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BRS to stage State-wide protests today, against SIT notice to KCR

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SARA ARJUN ON PARENTS' RECTION TO DHURANDHAR

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5 LESSERKNOWN HEALTH ISSUES TALL PEOPLE FACE

Most people, especially those who crave height, look up quite literally at people who are tall and thought, "Lucky them!" From reaching the top shelf with ease to standing out in a crowd, height often seems like a highly desired trait. But here's the twist: Being tall isn't always a free pass to better health.

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Sunetra Pawar lauds PM Modi, vows to Ajit Pawar's growth agenda



MUMBAI: After taking the oath as the first woman Deputy Chief Minister of Maharashtra, Sunetra Pawar, on Saturday, thanked Prime Minister Narendra Modi for his best wishes. "The blessing you have given is inspiring for me. As I begin the new responsibility for the service of Maharashtra, your words have increased my confidence in the work of public welfare. The resolve to work honestly and with a dedicated commitment to the welfare of the people of the state has become even stronger because of this," she said.

HYDERABAD

BRS president and former Chief Minister K. Chandrashekar Rao on Saturday responded to the second notice issued by the Special Investigation Team (SIT) in the phone tapping case, terming it 'illegal' and contrary to established legal procedures.

In a letter addressed to the Jubilee Hills ACP, KCR said the notice was not served as per law and accused the police of violating Supreme Court guidelines. He objected to notices being pasted on the walls of his residence, stating that it tarnished his dignity.

Despite raising legal objections, KCR said he would co-operate with the investigation and agreed to appear before the SIT at his Nandi Nagar residence on Sunday. However, he clarified that all future notices should be sent to his Erravalli farmhouse in Siddipet district, which he described as his current residence. Pointing out that individuals above 65 years must be questioned at their place of residence,



BRS CALLS FOR STATEWIDE PROTESTS ALLEGING POLITICAL HARASSMENT OF KCR

Meanwhile, the Bharat Rashtra Samithi (BRS) has called for massive statewide protests on Sunday, accusing the Congress government of targeting former Chief Minister and party president KCR through politically motivated actions. Senior BRS leaders and former ministers, including E. Madhusudhana Chary, Talasani Srinivas Yadav, Sabitha Indra Reddy, Padma Rao Goud, Prashanth Reddy, Satya-vathi Rathod and others, alleged that the government was indulging in vendetta politics by fabricating cases under the pretext of phone tapping investigation. — Continued on Page 2

KCR also stated that the Jubilee Hills ACP lacked jurisdiction to summon him. He alleged double standards in the handling of notices issued to BRS leader T. Harish Rao

and warned that the police actions amounted to contempt of court. KCR cited the VD Murthy judgment of the Andhra Pradesh High Court in support of his claims.

KCR'S RESPONSE TO SIT NOTICES

HYDERABAD: KCR clearly stated that the two notices issued by the SIT officials are illegal. He said the SIT violated CrPc Section 160, which mandates that persons above 65 years of age must be examined at their place of residence. He alleged that despite clearly informing them to send all future notices only to his Erravalli residence, the SIT ignored his request. He objected strongly to the act of pasting a notice on the wall of his Nandinar residence at 9 PM, calling it unconstitutional and unlawful. He accused the SIT officials of disregarding the Supreme Court judgment in 'Satender Kumar Antil vs CBI'. — Continued on Page 2



Governor hails young leaders as key to nation-building

HYDERABAD

The Grand Finale of iVision Youth Parliament-2025, an innovative and creative civic education initiative for school students, was held at BJR Bhavan, Banjara Hills, on Saturday. The programme was organised by the district education team guidance of the District Administration, Hyderabad.

The event was graced by Governor Jishnu Dev Varma as the Chief Guest, and Transport Minister Ponnampalabhar as the Guest of Honour. Addressing educators, students, parents, and dignitar-

ies, the Governor described the participants as young changemakers, future leaders, and diplomats, and stated that Parliament and State Legislatures are the highest democratic institutions shaping laws, policies, and the future direction of the nation and the State.

He emphasised the importance of experiential learning in line with the National Education Policy and appreciated the preparation of a student-driven White Paper, terming it an aspirational document reflecting what the present expects from the future. The Governor noted that

the White Paper addressed contemporary governance and development themes and commended the strong participation of girl students, observing that women's empowerment in India has evolved into a silent yet transformative democratic revolution. He presented awards and certificates to students for outstanding performance at the district level.

Minister for Transport and BC Welfare Ponnampalabhar stated that active youth participation is essential for strengthening democracy and improving the quality of politics.

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78 students fall ill in food poisoning incidents; BC Dal chief seeks SHRC probe



HYDERABAD

A series of food poisoning incidents in government institutions left 78 students hospitalised in Khammam and Wanaparthy districts, triggering serious concerns over food safety and officials negligence.

Of the total, 38 students at a government primary school in Bodiya Thanda of Khammam district and 40 girl students at the BC hostel in Kothakota, Wanaparthy district.

Reacting strongly, BC Dal National

President and advocate Dundra Kumara Swamy termed the incidents 'deeply distressing', and said safe food for children is a basic human right. He lodged a complaint with the State Human Rights Commission (SHRC), demanding strict action against the concerned officials, compensation for victims and full medical care. Calling for systemic reforms, he urged the government to set up an expert committee to examine food quality, supply chains and monitoring mechanisms to prevent such incidents in future. (NSS)

Revanth chairs virtual meet from U.S. to strategize for municipal polls

HYDERABAD: Chief Minister A. Revanth Reddy on Saturday conducted a Zoom meeting from the United States to discuss the municipal elections in Telangana.

The meeting included the participation of TPCC Chief Mahesh Kumar Goud, AICC in-charge Meenakshi Natarajan, Deputy Chief Minister Bharti Vikramarka, Ministers, Parliament in-charges, DCC presidents, and senior leaders. The Chief Minister made it clear that B-forms should be given only to candidates who can win. He categorically stated that leaders should not give tickets to those they personally known. Revanth Reddy reminded them that the Cantonment and Jubilee Hills by-elections proved that success can be achieved through collective effort.

The Chief Minister instructed the leaders to work together and ensure victory in the municipal elections. He emphasised that the municipal polls should be taken seriously and there should be no negligence in the selection of candidates. He stated that candidates capable of challenging the BRS and BJP candidates should be fielded by the Congress party.

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Police form multiple teams to trace accused in Koti ATM shooting case

HYDERABAD

Taking serious note of an armed robbery and shooting incident reported on Saturday morning in the Koti area, the Hyderabad City Police has constituted special crime teams to investigate the case and trace the accused. A case has been registered at Sultanbazar Police Station vide FIR No. 28/2026 under Sections 109 (Attempt to Murder) and 309 (Robbery) of the Bharatiya Nyaya Sanhita (BNS), along with Section 27 of the Arms Act, 1959.

According to the complaint lodged by Sri Rinshad P.V. (26), son of Abdul Aziz, a businessman dealing in readymade kids' clothing from Kozhikode, Kerala, and currently residing at Janath Apartments, Nampally, he had arrived in Hyderabad on January 7, 2026, carrying ₹6 lakh in cash to purchase wholesale stock at Dewan Devdi. As the purchases



did not materialise, his cousin Mishban advised him to deposit the cash into his bank account. Accordingly, on January 31 at around 7 a.m., the complainant

reached the SBI Main Branch ATM at Bank Street, Koti, on a vehicle belonging to his friend Ameer.

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CEMENTING DREAMS WITH SUPERIOR STRENGTH.

GERMAN TECHNOLOGY
ROBOTIC QUALITY CONTROL
TAMPER PROOF PACKING

3 TIMES BETTER



Cyberabad police rescue 352 children in Operation Smile-XII

HYDERABAD: Cyberabad Police intensified action against social crimes as SHE Teams conducted 138 decoy operations, catching 42 persons red-handed for indecent acts in public places. Petty cases were booked in 47 instances, while several offenders were counselled. The teams also received 27 complaints from women through various platforms. Under "Operation Smile-XII", the Anti-Human Trafficking Unit registered 110 cases under the Juvenile Justice (JJ) Act and Child Labour Act, rescuing 352 children across the commissionerate. Police also reunited 22 estranged families in Family Counselling Centres / CDEW Centres. As part of preventive and awareness measures, AHTU and SHE teams have conducted awareness programs across various locations in Cyberabad and around 5821 members participated, who were given awareness on Human trafficking and (Child Trafficking), eve teasing, Social media harassment, Child Marriages, Child Rights, Child labour, Stalking, Begging, Cyber bullying, Cyber frauds etc., (NSS)

Gaddar's voice was a movement, not just music: TPCC chief Mahesh Goud

HYDERABAD: On the birth anniversary of revolutionary poet and people's singer Gaddar, TPCC President and MLC Mahesh Kumar Goud paid rich tributes, recalling his lifelong struggle for social justice and equality. The TPCC chief said Gaddar's powerful songs gave voice to the oppressed and played a crucial role during the Telangana movement by inspiring courage among the masses. Describing him as a symbol of democratic resistance, Mahesh Kumar Goud said every song of Gaddar was an awakening and stressed that his ideals must reflect in public policies and governance. "With his powerful voice and songs, Gaddar brought the anguish of the oppressed sections to the forefront of the nation. His struggle for social justice, equality and democratic values will remain etched permanently in the history of this country", Mahesh Goud noted. (NSS)

BRS fields Galwan martyr Santosh Babu's mother

HYDERABAD: B Manjula, mother of Colonel Santosh Babu, who was martyred in the Galwan Valley clash with China, filed her nomination on Friday, January 30, to contest the Suryapet municipal elections. She is contesting from Ward No. 44 of Suryapet town on behalf of the Bharat Rashtira Samithi (BRS). Former Rajya Sabha member Badugula Lingayya Yadav handed over the party B-form to Manjula Bharasa. Accompanied by party leaders, she submitted her nomination papers to the Returning Officer at the nomination centre located in the municipal office. Colonel Santosh Babu was martyred during a violent face-off between Indian and Chinese troops in the Galwan Valley in eastern Ladakh in June 2020.

DGP lauds Medaram Jatara security, QR system for missing kids



HYDERABAD

Telangana Director General of Police B Shivadhar Reddy on Saturday, January 31, commended police personnel deployed at the Medaram Jatara in Mulugu district for their efficient handling of crowd management during the four-day tribal festival, considered the largest such gathering in the country. The DGP offered prayers to Sammakka and Saralamma, the two tribal deities, on the concluding day of the festival before reviewing arrangements at the integrated command and control centre. He monitored the movement of devotees and traffic through

closed circuit television (CCTV) cameras installed across the venue. Speaking to reporters, Reddy highlighted the success of the newly introduced Child Track Management System, which uses QR-coded wristbands to trace missing children and elderly persons. "The system has made searches much easier and more efficient compared to previous years," he said. He added that Indian Police Service (IPS) and Deputy Superintendent of Police (DSP)-rank officers were posted at the jatara to gain field experience in managing large-scale public events. Reddy also appreciated the road-widening measures and provision of alternative routes that helped prevent traffic jams. Drone sur-

veillance was deployed to cover all areas of the fair, he said. The DGP was accompanied by Multi-Zone-1 Inspector General (IG) Chandrasekhar Reddy and Police Commissioners of Warangal and Ramagundam, Sunpreet Singh and Amber Kishore Jha.

HYDRAA chief visits jatara

Hyderabad Disaster Response and Assets Protection Agency (HYDRAA) Commissioner AV Ranganath visited the Medaram Jatara with his family and offered prayers at the shrine. A video circulating on social media showed Ranganath at the festival site, which began on January 28 and concluded on January 31.



Harvard Kennedy school invited to Ravanth Reddy

HYDERABAD

Telangana Chief Minister A. Revanth Reddy, who participated in the Leadership in the Twenty-First Century program at Harvard University in the United States, has received another rare invitation.

The organizers have specially invited Revanth Reddy to deliver a speech at the AI Policy Symposium, being held for the first time by the Harvard Kennedy School. It is noteworthy that the Telangana Chief Minister is the only invitee from India to receive this symposium invitation.

The event, scheduled to be held in March, will be inaugurated jointly by Revanth Reddy and Harvard Kennedy School Dean Jeremy Weinstein, for which a special invitation letter has been issued. Prominent personalities from various fields along with technology experts will attend the symposium. The Chief Minister has agreed to explore the possibility of addressing the forum

virtually from Hyderabad. On the final day of the programs at Harvard University, Chief Minister A. Revanth Reddy interacted with various delegations, students from several schools, alumni, as well as students and former students from MIT and Columbia University.

