabad, Aug. 13: BJP Telangana state president N. Ramchander Rao has called upon the youth to make "Nation First" their guiding principle and actively contribute to building a powerful and developed India.

Addressing a massive Tiranga rally at Peddapalli district headquarters on Thursday as part of the 80th Independence Day celebrations, Rao said India's economic progress was continuing despite wars and

crises in several parts of the world, attributing the growth to Prime Minister Narendra Modi's leadership, decisive governance and development-oriented policies.

The rally witnessed participation from BJP workers, students, youth and the general public, who turned up carrying the national flag. MLC Malka Komuriah, senior leader Gomasa Srinivas, district BJP president Karre Sanjeeva

CONTINUED ON PAGE 2 >

NHAI SETS 10-MINUTE AMBULANCE RESPONSE DEADLINE

NEW DELHI, AUG 13: The National Highways Authority of India (NHAI) has fixed a 10-minute response time for ambulances to reach accident sites within a 10-km radius, with a penalty of Rs 10,000 for every delay. The new norms are part of measures to strengthen the Incident Management System (IMS) through the NHAI Care System and improve emergency response on national highways.

Under the revised guidelines, ambulances must transport accident victims to the nearest hospital within one hour of accepting a service ticket. Rejection of an emergency ticket will also attract a penalty of Rs 10,000. For incidents located beyond a 10-km radius, the response time will be increased proportionately. The movement and response of ambulances will be monitored and verified through GPS tracking and the IMS Care Dashboard.

NHAI said nearly 3,000 ambulances, along with around 1,000 patrolling vehi-



cles and cranes, are currently deployed across nearly 50,000 km of national highways. All on-road emergency response units have been equipped with AIS-140 compliant GPS devices and dedicated mobile data terminals fitted with IoT SIMs to enable real-time tracking and monitoring. The 1033 helpline is operational across the national highway network for reporting accidents and seeking emergency assistance. NHAI has directed all agencies concerned to ensure strict compliance with the prescribed response times, stressing that delays in providing emergency assistance can have serious consequences for public health and safety.

FSSAI Faces SC Heat Over WARNING LABELS

NEW DELHI, AUG 13

The Supreme Court on Thursday pulled up the Food Safety and Standards Authority of India (FSSAI) for failing to introduce front-of-pack warning labels on packaged food products indicating their sugar, salt and saturated fat content.

A Bench headed by Justice J.B. Pardiwala questioned the food regulator over the delay and asked whether it did not want children to grow up healthy.

The court was hearing a petition filed by Kerala-based NGO 3S and Our Health Society, seeking directions to the Centre to introduce warning labels on the front of packaged food products.

Expressing displeasure over the lack of progress, Justice Pardiwala questioned Additional Solicitor General Brijender Chahar about the FSSAI's compliance with the court's earlier directions.

"We are doing this in public interest. Keep it in mind. We are not doing it for ourselves,"



the Bench said, asking the government whether it would act on its own or whether the court should issue an order.

Mr. Chahar submitted that nearly one-third of enterprises were involved in traditional food products and cited the possibility of items such as namkeen being categorised as unhealthy under the proposed system.

The Bench, however, stressed the need to protect children from unhealthy food choices. "You should be concerned about the health of young children. They are

addicted," Justice Pardiwala observed.

The petition seeks mandatory front-of-pack warning labels to provide consumers with clear and easily understandable information about the nutritional content of packaged foods.

In an earlier affidavit, the FSSAI had stated that the proposed front-of-pack labelling format was in line with global practices and was intended to provide consumers with simplified information on the nutritional content of food products.

CEMENTING DREAMS WITH SUPERIOR STRENGTH.

GERMAN TECHNOLOGY
ROBOTIC QUALITY CONTROL
TAMPER PROOF PACKING

3 TIMES BETTER

CM URGES PEOPLE TO SAFEGUARD THEIR VOTES AMID SIR

HYDERABAD, AUG.13

(NSS): Chief Minister A. Revanth Reddy appealed to the Telangana people to ensure their votes are not deleted in the ongoing SIR (Special Intensive Revision).

The Chief Minister warned that some political forces were conspiring to delete votes in Telangana as West Bengal witnessed the removal of lakhs of votes before the Assembly elections. Participating in the Minorities Excellence Summit at the Komaram Bheem Adivasi Bhavan in Banjara Hills on Thursday, Revanth Reddy said that some forces were attempting to have votes deleted in the 'SIR'.

Following their victory in West Bengal, some political parties have set their sights on Telangana as their next target. However, Revanth Reddy asserted that the Congress would actively prevent any attempts to fraudulently delete voters' names from the electoral rolls in the State. The Chief Minister urged the Congress cadre to visit every household and check everyone's vote, ensur-



ing that not a single eligible person loses their right to vote. "Everyone must become a Revanth Reddy and safeguard the right to vote," he said.

Stating that Hindus and Muslims are two eyes for him, Revanth Reddy pointed out that Union Minister Amit Shah stated the 4% reservation for minorities would be removed if the BJP came to power in Telangana.

"We already challenged Amit Shah to first remove the Muslim quota in Gujarat. The credit for implementing 4 per cent reservation for minorities goes to the Congress party. Our government has implemented the 4 per cent reservation effectively, and the youth have secured jobs in Group-1 and Group-2 services. We ensured minorities were given their due place under our government.

Even though some forces tried to stall the recruitment process by approaching the Supreme Court, we pursued the matter seriously and successfully completed the appointments," Revanth Reddy said.

Listing out the welfare and development programmes meant for the minority community, the Chief Minister said a member from the minority community was appointed to the Telangana Public Service Commission.

Former Indian Cricket Captain Mohd Azaruddin was given the Minister post in the state cabinet, provided a Group-1 level job to world boxing champion Nikhat Zareen with a cash prize of ₹3 crore and also appointed cricketer Mohammed Sirajuddin as DSP, the Chief Minister said.

Revanth Reddy emphasised that minority youth should acquire skills alongside their education to grab the numerous job opportunities in Germany and Japan.

The Chief Minister thanked the Muslims for their cooperation to reach the position of Chief Minister of Telangana.

CM REVANTH REDDY WARNS 20% OF VOTES MAY GET DELETED IN SIR

CM orders in charge ministers to hold reviews and prepare a report on every assembly constituency

Expose BRS and BJP conspiracy in deletion of votes

Hyderabad : Chief Minister Shri A Revanth Reddy warned that there is a risk of losing 21 per cent of votes in the SIR process. The Chief Minister held the in charge ministers and leaders appointed at booth level responsible for not taking the responsibility of protecting the votes from the deletion in the list.

The CM ordered the concerned in-charge ministers to conduct reviews with the in-charges of Parliamentary and Assembly constituencies in their respective districts and rectify the issues. The ministers were also instructed to conduct reviews in the districts in the next two days. District in-charge ministers must prepare a report for every constituency,

the Chief minister said that the assembly constituency in-charges must stay in their constituencies for four days, identify issues, and resolve them comprehensively.

CM Revanth Reddy also warned that the party would not tolerate any failure to proceed with a proper action plan in tune with the AICC directions. In the Zoom meeting attended by senior Congress leaders, the Chief Minister said that if the leaders failed to proceed cautiously , it will result in significant political damage in the future. The CM also instructed the leaders to expose the conspiracy by the BRS and BJP to delete votes and stressed that everyone must move forward with a sense of responsibility.

560 MPDOs TRAINED FOR MANDAL-LEVEL PRAJAVANI LAUNCH FROM AUG 17

HYDERABAD, AUG.13

Officials are accountable to the people and must work with dedication to resolve public grievances, State-level Prajavani In-charge and Telangana State Planning Board Vice-Chairman Dr. G. Chinna Reddy said here on Thursday.

Addressing a training programme at Mahatma Jyotiba Phule Praja Bhavan for 560 MPDOs designated as Mandal Prajavani Nodal Officers, Chinna Reddy said officials must patiently hear citizens, receive their applications and make every effort to resolve genuine grievances at the field

level without keeping them pending. Reminding officials that "people are the masters", he urged the MPDOs to uphold the trust placed in them by Chief Minister A. Revanth Reddy and make Prajavani an effective platform for providing relief to the poor and disadvantaged.

Chinna Reddy said the State-level Chief Minister's Prajavani had achieved a 75 percent success rate in grievance resolution and called upon district and mandal officials to work with similar commitment. He said Mandal-level Prajavani will be launched across Telangana



from August 17 for the first time, and directed officials to make arrangements including department-wise grievance desks, application assistance

counters, drinking water and medical facilities, and special support for senior citizens and persons with disabilities.

State Nodal Officer K. Vidyasagar said officials must remember that they are "public servants" and should take responsibility not merely for receiving petitions but also for ensuring their resolution.

Chief Minister's OSD Vemula Srinivasulu urged officials to listen to people with patience and empathy, noting that many approach Prajavani after facing problems for a long time.

Panchayat Raj and Rural Development Commissioner Divya Devarajan said a patient

hearing itself resolves "half the problem" and stressed that grievances must be followed up until appropriate action is taken.

Experts also trained the 560 MPDOs on grievance registration, processing, inter-departmental coordination and public facilitation procedures to ensure a smooth and people-friendly implementation of Mandal Prajavani.

Director of Planning Sheikh Meera, CM Prajavani ACP Umender, Deputy Collector Venkateshwarlu, Centre for Good Governance official Su-shila and other officials participated.

"NO RESPECT NEEDED, BUT ADMINISTRATIVE RESPONSE IS A MUST": MLC SRAVAN

HYDERABAD, AUG.13

BRS MLC Sravan Dasoju launched a scathing attack on the growing administrative indifference, bureaucratic apathy, and blatant protocol violations directed towards elected representatives in Telangana. Emphasizing that democracy thrives on accountability and institutional respect, he urged the committee to set strong precedents to hold the executive machinery accountable.

Speaking at the Legislative Council Privileges Committee meeting, Sravan said MLCs do not seek ceremonial honours but have every right to receive responses from government officials to issues

raised on behalf of the public. "If an MLC's letter is not even acknowledged by senior officials, how can an ordinary citizen expect a response from the government?" he asked.

Sravan urged the Council Secretariat to frame and circulate a clear operational definition of legislative privileges and demanded equal treatment for MLCs in the allocation of Constituency Development Funds. He also sought parity between the Legislative Assembly and Council in the tabling of Bills, inquiry reports and policy documents.

He alleged protocol violations involving constitutional authorities and claimed that elected representatives were

being selectively excluded from official programmes. He also raised concerns over RTI applications submitted by legislators allegedly being ignored.

Referring to an incident at Nampally Court, Sravan alleged that police personnel obstructed him despite identifying himself as an MLC and practising advocate.

He urged the Privileges Committee to take firm action and establish clear rules to ensure that the executive remains accountable to the legislature. "Administrative institutions must be responsive and accountable for democracy to truly serve the people", Sravan said.

‘Srimad Ramayanam’ selected for Suravaram Pratap Reddy Telugu University Award

HYDERABAD, AUG.13

Srimad Ramayanam, a verse epic authored by noted poet and senior officer Shashikiran Komandur, Joint Secretary to the Governor of Telangana, has been selected for the prestigious Suravaram Pratap Reddy Telugu University Literary Award for 2024.

Komandur has pursued his literary interests for nearly two decades while simultaneously discharging his administrative responsibilities.

Written in a simple and accessible idiom while adhering to classical metres, Srimad

Ramayana seeks to present the epic in a form that can be easily understood and appreciated by general readers. The book has been published by reputed publishing house Emesco.

Apart from his literary accomplishments, Komandur is known among his colleagues for his integrity, ethical values and commitment to public service. His adherence to these principles was also evident when he was earlier considered for a Sahitya Akademi Award of the Government of India. As he was then serving in the office of the concerned

Union Minister, he chose not to accept the honour, stating that accepting an award from the department in which he was serving could raise questions of propriety.

The conferment of the Telugu University Literary Award on Komandur has been welcomed by poets, writers and senior officials, who congratulated him and appreciated his contribution to Telugu literature. Following his selection for the award, Komandur was felicitated at Lok Bhavan in Hyderabad by members of the Group-I Officers' Association and Lok Bhavan officials.