Discussions were held on topics such as leadership, economic growth, sustainable development, the environment, and the welfare of farmers, women, and youth.

On this occasion, the Chief Minister explained the goals of the "Telangana Rising Vision 2047," the challenges ahead, and the opportunities available toward empowerment and development.

He expressed confidence that Telangana—especially Hyderabad—will take the lead and provide direction in India's future progress.

He also called upon students studying in various countries to become brand ambassadors for Telangana Rising.

Telangana people will teach Revanth a lesson: RS Praveen

HYDERABAD

BRS state general secretary RS Praveen Kumar on Saturday asserted that Telangana people would 'punish' Chief Minister A Revanth Reddy for having 'vindictive and diversionary politics'. He categorically stated that political leaders had no role in the alleged phone tapping case and accused the Congress government of using the issue to harass opposition leaders.

Addressing a press conference at the Rangadampally Martyrs' Memorial in Siddipet, Praveen Kumar said no Chief Minister would personally provide phone numbers or order surveillance. He alleged that the ruling Congress was deflecting attention from real public issues and indulging in scams, likening the situation to the "Ali Baba and the Forty Thieves" story.

He claimed that BRS leaders have been facing harassment for the past two years under the pretext of the phone tapping probe and accused the SIT of being formed solely to suppress opposi-



tion voices. Praveen Kumar further alleged that selective media leaks during the investigation were aimed at tarnishing reputations.

Questioning the issuance of notices to former Chief Minister K. Chandrashekar Rao, he termed the action vindictive, pointing out the contrast between ministers visiting Erravelli to invite KCR for the Sammakka Saralamma Jathara and police serving notices at his residence. He concluded by saying that the people of Telangana would not tolerate such acts and would respond appropriately. (NSS)

FTCCI puts spotlight on value-driven real estate at Telangana summit

HYDERABAD

The Federation of Telangana Chambers of Commerce and Industry (FTCCI) hosted a high-level summit titled "Telangana Real Estate: Creating Value Beyond the Square Foot" at T-Hub, Hyderabad, bringing together senior policymakers, developers, investors and industry experts to chart the next phase of the state's real estate growth.

As Hyderabad accelerates its journey towards becoming a global urban and economic hub, discussions at the summit moved beyond conventional real estate metrics to focus on sustainability, infrastructure-led development, alternative asset classes, youth aspirations, and long-term urban resilience aligned with the "Hyderabad 2034" vision.

Welcoming the participants, K.K. Maheshwari, Senior Vice President, FTCCI, said the sector has evolved beyond bricks and mortar, with emphasis now on building ecosystems, enabling livelihoods, and enhancing quality of life. Panel discussions ex-



amined key issues shaping the market, including demand dynamics between mid-segment and premium housing, the impact of policy and infrastructure corridors on real estate viability, the growing role of alternative assets, and the need to align urban development with inclusivity and sustainability.

The summit was supported by NAREDCO Telangana as supporting

partner, JLL India as knowledge partner, Nikhila Constructions and Developers as title partner, and HMDA Truck Dock Logistics Pvt Ltd as associate partner.

Speakers underlined the importance of integrated urban planning, long-term investment perspectives, and stronger collaboration between government and industry to ensure sustainable and resilient growth.

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KCR'S RESPONSE TO SIT NOTICES

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He stated that the SIT has no jurisdiction to issue him notices, and that doing so amounts to a violation of his constitutional rights. He criticized the double standards of the SIT, pointing out that Harish Rao was served a notice in Hyderabad despite his affidavit listing Siddipet as his address, while the same logic was not applied in his case. However, as a former Chief Minister, current Leader of the Opposition, and a responsible Indian citizen, he said he has decided to cooperate with the investigation. Since the SIT insisted, he announced that he would be available at his Nandinagar residence tomorrow at 3 PM to record his statement.

BRS CALLS FOR STATEWIDE PROTESTS ALLEGING POLITICAL HARASSMENT OF KCR

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Condemning the issuance of SIT notices as 'illegal and inhumane', the leaders announced protest programmes across more than 12,000 villages, including effigy burnings, motorcycle rallies, black-flag demonstrations and road blockades at municipal and constituency centres. Party cadres and elected representatives have been instructed to remain in their respective districts and ensure the success of the protests, while maintaining peace and avoiding confrontations with police. The leadership said the agitation aims to expose the 'conspiracies' of the ruling dispensation to the public. (NSS)

Police form multiple teams to trace accused in Koti ATM shooting case

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While he was depositing the cash, two unidentified persons approached him from behind and threatened him by pressing a firearm against his abdomen.

The assailants fired two rounds, one of which struck the complainant on his right leg, causing a bleeding injury while snatching the cash bag. The accused then forcibly snatched the cash bag and the vehicle keys and fled the spot in the victim's vehicle (Reg. No. TS 08 HN 8582).

The suspects drove towards the Chaderghat signal and proceeded to Nimboliadda, Kachiguda, where they abandoned the vehicle. After chang-

ing their clothes, they escaped on foot towards Kachiguda X Roads.

The Hyderabad City Police has taken the incident with utmost seriousness. The special teams are analysing CCTV footage, tracking technical evidence, and coordinating with neighbouring jurisdictions to apprehend the absconding accused at the earliest. Ensuring the safety of citizens remains the highest priority, and all available resources are being deployed to bring the perpetrators to justice swiftly.

The public is requested to share any information related to suspicious movements by dialing 100. The identity of informants will be kept strictly confidential. (NSS)

Revanth chairs virtual meet from U.S. to strategize for municipal polls

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Revanth Reddy stressed that every ward and every division is important. He advised that rebel candidates should be controlled and everyone should work in coordination.

The Chief Minister advised against announcing the chairpersons and mayors right now. He said that the chairpersons would have to be selected according to social considerations. During the meeting, TPCC Presi-

dent Mahesh Kumar Goud presented the survey reports related to the municipal elections to the Chief Minister. Revanth Reddy set a target for the Congress party to secure 90 percent of the seats. Additionally, the Chief Minister provided guidance on implementing measures to mitigate the risk of rebel candidates emerging. He is scheduled to engage in the election campaign beginning February 3.(NSS)

Governor hails young leaders as key to nation-building

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Recalling his own journey from student politics to public life, he emphasised that educated and aware youth must come forward to engage with democratic institutions. The Minister observed that initiatives such as Youth Parliament, mock Assembly, and Model United Nations provide students with a practical understanding of legislative functioning, public policy, and governance, and help nurture responsible future leadership. He called for such initiatives to be implemented and replicated across all districts of Telangana.

The programme was conducted by the School Education Department under the District Education Officer Rohini, Ikshana group represented by Anjali Gupta and Ankur Gupta sponsored by Rotary Lake District represented by Rotarians Sunil Saraf and Raj Shekhar.(NSS)

Cyberabad cyber crime police nab 16 in pan-India fraud bust

HYDERABAD

The Cybercrime Police, Cyberabad, intensified their crackdown on online fraud during the week of January 23 to 29 this year, detecting 11 cybercrime cases and arresting 16 offenders across multiple States, exposing the Pan-India reach of cybercrime networks.

According to the police officials, 10 of the 16 arrests were linked to online trading frauds, highlighting the growing misuse of fake investment platforms to dupe unsuspecting victims.

In a significant relief to victims, the Cybercrime police successfully secured 261 refund orders in 30 cases from the Court, facilitating the return of Rs.62.49 lakh

to affected individuals. In a major trading fraud case, cybercriminals impersonated the reputed trading platform "Market Axes" using a fake website, cheating a victim of Rs.22.08 lakh. The fraudsters lured the complainant through WhatsApp with promises of high returns and same-day withdrawals. Three accused from Andhra Pradesh were arrested for providing bank accounts to route the cheated money.

In another alarming case of "Digital Arrest Fraud", fraudsters impersonating officials from the Mumbai Cyber Crime Police, ED, CBI and RBI threatened a victim with a fabricated money laundering case, cheating him of Rs.81.30 lakh. One ac-

cused from Maharashtra was arrested for supplying mule bank accounts, while another accused had been arrested earlier in September 2025.

Cyberabad Police reiterated that there is no concept of "Digital Arrest" and cautioned the citizens against investment offers on WhatsApp or Telegram promising guaranteed returns.

Authorities urged the public to verify SEBI registrations, avoid sharing personal or banking details, and immediately report cyber frauds to 1930 or http://www.cyber-crime.gov.in. Police have advised citizens to follow official Cyberabad Police communication channels for verified updates and alerts. (NSS)

HKS invites Revanth for varsity's first AI policy symposium as keynote speaker

HYDERABAD

The organisers of Harvard Kennedy School's first AI Policy Symposium have invited Chief Minister A. Revanth Reddy for the prestigious event. Revanth Reddy, the only Indian leader to be invit-

ed for the event as a speaker, has been requested to join Harvard Kennedy School Dean, Jeremy Weinstein, to inaugurate the event to be held in March. The Chief Minister said he would consider delivering the keynote virtually from Hyderabad, India.

He may also participate in the panel discussion with global leaders and tech thinkers on AI infrastructure as part of the symposium. Ruxanda Renita and other organisers extended the invite in person to Revanth Reddy on campus. (NSS)

5,582 Children Rescued Through Operation Smile

Additional DGP, Women safety wing, Ms Charusinha
HYDERABAD

Additional Director General of Police, Women Safety Wing, Charusinha, stated on Saturday that a total of 5,582 children were rescued across Telangana through the month-long 'Operation Smile-XII' program, which was undertaken with the objectives of eradicating child labor and tracing missing children in the state. She explained that this special drive was conducted from January 1 to January 31 under the guidance of the Union Ministry of Home Affairs, and involved 121 sub-divisional police teams across the state, with the participation of 605 police personnel. She added that the operation was carried out in coordination with the Women and Child Welfare Department, Labour Department, Health Department, Child Welfare Committees, and various non-governmental



organizations. Charusinha noted that during a state-level coordination meeting held on December 29, police personnel were given special training on the Juvenile Justice Act and Child Labour (Prohibition and Regulation) Act. Following this, intensive inspections were conducted at locations such as

railway stations, bus stands, brick kilns, mechanic shops, tea stalls, and similar places. Of the children rescued during the operation, 5,108 were boys and 474 were girls. Among them, 2,292 children belonged to nearly 15 states, including Bihar, Uttar Pradesh, Odisha, and Andhra Pradesh. She also revealed that

43 children from the neighboring country Nepal were rescued. Among those rescued, 4,567 were identified as child laborers, 486 as street children, 38 as children engaged in begging, and 491 as children involved in other forms of work. She stated that strict action was taken against those employing children, resulting in the registration of 1,480 FIRs and the arrest of 1,483 accused persons. Additionally, the Labour Department issued 1,363 inspection reports, and fines amounting to ₹41.78 lakh were imposed on the accused under the Minimum Wages Act. Of the rescued children, 4,978 were reunited with their parents, while 604 children without shelter were shifted to protection homes. Furthermore, 2,375 children of migrant workers were enrolled in 29 Urban Bridge Schools, she said. On this occasion, Additional DGP Charusinha reaffirmed that the Telangana State Police, in coordination with concerned departments, is working with dedication to eradicate child trafficking and bonded labor in the state.



ESCI Director Meets with Dana Kishore

HYDERABAD

I had the privilege of meeting Sri M. Dana Kishore, IAS, Special Chief Secretary, Labour & Employment, and briefing him on the recently introduced EV Battery Sustainability Engineering Course at the Engineering Staff College of India (ESCI). During the meeting, I explained that this programme is the first of its kind in India, designed to address the growing demand for skilled professionals in the electric vehicle (EV) and green mobility sector. The course focuses on EV battery technology, sustainability practices, lifecycle management, recycling, safety standards,

and industry-oriented skill development with practical exposure. We discussed the importance of building a skilled workforce to support India's transition towards sustainable transportation and clean energy systems. The programme aims to create industry-ready engineers equipped with technical expertise and environmental responsibility, thereby contributing to national initiatives on green mobility and sustainable development. Sri M. Dana Kishore, IAS, appreciated the initiative and emphasized the need for such forward-looking skill development programmes to align with emerging industry requirements and employment opportunities.