BRS QUESTIONS GOVT SILENCE OVER KALYANA LAKSHMI PIL

HYDERABAD, AUG.13

BRS general secretary RS Praveen Kumar has questioned the Congress government's failure to file a counter-affidavit in a High Court case challenging the Kalyana Lakshmi scheme. Addressing a press conference at Telangana Bhavan, the BRS leader said advocate and activist Vijay Gopal had filed a Public Interest Litigation (PIL) in the High Court on July 8,

questioning the constitutional validity of the scheme and arguing that welfare programmes should have statutory backing.

Praveen Kumar said notices were issued to the Principal Secretaries of the BC Welfare, SC Welfare, Tribal Welfare and Minority Welfare departments after the petition was admitted. However, the government had failed to file its counter despite the matter being adjourned four times, he

alleged. He questioned why the Congress government had remained silent despite being given a month's time by the High Court. He also sought an explanation from Minister Ponnampalabharathi and other welfare ministers over their recent statements on the issue. Praveen Kumar alleged that the developments could pave the way for attempts to halt the Kalyana Lakshmi scheme and demanded clarity from the government.

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22-A Landholders Need Not Fear: CM Revanth

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genuine rights holders could get their issues resolved.

"If your land has been included in 22-A for any reason, the plots purchased by genuine rights holders will not go anywhere. I assure you of this. In cases where there are court disputes, the entire land covered by the survey number was included in the prohibited list. We are setting aside the portions involved in court cases and assigning sub-numbers to the remaining portions to resolve the issue. Nobody needs to worry about this," the Chief Minister said. Mr. Revanth Reddy also asked Minister D. Sridhar Babu to give special attention to the development needs of Kukatpally and ensure that the constituency received the required infrastructure and employment opportunities.

"Do whatever is required for the people of Kukatpally. I have got an opportunity to repay the debt I owe to the people of this area. The constituency should be given special attention in matters relating to roads, flyovers, restoration of lakes, schools and colleges, and industries required to create employment and livelihood opportunities," he told the minister.

The Chief Minister urged people to compare the development and welfare initiatives implemented during the previous government with those undertaken during the last two years.

"People should compare the previous government with the

last two years of our government in terms of development and implementation of welfare schemes. We have not discontinued any welfare programme that was implemented by the previous government. In addition, we have introduced several new welfare programmes," he said. Listing out the government's welfare measures, Mr. Revanth Reddy said 3.28 crore people in Telangana were being provided six kilograms of fine rice per person. The government was also providing 200 units of free electricity and cooking gas cylinders at ₹500.

He said one crore Indiramma saarees had been distributed to women. The free travel facility provided by the Telangana State Road Transport Corporation (TGSRTC), he said, had enabled women travelling for employment, education and other purposes to save ₹6,000 to ₹7,000 every month.

"We have already paid ₹12,000 crore to the RTC," he said.

The Chief Minister said self-help groups had been provided bank linkage of ₹65,000 crore and the government had paid ₹2,500 crore towards interest. He said 1,000 buses had been purchased in the names of women's self-help groups and hired out to the RTC, creating an additional source of income for the groups.

He said the government had also facilitated opportunities for the establishment of 1,000 MW of solar power generation plants.

Mr. Revanth Reddy said the

government had provided 3.5 acres of valuable land at Shilparamam for setting up Indira Mahila Bazaars. The facility, he said, would enable women to sell products made by them in different parts of the State, from the forests of Adilabad to Achampet.

He also claimed that 70,000 government jobs had been filled within two years.

"Within two years, we have filled 70,000 government jobs across various departments," he said.

Indiramma Towers in Kukatpally

The Chief Minister said the construction of Indiramma Towers on 11 acres of land in Kukatpally, valued at hundreds of crores of rupees, was being undertaken with the objective of providing permanent housing to the urban poor.

"We have taken up a remarkable programme to construct Indiramma Towers on 11 acres of land in Kukatpally, which is worth hundreds of crores of rupees. Our intention is to provide houses to poor people at the very locations where they are currently living," he said.

He directed the ministers concerned to consider waiving registration charges for houses being constructed for the poor.

Mr. Revanth Reddy said the government was providing land free of cost to eligible poor beneficiaries for the construction of houses.

"We are providing the entire land free of cost to the poor for the houses being constructed now. If beneficiaries contrib-

ute ₹5 lakh to ₹6 lakh towards the construction cost, they will have the right to monitor the construction and inspect the progress of the work whenever they wish," he said.

The Chief Minister said the government was committed to helping poor families realise their dream of owning a house.

"We are moving forward with the objective of providing poor people with their own homes. We will stand by them 100 per cent to fulfil their dream of owning a house," he said. He said the first phase of the housing programme would focus on areas with a high concentration of poor people, including Kukatpally, Quthbullapur, Medchal, Cantonment, LB Nagar and Uppal.

The programme would also cover areas where people had migrated from other districts, States and countries in search of employment, he said. The government, he added, was working to provide proper housing to such families.

Cyberabad Commissionerate

The Chief Minister said the government had taken steps to simplify administration and improve public convenience.

"Earlier, whenever people wanted to get any work done, they had to go around the gram panchayat, municipality and corporation offices. People would spend most of their time going from one office to another. For the convenience of the people, we established the Cyberabad Commissionerate," he said.

YOUTH URGED TO LEAD INDIA's...

>FROM PAGE 1

Reddy and other leaders participated. On this occasion, Rao said India had emerged as the world's fourth-largest economy and stressed that students and young people would play a crucial role in

taking the country towards the goal of "Viksit Bharat".

He highlighted initiatives including "Make in India, Startup India, Stand-Up India and MUDRA", saying they had helped lakhs of young people become entrepreneurs and job

creators. Rao also pointed to the expansion of educational institutions, stating that the number of IITs had increased from 16 to 23 and NITs from six to 25. He said the establishment of AIIMS institutions and reforms in higher education had

strengthened the country's educational infrastructure. With Independence Day approaching, Rao urged citizens to safeguard national unity and integrity and work collectively with a "Nation First" resolve to build a New India.

Officials told to ensure foolproof arrangements for I-Day celebrations

HYDERABAD, AUG.13

Transport and R&B Special Chief Secretary Vikas Raj on Thursday directed officials to expedite arrangements for the Independence Day celebrations to be held at Golconda Fort on Saturday.

Vikas Raj inspected the venue along with senior officials of the departments concerned and reviewed the arrangements for the celebrations.

In view of the monsoon, he reviewed arrangements including waterproof shamianas, a waterproof generator, uninterrupted power supply, drinking water, barricading, galleries, seating for guests, students and the public, and sound systems.

Vikas Raj directed officials to ensure that the programme was conducted smoothly without causing any inconvenience to attendees.

The Special Chief Secretary instructed officials to strictly adhere to protocol and ensure that there were no lapses in the conduct of the programme. He also directed them to expedite stage arrangements and beautification



works.

As a large number of students from government and private schools across the district are expected to attend the celebrations, Vikas Raj directed officials to make adequate arrangements for their convenience. He instructed Education department officials to ensure that every vehicle transporting students has a designated liaison officer.

With the Chief Minister, Ministers, dignitaries and public representatives scheduled to attend the celebrations, he directed officials to make elaborate arrangements and complete all works meticulously on a priority basis.

Vikas Raj, along with senior officials, also witnessed the police guard of honour and parade to be presented to the Chief Minister.

Indiramma Sewing Machines Scheme Launched

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Each machine, valued at Rs 12,000, would be provided with 100 per cent subsidy, imposing no financial burden on the beneficiaries. Applications from eligible BC women would be accepted from August 15 to September 15, Prabhakar said.

The scheme is primarily aimed at providing self-employment opportunities to unemployed BC women interested in tailoring. As per the guidelines, priority would be given to the poorest of the poor, widows, single women, homeless women, orphans, persons with disabilities and women with tailoring experience. The Minister said beneficiary selection would be carried out in a completely transparent manner in accordance with government guidelines. Beneficiaries would also be required to undergo training in the operation of the sewing machines. Ponnampalabharathi said a large number of women were expected to apply for the scheme and 1.19 lakh eligible women would be covered in the first phase. The government would take steps to expand the scheme in future and extend its benefits to more BC women, he added. The Minister also announced that Chief Minister Revanth Reddy would unveil the statues of Mahatma Jyotirao Phule and Savitribai Phule at 4 p.m. on August 14, opposite the HMDA Grounds.

He further said the Chief Minister would unveil the statue of Sardar Sarvai Papanna Goud on Tank Bund on August 18 to mark the birth anniversary of the legendary leader. Government Advisor V. Hanumanth Rao, Government Whips Aadi Srinivas and Birla Ilaiah, MLAs Eerlapalli Shankarayya, Naveen Yadav, and Kaleru Venkatesh, chairpersons of various caste corporations, BC Welfare department secretary Balamaya Devi, and BC Welfare department officials Mallayya Battu and Alok Kumar, among others, participated in the programme.

Karan Adani Meets Odisha CM, Discusses Clean Energy, Nuclear Projects
BHUBANESWAR:

Adani Ports and SEZ Ltd CEO Karan Adani on Thursday met Odisha Chief Minister Mohan Charan Majhi and Deputy CM KV Singh Deo and discussed the Adani Group's ongoing and proposed projects in the state, including plans for setting up nuclear power projects. Accompanied by a team, Adani discussed avenues for industrial collaboration and infrastructure development with Majhi, with the meeting focusing on projects proposed by the Adani Group in Odisha, sources said.

"During his meeting with Singh Deo, the deliberations focused on accelerating the deployment of clean energy infrastructure -- specifically Pumped Storage Plants (PSP), Solar Power generation, and Nuclear Power projects -- to fortify long-term energy security, grid reliability, and sustainable energy development goals in the state," an official release issued by the government said.



'Grow up': BJP slams Rahul Gandhi over remarks against PM Modi
NEW DELHI: (AUG 13)

The BJP on Thursday launched a scathing attack on Congress leader Rahul Gandhi over his remarks against Prime Minister Narendra Modi, accusing him of using "uncultured and indecent" language and lowering the dignity of the office of the leader of the opposition.

The ruling party's attack came after Gandhi, while addressing the Rachnatmak Congress National Convention here, referred to the BJP-RSS as a "bunch of jokers" who have no understanding of India and scoffed at Modi's handling of foreign policy, which he claimed is all about hugging leaders.

Gandhi also claimed that the RSS as an original force is dead and has now become an "instrument of large capital -- Mr Adani and Mr Ambani".

K'taka govt forms commission for tribal, nomadic communities
BENGALURU, AUG 13

Karnataka Chief Minister K.D.K. Shivakumar has ordered the formation of a special commission for the development of tribal and nomadic communities in the state, the official statement by the Chief Minister's Office said on Thursday. The Government said the move comes shortly after a demand was raised for the establishment of such a commission during the World Tribal Day celebrations. On the occasion, Shivakumar had promised to constitute the commission within a month. The Government said the Chief Minister has fulfilled his promise by issuing the order within two days of making the announcement. Tribal and nomadic communities living in Karnataka continue to face several social, educational and economic challenges. Against this backdrop, the

Amaravati will be developed as Deep Tech capital: Chandrababu Naidu

AMARAVATI, AUG 13

Andhra Pradesh Chief Minister, N. Chandrababu Naidu, on Thursday said that Amaravati will be developed into a Deep Tech capital. He announced that the Andhra Pradesh capital will be transformed into a hub for Artificial Intelligence and Quantum Computing Reiterating that Amaravati will emerge as one of the top five cities in the world, he said it would be a completely pollution-free city. The Chief Minister was speaking at a public meeting after inaugurating Seed Access Road and steel bridges in Amaravati. He inaugurated the 'Seed Access Road E-3', a major thoroughfare connecting to the capital city, Amaravati. He also unveiled a plaque at Undavalli to mark the inauguration of the steel bridges that form part of the Seed Access Road network.



The Seed Access Road has been constructed at a total cost of ₹1,519 crore. It has been developed with the primary objective of providing better road connectivity between Amaravati and the Mangalagiri and Vijayawada regions, while also reducing traffic congestion on the Karakatta (river embankment) road. He stated that the Seed Access Roads in the capital city are being constructed following the planning principles of the Indus Valley Civilisation.

"This is merely the beginning of the city's construction. In the third phase, the Seed Access Road will connect to the National Highway at Tadepalli." He also stated that the Centre has also sanctioned a 190-km Outer Ring Road and a 96-km Inner Ring Road. CM Naidu was confident that by 2028, Amaravati will be inaugurated by Prime Minister Narendra Modi. Stating that Amaravati is now unstoppable, he alleged that some individuals attempted

to obstruct the construction of the capital's roads. "Such individuals pose a significant risk to the state. However, we are setting concrete goals for the state's development," Chandrababu Naidu recalled that Cyberabad was built in the united Andhra Pradesh in a way that made the Telugu people proud. He stated that Andhra Pradesh suffered losses following the bifurcation as it was left without a capital city. The Chief Minister stated that since Guntur district is centrally located among the 25 parliamentary constituencies, he resolved to establish the capital here. "After extensive discussions, farmers came forward to support the capital's construction, placing their trust in us. I bow in reverence to all the farmers who sacrificed their lands for the state capital," he said. He pointed out that the municipal corporations of Amaravati,

Mangalagiri, Tadepalli, Guntur, and Vijayawada will all fall within the capital region. Stating that Singapore extended full cooperation for the Amaravati master plan, he accused the previous government of YSR Congress for allegedly 'harassing' a partner like Singapore. "We commissioned designs from London-based Norman Foster to ensure the government complex buildings would be unique. Some people mocked the plans, dismissing them as mere 'graphics'. Now that those graphics are becoming reality, those who ridiculed them ought to hang their heads in shame." Targeting former Chief Minister Jagan Mohan Reddy, he remarked that the very person who once stated in the Assembly that 40,000 acres were needed for the capital later went back on his word, and instead proposed "three capitals".

Andhra govt will have to repent, warns Jagan after meeting YSRCP MLA in jail

AMARAVATI, AUG 14

Former Andhra Pradesh Chief Minister and YSR Congress Party (YSRCP) President Y.S. Jagan Mohan Reddy has accused the Telugu Desam Party (TDP)-led coalition government led by the Chief Minister N. Chandrababu Naidu of pursuing its vindictive politics and warned that it will have to repent in the coming days.

Speaking to media on Thursday after meeting YSRCP MLA Virupakshi in a jail in Panchalingala in Kurnool district, Jagan Mohan Reddy said that law and order has deteriorated in the state.

He added that it has become common in the TDP-led coalition government to name victims as accused and file false cases against them to gag the



Opposition. He alleged that the TDP-led coalition government has been targeting Backward Classes, who form the YSRCP's support base. "False cases were filed against Virupakshi and the Red Book Constitution is in full play in booking the sitting MLA, his kin and followers in fabricated cases involving 38 persons and repeating their names to make the list longer," Jagan

Mohan Reddy said. The former Chief Minister added that police gatecrashed into the house of the YSRCP MLA, destroyed the CCTV cameras and arrested the people's representative in a nocturnal activity and slapped serious charges on him and others. "TDP has stooped to such a level that the ruling party worker tore the robes of his wife and blamed it on the

MLA to enable the police to book him under SC/ST case. The same police refused to file a case when evidence of the attack on YSRCP cadre's house was shown," Jagan Mohan Reddy said. According to the former Chief Minister, the YSRCP MLA had gone to the rescue of his followers after police failed to act when the party worker was being attacked and sent SOS. "While cadre Hari was being ferried by the MLA to safety, TDP goons attacked the car, gravely injuring the MLA's brother. The state government has been targeting Backward Class leaders one after the other," Jagan Mohan Reddy said. "They have arrested Seridi Apparaju and jailed him after converting a simple road

accident case into a case with serious charges. They arrested Mustafa in a tobacco deal on flimsy grounds and made it a case of kidnap. They also arrested Chinthada Ravi on charges of assaulting a woman Sub-Inspector while he was helping in clearing the mob," he added. "The motive has been clear to trouble the political adversaries by foisting false cases but days will not be the same and the people pursuing Red Book Constitution will have to repent in the coming days. Though we have brought in police reforms and initiated police reforms, while I went in to meet the MLA the police took my photo from an inappropriate angle in a standing posture," the YSRCP President said.

YSRCP seeks Centre's intervention to stop mining near heritage site in Andhra

AMARAVATI, AUG 13

YSRCP leader, Y.V. Subba Reddy, on Thursday raised in Rajya Sabha the issue of mining activity near Panchadarla heritage area in Andhra Pradesh and sought immediate intervention to protect the ancient sites and natural water streams. Speaking during the discussion on the Minerals Amendment Bill, 2026, Subba Reddy drew the attention of the House to mining activity close to the protected Buddhist site and the ancient Dharmalingeswara Swamy temple at Panchadarla. He said the identity of Panchadarla is closely linked to the five natural water streams flowing through the temple complex. He expressed concern over mining activity moving closer to the protected heritage area. Subba Reddy sought an immediate inspection of the area, a comprehensive cumulative environmental impact assessment and a scientific hydrological study of the water channels. He also called for verification of all statutory and environmental clearances.



He demanded suspension of mining activities and related plans in the area until the inspections and studies are completed. Speaking on the Minerals Amendment Bill, Subba Reddy said mineral wealth belongs to the people and its management should ensure complete transparency. He said a clear mining framework is important for economic growth, but it should not compromise State revenues, local livelihoods or environmental protection. Subba Reddy pointed out that States bear the immediate financial, environmental and infrastructure costs arising from mining. Their interests and revenues should, therefore, be protected while framing mining policies. He also cautioned that centralisation of authority at the national level should not weaken enforcement on the ground against illegal and environmentally destructive mining activities. Earlier YSRCP MP, Golla Baburao, Araku MP Gumma Thanuja Rani, former minister Gudivada Amarnath and others Union Ministers and submitted complaints on the mining issue. Baburao said leaders of the coalition government in the state were exploiting natural resources and destroying hills and temple surroundings across the erstwhile Visakhapatnam district. Thanuja Rani said Union Mines Minister G. Kishan Reddy and Union Culture Minister Gajendra Singh Shekhawat were briefed on the situation and they had assured that a Central team would examine the mining activity and action would be initiated based on its report within 10 days. She said official enquiries had found that mining and blasting vibrations were affecting the sacred water streams and that nearly two lakh tonnes of gravel had been extracted beyond the approved mining plan. Gudivada Amarnath demanded a CBI enquiry into the role of Anakapalli MP C.M. Ramesh, stating that responsibility could not end with the suspension of lower-level officials. He said penalties of nearly ₹250 crore were due under the rules for the illegal excavation and demanded Ramesh's resignation and a comprehensive probe.



Telangana Invites Centre to Join Khelo India Programme

Khelo India programme to be held in Telangana from December 11 to 22
State Minister for Animal Husbandry, Dairy Development, Fisheries, Youth Services & Sports Vakiti Srihari, Government Special Representative A.P. Jithender Reddy, former Sports Authority Chairman Shiva Sena Reddy, and Sports Authority VC & MD Sonibala Devi invite Union Minister Mansukh Mandaviya to attend the programme

HYDERABAD, AUGUST 13

The Telangana Government has invited the Central Government to participate in the Khelo India programme, which will be held in Telangana from December 11 to 22. As part of this effort, Telangana Minister for Animal Husbandry, Dairy Development, Fisheries, Youth Services & Sports Vakiti Srihari, Government Special Representative A.P. Jithender Reddy, former Sports Authority Chairman Shiva Sena Reddy, and Sports Authority VC & MD Sonibala Devi met Union Minister for Youth Affairs and Sports Mansukh Mandaviya in New Delhi and invited him to attend the programme.

The state government is making elaborate arrangements to conduct the Khelo India programme on a prestigious scale, with the objective of further strengthening the sports sector in Telangana and providing young athletes with better opportunities at the national level. Minister Vakiti Srihari said that the government would work to successfully conduct the programme through coordination between the Central and State governments and establish Telangana as an even stronger state on India's sporting map. Minister Vakiti Srihari also thanked the Central Government for selecting Telangana to host the Khelo India programme.

Jharkhand CM Soren urges PM Modi to reconsider mining bill, flags impact on state's finances

RANCHI: (Aug 13) Jharkhand Chief Minister Hemant Soren on Thursday urged Prime Minister Narendra Modi to reconsider the Mines and Minerals (Development and Regulation)

Amendment Bill, 2026, saying restrictions on state levies could significantly reduce the state's fiscal space and affect its ability to address the social and environmental costs of mining.



EDITORIAL

From Freedom to Capability: India's Next Independence Journey

As India prepares to celebrate its 80th Independence Day, the occasion offers more than an opportunity to remember the struggle that secured freedom. It is also a moment to consider what freedom must deliver to citizens in the decades ahead. Political independence was the foundation; building a capable, prosperous and confident nation is the continuing journey.

Over nearly eight decades, India has travelled a remarkable distance. From a largely agrarian economy with limited industrial capacity, it has emerged as one of the world's major economies, built sophisticated space and digital capabilities, expanded infrastructure and established itself as an important voice in global affairs. The transformation has been substantial, but the next stage demands a different kind of national effort.

The meaning of independence today increasingly lies in capability — the capability of individuals to secure quality education and productive employment; of businesses to innovate and compete globally; of communities to access reliable healthcare and infrastructure; and of institutions to deliver efficiently and fairly.

Economic growth remains central to this transformation. India needs not merely a larger economy but one that creates broad-based opportunities. Manufacturing, services, agriculture, emerging technologies and the green economy must together generate productive employment. The success of economic expansion should ultimately be measured by how widely its benefits reach.

Technology will be another decisive pillar. Artificial intelligence, semiconductors, biotechnology, clean energy and advanced manufacturing are reshaping the global economy. India has the talent and market to become a major participant in these fields, but sustained investment in research, scientific institutions and human capital will be essential.

Capability also begins much earlier — in schools and colleges. A young population is an advantage only when young Indians possess the skills, confidence and opportunities to participate meaningfully in the economy. Education must therefore move beyond examination-driven learning towards critical thinking, creativity, vocational skills and innovation.

At the same time, development cannot be confined to major cities. Better rural connectivity, modern agriculture, digital access and opportunities for small enterprises are essential to ensuring that India's growth remains inclusive.

The journey from freedom to capability is therefore not the responsibility of government alone. Citizens, businesses, universities, institutions and civil society all have a role in strengthening the foundations of the nation.

Independence gave India the freedom to choose its own destiny. The task before the next generation is to build the capability to realise that destiny. A truly independent India will not merely possess freedom; it will possess the skills, institutions, knowledge and confidence to convert that freedom into opportunity and national progress.

INDIA AT 80: FROM ACHIEVEMENT TO ASPIRATION



India will celebrate its 80th Independence Day this year. Seventy-nine years after the end of colonial rule, the country that inherited freedom in 1947 has been transformed in the scale of its economic and institutional capabilities. It emerged from colonial rule with widespread poverty, mass illiteracy, low life expectancy, limited industrial capacity and an economy largely dependent on agriculture. Today, India is a roughly \$4-trillion economy, has achieved near-universal access to electricity, built globally competitive capabilities in information technology, pharmaceuticals and space, expanded education and healthcare on a vast scale, and created digital public infrastructure of global significance. Poverty has declined substantially over the decades. The transformation is considerable. Yet the more consequential question at 80 is whether the next 21 years can convert this accumulated progress into higher productivity, wider opportunity and a better quality of life for its citizens.

That transition will be more demanding because India now faces the harder task of raising productivity. Agriculture and allied activities continue to employ a large share of the workforce, while their contribution to national income is considerably smaller. Manufacturing has expanded, but India needs greater capacity to create productive employment at scale. Services have become a powerful engine of growth, yet the economy needs a broader base of high-productivity activities. The next phase therefore requires Indian firms to integrate more deeply into global value chains, smaller enterprises to scale up, infrastructure and logistics to become more efficient, and regulation to provide greater predictability for long-term investment. The central economic question is whether India can convert the size of its workforce into a sustained source of productivity and rising incomes.