Not Zero Marks.. Humane Education Is Needed: Dr. Lion Komatireddy Gopal Reddy

HYDERABAD

Renowned educationist and environmentalist Dr. Lion Komatireddy Gopal Reddy said that education should not be confined merely to marks, ranks, and examinations, and that a humane perspective which recognizes a student's effort is essential. Referring to the idea behind the Russian education system, where even a student who submits a blank answer sheet is awarded minimum marks, he explained, "A student coming to the classroom itself is proof of their effort. A person who is making an effort should never be viewed as zero." He stated that zero marks damage students' self-confidence and increase fear, despair, and aversion toward studies. "Even if a student

does not succeed this time, it is the responsibility of teachers to believe in the student's potential and encourage them," he said. Speaking further, Dr. Lion Komatireddy said: "Education is not a competition of marks; it is a process of building a human being. If we fail to recognize a student's effort, it is as if we ourselves are blocking their future. Zero marks cannot measure knowledge—they only create fear. True education is about creating good human beings before producing good marks." He expressed the view that education systems across the world must move forward with humane values, and that if teachers look at students beyond mere numbers, many discouraged children will regain the courage to dream again.

Techie loses Rs 1.5 crore in investment scam in Hyd

HYDERABAD

A 41-year-old engineer employed at City Bank in Pune and a native of Khammam was allegedly duped of Rs 1.5 crore by cyber fraudsters in Hyderabad after being lured into investments in stocks. In his complaint filed with the Telangana Cyber Security Bureau (TGCSEB), the victim stated that he began investing in a platform which promised high returns. The victim said that in November 2025, he was introduced to the platform by his sister, who came across an advertisement on Instagram. After clicking the link, the victim's sister was added to a WhatsApp 'Z926 one-to-one Service' and 'L Accel Partners Stock Exchange Group' where fraudsters promised a return of upto 500 percent. One of the fraudsters identified herself as Deeksha Bhan-



dari, urged the victim to download the "ACEFD" app after transferring Rs 60,000. The engineer's sister provided his contact to the fraudsters Using a link provided by the fraudsters, the victim installed the "ACESEC" app. The

fraudsters guided the victim and his sister regarding investments and showed fake profits. From November 19, 2025 to January 14, 2026, the two siblings transferred money from six different accounts to nine other accounts provided by the fraudster. On December 9, the fraudsters deposited Rs 1.5 lakh into the victims account and displayed a profit of Rs 36 crore. When the victims tried to withdraw the money he was asked to pay Rs 36 lakh as service charge and Rs 20 lakh as income tax deposit. Based on a complaint the TGCSEB registered a case under sections under sections 61(2) (criminal conspiracy) 318 (4) (cheating) 319 (2) (Cheating by Impersonation), 338 (forgery), 340(2) (Using as genuine a forged document) of BNS and sections 66 (C) and 66(D) of the IT Act

"Josephiesta 2026" sparks youth energy at St. Joseph's College

HYDERABAD

St. Joseph's Degree and PG College hosted "Josephiesta 2026", a vibrant inter-collegiate fest that showcased student talent across academics, sports and culture, turning the campus into a hub of youthful energy and creativity. The event was inaugurated by Deepak John Kokkadan, Chairman of the Telangana Christian Minorities Finance Corporation, who encouraged students to make use of government scholarship schemes and overseas education opportunities, while urging them to be industry-ready contributors

to national development. Msgr. Yeruva Balashowry, Vice-Chairman of HAES and College correspondent, said the fest reflected the institution's commitment to holistic education, while Principal Rev. Fr. Anthony Sagayaraja described Josephiesta as a platform that nurtures innovation, collaboration and leadership. Competitions ranged from acting, marketing and mathematics events to group dance, battle of bands and a cultural fashion show highlighting India's diversity. The fest concluded with a valedictory ceremony and distribution of prizes, followed by the National Anthem.

AP SHINES AT BHARAT PARV WITH GRAND KUCHIPUDI PERFORMANCE

HYDERABAD

Andhra Pradesh Day was celebrated with cultural splendour at "Bharat Parv 2026" at Delhi's historic Red Fort, showcasing the State's rich artistic and tourism heritage. Bharat Parv, organized by the Ministry of Tourism, Government of India as part of the Republic Day celebrations, serves as a grand national platform highlighting the culture, tourism, cuisine, handlooms and heritage of States and Union Territories under the spirit of "Ek Bharat, Shreshtha Bharat". The Andhra Pradesh Pavilion emerged as a major attraction, presenting a vibrant theme-based tourism display, a traditional food court, and an exquisite handloom exhibition. Visitors experienced an immersive glimpse into the State's historical legacy, artistic traditions and creative excellence. A major highlight of Andhra Pradesh Day was a grand Kuchipudi classical dance performance by 46 distinguished artists, who brought to life the grace, elegance and spiritual depth of Andhra Pradesh's classical dance tradition. The performance captivated audiences and reflected the State's deep-rooted cultural ethos and devotion to preserving classical art forms. (NSS)

Sanitation worker's children visit IIT Hyderabad to inspire academic ambition



HYDERABAD

The Greater Hyderabad Municipal Corporation (GHMC) on Saturday, January 31, organised an exposure visit for the children of sanitation workers at the IIT Hyderabad campus, Kandi. The visit was aimed at providing early exposure to higher education and inspiring academic ambition among the children, GHMC said. A total of 180 children, three from each circle, studying in classes 6 to 10, were a part of the visit. GHMC had



made all necessary arrangements for them, including transportation, food, safety, and supervision. The kids were picked up from 12 different pickup points, including the GHMC Head Office

and were taken to the university in buses. The programme was conducted between 10:30 am and 4:30 pm, where students participated in interactive sessions with IIT Hyderabad

professors, students, and senior mentors. Discussions were held on career paths, competitive examinations, and preparation strategies while also giving them a hands-on understanding of campus life and research-driven learning. Motivational interactions were held to spark curiosity, confidence, and questioning. The initiative was meant to reflect that all children deserve equal access to inspiration, guidance, and educational exposure, GHMC has said.

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ONGOING PROJECTS

<p>PROVINCIA NARSINGI TS REBA Reg. No.: P0240002807</p>	<p>IMPERIA TELLAPUR TS REBA Reg. No.: P0110000723</p>	<p>ARSTINA KOKAPET TS REBA Reg. No.: P0240000066</p>	<p>AURELIA TELLAPUR TS REBA Reg. No.: P0110000780</p>	<p>CASA LUXURA NEOPOLIS TS REBA Reg. No.: P02400007302</p>	<p>INFINA MANCHIREVULA TS REBA Reg. No.: P02400007000</p>	<p>skYra NEOPOLIS TS REBA Reg. No.: P02400005520</p>
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Scr GM Inspects
VJV Division,
Reviews Safety and
Amrit Station Works



HYDERABAD: South Central Railway general manager Sanjay Kumar Srivastava conducted an extensive inspection of Vijayawada Division on Saturday, focusing on safety measures, passenger amenities, and the progress of Amrit Station redevelopment works. Accompanied by Divisional Railway Manager Mohit Son-akiya and senior officials, the GM began his inspection at Tanuku, reviewing track safety at Point No. 103B and Level Crossing Gate No. 151. He later inspected Narsapur Railway Station, where he assessed passenger facilities, the circulating area, coach depot, yard, and ongoing redevelopment works under the Amrit Stations scheme. Srivastava also examined track maintenance and safety at Curve No. 32 in Bhimavaram Yard, inspected Bhimavaram Town Railway Station,

BRS to stage Statewide
protests today, against
SIT notice to KCR



HYDERABAD

Coming down heavily on the Congress government, particularly the Special Investigation Team probing the alleged phone tapping case, over the notice served on BRS president and former Chief Minister K Chandrashekhara Rao, the BRS has decided to stage demonstrations and conduct rallies across the State on Sunday. The BRS raised serious objections to the SIT pasting a notice at the BRS chief's residence in Nandi Nagar on Friday night. Announcing the protest here on Saturday, BRS Deputy Floor Leader Talasani Srinivas Yadav said Chandrashekhara Rao had led the separate Telangana agitation and even undertook a fast

unto death for the formation of the State. After the BRS government came to power, he ensured welfare and development for all sections and transformed Telangana into a top-ranking State, he said. Addressing a press conference here, Srinivas Yadav pointed out that two Ministers had personally met the BRS chief at his official residence in Erravelli. However, the SIT officials deliberately pasted the notice at the Nandi Nagar residence, despite Chandrashekhara Rao assuring full cooperation with the investigation. He alleged that the Congress government, driven by political motives, was harassing the former Chief Minister. Though Chandrashekhara Rao could have

approached the court and obtained a stay, he was co-operating with the police as a law-abiding citizen, Srinivas Yadav said. "Protesting against the Congress party's vendetta politics, the BRS will stage demonstrations and conduct rallies across the State on Sunday. People from all sections will participate in these protests in large numbers," Srinivas Yadav said. Leader of Opposition in the Legislative Council S Madhusudhana Chary described the Congress government's act of serving a notice to Chandrashekhara Rao as highly objectionable and condemnable. He said the Congress government should remember that apart from being the BRS president, Chandrashekhara Rao was a

people's leader. With the fear of losing the municipal elections, the Congress party was resorting to cheap diversionary politics, Chary alleged, appealing to people from all sections to participate in the Statewide protests on Sunday. BRS MLC Dasoju Sravan said the intent of Chief Minister A Revanth Reddy and the Telangana Police was clear, making a deliberate attempt to politically humiliate the BRS chief by pasting notices at his residence and denying him his fundamental rights. "This is arrogance of authority manifested into unlawful governance where the police are reduced to puppets of political vendetta rather than guardians of law," Sravan said on X.

CPI (M) expresses concern over
food poisoning in government
schools and hostels

HYDERABAD

CPI(M) today today expressed concern over food poisoning incidents in government schools and hostels. CPM State Secretary John Wesley said that It was extremely unfortunate that 38 students in the Bodiyathanda government school in Konijerla mandal of Khammam district and 30 students in the government girls' college in Kothakota, Wanaparthy district, fell ill due to contaminated food. "The CPI(M) Telangana State Committee expresses its deep concern over these incidents. The CPI(M) demands that the state government constitute an inquiry commission, take appropriate action, and ensure that such incidents do not recur, as these incidents



are recurring due to government negligence. It is alarming that similar incidents have occurred again in Khammam and Wanaparthy districts, even before the incidents of students falling ill due to contaminated food in Bagh Lingampally and Madhapur in Hyderabad and in Jogulamba Gadwal and Nagarkurnool districts just two months

ago, have been forgotten. This is tantamount to playing with the lives of students. Food poisoning incidents are repeatedly occurring in government hostels and residential schools in the state due to mismanagement, lack of supervision, lack of hygiene, contaminated water, and the serving of stale semolina, spoiled curd.

Armed robbery at SBI Koti: Rs.6 lakh
cash snatched after firing

HYDERABAD

A sensational armed robbery was reported at the State Bank of India (SBI) branch in Koti under the limits of Sultan Bazar Police Station on Saturday morning. According to police, at around 7:08 am, a Dial 100 call was received from Sayyed Zehedulla Quadri, stating that he had arrived at the SBI Koti branch to deposit ₹6,00,000 in cash. While he was at the bank premises, two uniden-

tified persons arrived on an Activa scooter and suddenly snatched the cash bag. During the incident, the assailants allegedly fired a weapon, creating panic among bank staff and the public in the area. The suspects fled the scene immediately after committing the crime. On receiving the alert, BC-3 personnel rushed to the spot. Senior officers, including the NSO and NZO, were informed about the incident. Police have initiated an in-

vestigation, and efforts are on to trace and identify the accused. DCP Shilpavalli of the Khairatabad Zone told the media following her visit to the crime scene, revealing that Rasheed had arrived at an SBI ATM in Koti to make a cash deposit. The shooting occurred between 6:50 a.m. and 7:00 a.m. It is believed that the assailants conducted prior surveillance of Rasheed during his cash deposit before executing the attack. Rasheed.