That makes human capability the decisive variable. India's demographic advantage will yield its full potential only if young Indians acquire the capabilities required by a changing economy. The country has made enormous gains in expanding access to schooling, but the next stage must focus increasingly on the quality and relevance of learning. Education policy must move beyond enrolment and credentials towards meas-

urable capabilities—foundational literacy and numeracy, scientific reasoning, problem-solving, digital competence, research and employable skills. The objective should be to ensure that education equips young Indians not merely to enter the workforce, but to adapt as technology and the nature of work change. Healthcare belongs to the same economic equation. Better nutrition, preventive care and stronger primary healthcare are investments in the productive capacity of the next generation.

India's economic potential also depends on making fuller use of its women. Female labour-force participation has risen in recent years, but the larger opportunity lies in making participation easier to sustain. Safe and affordable public transport, dependable childcare, better working conditions, flexible employment, access to finance and opportunities for women to build enterprises can reduce the practical barriers to participation. This is not merely a question of social policy. An economy seeking higher productivity cannot afford to leave a substantial pool of human capability underused.

The same question of capability is becoming increasingly visible in India's cities. Urban India is an expanding centre of economic activity, yet many cities continue to face congestion, inadequate public transport, housing pressures, flooding, waste-management problems and air pollution. These are increasingly economic concerns because they affect

productivity, health and investment. India therefore needs stronger municipal institutions, better fiscal capacity and integrated planning of land, housing, transport, water and infrastructure. As urbanisation gathers pace, the quality of city governance will become an increasingly important determinant of economic performance.

Climate change adds another layer of complexity. For India, climate risk is increasingly connected with productivity, agriculture, public health, infrastructure and energy demand. Extreme heat can affect workers and outdoor economic activity; changing rainfall patterns can affect agriculture; floods can damage infrastructure; and rising cooling demand can increase pressure on the power system. Adaptation therefore needs to become part of mainstream development planning. Infrastructure built today must be designed for future climate conditions, while agriculture needs greater water efficiency and resilience. At the same time, the transition towards cleaner energy can create opportunities for new industries, technologies and investment.

Beneath these economic questions lies the quality of institutions. India has demonstrated its capacity to implement large-scale programmes when policy, administration and technology work together. The next step is to make such capacity more consistent across everyday public services. Citizens should be able to access essential services predictably; businesses should have greater regulatory certainty; contracts should be enforceable; courts should become more efficient; and public institutions should increasingly be assessed by outcomes. Digital governance can improve access and efficiency, but technology works best when supported by sound institutional processes.

This is where the meaning of freedom acquires a new dimension. Political independence liberated India from foreign rule. Development must now expand the practical choices available to Indians in their everyday lives. Freedom has greater substance when a young person's future depends less on where he or she was born; when a farmer has pathways to higher productivity and better markets; when women can participate fully in economic life; when entrepreneurs can in-

vest with confidence; and when citizens can rely on public institutions to deliver essential services.

India at 80 therefore calls for neither celebration without reflection nor pessimism about the road ahead. The achievements of the Republic are substantial. India has acquired economic scale, technological capabilities and a growing global role. The next stage requires a corresponding rise in productivity, human capability and institutional quality.

The ambition for 2047 should consequently be larger than becoming a bigger economy. It should be to build an economy that creates productive work at scale, an education system that reliably produces learning, cities where infrastructure supports economic activity, an energy transition that strengthens competitiveness, and institutions in which citizens and businesses can rely on predictable rules. The World Bank estimates that sustaining growth of about 7.8 per cent a year over the next two decades would be necessary for India to reach high-income status by 2047. The harder test, however, is whether that growth can translate into capabilities and opportunities that are widely shared.

The 79 years since Independence have taken India from widespread deprivation to global economic relevance. The next 21 must determine whether that economic rise can be translated into broader human capability and stronger institutions. If the first era of freedom was about securing independence, the years to 2047 must be about making that freedom more meaningful in the lives of citizens. That would be a fitting achievement for India as it approaches the centenary of Independence.



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THE INVISIBLE AXIS

Buried in the heart of the earth
not a noise,
but a resonance
rippling through silence
the human.
Like unseen roots
holding a towering tree upright,
deep beneath the soil
he nourishes life
with invisible strength.
When his sweat falls,
it is no mere drop
it is the sky
whispering rain
to the waiting earth.
Where he walks
there are no footprints
only the future
etching
its earliest alphabet.
Like a hidden gear
inside the clock of time,
his motion turns the world
and if it falters,
time itself
pauses to breathe.
He is not the sand
along a river's edge
he is the unseen womb
from which the river rises.
Not the sun,
yet the patience
of the eastern sky
awaiting
the first flame of dawn.
He is the oil within the lamp
unseen in the glow;
without him
the flame of light
would vanish in a heartbeat.

The pulse of seedlings
breaking through village soil,
the quiet anthem
of bricks rising in city walls
he is both.
Not the letters written in
books,
but the breath
that gives those letters
their voice.
Not the kite in the sky,
but the invisible wind
that lifts it toward the clouds.
Like the earth
turning silently in darkness,
he spins day into night
the hidden gravity
of existence.
A drumbeat sounding in
silence,
a moon trembling
in a bead of sweat,
the unseen axle
of the wheel of time
he is that.
Great names
shine across the pages of
history,
yet the stone
on which they stand
is him.
However high the sky may
rise,
however deep the earth may
fall,
the force that quietly
holds the world together
is this
nameless labor,
uncelebrated strength,
the silent human
who turns the world.

...: **Dr. Peruka Raju** ...
National Poet
7810032847

MEMORIES OF 1947- WHO WAS SUPPORTING THE REFUGEES

Whenever Manoj Kumar came to Delhi, a strange restlessness would rise inside him. Passing those two places in Civil Lines was never just a matter of taking a road — it was a silent prayer of gratitude. Delhi Brotherhood House and St. Stephen's Hospital. Both places reminded him of that dark night of his life when everything had been lost and nothing remained.

August 1947. The country had been split into two. Manoj Kumar's family arrived in Delhi from across the border. His younger brother was ill. He was treated at St. Stephen's Hospital. And like hundreds of other refugees, the whole family stayed in the compound of Delhi Brotherhood House. The feeling of gratitude towards these two places remained in his heart throughout his life.

The Flood of Refugees

At that time the condition of Delhi was terrible. On one side the flames of communal riots were rising; on the other, a flood of Hindu-Sikh refugees was entering the city. From a city of about nine lakh people, nearly three lakh Muslims left for Pakistan, and about five lakh Hindu-Sikh refugees began to settle here. At Old Delhi Railway Station, trains arrived soaked in blood, filled with wounded and terrified passengers. Everywhere there were screams, cries and confusion.

Under Whose Care

Was the Treatment Done

Apart from the government machinery, many voluntary organisations came into the field. Among them was the Delhi Brotherhood Society (DBS). Its roots went back to 1877 with the Cambridge Mission in the capital. This same mission laid the foundation of St. Stephen's College in 1881 and St. Stephen's Hospital in 1885. During the violence of Partition, their volunteers would take the wounded and refugees arriving at Old Delhi Station to the



hospital. Many of the injured were treated under the care of doctors like

When Partition tore families apart in 1947, Delhi became a city of fear, displacement and death. Yet amid the bloodshed, hospitals, relief organisations, volunteers and ordinary citizens stepped forward to save lives. Among those who received that helping hand was young Manoj Kumar, whose family found shelter at Delhi Brotherhood House while his ailing younger brother was treated at St. Stephen's Hospital. The two Civil Lines institutions remained symbols of humanity and gratitude for him throughout his life. Their story is also a reminder that, in one of Delhi's darkest hours, compassion rose above religion, caste and communal hatred to bring relief to thousands.

Dr Ruth Roseveare.

In the Brotherhood House compound in Civil Lines, temporary shelter was given under the leadership of Father Weatherall. Rising above caste and religion, they provided water, medicine, shade and safety. Volunteers worked tirelessly day and night.

DBS was not the only one active. Workers of Sanatan Dharma and Arya Samaj were engaged in the safety of refugees coming from across the border, relief camps and food distribution. Under the leadership of Jathedar Santokh Singh, the Sikh Gurdwara Management Committees and other Sikh organisations took charge of food, medical help and security. Later, these efforts led to the founding of Mata Sundri College and Harkishan Public School in Delhi.



Who Killed That Angel

The Red Cross was providing med-

and her colleague Dr O.P. Bali stayed with the patients for eighteen hours every day. Gandhiji's personal physician, Dr Sushila Nayar, was also with the refugees and the wounded. She would go with Gandhiji to riot-affected areas and appeal for peace. Later she became Delhi's first Health Minister.

Brother Solomon George, in charge of DBS, says that Manoj Kumar continued to respect the institution till the end of his life.

Relief to Thousands of Lives

These voluntary efforts brought relief to thousands of lives. Taking people from the station to the hospital, treating the wounded, providing food and water in the camps, and to some extent controlling the violence—all this became possible through the hard work of these people. St. Stephen's Hospital and College became living centres of human help at that time. Partition gave Delhi deep wounds. Lakhs of people were displaced, thousands were killed. But in that same darkness the light of the volunteers also kept shining. Without any political self-interest, rising above the walls of religion and caste, the people who were lifting the wounded were the true representatives of humanity. Even today one can still meet a few old people who, in that difficult time, saw angels serving the looted and beaten people day and night.

Brotherhood House and St. Stephen's Hospital still remind us of that age when humanity forgot everything else and simply helped human beings.



VIVEK SHUKLA

BharatNet falls short on digital divide goals: CAG
NEW DELHI:

The government's rural high-speed broadband project BharatNet fell short of its broader objective to bridge the digital divide, mainly due to deficiencies in planning and execution, the Comptroller and Auditor General of India said on Thursday. In an official statement on 'Performance Audit on BharatNet' of its second phase tabled in Parliament on August 12, the Comptroller and Auditor General of India (CAG) said the network infrastructure has been largely deployed, covering over 96.70 per cent (November 2025) of targeted GPs. However, the same could not be translated into efficient operation, utilisation and revenue generation. "Audit concludes that while BharatNet has achieved substantial infrastructural success, it has fallen short of its broader objective of bridging the digital divide," the CAG said.

Sensex rises 100 points while Nifty slips as IndiGo, NTPC lift market

Benchmark indices ended on a mixed note on Wednesday, with the Sensex gaining more than 100 points while the Nifty 50 closed lower, as buying in select heavyweight stocks and broader market segments helped offset weakness in financial, metal and energy stocks.

The BSE Sensex rose 113.61 points, or 0.15%, to close at 78,079.96. The NSE Nifty 50, however, declined 40.10 points, or 0.16%, to 24,395.85. The market remained range-bound through the session, with investors weighing softer inflation readings in India and the US against concerns around elevated crude oil prices and continued geopolitical uncertainty in the Middle East. **INDIGO, NTPC LEAD SENSEX GAINERS** Among the Sensex stocks, IndiGo was the top gainer, rising 2.86%, followed by NTPC, which gained 2.01%. Bharat



Electronics rose 1.98%, while Larsen & Toubro advanced 1.95%. Hindustan Unilever gained 1.72%, Eternal rose 1.60% and Tech Mahindra added 1.54%. Bajaj Finance, Asian Paints, Trent and HCLTech also ended higher. On the losing side, UltraTech Cement fell 1.68%, making it the biggest Sensex laggard. Titan declined 1.08%, while ICICI Bank fell 1.26%. Reliance Industries slipped 0.80%, Infosys dropped 0.50% and Power Grid declined 0.76%. **IT, FMCG AND REALTY SUPPORT MARKET** The sectoral performance was mixed. Nifty Chemicals was the biggest gainer, rising 1.25%, while Nifty Realty gained 0.97% and Nifty FMCG advanced 0.84%. Nifty IT rose 0.39%, Nifty Media gained 0.37% and Nifty Auto added 0.10%. Nifty Financial Services e-Bank and Nifty Midcap Financial Services also ended marginally higher. On the other hand, Nifty Metal fell 1.05%, while Nifty Pharma declined 0.28%. Nifty PSU Bank slipped 0.32% and Nifty Private Bank fell 0.54%. Nifty Financial Services 25/50

declined 0.44%, while Nifty Oil & Gas fell 0.37%. Nifty Healthcare declined 0.30%, while Nifty Consumer Durables fell 0.47%. Nifty Midcap Healthcare was down 0.12%, while Nifty Midcap IT & Telecom gained 0.82%. The broader market performed better than the benchmark indices. The Nifty Smallcap 100 rose 0.27%, while the Nifty Midcap 50 gained 0.22%. The Nifty Midcap 100 advanced 0.15%. The Nifty 100 declined 0.14%, while the Nifty 200 fell 0.08% and the Nifty 500 slipped 0.06%. The India VIX, a measure of expected market volatility, fell 2.33% to 11.42, suggesting that near-term volatility remained contained. **INFLATION, CRUDE OIL IN FOCUS** Vinod Nair, Head of Research, Geojit Investments Limited, said, "Softer-than-feared inflation readings in both the U.S. and India provided support to investor sentiment, reinforcing expectations that the Fed and the

digital INDIA SALE NEVER BEFORE. NEVER AGAIN. INDIA'S BIGGEST ELECTRONICS SALE. ₹15,000 DISCOUNT. ₹30,000 DISCOUNT. ₹15,000 EXCHANGE BONUS. 50% OFF ON 2ND PRODUCT. FREE 1 YEAR ADDITIONAL WARRANTY. SBI | SBI Card. TILL 10th AUGUST. UP TO ₹15,000 OFF. Min. Ten. ₹10,000. Also Valid on EMI Ten. Validity: 11 Aug - 16 Aug 2026. T&C Apply.

Reliance Digital Brings Digital India Sale Crazy Offers (D.I.S.C.O.)

MUMBAI, AUGUST 13, 2026 Reliance Digital, India's largest consumer electronics retailer, has launched D.I.S.C.O. (Digital India Sale Crazy Offers), a refreshed identity for its iconic Digital India Sale. Running till 16 August across Reliance Digital stores, RelianceDigital.in and MyJio Stores, the campaign brings irresistible offers across smartphones, TVs, laptops, home appliances and more. Bringing together some of the season's best deals on consumer electronics and appliances, the sale offers enhanced exchange value on old products, exchange bonuses of up to ₹15,000 on select electronics, a flat 50% off on the purchase of a second product, discounts of up to ₹30,000 through bank cards, paper finance and UPI, and a complimentary one-year extended warranty during the sale. Whether you're planning to upgrade your smartphone, TV, laptop or home appliances, there's never a better time to do it. India's biggest electronics sale just got its groove on. Here's a look at some of the irresistible D.I.S.C.O. offers: **Smartphones & Accessories:** Whether customers are looking for an affordable 4G smartphone starting at ₹10,999, a 5G smartphone from ₹13,999, or premium flagship devices including iPhones and foldables priced up to ₹2 lakh, Reliance Digital has options across every price segment. Customers can also enjoy up to 30 months No Cost EMI, exchange bonuses of up to ₹10,000 on select smartphones, up to 10% off on UPI payments for earbuds, headphones, Bluetooth speakers, wearables and mobile accessories, and a flat 50% off on select Bluetooth speakers, earbuds and power banks with purchases worth ₹15,000 or more. **Home Appliances:** Shop for Rs 50,000 & above and get Dyson Big Ball Vacuum Cleaner worth Rs 43,900 at Rs 13,900. Upgrade your home entertainment with 65-inch 4K UHD Google TVs starting at ₹39,990, and choose from Side by Side Refrigerators starting at ₹39,990 & get freebie worth upto 12000/-* & exchange benefits upto 15,000/-*. Customers can also bring home a Washer Dryer starting at ₹55,990 with freebies worth ₹18,000. **Laptops:** Get a FREE 1+2 Years Extended Warranty and Exchange Benefits up to ₹5,000 on Laptops Starting at Just ₹39,999

Sebi plans simpler rules for overseas investors seeking riskier investment products

Sebi has proposed changes to its accredited investor framework, which is aimed at investors who have the financial strength and knowledge to take on more complex investments. The new framework safeguards the exit point for the shareholders with a reliance on market price



The regulator has proposed an additional way for individuals to qualify. A person could be considered an accredited investor if they hold securities worth more than Rs 5 crore. For companies, the proposed threshold is Rs 20 crore. **OVERSEAS INVESTORS MAY BENEFIT** One of the key changes is the proposal to extend accredited investor status to people living outside India. At present, overseas investors may face additional accreditation requirements when seeking access to private market investments and specialised funds. Sebi's proposal could remove this extra hurdle, making it easier for eligible overseas investors to participate in these products. The proposed changes are aimed at widening access while keeping the framework focused on financially sophisticated investors who can better understand and absorb the risks involved. The regulator has invited comments on the proposals before finalising the revised framework.

Tata Sons Faces Key Challenges After Chandrasekaran Exit

N Chandrasekaran will step down as Tata Sons chairman when his term ends in February 2027. The move leaves Noel Tata weighing succession, IPO plans and the group's capital-heavy bets.



Chandrasekaran has decided not to offer himself for reappointment when his current tenure ends on February 20, 2027. The decision brings the curtains down on nearly a decade of his leadership of Tata Sons, but it also comes at a crucial point for the group's holding company. The first task is already underway. The Sir Dorabji Tata Trust has decided to initiate the setting up of a Selection Committee to recommend a new chairman of the Tata Sons board. Tata Trusts has also said it will support Tata Sons in ensuring a smooth and orderly leadership transition. But whoever takes over will inherit several unresolved issues, from the future of the Tata Sons IPO and its regulatory status to the group's massive investments in semiconductors, batteries and aviation. **FINDING THE NEXT CHAIRMAN** The immediate challenge for Tata Sons is to find a successor to Chandrasekaran. His tenure saw the Tata Group make some of its biggest bets in years, including its return to semiconductors, expansion in electronics and the acquisition

and rebuilding of Air India. The next chairman will therefore inherit a group that is significantly different from the one Chandrasekaran took charge of in 2017. The question for Tata Sons is not simply who can replace Chandrasekaran, but what kind of leadership the group needs for its next phase. One view among analysts is that the next chairman could bring greater focus on capital discipline and extracting returns from businesses after years of expansion. **THE TATA SONS IPO QUESTION** The biggest structural question hanging over Tata Sons is its potential listing. Tata Sons has been classified by the RBI as a core investment company and remains in the NBFC upper layer. RBI retained Tata Sons in the upper-layer list for FY27 on August 6, although its inclusion was stated to be without prejudice to its application for deregistration, which remains under examination. If Tata Sons can demonstrate that its future activities fall outside the NBFC regulatory framework, it could potentially continue as a holding company without being subject to the mandatory listing requirement. But the listing question has divided stakeholders. Noel Tata, chairman of Tata Trusts, has opposed a listing because of concerns over its impact on the group's long-term character, control and philanthropic objectives. A public Tata Sons would also bring outside shareholders and greater market scrutiny to the apex of the group. For the Shapoorji Pallonji Group, which owns around 18.4% of Tata Sons, the calculation is different. A listing could provide a way to unlock value from its stake and create a transparent market valuation and greater liquidity. That makes the Tata Sons IPO much more than a regulatory question. It goes to the heart of how the Tata Group wants its holding company to function. **AIR INDIA REMAINS A MAJOR TEST** Air India could prove to be one of the toughest tests for Tata Sons' next phase. The Tata Group took control of the airline in 2022 with the ambition of rebuilding a national carrier into a globally competitive airline, but the turnaround has been

hit by financial, operational and regulatory challenges. The biggest setback came with the Air India AI171 crash in June 2025, which killed 260 people. The accident brought intense scrutiny of the airline's safety and operating practices and has made restoring confidence a central challenge for the group. Air India's financial performance has also remained under pressure. The combined Air India group reported a net loss of Rs 22,238 crore in FY26, more than double the Rs 10,859-crore loss reported in FY25, while revenue fell nearly 9% to Rs 71,870 crore. The airline has also faced regulatory hurdles. DGCA inspections identified multiple lapses, including seven classified as Level I significant breaches, according to the harder document-based figure cited in the research material. Regulators have also flagged instances of an aircraft being operated multiple times without a valid airworthiness certificate and flights where emergency equipment checks had not been carried out. And the safety questions have not disappeared. On August 4, an Air India Phuket-Delhi flight, AI2379, experienced a sudden altitude variation of around 300 feet during turbulence, leaving 20 passengers and four cabin crew members injured. A subsequent post-flight maintenance report recorded 11 system alerts within two to three minutes, including three hydraulic low-pressure warnings involving the aircraft's green, yellow and blue hydraulic systems.



TVK govt secures Rs 67,542 crore at maiden investment conclave in TN

CHENNAI, AUG 13 The three-month-old Tamilaga Vетtri Kazhagam (TVK)-led coalition government secured investment commitments worth Rs 67,542 crore at its first major investment conclave in Chennai on Thursday, marking a significant push to accelerate industrial growth and employment generation across Tamil Nadu. A total of 97 memoranda of understanding were signed at the Vетtri Tamil Nadu Investment Conclave 2026 in the presence of Chief Minister C. Joseph Vijay, Industries Minister S. Keerthana, Industries Secretary S. Vijayakumar and senior officials of the state's investment promotion agency. The latest agreements have taken the total investment commitments attracted by the state government during its first 100 days in office beyond Rs 1 lakh crore. Together, the projects are expected to generate more than 1.2 lakh employment opportunities across a range of sectors. Keerthana said the commitments amounted to an average investment of nearly Rs 1,000 crore for every day the state government had been in office. She added that the projects would advance Tamil Nadu's ambition of becoming a \$1.5-trillion economy by 2036, while creating jobs and extending industrial development to less-developed districts. A diversified industrial group committed Rs 2,500 crore for projects in renewable energy, electric mobility, automotive services, charging infrastructure and digital mobility solutions. The proposal includes solar, wind and battery projects with a combined renewable-energy capacity exceeding 200 MW. Ramanathapuram secured a Rs 1,000-crore project, described as the district's first major industrial investment. In the automobile sector, Rs 4,000 crore will be invested to expand a 400-acre commercial-vehicle design, research, development and manufacturing facility at Oragadam. Further commitments include Rs 2,000 crore for a new manufacturing plant in Krishnagiri and the expansion of existing operations in Kancheepuram. A Japanese fastening-products manufacturer will invest Rs 1,651 crore in Tiruvallur and create 4,316 jobs. A Rs 1,000-crore industrial park is also planned in Tiruvallur, while a server-assembly facility will be established in Chennai. Hosur will receive a Rs 1,000-crore investment to expand premium watch, jewellery and electronics-automation facilities, generating 1,200 jobs. Another Rs 2,500 crore has been committed for automotive and electric-vehicle component units. The space sector attracted projects worth Rs 650 crore, expected to create 2,000 jobs. Life-sciences companies announced investments totalling Rs 1,600 crore in pharmaceutical, vascular-technology and healthcare manufacturing projects, strengthening Tamil Nadu's position as a diversified industrial destination. Officials said the conclave reflected the state government's strategy of combining high-value manufacturing with balanced regional development and employment-led economic expansion.

Mines and Minerals Amendment Bill to boost exploration, critical mineral security

NEW DELHI, AUG 13 The recently enacted Mines and Minerals (Development and Regulation) Amendment Bill, 2026 will modernise India's mineral governance, strengthen mineral exploration, critical mineral security and sustainable resource development through a stable and uniform fiscal regime, an official fact-sheet said on Thursday. The bill would restrict state governments from imposing new taxes on mineral rights and mineral-bearing lands without conditions prescribed by the Central government, a statement said. The bill, which has been passed by both houses of Parliament, addressed a heavy and unpredictable tax burden that had made mining commercially unviable in several instances and discouraged

extraction. "No tax, cess or other levy, by whatever name called, shall be imposed by a State Government on mineral rights or mineral-bearing lands. This covers levies based on mineral quantity, mineral value, royalty or any other basis," the statement said. Any levy not paid or collected by the State before the Amendment applies will be treated as invalid. However, amounts already deposited or recovered before such commencement shall not be liable to be refunded. The legislation curbs the unpredictable introduction of taxes, cesses and other levies after operations have commenced. Further, it addresses the problem of multiple levies on production or dispatch of minerals; non-uniform rates among states; and retrospective imposition of charges.