Centre must not sideline Telangana
in Union Budget: Minister Ponnamm

HYDERABAD

Telangana Minister Ponnamm Prabhakar on Saturday urged the Central government not to neglect Telangana in the Union Budget to be presented on Sunday, alleging continued discrimination against the State. Addressing the media at Gandhi Bhavan, Ponnamm said any bias in the Budget would make BJP MPs from Telangana accountable. Remarking that it remains to be seen whether Sunday's full

moon would bring "light or darkness" to Telangana, the Minister expressed anguish over repeated unfair treatment in Central allocations. He demanded that Telangana be given at least basic justice this time. Ponnamm Prabhakar accused Prime Minister Narendra Modi of harboring an aversion to the formation of Telangana and the Statehood movement, and urged the Centre to respond positively to key proposals including the Outer Ring Road, Metro

Rail expansion, and the Musi river rejuvenation project. He said this would be the "last reminder" to the Centre and the BJP. Questioning why Telangana continues to be ignored despite having eight BJP MPs, he also sought Central cooperation for establishing educational institutions in the State. The Minister clarified that he was not opposing allocations to neighbouring states, but was only seeking fair treatment for Telangana. (NSS)

Minister Ponnamm inaugurates high-tech
multi-level parking facility at Nampally

HYDERABAD

District In-charge Minister Ponnamm Prabhakar on Saturday inaugurated a state-of-the-art multi-level parking facility at Nampally junction, developed on a Public-Private Partnership (PPP) basis by HMRL Novam. The inauguration was attended by Minister Azharuddin, Mayor Gadwal Vijayalakshmi, Deputy Mayor Mothe Sripatha Shobhan Reddy, HMRL Advisor NVS Reddy and other officials. Speaking on the occasion, Ponnamm Prabhakar said the facility was established to ease Hyderabad's growing parking and traffic challenges. Built at a cost of Rs.102 crore on 2,000 square



yards of land provided by Hyderabad Metro Rail Limited (HMRL), the project operates under a 50-year agreement with Novam. The 15-storey structure includes 10 floors dedicated to parking, with space for 200

cars and 200 two-wheelers, while the remaining floors will house commercial complexes. Equipped with fully automated German technology, the parking system functions without human intervention.



"Atheistic sculptures lie in a dilapidated state at Durgam Cheruvu, their intricate details fading over time due to neglect and lack of maintenance, raising concerns about the preservation of the city's cultural and artistic heritage."

Bid to tag OBCs as "others" an assault
on social justice: Dundra Kumara Swamy

HYDERABAD

National BC Dal President and BC Reservations Struggle Coordination JAC Chairman Dundra Kumara Swamy on Saturday alleged that a political attempt to brand OBCs under the vague category of "Others" strikes at the very roots of social justice. Addressing an all-party meeting convened by the JAC, Swamy declared that the demand for a comprehensive caste census was non-negotiable and the movement would continue until it is secured. He expressed concern over

the Census - 2027 house-listing notification for omitting a separate OBC column, terming it a deliberate move to weaken proportionate representation. Swamy warned that the BC community would not tolerate the 'systematic effort' to marginalise it politically, economically, socially and educationally. He made it clear that the demand for inclusion of a separate OBC column in the forthcoming Census would remain at the centre of the movement. Recalling the historical context, he pointed out that the last caste census

in India was conducted in 1931 during British rule, when detailed data on caste-wise population was collected. However, those figures, he said, had lost relevance for present-day India as they also included populations from regions that now form Pakistan and Bangladesh. After Independence, no government had undertaken a comprehensive caste enumeration, and caste-wise data collection was effectively discontinued after 1941, he observed. In many States, Swamy pointed out, there was no official data at all on BC communities.

SC verdict on
menstrual hygiene
a victory for girls'
dignity: AIDWA

HYDERABAD

The All India Democratic Women's Association (AIDWA) has welcomed the Supreme Court's landmark judgment recognising menstrual hygiene as a fundamental right linked to dignity, life and education. AIDWA President P.K. Sreemathi and General Secretary Kaninika Ghosh said the SC ruling addresses systemic failures that force girls into absenteeism and dropouts. While applauding the Court's direction to provide free sanitary napkins, functional toilets and health kits in all schools - both government and private, AIDWA president PK Sreemathi stressed that strict implementation is crucial. The organisation demanded dedicated budgetary allocation, time-bound monitoring and special focus on rural and marginalised regions to ensure no girl is denied education due to lack of menstrual hygiene facilities. "We have frequently observed that without strict oversight and financial backing, such progressive directives remain unfulfilled on the ground", AIDWA remarked, and demanded that the Central government take immediate and concrete steps for execution of the SC order. The government must provide a dedicated budgetary allocation to ensure that all schools, particularly in rural and economically backward regions.

Wings India 2026 wraps up with big deals, record footfall

HYDERABAD

Wings India 2026, Asia's largest civil aviation exhibition and summit, concluded at Begumpet Airport here on Saturday, reinforcing India's emergence as a global aviation hub through major aircraft orders, policy dialogue and spectacular aerial displays. Organised by the Ministry of Civil Aviation, AAI and FICCI, the four-day event attracted over 75,000 business visitors, more than one lakh general visitors and 2,000 delegates, including 200 international participants. The final two days alone saw foot-



falls exceeding 70,000. Over 150 exhibitors from across the aviation value chain partici-

ed, while more than 500 B2B and B2G meetings were held. Key announcements included

Air India's additional order for 30 Boeing narrowbody aircraft, conversion of A321neo orders

to A321XLRs, HAL's contract to supply 10 Dhruv NG helicopters to Pawan Hans, and an MoU to introduce the L410 NG aircraft in India. The event featured over 30 static and flying aircraft displays, with the Surya Kiran Aerobatic Team emerging as a major crowd draw. Leadership engagement remained strong, with a virtual inaugural address by Prime Minister Narendra Modi and participation of top global aviation CEOs. Wings India 2026 concluded with the Excellence Awards, with organisers announcing the next edition in 2028. (NSS)

BRS alleges political vendetta
as police serve notice to KCR

HYDERABAD

Senior Bharat Rashtira Samithi (BRS) leader Shaik Abdullah Sohail on Saturday accused Telangana Chief Minister A Revanth Reddy of pursuing a 'vindictive and unlawful agenda' against former Chief Minister and BRS president K. Chandrashekhara Rao. Addressing the media here, Sohail strongly objected to the manner in which police served notices to KCR in an ongoing case. He alleged that despite KCR officially providing his residential address, police offi-

cials visited a different location late at night and pasted notices on the gate of a house where KCR was not present. Calling the act 'arrogant and shameful', Sohail said it reflected clear political vendetta. Describing KCR as the architect of Telangana, Sohail said the action amounted to an insult not only to the Leader of the Opposition but also to the people's sentiments. "This is a deliberate attempt to harass a leader who led the Telangana movement", he remarked. The BRS leader further pointed out that legal norms

mandate that individuals above 65 years of age be questioned at their residence. "KCR is 70 years old, yet even basic procedures are being violated. Is this ignorance or deliberate misuse of police machinery?" he asked. Accusing the Congress government of using intimidation to silence the opposition, Sohail warned that such actions set a dangerous precedent in a democracy. He said the BRS has full faith in the judiciary and asserted that all "politically motivated cases" would eventually be exposed.

Andhra Police
seize 198 kg of
Ganja, arrest two
drug peddlers at
Bollapalli toll
BAPATLA, JAN 31

Andhra police seized 191 kg of ganja while it was being transported in a van at the Bollapalli toll gate plaza near here and arrested two drug peddlers. Superintendent of Police Umamaheswar told mediapersons here on Saturday that, acting on a tip-off, a police team led by Inspector Srinivasa Rao conducted vehicle checks. The team found 198 kg of ganja in a Bolero van. The ganja was being transported from Tuni in Kakinada district to Bangalore for sale. It was neatly packed in carton boxes. The police seized the 198 kg of ganja, the van, and arrested two drug peddlers. The SP said that strict vigilance had been established across Bapatla district to prevent the transportation, sale, and consumption of ganja, following the instructions of the Chief Minister and DGP. The police are working with the objective of making Bapatla district ganja-free, the SP asserted. He also appreciated the police team members for seizing such a large quantity of ganja.

Gonda Attack:
Two Sentenced
to 15 Years in Jail
GONDA (UP): (JAN 31)

Two persons, including former municipal chairman and BJP leader Rupesh Kumar alias Nirmal Srivastava, were convicted for launching a murderous attack on a man and sentenced to 15 years of rigorous imprisonment by a court in Uttar Pradesh's Gonda district on Saturday. District Government Counsel (Criminal) Basant Shukla said Sushil Shukla, a resident of Kajidevar in the Motiganj police station area, had filed a report against Kumar and Triyugi Narayan Gupta for allegedly launching a murderous attack on his brother, Gaurav. According to the prosecution, on September 10, 2012, Gaurav Shukla was sitting outside his house when the two convicts arrived at the spot and fired at him with the intention of killing him. A bullet hit Gaurav in the leg, injuring him seriously, and he was immediately admitted to the district hospital.

BJP demands
resignation of K'taka
Home Minister
over drug issue
BENGALURU, JAN 31

The Karnataka unit of the Bharatiya Janata Party (BJP) has called for the resignation of Home Minister G. Parameshwara, alleging that the police have failed to address the drug problem. BJP spokesperson M.G. Mahesh told the media that it is unfortunate that Karnataka, especially Mysuru and Bengaluru, is becoming a center for drug activity. He demanded the immediate resignation of Home Minister G. Parameshwara and called for the suspension of the Mysuru Police Commissioner, alleging that false information was provided regarding the absence of narcotics during the Mysuru raid. The Narcotics Control Bureau (NCB) recently dismantled a major inter-state drug trafficking syndicate and an illegal drug manufacturing lab in Mysuru, Karnataka. Authorities seized drugs valued at approximately Rs 10 crore, cash totaling Rs 25.6 lakhs, a Toyota Fortuner, and over 500 kilograms of chemicals.

Super Cycle Revolution

CM CHANDRABABU NAIDU ENTERS GUINNESS WORLD RECORDS WITH DISTRIBUTION OF 5,555 E-CYCLES
KUPPAM, ANDHRA PRADESH - JANUARY 31, 2026:

In a historic milestone for women's empowerment and sustainable development, Chief Minister N. Chandrababu Naidu entered the Guinness Book of World Records today. The record was set during a massive distribution of 5,555 'Super Cycles' (e-cycles), with a record-breaking 3,742 units delivered within a single 24-hour window. Addressing a massive gathering at the Praja Vedika in Thumsi village, the Chief Minister hailed the Super Cycle as a catalyst for self-confidence and economic independence. "The Super Cycle is more than just transport; it is a vehicle for progress that costs the owner zero rupees to run," the CM stated. "By utilizing rooftop solar power for charging, women and students can save between ₹1,000 to ₹1,500 per



month in fuel costs while protecting our environment." A Local Innovation for a Global Goal In a boost to local industry, the Super Cycles, supplied by e-Motorad, were assembled right here in

Kuppam. Each cycle offers a 60-kilometer range on a single charge. The program is a cornerstone of the Swarna Kuppam Vision 2029, developed by the Kuppam Area Development Authority (KADA)

in collaboration with IIT Kanpur, to transform the constituency into India's first Net-Zero model. Environmental Impact at Scale The transition to e-mobility represents a massive leap in carbon reduction.

Each e-Cycle achieves a 74.7% reduction in greenhouse gas intensity. While a standard petrol scooter emits approximately 67.9g CO2 per km, the e-Cycle generate a mere 15.2 Gram CO2 per km. Enthused by the results and response of the people, the state now plans to promote the usage of Super Cycles across the state. Empowering the Backbone of Society The beneficiaries of this record-breaking initiative include Self-Help Group (SHG) members, Village Secretariat employees, Anganwadi teachers, ASHA workers, and other working women. Tomarke the occasion, the Chief Minister personally led a 3 km e-Cycle rally from Sivapuram to the venue, demonstrating the ease and efficiency of the new fleet. "Kuppam's success proves that Net-Zero is not a Western luxury - it is an Indian necessity," Naidu concluded.

‘Worried son’ turns prime accused in murder of parents, sister
HOSPET, JAN 31

In a chilling case, a 24-year-old man allegedly murdered his parents and sister, buried their bodies inside his house in Vijayanagara district, and then travelled to Bengaluru to file a missing persons complaint in a bid to mislead the police. The accused, Akshay Kumar of Kottur, approached the Tilaknagar police station on January 29, projecting himself as a worried son whose family had mysteriously disappeared. However, inconsistencies in his statements during routine questioning raised red flags, prompting investigators to probe deeper. Police said the false trail quickly unravelled when contradictions in his account led to the registration of a murder case. During interrogation, the accused

allegedly confessed to killing his father, mother and sister and to concealing their bodies within the premises of their rented accommodation. A police team subsequently visited Kottur and recovered the bodies, confirming that the missing persons complaint was allegedly part of a deliberate attempt to divert the investigation. The bodies were sent for post-mortem examination to ascertain the exact cause of death. Preliminary findings suggest the murders were committed before the accused travelled to Bengaluru, police said, adding that all possible motives, including a property dispute, are being examined. The case has shocked the region for the cold-blooded planning involved, with police stating that further investigation is underway.