BHEL enters into strategic tie-up with Hystar AS, Norway for

NEW DELHI, AUGUST 13

Bharat Heavy Electricals Limited (BHEL) and Hystar AS, Norway have entered into a strategic tie-up which shall enable phased indigenisation and local manufacturing of PEM electrolyser systems for green hydrogen projects in India. The agreement was signed by Mr. Y. Srinivas Rao, Executive Director (Heavy Power Equipment Plant, Hyderabad), and Mr. Sutripto De, General Manager & Head (New & Renewable Energy Business), on behalf of BHEL, and by Mr. Fredrik Mowill, CEO (Hystar) on behalf of Hystar AS Norway; in the presence of Mr. Arvinn Eike-land Gadgil, Chargé d'Affaires, Royal Norwegian Embassy



in New Delhi, and Ms. Bani Varma, Director (Industrial Systems & Products, BHEL), Mr. S M Ramanathan, Director (Engineering, Research & Development, BHEL), and other senior officials. Notably, BHEL has already entered into a strategic tie-up with thyssenkrupp nucera India Private Limited for alkaline electrolyser systems earlier this year. This collaboration with Hystar for PEM electrolyser systems further strengthens BHEL's position as one of the few Indian players capable of offering both alkaline and PEM electrolyser solutions to serve the country's emerging green hydrogen market. Moreover, the collaboration

will also strengthen BHEL's project execution capabilities for green hydrogen projects in India. BHEL is one of India's leading engineering and manufacturing companies, with decades of experience across power, transmission, renewables, oil & gas, transportation, defence and aerospace sectors. The company has played a key role in building India's industrial infrastructure and is now leveraging its engineering, manufacturing and project execution capabilities to address emerging clean energy areas, including Green Hydrogen. This agreement marks a significant step in enhancing BHEL's contribution to the National Green Hydrogen Mission and the Government of India's Make in India initiative.



Chicken vs Eggs

Which Gives You More Protein for Fewer Calories? A Nutritional Face-Off Between Two Protein Powerhouses

Why Protein Matters

Protein is one of the three essential macronutrients required by the human body, alongside carbohydrates and fats. Every cell in the body contains protein, making it essential for growth, repair, and maintenance of tissues. Muscles, skin, hair, organs, enzymes, hormones, and antibodies all depend on protein for proper function. Unlike carbohydrates, which primarily provide energy, protein has multiple responsibilities. It helps repair damaged tissues after exercise or injury, supports immune function, promotes healthy skin and hair, and contributes to hormone production. During periods of growth, such as childhood, adolescence, pregnancy, and recovery from illness, adequate protein intake becomes even more important. Protein also plays an important role in weight management. Foods rich in protein tend to be more satisfying than foods high in refined carbohydrates, helping people feel fuller for longer periods. This increased feeling of fullness can naturally reduce overall calorie intake and help support healthy weight control.

Chicken and Eggs: Two Complete Protein Sources

One of the biggest advantages of both chicken and eggs is that they provide complete proteins. A complete protein contains all nine essential amino acids that the human body cannot produce on its own. These amino acids must come from food, making complete protein sources especially valuable. Chicken and eggs both supply these amino acids in proportions that are highly digestible and easily absorbed by the body. This makes them ideal foods for athletes, growing children, older adults, and anyone aiming to maintain or improve muscle health. While both qualify as excellent protein sources, their nutritional profiles differ considerably once calories, fat, and micronutrients are taken into account.

Nutritional Comparison: Chicken Breast vs Hard-Boiled Eggs

According to the USDA FoodData Central database, 100 grams of cooked, skinless chicken breast provides approximately 31 grams of protein, 165 calories, and only 3.6 grams of fat. In comparison, 100 grams of hard-boiled eggs provide around 12.6 grams of protein, 155 calories, and approximately 10.6 grams of fat. At first glance, the calorie difference appears almost insignificant. Chicken contains only about 10 additional calories per 100 grams compared with eggs. However, the protein difference is substantial. Chicken delivers more than twice the amount of protein while containing significantly less fat. This means that

Protein has become one of the most discussed nutrients in modern nutrition. Whether the goal is building muscle, losing weight, improving fitness, or simply maintaining good health, protein plays a central role in the human diet. Among the many protein-rich foods available,

for individuals trying to maximize protein intake without dramatically increasing calorie consumption, chicken breast offers much greater nutritional efficiency.

Why Chicken Provides More Protein Per Calorie

Chicken breast has long been regarded as one of the leanest animal protein sources available. Because it contains very little fat, a greater proportion of its calories comes directly from protein. Every serving supplies a concentrated amount of muscle-building amino acids while keeping calorie intake relatively low. This high protein-to-calorie ratio explains why chicken is frequently recommended by sports nutritionists, dietitians, and fitness professionals. People following weight-loss diets often choose chicken because it allows them to consume generous amounts of protein without exceeding their daily calorie targets. Likewise, individuals trying to increase lean muscle mass can consume adequate protein without unnecessary fat intake. For people recovering from illness or surgery, chicken also provides easily digestible protein that supports tissue repair and recovery.

The Nutritional Strength of Eggs

Although eggs contain less protein than chicken, their nutritional value extends far beyond protein alone. Eggs are among the most nutrient-dense foods available and provide an impressive range of vitamins, minerals, and healthy fats within a relatively small serving. The egg yolk, in particular, contains many nutrients that are difficult to obtain from other foods. Contrary to outdated beliefs, nutrition experts increasingly recommend eating the entire egg rather than discarding the yolk, unless advised otherwise for specific medical reasons. Egg yolks are rich in vitamins A, D, E, and B12. They also supply healthy fats that help the body absorb fat-soluble vitamins effectively. Perhaps the most unique nutrient found in eggs is choline, which plays a vital role in brain development, nerve function, and liver health. Choline is especially important during pregnancy because it supports fetal brain development. Eggs also provide impor-

chicken and eggs consistently rank among the most popular choices. They are affordable, versatile, widely available, and packed with essential nutrients. However, when it comes to getting the maximum amount of protein for the fewest calories, many people wonder which food comes

Protein Quality in Both Foods

Not all proteins are created equal. Scientists evaluate protein quality based on digestibility and amino acid composition. Both chicken and eggs score exceptionally well in these measures. Their proteins are highly digestible, meaning the body can absorb and utilize them efficiently. Egg protein has traditionally been considered one of the highest-quality proteins available and is often used as the benchmark against which other proteins are measured. Chicken protein performs similarly well and provides abundant branched-chain amino acids (BCAAs), particularly leucine, which plays an essential role in stimulating muscle protein synthesis following exercise. For athletes and physically active individuals, both foods are excellent choices.

Muscle Building and Recovery

One of the primary reasons fitness enthusiasts consume chicken regularly is its exceptional protein density. Resistance training causes tiny tears in muscle fibers. Protein supplies the amino acids needed to repair these fibers, allowing muscles to become stronger and larger over time. Chicken breast provides sufficient protein in relatively small portions, making it easier to reach recommended

daily protein targets. Eggs also support muscle recovery effectively. Their complete amino acid profile helps repair damaged muscle tissue after workouts. Many athletes include eggs in breakfast because they provide sustained energy alongside high-quality protein. Rather than choosing one over the other, many nutrition experts recommend incorporating both into a balanced meal plan.

Weight Management and Satiety Protein-rich foods promote satiety, helping people feel full for longer periods after eating. This can naturally reduce snacking and unnecessary calorie consumption throughout the day. Studies published in nutrition journals have consistently shown that increasing dietary protein improves feelings of fullness and supports healthy weight management. Chicken breast excels in this regard because it provides substantial protein with relatively few calories and little fat. Eggs are also highly satisfying despite their lower protein content. Their combination of protein and healthy fats slows digestion, allowing people to remain full longer after meals. Several studies have even shown that eating eggs for breakfast may reduce hunger later in the day compared with high-carbohydrate breakfast options.

formed dietary choices based on their personal health goals rather than relying on common myths or assumptions. This comparison explores the nutritional strengths of chicken and eggs, highlighting how each contributes to a healthy diet and explaining why both deserve a place on the plate.

uals, dietary cholesterol has a relatively small effect on blood cholesterol compared with saturated fat intake and overall dietary patterns. Clinical nutrition experts emphasize looking at the quality of the entire diet rather than judging one food in isolation. For most people, enjoying eggs in moderation is perfectly compatible with heart-healthy eating.

Which Food Fits Different Health Goals?

The ideal choice depends largely on an individual's nutritional objectives. Someone aiming to maximize protein while minimizing calories may find chicken breast more suitable. An athlete requiring large amounts of protein for muscle recovery will likely benefit from regular chicken consumption. Individuals trying to lose body fat often appreciate chicken's lean protein profile. On the other hand, someone seeking a nutrient-rich breakfast may choose eggs because they provide vitamins, minerals, healthy fats, and protein in one convenient package. Children, older adults, and pregnant women may especially benefit from the choline and vitamin content found in whole eggs.

Can You Eat Both?

Nutrition experts generally agree that there is no need to choose one food exclusively. Chicken and eggs complement each other extremely well within a balanced eating pattern. For example, eggs can provide a nutritious breakfast, while grilled chicken serves as an excellent lunch or dinner protein source. Together they contribute high-quality protein, essential amino acids, vitamins, minerals, and other beneficial nutrients that support overall health.

Conclusion

Chicken and eggs are both outstanding sources of complete protein and valuable additions to a healthy diet. However, when the comparison focuses specifically on protein per calorie, chicken breast clearly comes out ahead. With approximately 31 grams of protein and only 165 calories per 100 grams, it delivers more than twice the protein found in the same quantity of hard-boiled eggs while containing considerably less fat. This makes chicken an excellent choice for muscle building, weight management, and increasing daily protein intake efficiently. Eggs, however, should never be viewed as nutritionally inferior. While they provide less protein, they offer an

exceptional range of nutrients, including choline, vitamins A, D, E, and B12, along with lutein and zeaxanthin that support brain, eye, and overall health. Their convenience, versatility, and nutrient density make them one of nature's most complete foods. Ultimately, the healthiest approach is not to treat chicken and eggs as competitors but as complementary foods. Chicken provides lean, protein-rich nutrition ideal for meeting protein goals, while eggs deliver a broader spectrum of vitamins, minerals, healthy fats, and protective antioxidants. Including both as part of a varied and balanced diet allows individuals to enjoy the unique nutritional strengths of each, supporting better health, stronger muscles, improved energy, and long-term well-being.





Shillong Lajong FC reach QF with thrilling draw against Langsning FC

SHILLONG

Shillong Lajong FC booked their place in the quarterfinals of the 135th Durand Cup as they played out a thrilling 3-3 draw with Langsning FC in a Group E fixture, played at the Jawaharlal Nehru Stadium in Shillong on Thursday.

The result was enough to see Shillong Lajong finish top of the group with seven points, despite a spirited performance from Langsning FC, who ended their campaign second in Group E on five points. Joao Vitor de Paula Morais (Jota) struck twice for Shillong Lajong, on either side of the half-hour mark, before Everbrighton Sana added a third late on. Langsning FC, who fought back valiantly, found the net through Kyrmenskhem Mukhim, Wadajied Kynsai Ryngkhlem and Syed Ahmed, the last of those arriving deep into second-half stoppage time.

The result also confirmed East Bengal and Jamshedpur FC's place in the quarterfinals as the two best second-placed teams across the tournament, courtesy of a superior goal difference record. Shillong Lajong signalled their intent inside the opening thirty seconds, winning an early free kick that Phrangki Buam whipped dangerously into the box, only for Langsning to scramble the danger clear.