Karnataka fair in February aims to double farmer earnings
BENGALURU, JAN 31

The Karnataka government has announced the International Trade Fair 2026 under the theme 'Agriculture beyond Production - Empowering Farmers', aiming to double farmers' income through value-added products, organic farming, and market linkages, Agriculture Minister N Chaluvaraya Swamy said. Scheduled from February 6 to 8 in Bengaluru, the fair will showcase processed, organic, and natural products, and promote entrepreneurship among farmers through workshops, exhibitions, and meetings with national and international buyers. The initiative will be supported by the Department of Agriculture, KAPPEC, KSSC, and the

Karnataka Pulses Development Corporation. While the government says the event will create opportunities for small-scale producers and Farmer Producer Organizations, experts and stakeholders have raised questions over the feasibility of doubling farmers' income through trade fairs and value-addition alone. Critics argue that many small farmers may lack the resources, skills, or infrastructure to benefit fully, and question whether the initiative will reach those most in need. The fair will feature sub-themes such as Processing and Value Addition, Agro-Ecology, and Branding and Credit Services, with dedicated pavilions for seed production, sustainable farming, and credit awareness.

Mamata Banerjee writes to CEC over role of SROs, micro-observers
KOLKATA, JAN 31

West Bengal Chief Minister Mamata Banerjee on Saturday sent a letter to Chief Election Commissioner (CEC) Gyanesh Kumar, questioning the authority of special roll observers (SROs) and micro-observers. According to the Chief Minister, these officials had been appointed only in West Bengal to review the ongoing special intensive revision (SIR) in the state. According to the letter, the Chief Minister's main contention is that the roles of SROs and micro-observers were not

limited to overseeing the SIR process. They had also been designated as approving authorities. In her letter to the CEC, Mamata Banerjee claimed that giving this authority to the micro-observers had left the electoral registration officers (EROs) and assistant electoral registration officers (AEROs) "helpless, isolated and reduced to mere spectators". "It is also deeply disturbing that an exercise governed by a uniform Act and rules applicable across the country is being implemented differently across states, instead of ensuring consistent



process, procedure, and methodology," the letter from the Chief Minister to the CEC read. She further claimed that in the ongoing SIR, the way hearings and logical discrepancy cases are handled, along with the deployment of micro-observers and SROs for

back-end verification in West Bengal, is completely different from the practice in other states where similar revision exercises are underway. "For West Bengal, it appears that an entirely different set of rules is being applied, contrary to statutory provisions, and for reasons that remain inexplicable. This is wholly against our democratic ethos, federalism, and fundamental rights. It reflects a dangerous design that must be stopped immediately," the Chief Minister added in her letter. She had specifically objected to the appointment of four Indian Administrative Service (I.A.S)

officers from the Tripura cadre as SROs, in addition to five other observers from the Centre and 12 from West Bengal. "It is reported that some observers are functioning from the office of the Chief Electoral Officer, West Bengal, and have taken control of the ECI portal without any legal authority. They are allegedly manipulating data to subvert the roll revision process with ulterior motives. It is further alleged that this is being done as a backdoor mechanism for the exclusion and disenfranchisement of a large number of eligible electors," the Chief Minister claimed.

AP: Hindalco announces launch of multi-skills training centre in Kuppam
TIRUPATI, JAN 31

Hindalco Industries Ltd, in collaboration with the Kuppam Area Development Authority (KADA), on Saturday announced the launch of a state-of-the-art Multi-Skills Training Centre at its Kuppam plant in Andhra Pradesh, reinforcing its commitment to youth empowerment, inclusive growth, and workforce development. The facility was inaugurated by Chief Minister N Chandrababu Naidu in the presence of senior Hindalco leadership, including Samik Basu, Chief Human Resources Officer, Kopal Agarwal, Head - Downstream, and other dignitaries. The Kuppam Multi-Skills Training Centre aims to train and upskill over 500 youth annually through placement-linked, industry-aligned programmes, benchmarked to national and global standards. The initiative represents a scalable public-private partnership designed to accelerate

regional transformation and advance the objectives of the Swarna Kuppam Vision 2029. Speaking at the inauguration, Samik Basu, Chief Human Resources Officer, Hindalco Industries Limited, said: "At Hindalco, we see skill as a powerful catalyst for social and economic transformation. This Centre brings together global innovation and local relevance leveraging immersive, AI-enabled learning in partnership with Eon Reality, USA." Spread across 22,500 sq. ft., the purpose-built facility includes smart classrooms, domain-specific practical labs, digital learning labs, and career guidance infrastructure, designed to deliver industry-relevant and outcome-driven skillings. Over the next three years, the Centre is expected to train over 875 youth and facilitate up to 600 job placements, while indirectly benefiting more than 5,000 family mem-

bers and engaging 20,000 community members through awareness and skilling initiatives. A key differentiator of the Centre is its AI-enabled digital learning platform, accessible even on basic smartphones and offering lifetime access for learners to upgrade skills and solve real-world challenges. Courses are delivered in local languages, including Telugu, Gujarati, and Odia, ensuring inclusivity and ease of learning. This model will be replicated across Hindalco-supported centres in Gujarat and Odisha. The initiative is strengthened through partnerships with leading industry players such as Philips Learning, Max Healthcare, SkillSonics, Indian Institute of Welding, Fronius, Seabery, and NASSCOM, with NASSCOM certification for select programmes in AI, data analytics, and cybersecurity.

Cong opooses scheme linked to Lord Ram's name: LoP Narayanaswamy
BENGALURU, JAN 31

Opposition Leader in the Legislative Council, Chaluvaadi Narayanaswamy, on Saturday criticised Congress for opposing the "Viksit Bharat Guarantee Rozgar Ajeevika Mission" (VB G RAM G), alleging that the party has consistently resisted initiatives associated with Hindutva and Lord Ram. He added that a special session of the Council was convened solely to debate and oppose the scheme. Speaking at a press conference, Narayanaswamy said the "Viksit Bharat Guarantee Rozgar Ajeevika Mission" essentially refers to Lord Ram and represents a form of his manifestation. He highlighted that the scheme increases workdays from 100 to 125, with villagers carrying out work themselves, while wages of Rs 370 are directly credited via biometric systems. He emphasised that



the project's primary goal is to generate livelihood opportunities and enhance rural development, rather than relying on mechanised work. Narayanaswamy criticized Congress for opposing the project solely because of its association with Lord Ram, noting that similar development initiatives in the past had been linked to Nehru and Mahatma Gandhi. He also held BK Hariprasad responsible for controversies in the House, accusing him of disre-

specting women, insulting the Governor, and making derogatory remarks about RSS. Narayanaswamy described such behavior as arrogance and ego as well as detrimental to politics and said BJP members had united to challenge the leader. He also alleged growing corruption in the government, citing Rs 25 lakh seized by the Lokayukta in the Excise department and questioning political interference in various schemes. He accused Congress of targeting Dalits while alleging mismanagement in the Valmiki Corporation, police transfers, and elections in Apex Bank. He further criticized the government for empty treasuries, contract-based employment, and the alleged presence of Bangladeshis and Rohingyas in Bengaluru. Regarding drugs in Mysuru, he questioned official claims that phenytoin was considered a narcotic.

AIADMK Dist Secys meet on Feb 4
CHENNAI, JAN 31

The District Secretaries meeting of the principal Opposition AIADMK will be held here on February four. The meeting, to be held at AIADMK Party office and presided over by General Secretary and Leader of the Opposition Edappadi K Palaniswami, will have wide range of deliberations on fine tuning the strategy for the key Assembly elections, due in April-May and adopt resolutions. The AIADMK is heading the NDA in Tamil Nadu, which also has BJP, the PMK faction led by Anbumani, AMMK Founder TTV Dhinakaran, who returned to the alliance fold after quitting it a few months back opposing Palaniswami as the CM face of the Front, the TMC of former union Shipping Minister G K Vasan and other fringe parties. While firmly ruling out re-inducting ousted leader O Panneerselvam back into the AIADMK, who had also walked out of NDA after being allegedly slighted by the BJP and now expressing his desire to return, the AIADMK was also making efforts to rope in its former ally the DMDK of late actor-politician Vijayakanth.

Final electoral roll to be published on Feb 17: TN CEO
CHENNAI, JAN 31

The final electoral roll for Tamil Nadu will be published on February 17, Chief Electoral Officer (CEO) Archana Patnaik announced on Saturday. The CEO said the state is currently carrying out a Special Summary Revision (SSR) of the electoral rolls in accordance with the directions of the Election Commission of India. As part of this exercise, the draft electoral roll listing voters who submitted enumeration forms during the enumeration phase was published on December 19, 2025. Following the publication of the draft roll, the Election Commission provided a window from December 19, 2025, to January 30, 2026, for citizens to file claims and objections. During this period, eligible citizens whose names were not included in the draft list, as well as those who had completed 18 years of age, were given the opportunity to apply for inclusion in the electoral roll. New voters seeking inclu-



sion were required to submit Form-6 along with a declaration form. Citizens who wished to object to a proposed inclusion or seek deletion of an existing registration were asked to submit Form-7. Meanwhile, voters seeking correction of personal details, change of address, updates in the Electoral Photo Identity Card (EPIC), or identification as persons with disabilities were instructed to apply using Form-8. The CEO stated that the claims and objections received during the acceptance period are now being processed. Between December 19, 2025,

and January 30, 2026, a total of 34,75,717 applications - including both online and offline submissions - were received across the state. All applications will be scrutinised and processed at the district level by the respective Electoral Registration Officers (EROs), following due verification procedures as prescribed by the Election Commission. Necessary inclusions, deletions, and corrections will be made after examining the eligibility and validity of each application. Once this verification and processing exercise is completed, the final electoral roll will be published on February 17, 2026, the CEO confirmed. The updated roll will serve as the official voter list for upcoming electoral processes in the state. The Election Commission has reiterated its commitment to ensuring a comprehensive, accurate, and inclusive electoral roll, urging citizens to verify their details once the final list is released to avoid last-minute issues during elections.

MK Stalin inaugurates mini TIDEL park in Karaikudi
CHENNAI, JAN 31

Tamil Nadu Chief Minister M K Stalin on Saturday inaugurated a new Mini TIDEL Park in Karaikudi in Sivaganga district, marking another step in the state government's efforts to expand the information technology ecosystem beyond major urban centres. Built at a cost of Rs 28 crore, the Karaikudi Mini TIDEL Park is expected to generate employment opportunities for around 600 IT professionals. The facility has been developed under the Industries, Investment Promotion and Commerce Department, in line with the state's policy of decentralising IT infrastructure and taking technology-driven jobs to tier-2 and tier-3 cities. According to a Tamil Nadu government release, the TIDEL initiative traces its origins to 2000, when former Chief Minister M. Karunanidhi established the first TIDEL Park at Taramani in Chennai.



That project laid the foundation for Tamil Nadu's emergence as one of India's leading IT destinations and played a key role in transforming Chennai into a major technology hub. Building on that legacy, the state government has accelerated the expansion of TIDEL infrastructure across Tamil Nadu. On February 18, 2025, foundation stones were laid for two major TIDEL Parks - one in Madurai at an estimated cost of Rs

314 crore with a built-up area of 5.34 lakh square feet, and another at Panchappur in Tiruchirappalli costing Rs 403 crore with a built-up area of 5.58 lakh square feet. Both projects are currently under construction. In addition, a 21-storey TIDEL Park at Pattabiram, with a total built-up area of 5.57 lakh square feet, was inaugurated on November 22, 2024. The government has also announced a new TIDEL Park at Hosur, to be built at a cost of Rs 400 crore over five lakh square feet. Tender processes for the Hosur project are underway, with construction expected to begin shortly. Each of the large TIDEL projects is projected to create around 6,000 IT and IT-enabled services jobs. Together, they are expected to significantly strengthen Tamil Nadu's technology ecosystem, promote balanced regional development, and reinforce the state's position as a preferred destination for technology investments.

EDITORIAL

THE
MANTLE OF
BARAMATI -
SUNETRA
PAWAR'S
TRIAL BY
FIRE

The sudden and tragic passing of Ajit Pawar in a plane crash has not only left a void in Maharashtra's cabinet but has fundamentally altered the trajectory of the Nationalist Congress Party (NCP). As Sunetra Pawar prepares to take the oath as the state's first female Deputy Chief Minister, she steps out from the shadow of a seasoned political heavyweight into a spotlight that is as unforgiving as it is historic. While the move provides immediate stability to the Mahayuti alliance, the road ahead for the "reluctant politician" is fraught with institutional and personal challenges. Sunetra Pawar's greatest challenge is the legacy she inherits. Ajit Pawar was known as a master administrator—a man of "action" who controlled the state's purse strings with an iron grip. Transitioning from social work in Baramati and her role as a Rajya Sabha MP to the high-stakes negotiations of the Mantralaya will require a steep learning curve. She must quickly establish her own administrative identity to avoid being viewed as a mere placeholder, especially as the 2026-27 budget looms.

Perhaps the most delicate tightrope she must walk is the rumored reunification of the NCP factions. Reports suggest that Ajit Pawar was actively seeking a merger with his uncle Sharad Pawar's camp before his demise. Sunetra now finds herself at a crossroads. Many party workers and leaders like Jayant Patil see a reunion as the only way for the "Pawar brand" to survive. Taking the Deputy CM post so quickly—reportedly without consulting Sharad Pawar—has already ruffled feathers within the extended family. Her ability to bridge this gap without alienating the BJP-led Mahayuti, which relies on her faction's numbers, will define her political acumen.

Though she is currently a Rajya Sabha member, Sunetra Pawar must seek election to the State Legislature within six months. This likely means contesting a by-election for the Baramati assembly seat, her late husband's fortress. Having lost the Baramati Lok Sabha seat to her sister-in-law Supriya Sule in 2024, this will be more than just a by-election; it will be a referendum on her leadership and a test of whether the "sympathy wave" can overcome the deep-seated divisions within the Baramati electorate. As the new face of the NCP in the government, she must hold her ground against seasoned allies like CM Devendra Fadnavis and Eknath Shinde. With the BJP already taking over the crucial Finance portfolio, Sunetra will need to fight for the NCP's relevance within the coalition to ensure her party's cadre doesn't feel sidelined. Sunetra Pawar has shown resilience by stepping up in a time of immense personal grief. However, being the "first woman Deputy CM" is a title of prestige that comes with the burden of proving she is more than just a family successor. Her success will depend on whether she can transform from a social worker into a political strategist capable of uniting a fractured family and a restless party.

Following the Lok Sabha loss, she was elected unopposed to the Rajya Sabha. In Parliament, she has focused on policy discussions related to sustainable development and water resource management, maintaining an attendance of roughly 69%. For years, she managed Ajit Pawar's constituency work and public outreach in Baramati while he was busy with state-level duties, giving her an "unofficial" apprenticeship in grievance redressal and local governance. She was born in 1963 into the influential Patil family of Dharashiv (formerly Osmanabad). Her father, Bajirao Patil, was a regional leader, and her brother, Padamsinh Patil, was a powerful former state minister. She holds a Bachelor's degree in Commerce (B.Com) from S.B. Arts and Commerce College, Aurangabad (1983). Since 2011, she has been a member of the World Entrepreneurship Forum (France), where she represents India in discussions on social innovation and sustainable business models. Sunetra Pawar's biggest asset is her "clean" and "approachable" image, contrasting with the often aggressive political style of her late husband. However, her primary challenge will be proving her administrative grit—moving from managing an NGO and a textile park to managing the complex, multi-layered politics of the Maharashtra State Cabinet.

MAN
ONLY IN
NAME



Is man fashioned merely from dust and bone?

No
The mind, the heart, the moral tone
Are his truest shape, his inner throne.
Yet see this age—how cruel the sight:
The soil stands firm,
The soul caves in overnight.
We lit education as a pilgrim's flame,
Trusting it would show the way;
Now that very flame exhales dark smoke,
Blinding tomorrow's eyes today.
Milk turns poison when filth is stirred;
So does learning, when bribes are heard.
When corruption stains the writer's pen,
It doesn't murder just one man—
It strangles generations yet unborn.
Justice once walked a road of sun,
Barefoot, fearless, answerable to none.
Now shadows shoulder her weary frame,
While Falsehood mounts the throne of claim.
Truth—once crowned in living breath
Rides a palanquin of death,
Not toward power, not toward praise,
But into a silent, unmarked grave.
Bribes have swollen into thunderous streams,
Where values drown with unheard screams.
The poor man's right, a trembling dove,
Is crushed beneath indifferent feet,
Denied the dignity it dared to love.
If corruption is a ravenous beast,
Silence is its loyal priest.
If a question blooms like sacred fire,
Fear pours water, kills desire.
Womanhood glows on decorated stages,
Moonlit words, rehearsed pages
Goddess in speech, prey by day,
Worshipped aloud, bled away.
A sacrifice in daily disguise,
Garlanded lies over broken cries.
Towers of wealth claw open the sky,
While morality's roots rot dry.
Gold screams loud, blinds the eye,
And humanity fades—
Ashamed, thirsty, pushed aside.
Parents' teachings hang on the wall,
Framed gods watching our fall.
They see the stains upon our hands,
And from their eyes, without a sound,
A quiet rain of sorrow lands.
To rise is not to climb above,
But to lift your head against the wrong.
Greatness is not crown or chair or name,
Not rank, not gold, not hollow fame—
It burns within the soul's own flame.
No more delay.
Break this silence into clay.
Breathe life into sleeping sense,
Sever the hand that sells the law,
Clasp the hand of truth—unbent, intense.
Then—
Earth and sky will reconcile,
Like brothers long estranged, now mild.
And on this soil, at last we'll see
Not man by name,
But humanity
Standing real.
Standing free.

- Dr Peruka Raju
7810032847.



| Trump, Xi, Putin

In The Age Of Strongmen,
The Peril For ‘Middle Powers’

In most of his speeches and social media posts, Donald Trump makes two points, directly or indirectly. First, he is the greatest President of the United States, almost a god's gift to humanity. Second, that he doesn't receive enough recognition for what he has achieved in such a short period. No Nobel Prize, even after resolving at least eight global conflicts. No praise for strengthening the US economy through his tariffs. Facts don't matter much to him; what he feels is more important.

So, Trump should no longer be committed to peace, and the US should get Greenland at any cost because Norway didn't give him the Nobel Prize. India should have extra tariffs for its exports to the US because New Delhi didn't acknowledge Trump's role in ending last May's four-day military conflict with Pakistan and failed to nominate him for the Nobel Peace Prize.

In the last 12 months, Trump has abandoned the rules-based global order that the US helped create after the Second World War and embraced a foreign policy based on his whims and preferences, weaponised tariffs and made the US unreliable to its partners. "I don't need international law," Trump told The New York Times earlier this month. When asked if there were limits on his global power, he said: "My own morality. My own mind."

The Donroe Doctrine

The raid on Venezuela and abduction of its leader, Nicolas Maduro, at the beginning of this month was done without any consultation with the US allies or even the Congress. He called it in line with what he called the Donroe Doctrine, his version of the 1823 Monroe Doctrine, to secure the Western Hemisphere from Russian and Chinese influence.

Trump's Deputy Chief of Staff, Stephen Miller, minced no words to defend the move. "We are back to a world," Miller declared, "that is governed by strength, that is governed by force, that is governed by power." What Miller meant was that the US under Trump had reverted to the pre-War era, when big powers could seize territory or foreign property by force.

In his much-applauded speech at Davos, Canada's Prime Minister, Mark Carney, declared that a rules-based global order was over and that "we are living in the midst of a rupture, not a transition". Quoting ancient Greek historian Thucydides, Carney said the world was entering a period in which "the strong can do what they can and the weak must suffer what they must". He warned, "Middle powers must act together because if we're not at the table, we're on the menu."

A Slow Death

Trump began to weaken the rules-based multilateral order during his first term. He withdrew from UN bodies, including the Human Rights Council, UNESCO, UNRWA, and the Paris Agreement on Climate Change. Trump also stopped funding for the World Health Organization (WHO) during Covid-19 and weakened the security guarantees associated with NATO and undercut the WTO.

His second term has been the most

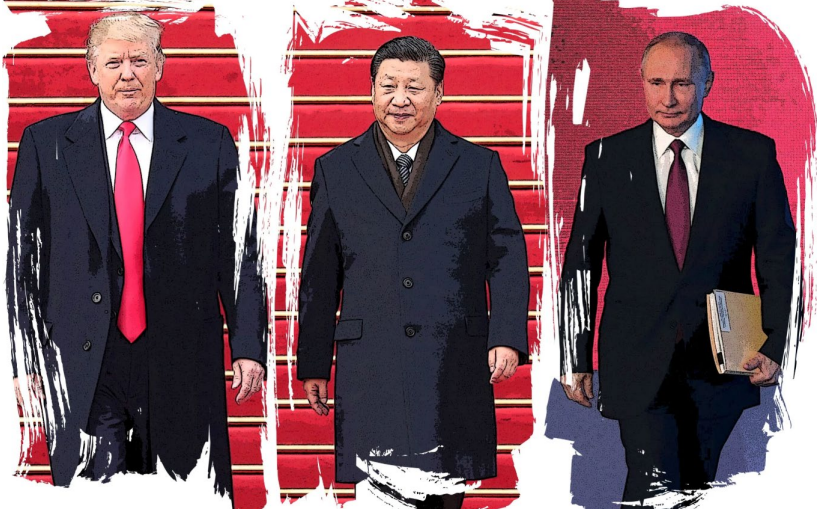
devastating for multilateral institutions, particularly the United Nations. In his speech to the UN in September, Trump attacked what he called the anti-woke notions in the UN system for the "globalist scam" of climate change and accompanying green policies. Under Trump, the US is not paying dues of even 22% after an 84% reduction in US foreign aid last May.

Earlier this month, Trump withdrew the US from 66 international bodies, nearly half of which are UN organisations. Last week, the US pulled out of the WHO. The withdrawal of the US, which has been the organisation's largest funder, could cripple the body and its numerous global health projects.

Make Trump Great Again

Trump's declared aim for his policies is "America First", but increasingly, his critics argue, he is harming the US at home and abroad with his actions. The international institutions he has targeted and weakened are the ones that have helped keep America at the top of the global economic and strategic chain for the past eight decades.

The United States used multilateral institutions such as the International Monetary Fund (IMF) and the World



Bank to encourage, or even compel, other countries to adopt pro-Western policies. These institutions also helped the US dollar to dominate the global financial system. Its leadership of NATO made the US the undisputed military power and leader of the "free world".

Trump's foreign policy is not conducted by members of the US State Department and career diplomats, but by himself personally - aided by his real estate friend, Steve Witkoff, and his son-in-law, Jared Kushner. Marco Rubio and JD Vance do appear alongside Trump in public but they don't influence foreign policy much. His Defence Secretary is Pete Hegseth, the Fox News host with zero experience in strategic affairs. But they ensure that Trump's personal interests and whims are taken care of.

Trump's family has reportedly become richer by at least \$4 billion since his election. Many countries seek favour with Trump by offering him expensive gifts and business deals for his family. After taking control of Venezuela, Trump declared that up to 50 million barrels

would be sold and that "that money will be controlled by me". Chris Murphy, a prominent Senator from the Democrats, alleged that "Trump took Venezuela's oil at gunpoint and gave it to one of his biggest campaign donors".

We Do Have An Alternative

Last week in Davos, Trump presented his vision for a new global body, launching his "Board of Peace". He called it an "international peace-building body" to replace "failed" institutions. This was the latest proof of his drive to dismantle the current international architecture and replace it with new institutions he can control. No wonder all other big powers stayed away.

When members of the UN Security Council voted in November in favour of the Board, they believed they were endorsing the Trump-brokered ceasefire in Gaza, with the aim of turning it into a real peace plan. The Board's charter doesn't even mention Gaza. It's obvious that the UN members were misled into backing his personal project, designed to supplant the UN itself.

Showing up for the Boards' signing ceremony in Davos were mostly Arab Sheikhs and autocrats or Trump loy-

alists, many with no connection to the Middle East. Pakistan represented the whole of South and East Asia and Viktor Orban of Hungary represented the entire Europe. The project has been dismissed by many as a Trump-Mar-a-Lago-style club, in which decision-making power resides with Trump himself, even after he leaves office.

UN In Danger

At the Board's inauguration, Trump said it might work alongside the UN, which "has great potential but struggles to realise it". A day earlier, though, when asked by Fox TV whether his Board would replace the UN, the President said, "Well, it might. The UN just hasn't been very helpful."