The chances continued to come at both ends. Jota tested Langsning goalkeeper Rajat Paul Lyngdoh from outside the box in the fifth minute, the effort straight enough for Lyngdoh to hold after an initial spill. Langsning responded through a goalmouth scramble in the eighth minute, Chusrang Sangma's long throw cannoning off the crossbar before Shillong Lajong cleared their lines.

There was real tempo to proceedings from the outset, both sides committed to open, transitional football despite the significant stakes on offer.



Shillong Lajong came closest to breaking the deadlock in the 13th minute, Sana squaring the ball across an unguarded goal for Abhay Gurung, who could not quite make the contact required.

Langsning had opportunities of their own. Sangma's low strike was well blocked by Joedson Dos Santos in the 18th minute, and a second effort from distance five minutes later was comfortably held by Shillong Lajong goalkeeper Ranit Sarkar.

The deadlock broke in the 26th minute, born of a defensive mix-up. Joedson's attempted line-breaking pass towards Jota was intercepted by Langsning captain Atlanson Kharmaw, only for the ball to squirm loose and fall straight into Jota's path. With space opening up ahead of him, Jota drove into the box and slotted home calmly.

Shillong Lajong doubled their advantage four minutes later, and the second goal carried real quality. Sana produced an inventive

backheel under pressure to release Jota, who danced past his marker with a couple of stepovers before finding the far corner.

To their credit, Langsning did not retreat. Their approach remained committed even at two goals down, understanding that only victory would secure their own passage to the quarter-finals. Syed Ahmed forced a smart save from Sarkar in the 37th minute, and Mukhim headed over from close range four minutes later after Sangma's long throw had picked him out unmarked. Shillong Lajong nearly extended their lead early in the second half, but Buam's low effort was saved by Lyngdoh before Tremiki Lamurong's follow-up lacked the conviction to trouble the goalkeeper further.

Langsning's response arrived within two minutes. Sangma's delivery from the left found Mukhim unmarked, and the forward headed home from close range to halve the deficit in the 49th minute.

The goal visibly unsettled the momentum of the contest,

Langsning surging forward in search of an equaliser while Shillong Lajong found themselves increasingly camped in their own half. That pressure told in the 63rd minute, Mukhim showing composure to leave a crossfield pass for Denelson Pyngrope, whose cross was met by Wadajied's towering header to level the scores.

Shillong Lajong searched for a response of their own, with Buam beating his marker to work an opening in the box in the 69th minute, only for Lyngdoh to block his attempted cutback. Both sides continued to trade chances through an increasingly open contest, each committed to finding a winner rather than settling for the point that would, in Shillong Lajong's case, have been enough regardless.

The breakthrough eventually arrived in the 83rd minute, and it was a fine team goal. Captain Kenstar Kharshong's cross from the left found Sana unmarked at the far post, his header beating Lyngdoh at the near post to restore Shillong Lajong's lead.

Jr Women Hockey Nationals: A.P., Puducherry, Karnataka win on Day 2

PUNE

Teams from Le Puducherry, Andhra Pradesh and Karnataka secured victories while Uttarakhand and Bihar played out a draw on the second day of the 16th Hockey India Junior Women National Championship 2026, which witnessed competitive action across Divisions 'B' and 'C' in Pune.

Three matches were also decided by forfeit.

In a Division 'C' Pool B encounter, Le Puducherry Hockey registered a 3-1 victory over Hockey Jammu & Kashmir. Manjinder led the scoring for Le Puducherry Hockey with a hat-trick, finding the back of the net in the 22nd, 31st and 46th minutes.

Hockey Jammu & Kashmir pulled one goal back through Devi Sonali in the 6th minute, but Le Puducherry Hockey held firm to secure all three points.

In Pool A of Division 'B', Hockey Andhra Pradesh edged past Delhi Hockey 2-1 in a closely fought contest. Rajeswari Yadav Sai Dharna opened the scoring for Hockey Andhra Pradesh in the 19th minute, while Anikha Benu doubled the advantage in the 30th minute. Delhi Hockey responded through NIGHTO Nisha, who scored in the 33rd minute, but Andhra Pradesh maintained their lead to claim the win.

Assam Hockey produced a strong attacking display to register a 4-2 victory over Kerala Hockey in their Division 'B', Pool A encounter.

Tanya Chaurasiya was the standout performer for Assam Hockey, scoring all four goals for her side in the 17th, 41st, 44th and 44th minutes. Kerala



Hockey's two goals came from Jyoti Jaya, who found the net in the 42nd and 51st minutes.

Hockey Karnataka secured a convincing 5-1 victory over Hockey Unit of Tamil Nadu in Division 'B', Pool B. Vishvani Anil scored a hat-trick for Karnataka, finding the net in the 18th, 21st and 36th minutes. Lakshmi (2') and Manish Ponnamma Cd (C) (9') scored one goal each to further strengthen Karnataka's advantage.

Hockey Unit of Tamil Nadu's lone goal came from Priyadarshini K in the 4th minute.

In another Pool B encounter in Division 'B', Hockey Uttarakhand and Hockey Bihar played out a 1-1 draw.

Diksha put Hockey Uttarakhand ahead in the 40th minute, but Hockey Bihar responded through Siddhi Kumari, who scored in the 30th minute, as both teams settled for a share of the points.

In Division 'C', Pool A, Hockey Arunachal recorded a 0-0 draw with Hockey Rajasthan, while Dadra & Nagar Haveli and Daman & Diu Hockey were awarded a win by forfeit.

In another Division 'C', Pool A fixture, Dadra & Nagar Haveli and Daman & Diu Hockey were awarded a 5-0 victory over the Tripura Olympic Association by forfeit.

Meenakshi Lekhi appointed chairperson of Divyang CCBI



AGRA

Former Union Minister of State for External Affairs Meenakshi Lekhi has taken on a new responsibility as the Chairperson of the Divyang Cricket Control Board of India (DCCBI), the organisation working for and promoting the Indian Divyang Cricket Team and Indian Wheelchair Cricket Team.

The announcement of her appointment was made during the grand Divyang Cricket Award Ceremony held in Agra.

Addressing the gathering of Divyang cricket players, officials and organisers, Meenakshi Lekhi, a former Member of Parliament, senior social worker, and renowned Supreme Court advocate, said she would discharge this responsibility with complete dedication, sincerity and commitment and would work towards taking Divyang cricket to greater heights at both the national and international levels. Speaking to the players,

sge said, "We should draw inspiration from the life of Lord Shri Ram, who, despite being a prince, followed the wishes of his parents and accepted exile". She emphasised that one's karma is the most important aspect of life and said, "Keep performing your duties with honesty and dedication; the path will continue to open before you."

She further said the hard work, determination and talent of Divyang athletes are a matter of pride for the nation. Providing Divyang players with not only opportunities on the sporting field but also dignity, recognition and a better future is a collective responsibility. Welcoming Meenakshi Lekhi to her new role, Mukesh Kanchan, President, Divyang Cricket Control Board of India, said, "The Divyang Cricket Control Board of India has found a mother in you. The Board was in great need of a mother who could guide her children, teach them to move forward, encourage them.

Shivam stars as Outer Delhi Warriors edge West Delhi Lions

NEW DELHI

Off-spin bowling all-rounder Shivam Sharma produced an impressive all-round display as Outer Delhi Warriors registered a five-wicket victory over West Delhi Lions in the 2026 Delhi Premier League (DPL) match at the Arun Jaitley Stadium here on Thursday.

Electing to bat, defending champions West Delhi Lions were bundled out for 178 in 19.4 overs, as they were hampered by frequent dismissals that prevented them from building substantial middle-order partnerships.



The Lions were tottering at 119/7 before skipper Ayush Doseja took charge of the innings. Doseja hit a crucial 59 off 33 balls, laced with six fours and two sixes, and found support in Ajay Rana, who smashed a quickfire 16-ball 27, studded with a four and three sixes, to stitch a valuable 39-run stand for the eighth

No pressure of captaincy; we are built for challenges: Rinku

LUCKNOW

Meerut Mavericks captain Rinku Singh expressed sheer confidence in his squad's consistency and said they are expecting to perform well in the upcoming Season 4 of the UPT20 League.

"Our team has consistently performed brilliantly; we have played the finals for the last three seasons and won the title as well. There is no pressure of captaincy; we are built for challenges! My strategy is very straightforward: I tell every player in the team to give their 100% on the field without any pressure whenever they get a chance," Rinku Singh explained in the Captains' Meet, the official countdown to Uttar Pradesh's

scoring 22 goals, while also showcasing his versatility by operating on both flanks and in more central positions. "I have loved my time at City so far, so to have the opportunity to stay for longer is a fantastic feeling. This club means so much to me. I have developed as both a player and a person. I feel settled here, and I know I am improving every day because of the work the staff here do," Doku said after signing the new deal. "With Enzo here now, I am



most prestigious cricketing event held in Lucknow on Thursday. League Chairman Dr. Sanjay Kapoor unveiled the blueprint and special initiatives for the upcoming season in the presence of the captains and representatives from all six franchise teams. With a massive prize pool of ₹3 crore at stake, the 34-match tournament will be broadcast live across 150 countries globally.

wicket. Senior left-handed batter Nitish Rana had earlier set a brisk tempo with a fiery 35 off 17 deliveries, laced with two fours and four sixes. For the Warriors, Shivam was the standout performer, returning figures of 3-25 in his four overs. Left-arm spinner Harsh Tyagi provided effective control at the other end by taking 2-17 in his four overs.

In response, the Warriors laid a strong foundation through openers Priyansh Arya (23) and Yajas Sharma (25), who stitched a 49-run opening stand off 24 balls. However, a mini middle-order

collapse reduced them to 88/3 in 8.1 overs, thus briefly handing the momentum back to the Lions.

Akshay Saini then anchored the chase with a composed 42 off 32 balls alongside Mohit Panwar (retired hurt on 31) to keep the required rate within reach. Despite Saini's dismissal causing a late flutter, Shivam (13 not out) and Tyagi (10 not out) re-applied themselves to hold their nerves in the closing stages and steer the Warriors home without further hiccups and be in second spot in the points table, behind table toppers Central Delhi Kings.

'This club means so much to me': Doku commits future to Man City until 2031



really excited about the new season. His style of football is the kind we love, so that's

exciting for the players. The City fans are also a huge reason I have signed this new

Esports World Cup: GMs Nihal Sarin, Arjun Erigaisi advance to quarters in chess

PARIS

SSUL Esports' Nihal Sarin and Gen.G Esports' Arjun Erigaisi advanced to the quarterfinals of Chess at the Esports World Cup (EWC) 2026 after progressing through the lower bracket (LB) on the final day of the group stage.

Both Grandmasters, who also reached the playoffs at last year's edition, will now lead India's challenge in the quarterfinals on Friday as they vie for the title and a share of the \$1.5 million (INR 14.3 crore) prize pool.

Nihal Sarin began his day with a closely contested LB matchup against Team Nemesis' Wei Yi. After the opening two games ended in draws, the Indian Grandmaster held his nerve in the Armageddon tiebreaker to secure victory and advance to the LB decider.

He then faced Weibo Gaming's Jan-Krzysztof Duda, drawing the first game before winning the second to book his place in the playoffs. The qualification marks another strong EWC showing for Nihal, who also reached the quarterfinals at last year's edition before being eliminated by eventual champion Magnus Carlsen of Team Liquid.

Speaking after his qualification, Nihal Sarin said, "Firstly, I am just extremely happy to make the top eight again and to have managed



to play some good chess in some really tough matches. The format is very short, and you need to be sharp from the start. Getting just one win can make a huge difference psychologically. I am relieved to pull through and hope to do well tomorrow."

His SSUL teammate Pranesh M also kept his playoff hopes alive with a hard-fought victory over Team MGD's Benjamin Bok. After winning the opening game, Pranesh came close to sealing the match in the second before Bok mounted a late comeback to force an Armageddon. The tiebreaker ended in a draw, with Pranesh, playing with the Black pieces, progressing to the next round.