The fact remains that even though Trump has extracted the US from dozens of UN entities, he won't let the world body go at least for now because it has allowed the United States - a permanent member of the Security Council - to use and abuse it repeatedly over the last eight decades. No US government would like to lose that power.

Clearly, the UN has not always been fair and has not been very successful in preventing or resolving disputes. But that doesn't mean it should be sidelined or supplanted, as Trump appears to be doing. The UN needs reforms to make it more effective and better represent the diverse regions and their populations, as India has long demanded. The world does need multilateral organisations.

Trump may have damaged the post-war rules-based order beyond repair, but he is not the only one threatening the international community. With his neo-imperial instincts, Trump does want to expand America's territory, which explains his attempt to own Greenland, make Canada America's 51st state and retake the Panama Canal. As he has shown in the past 12 months, he also wants to extract money from wherever he can, following the approach of rulers several centuries ago.

But Trump knows his limits and is ready to share spheres of influence with two other big powers, China and Russia. That has made America's allies in Asia and Europe nervous. As recent events have shown, NATO is not safe with him, and Europeans and Asians are now exploring their options.

The Chinese leader, Xi Jinping, and Russia's President Vladimir Putin are not very different from Trump and share his imperial instincts and authoritarian style. Putin is committed to acquiring Ukraine despite losing hundreds of thousands of his country's soldiers and resources. Like Trump, he doesn't believe in democracy and both men are friends. Europeans are more insecure now than they have been since the Second World War.

Xi, too, is now the most powerful leader of his country since Mao. All the restraints introduced after Mao's death, such as fixed-term limits for leaders and decentralised power, have been removed. He has also used critical resources as a weapon, like Trump has used tariffs against other nations - despite his repeated comments in favour of a rules-based order. This is bad news for all Asian countries with which Beijing has a border dispute. So India has to remain vigilant, despite recent improvements in relations.

One can agree with Carney that the old order is not coming back and we shouldn't mourn it. There is, of course, a need for democracies like India, Brazil, Europe and Canada to form new alliances; otherwise, we will have to live in a world dominated by strongmen and transactional leaders like Trump and Xi. Even after Trump is out of power, his legacy is unlikely to fade anytime soon.

Tuesday's announcement of the "mother of all deals" by India and the European Union is a welcome first step towards finding an alternative to the ruptured world order. Next month, Carney plans to visit New Delhi to further repair Canada's relations with India and seek a stronger alliance. That will be welcomed beyond the two countries' borders.

- NARESH KAUSHIK,
SR. JOURNALIST

Tirupati Laddu: Chandrababu's Sleight of Hand

“If you tell a big enough lie and tell it frequently enough, it will be believed.”
— Walter Langer

du? Even if we assume a mistake occurred, is it realistic to expect the Chief Minister himself to personally inspect everything? Do Tirumala Tirupati Devasthanams (TTD) officials have no role or responsibility? These are all valid questions. Perhaps they may be dismissed as questions raised by Jagan or his supporters to escape blame.

But the real question is this: What benefit did Chandrababu or Pawan Kalyan gain by spreading the lie that animal fat was mixed into the laddu, thereby hurting the sentiments of Hindus worldwide? Was it not simply to provoke the public and turn them against Jagan? Since they found no other convincing reasons to defeat Jagan, did they weave and spread a fabricated story?

It is also possible that people believed this lie not only because it was repeated, but because YS Jagan is a Christian. There has been no attempt left untried by Chandrababu or his ally, the BJP, to project Jagan as anti-Hindu. They spread many falsehoods related to temples to portray him as outright anti-Hindu. Personally, Jagan has the right to practice any religion he chooses. What matters, however, is how he conducts himself in public life.

Not only in the Tirupati laddu issue—if we look at how Janasena chief Pawan Kalyan attacked Jagan during the elections, the situation becomes clear. Let us recall the smear campaign against village volunteers.

Pawan Kalyan alleged that volunteers were abducting girls and engaging in human trafficking, even providing figures for the number of girls supposedly missing. After coming to power, what action did the coalition government take on this issue? None. A government that aggressively fabricates liquor cases and other cases conveniently ignored such a serious allegation. One can only conclude that there was no truth in it. After the coalition government came to power, did atrocities stop? Not at all. They continue unabated. The government is showing complete negligence in taking firm action against them. Pawan Kalyan, who once said he would constantly question those in power, is now in a position where he must answer questions himself—but he does not. There has been no meaningful response from him regarding allegations against MLA Arava Sridhar. A token committee was formed for inquiry, and the matter was quietly brushed aside. We cannot forget how Pawan Kalyan reacted to similar incidents during Jagan's tenure.

Instead of behaving as responsible political leaders, Chandrababu and Pawan Kalyan have spoken recklessly. Both leaders have now become more devoted to the RSS than even BJP leaders themselves. Leaders who should separate religion from politics are instead promoting Hindu ideology to sustain themselves politically.

Parties without ideology will align themselves with whichever flag offers shelter.

The YSR Congress Party is no exception. Most regional parties lack a clear ideology—Tamil parties are an exception. The DMK still adheres to its principles, but after aligning with the BJP, the AIADMK abandoned its ideological stance. In such a situation, parties either compete by announcing welfare schemes or by making provocative statements. In this context, it must be said that Chandrababu propagated the claim of animal fat in the Tirupati laddu solely to inflame the sentiments of the Hindu majority and increase opposition toward the YSR Congress.

In reality, Chandrababu's leadership itself is built on lies. Even his recent statements make this clear. From the construction of Hyderabad to the rise of Satya Nadella as Microsoft CEO, he claims credit for everything. He has learned through experience that if lies are repeated often enough, people will believe them. That is why he keeps serving lies one after another.

Ultimately, if people do not become discerning and rational, irresponsible political leaders will continue to thrive. As long as citizens lack critical thinking and wisdom, governments will keep deceiving them. That is also why priority continues to be reduced for sectors like education.



KASULA
PRATAPAREDDY





Major Drug Bust:
4.9 kg Marijuana
Seized at IGI
Airport

NEW DELHI

Customs officers at IGI Airport here seized nearly five kg of suspected ganja from an Indian passenger arriving from Bangkok, officials said on Saturday.

The passenger arrived at Terminal-3 of the Indira Gandhi International (IGI) Airport on January 29 from Bangkok.

"Based on passenger profiling, the individual was intercepted at the Green Channel and, upon detailed examination of his baggage, 4,935 grams of green-coloured narcotic substance, prima facie identified as ganja/marijuana, was recovered," an official statement said.

UP Court Hands
15-Year Term to
Two for Attempt
to Murder

GONDA (UP), JAN 31

Two persons, including former municipal chairman and BJP leader Rupesh Kumar alias Nirmal Srivastava, were convicted for launching a murderous attack on a man and sentenced to 15 years of rigorous imprisonment by a court in Uttar Pradesh's Gonda district on Saturday.

District Government Counsel (Criminal) Basant Shukla said Sushil Shukla, a resident of Kajidevar in the Motiganj police station area, had filed a report against Kumar and Triyugi Narayan Gupta for allegedly launching a murderous attack on his brother, Gaurav.

According to the prosecution, on September 10, 2012, Gaurav Shukla was sitting outside his house when the two convicts arrived at the spot and fired at him with the intention of killing him. A bullet hit Gaurav in the leg, injuring him seriously, and he was immediately admitted to the district hospital.

"I Have Quit
Congress":
Navjot Kaur
Sidhu Slams
Raja Warring as
"Corrupt"



CHANDIGARH:

Congress leader Navjot Kaur Sidhu on Saturday said she has quit the party, while hitting out at its Punjab unit chief, Amrinder Singh Raja Warring, for allegedly "damaging" the organisation and calling him "the most horrific, incapable, corrupt president ever".

Kaur was suspended by the Congress from its primary membership last month, after she sparked a political row with her "Rs 500 crore for the chief minister's chair" remark.

Kaur is the wife of former Punjab Congress chief and former cricketer Navjot Singh Sidhu.

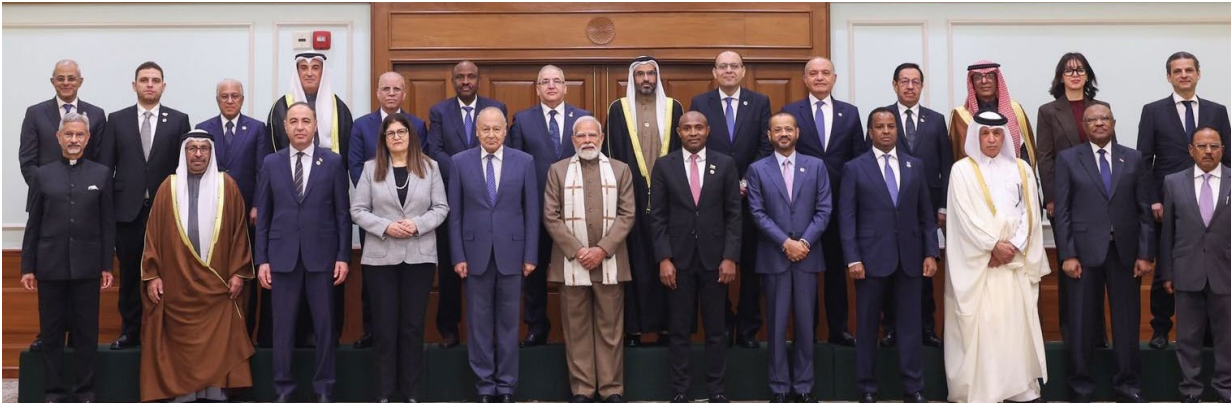
India-Arab Ties: PM Modi
Vows Deeper Partnership

NEW DELHI, JAN 31

Prime Minister Narendra Modi on Saturday received a delegation of Foreign Ministers from Arab countries, the Secretary General of the League of Arab States, and Heads of Arab delegations who are in India to participate in the second India-Arab Foreign Ministers' Meeting, according to an official government release.

During the meeting, the Prime Minister highlighted the deep and historic people-to-people ties between India and the Arab world, noting that these connections have long served as a strong foundation for the relationship. He said the shared history of trade, culture, and civilisational exchanges continues to inspire and strengthen cooperation between the two sides.

"The bonds between India and the Arab world are rooted in centuries of close interaction and mutual respect.



These ties remain a source of strength as we work together to address contemporary challenges and opportunities," the Prime Minister was quoted as saying.

Prime Minister Modi outlined his vision for the India-Arab partnership in the years ahead, reaffirming India's commitment to further deepen cooperation across key sectors, including trade and investment, energy, technology, and healthcare. He emphasised that

enhanced collaboration in these priority areas would contribute to shared prosperity and deliver tangible benefits to the peoples of both regions.

According to the release, the Prime Minister also reiterated India's continued support for the people of Palestine and welcomed ongoing peace efforts, including the Gaza peace plan. He conveyed his appreciation for the constructive role being played by the League of Arab

States in promoting dialogue and supporting initiatives aimed at regional peace and stability.

"The Arab League has an important role to play in advancing peace and stability in the region, and India values its efforts in this direction," the Prime Minister said.

The visiting dignitaries welcomed India's engagement with the Arab world and expressed appreciation for India's growing role as a trusted partner in the region. They

also discussed ways to further strengthen the institutional framework of India-Arab co-operation and to build on the momentum generated by the India-Arab Foreign Ministers' Meeting.

The second India-Arab Foreign Ministers' Meeting is aimed at reviewing progress in bilateral and multilateral cooperation and exploring new avenues for collaboration between India and Arab countries in a rapidly evolving global and regional context.

Fact-Checking the Critics:
BJP Leader Tours Drone Hub

NEW DELHI, JAN 31



Responding to Congress leader Rahul Gandhi's criticism of India's drone manufacturing ecosystem, senior BJP leader and national spokesperson Tuhin A. Sinha visited an indigenous drone manufacturing unit on the outskirts of Delhi to assess the country's domestic capabilities.

The visit aimed to address allegations by the Opposition questioning the technological advancement and production network of Indian drones. During the tour of the facility, operated by Parasher Future Defense Technologies, Sinha was shown a range of drones designed and built in India, including FPV (First-Person View) Kamikaze drones, logistic delivery drones, and surveillance models.

Interacting with company director Nagendra Parasher, a retired Army general, Sinha examined drones that were largely built with indigenous components. Parasher stated that key elements like the flight control system, batteries, and carbon fibre frames are manufac-

tured in-house. He emphasised that approximately 80 percent of the components for their drones are sourced domestically.