That set up an all-Indian LB decider against Arjun Erigaisi, who ultimately

contract. I feel their love and support, and it means the world to me. I want to focus on bringing them the success they deserve," he added.

Doku has helped Manchester City win five major trophies since his arrival, including the Premier League, FA Cup, Carabao Cup, FIFA Club World Cup and Community Shield.

He enjoyed his best season yet in 2025/26, making 47 appearances and contributing eight goals and 14 assists

as City won both the Carabao Cup and FA Cup. His performances included a decisive contribution in the FA Cup semi-final against Southampton, where he scored the equaliser and assisted Nico's late winner in City's 2-1 victory.

Doku also made an immediate impact during his debut season, registering six goals and 11 assists in more than 40 appearances as City secured a fourth successive Premier League title.





Rashmika Says Hustle Feels Scary

Actress Rashmika Mandanna is presently recovering from a hip bone injury, spending all her time at home in forever. In her recent post on social media, the ‘Animal’ actress admitted that previously, when she was hustling at the time, ‘slowing down’ looked scary to her, but now that her injury has forced her to slow down, she has started finding hustling extremely scary. She also uploaded a couple of pictures, giving an insight into what her day at home with her loved ones looks like.

Rashmika’s Insta post read, “My days always look like this if ever I am just home for this long..It’s amazing how when you are hustling your days away the other side which is ‘slowing down’ seems scary but when you are pushed into ‘slowing down’ - the hustling like a crazy person now seems scary.. maybe that’s what is life..(sic)” The ‘Pushpa’ actress concluded the post on a thankful note, saying, “Being engulfed in so much love and

surrounded with so much positivity prayers and gratitude.” Before this, Rashmika shared with her Insta Family her recovery routine that included sleeping, eating, and playing with her fur baby Aura. ‘The Girlfriend’ actress had penned, “My days are going well.. with a lot of sleeping and recovery, puzzles and some reading and watching some shows doing some very much needed hair care and skin care.. and meetings and spending time with family!!” “Going through the wedding photos and videos cz I hadn’t gotten the proper time till now.. My routine is pretty much *wake up, and no more to alarms (yaaay) just wake up when my body tells me to.. *eat 2 meals a day to really really try and not go overboard with the eating *meetings *puzzles or reading with Aura when she’s able to..*watch a show *and then go to bed.. It’s actually not all that bad to slow down once in a while is it!,” added Rashmika.

Rajinikanth’s Double Dhamaka

Superstar Rajinikanth is gearing up with two highly anticipated films arriving within a span of just three months. First in line is the highly anticipated Jailer 2, which hits the screens on October 15, 2026. Then it will be the biggie Dharman, which is expected to hit screens during the Pongal season in January 2027. If these release plans materialize, Rajini fans will witness two big films in a very short period, and it will be a feast for them. Both projects have generated tremendous excitement, and trade circles believe they have the potential to emerge as major box-office successes. Meanwhile, another interesting development is taking shape as Sivakarthikeyan’s Seyon is also eyeing a Pongal 2027 release. However, there is also speculation that the film could move to another date if Dharman officially locks the festive season. The reason is simple. Both Dharman and Seyon are being produced by Kamal Haasan’s banner. Industry observers feel the production house will surely prefer avoiding an internal box-office clash between two biggies. As of now, the release dates have not been officially confirmed, but the discussion has already created buzz among fans. If Dharman arrives for Pongal 2027, it will be interesting to see which date Seyon takes. For now, all eyes are on the official announcements from the makers.



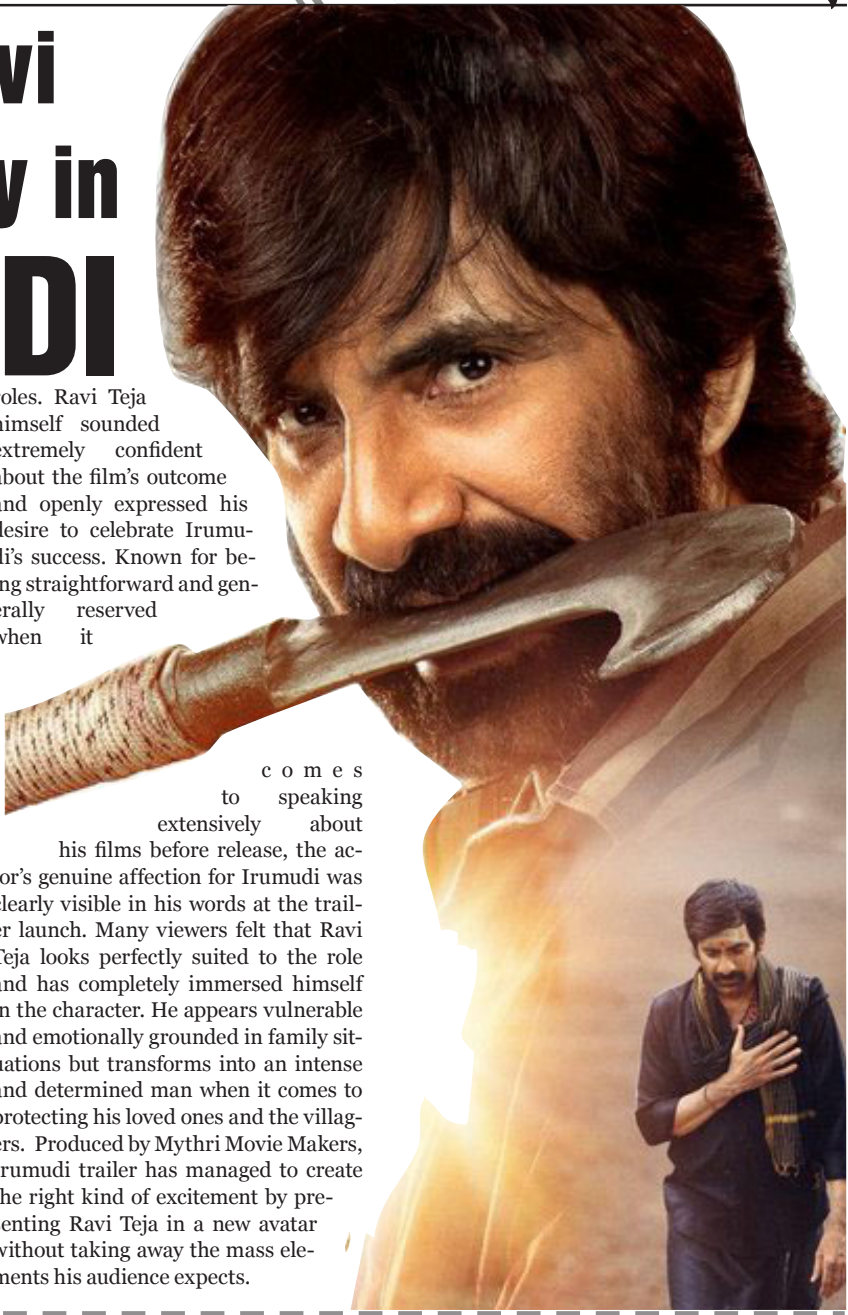
Kamal Calls Himself Cinema’s Gen Z

Veteran actor Kamal Haasan has marked 67 years in cinema and reflected on his extraordinary journey in the film industry. Despite decades of experience, the ‘Indian’ actor described himself as the “oldest of Gen Z in cinema,” highlighting his continued desire to learn, evolve and keep pace with the changing world of filmmaking. Taking to X, (formerly known as Twitter) Kamal shared his thoughts on completing 67 years in cinema and reflected on his remarkable journey in the film industry. Haasan said that while he has spent 67 years in the film industry, he considers only around 20 of those years as his actual learning period. With his characteristic wit and philosophical outlook, he described the rest of his journey as simply “going with the flow.” The actor also reflected on the larger journey of cinema. He noted that the film industry has existed for around 130 years since the Lumière brothers’ first public film screening in December 1895. His team reminded him that he has been part of more than half of that history. The ‘Vikram’ actor wrote, “Thanks to all who wished me well on my 67 years of cinema. Out of those 67, I think I can only sal-

vage about 20 years as my actual learning. The rest was going with the flow of the wastewater. The uplifting hope is, however dark the waterway turns out to be, the wait for a confluence with the largest singular form called the collective cinema, an unchannelled sea. We are all flowing towards it - artists, audience, and all.” “So, I guess what I have salvaged as experience can be improved upon before people stop counting my years in this field and start looking for better numbers elsewhere. Since the Lumière brothers’ first public film screening in December 1895, the film industry has been around for approximately 130 years and 8 months.” “My team reminded me that I have been around for 67 of those years, more than half of the entire history of the film industry! That is a rather extraordinary thought to take in. Yet, in my own account, I

Fresh Ravi Teja Energy in IRUMUDI

It is common for a big-ticket movie to receive a mix of positive and negative feedback whenever promotional material arrives. While hardcore fans shower their favorite stars with praise, audiences are often quick to point out flaws as well. It is only on rare occasions that a film’s promotional content receives outright positive responses with little to complain about. However, that seems to be the case with Mass Maharaja Ravi Teja and director Shiva Nirvana’s Irumudi. The combination itself generated considerable curiosity, with Ravi Teja known for his mass appeal and Shiva Nirvana for his class-oriented, emotional family entertainers. Irumudi appears to bring together the strengths of both, blending strong family emotions with action and adding a crime element as an intriguing surprise package. The trailer has received an enthusiastic response, with social media users particularly appreciating the content and Shiva Nirvana’s distinctive approach to the story. More importantly, Ravi Teja has is winning praise for what appears to be a first-of-its-kind portrayal in his career. He plays a family man with multiple shades to his character, offering something considerably different from his usual mass-centric



roles. Ravi Teja himself sounded extremely confident about the film’s outcome and openly expressed his desire to celebrate Irumudi’s success. Known for being straightforward and generally reserved when it comes to speaking extensively about his films before release, the actor’s genuine affection for Irumudi was clearly visible in his words at the trailer launch. Many viewers felt that Ravi Teja looks perfectly suited to the role and has completely immersed himself in the character. He appears vulnerable and emotionally grounded in family situations but transforms into an intense and determined man when it comes to protecting his loved ones and the villagers. Produced by Mythri Movie Makers, Irumudi trailer has managed to create the right kind of excitement by presenting Ravi Teja in a new avatar without taking away the mass elements his audience expects.

Dangal Girl Stuns On Cover

Fatima Sana Shaikh, who rose to fame with her performance in Dangal, is currently missing from the big screen this year. After a busy 2025 that saw her in multiple Bollywood projects, the actress has taken a step back from film releases in 2026. But that hasn’t stopped her from staying in the spotlight. The actress recently graced the cover of Femina magazine, and her photoshoot has taken social media by storm. Fatima was seen in a striking lime green ruffled dress with her hair left open in soft waves, giving off a bold yet effortless vibe. The shoot’s theme, “Keeping It Real,” perfectly captured her personality. The shoot wrapped up with a sleek black strapless mini, proving Fatima can pull off both playful and sultry with equal ease. No new film this year, but going by this cover, Fatima Sana Shaikh clearly hasn’t taken a single day off from being a style icon.

VAS Eyes Overseas Boost



Suriya’s Vishwanath And Sons (VAS) is getting good bookings in the domestic market, but the overseas numbers still need big push. Touted to be a family drama laced with strong emotions, the film now needs strong word of mouth upon its overseas premieres to make a big impact, especially in North America. As per reports, the USA premiere advance sales have shown a good jump on the final day. The film has recorded USD 137,000 from 265 locations, 693 shows and 7,830 tickets. The total North America premiere advance sales have reached around USD 170,000, with the film now heading towards a USD 300,000+ premiere. However, considering the film’s subject and the kind of family-oriented content that usually connects well with NRIs, the overseas bookings could have been better at this stage.The real test for VAS will begin after the premieres. If the film gets positive reviews and strong public talk, the movie has a good chance of picking up in North America and other overseas markets. A strong talk can help the film attract more family audiences over the weekend. This is especially important for overseas films, where initial bookings may not always tell the full run of a film. For now, all eyes are on the VAS’s premieres talk and audience response. If VAS gets positive talk, the overseas market can see a strong jump.