"Indian drones are not AI-powered? I don't agree with that, not at all," Parasher stated, directly countering one of the criticisms. He elaborated that the company is actively working on AI integration, including features for targeted human detection from aerial footage.

Addressing another point of contention, Parasher dismissed claims of a weak production network. He showcased the facility's composite lab, where carbon fibre sheets are processed, and an assembly line with the capacity to produce multiple drones per day. He attributed this growing ecosystem to government initiatives like 'Make in India' and PLI (Production Linked Incentive) schemes for the defence sector.

CPI MP opposes
economic survey remarks
on RTI Act, writes to PM

NEW DELHI, JAN 31

CPI leader and Rajya Sabha MP Sandosh Kumar P has written to Prime Minister Narendra Modi strongly opposing the observations made in the Economic Survey 2025-26 regarding the Right to Information (RTI) Act, 2005, terming them as a threat to transparency and democratic accountability.

In his letter, Sandosh Kumar said the RTI Act was a historic step towards empowering citizens and strengthening democratic oversight, achieved with decisive support from the Left during the UPA-I government.

The CPI MP said the RTI Act was a "historic advance in institutionalising transparency and democratic accountability. It was a conscious political choice to empower citizens, curb corruption and subject the state to public scrutiny."



openness but from secrecy, arbitrariness, and unaccountable power.

Sandosh Kumar also pointed out that the RTI framework has already been weakened in recent years.

He referred to the 2019 amendments which, he said, compromised the independence of Information Commissions by giving the Central Government greater control over the tenure and service conditions of Information Commissioners.

He further noted that procedural changes to RTI rules have made access to information more difficult for citizens.

Highlighting the broader implications, the Rajya Sabha MP said journalists, RTI activists, and whistleblowers continue to face intimidation and threats, while legal safeguards for those exposing corruption remain inadequate.

In this backdrop, he warned that the approach adopted in the Economic Survey was not merely academic but carried serious political consequences.

Urging the Prime Minister to intervene, Sandosh Kumar called for the removal of the RTI-related observations from the Economic Survey and appealed to the government to reaffirm its commitment to transparency, accountability, and the citizen's right to know.

Manufacturing Crash to Rupee Slide:
Kharge Flags 'Crisis' Ahead of Budget

NEW DELHI, JAN 31

Raising sharp questions ahead of the union Budget to be presented on February 1, Congress President Mallikarjun Kharge on Saturday asked whether the Modi government would offer "real solutions" to what he described as multiple economic indicators in decline, while asserting that the Centre can no longer blame past governments for current challenges.

Setting the tone for the opposition's pre-Budget attack, Kharge questioned the government's economic record and its ability to course-correct through the forthcoming Budget. "Will this Budget offer real solutions to the multiple economic indicators that



are now in free fall?" the Congress chief asked in a post on social media platform X.

Kharge said the government could not continue to invoke historical factors to explain present-day economic stress. "In this #Union-Budget, the Modi Government cannot hide behind the excuse of 'legacy'. Their own legacy has pushed the econ-

omy into an unprecedented mess," he said.

The Congress leader's remarks come a day before Finance Minister Nirmala Sitharaman is scheduled to present the union Budget for 2026-27, a key fiscal exercise that will be closely watched for signals on growth, employment, inflation, and support for vulnerable sections of society. The Budget will also be seen as politically significant, coming amid heightened scrutiny of the government's economic management.

The Congress and other opposition parties have been stepping up criticism ahead of the Budget, alleging that issues such as unemployment, rising prices, stagnant

wages, and stress among small and medium enterprises have not been adequately addressed over the past decade. Party leaders have argued that headline growth numbers mask deeper structural problems affecting ordinary households.

Senior Congress leaders said Kharge's questions reflect public anxiety over the economy and the expectation that the Budget should prioritise job creation, relief for the middle class, support for farmers and MSMEs, and measures to tackle inflation and inequality.

The Bharatiya Janata Party has however maintained that India remains one of the fastest-growing major economies despite global headwinds.

Char Dham
Winter Footfall
Hits 34,000

DEHRADUN

The winter pilgrimage in Uttarakhand, which began last year, has gained momentum, with over 34,000 pilgrims visiting the winter seats of the Char Dham shrines since their closure, according to a government statement.

Prime Minister Narendra Modi had visited the state a year ago to promote the winter pilgrimage, and it is now progressing rapidly, it said.

The desolation often seen in the mountains after the closure of the four shrines -- Badrinath, Kedarnath, Gangotri, and Yamunotri -- for the winter season has been replaced by the hustle and bustle of the pilgrimage to the winter seats associated with the four shrines, such as Jyotirmath, Khimath, Mukhwa, and Kharsali.

World Wetlands Day: UP and
Gujarat Gain New Ramsar Sites

NEW DELHI, JAN 31



Ahead of the World Wetlands Day on February 2, the Minister for Environment, Forest and Climate Change, Bhupender Yadav, has announced the addition of two new wetlands to India's Ramsar network, as part of the wetlands expansion.

The two are Patna Bird Sanctuary in Etah district of Uttar Pradesh and Chhari-Dhand in Gujarat's Kutch district. The Minister said the Ramsar network has expanded by over 276 per cent, from 26 sites in 2014 to 98. The international recognition reflects India's strong commitment to protecting the environment and conserving its wetlands.

According to the Minister, these two wetlands provide habitat to hundreds of migratory and resident bird species, while the areas are

also home to wildlife such as chinkara, wolves, caracal, desert cats and desert foxes, besides endangered birds. The Minister also said India is one of the Contracting Parties to the 'Convention on Wetlands', known as the Ramsar Convention. The Convention was signed in Iran's Ramsar in 1971. On February 1, 1982, India became a signatory to the Convention. Notably, the wetlands of particular conservation value can be designated as 'Wetlands of International Importance.'

What makes these sites more significant is that they

can serve as model examples of the nation's commitment towards conservation and management under internationally accepted frameworks.

The Patna Bird Sanctuary in UP has freshwater marshes, woodlands and grasslands and is surrounded by an agricultural landscape. Altogether different landscapes form a wide range of habitats, supporting a high level of biodiversity. It is noteworthy that about 178 bird species and 252 plant species have been recorded at the site. This sanctuary supports waterbird populations.

Delhi police
bust interstate
psychotropic
drugs racket



NEW DELHI, JAN 31

Delhi Police uncovered an interstate psychotropic drugs racket, arresting three suspects and seizing 31kg of Alprazolam tablets, an official said on Saturday.

Police said the accused were allegedly members of an organised network engaged in the illegal manufacture, transport, and distribution of the banned psychotropic substance across Himachal Pradesh, Uttar Pradesh, and the National Capital Region.

The operation followed intelligence-led surveillance to track drug peddlers operating in the NCR. "Acting on intel received, the team intercepted a car with an Uttar Pradesh registration near Nand Nagri bus depot and arrested two suspects travelling in it," said Vikram Singh, Deputy Commissioner of Police (Crime).

He said the arrested individuals have been identified as Shamim, a resident of Badaun in Uttar Pradesh, and Rajeev Sharma and Mohit Gupta, both from Bulandshahr.

During the search, police recovered 31kg of Alprazolam tablets, estimated around three lakh pills, classified as a commercial quantity under the Narcotic Drugs and Psychotropic Substances Act.

Singh, in his statement, further mentioned that the commercial quantity threshold for Alprazolam is 100gm.

Besides the tablets, the team seized 11 kg of aluminium foil printed with 'Alprazolam', 25 kg of PVC sheet rolls used for packaging, 20 rubber stamps bearing batch numbers, manufacturing and expiry dates, and the car used for transportation.

Police said the confiscation of packaging material and printing tools pointed to a large-scale illegal pharmaceutical manufacturing operation.

67 Terrorists Killed in Balochistan Ops; 21 Others Dead

BY SAJJAD HUSSAIN

ISLAMABAD/KARACHI: (Jan 31) At least 67 terrorists, some from the BLA, 11 civilians and 10 security personnel were killed in fierce clashes during multiple operations in Pakistan's restive Balochistan province, officials and ministers said Saturday. alochistan government spokesman Shahid Rind told Geo News in an interview that with these 67 terrorists killed since Friday night so far, the toll of rebels killed in the last two days has risen to 108. Earlier in the day, Balochistan Chief Minister Sarfraz Bugti, in a tweet, said 70 terrorists have been killed in the operations. A federal minister said terrorists from the Balochistan Liberation Army (BLA) killed civilians in Gwadar of Balochistan.

Ahead of March 5 election in Nepal, candidates begin campaigning

BY SHIRISH B PRADHAN

KATHMANDU: (Jan 31) Ahead of the March 5 election in Nepal, candidates, including former Kathmandu mayor Balendra Shah 'Balen' and former premier Pushpakamal Dahal "Prachanda", have begun campaigning and visiting their constituencies. While Nepal's Election Commission on Friday allotted political parties 15 days to campaign starting from February 16, candidates are allowed to conduct door-to-door campaigns even before that date. Balen, 35, who is the prime ministerial candidate of the Rastriya Swatantra Party (RSP), is campaigning in Dadeldhura, Darchula, Achham and Baitadi districts of Sudur Paschim province and Dailekh, Surkhet and Kalikot of Karnali province as part of his election tour.

Starmer's China Visit Yields Big Export, Investment Agreements

BY ADITI KHANNA

LONDON: (Jan 31) British Prime Minister Keir Starmer has concluded his visit to China claiming to have secured billions of pounds worth of export and investment deals and bringing "stability" to previously strained relations with Beijing. Over the course of his three-day visit this week, the UK and China clinched 2.2 billion pounds in export deals, around 2.3 billion pounds in market access pacts over five years and hundreds of millions worth of new investments, Downing Street said in a statement released on Friday.

UK's Quaint Village Wins Big with Indian Shoppers

BY ADITI KHANNA

LONDON: (Jan 31) An idyllic English village on the outskirts of London has emerged as one of the most popular destinations among Indians living in the UK and tourists, attracted by the prospect of grabbing high-end luxury labels at discount prices. Bicester Village in Oxfordshire, home to over 150 of the world's leading shopping brands, was a particular favourite starting with Diwali and into the Christmas and New Year season in recent months. The popular tourist attraction, which launched in April 1995, celebrated its 30th anniversary with a series of special events along with a steady spike of interest from a fast growing Indian market.

India-EU Trade Deal: A Major Setback for Pakistan

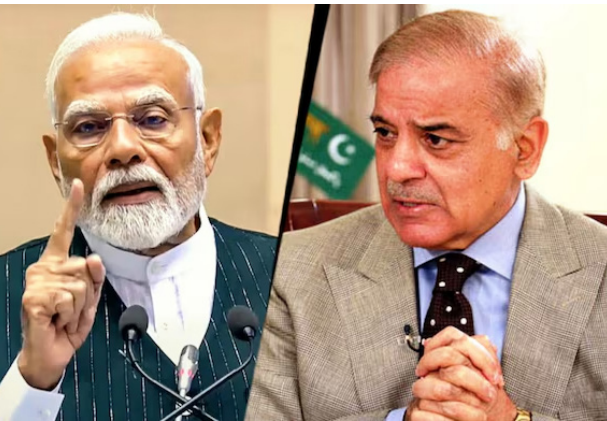
The India-EU free trade agreement (FTA), years in the making, will give India broad market access to those sectors that have long fostered Pakistan's export success in Europe, especially textiles and apparel. Pakistan now seems to be feeling the heat and is in panic mode.

The 'mother of all trade deals' between India and the European Union (EU) has not only caused ripples in the US, but also closer home, across the border in Pakistan. The free trade agreement (FTA), years in the making, will give India broad market access to those sectors that have long underpinned Pakistan's export success in Europe, especially textiles and apparel. These labour-intensive sectors were the worst hit due to Donald Trump's 50% tariff on India. With the India-EU trade deal, Pakistan now seems to be feeling the

heat. The Shehbaz Sharif government is in panic mode. The EU is Pakistan's second-largest export market, and at stake is \$9 billion (Rs 8.25 lakh crore) in annual shipments, mostly textiles and apparel. Pakistan's foreign ministry on Friday said it was in touch with the European Union to tackle any impact on its exports in the wake of the trade deal with India. Moreover, Pakistan's Deputy Prime Minister Ishaq Dar also held a hastily arranged inter-ministerial meeting to review the situation. It followed a meeting between PM Shehbaz Sharif and the EU's ambassador to Pakistan. "We are following this matter bilaterally with the EU member states and also collectively with the EU headquarters in Brussels," the Pakistan foreign ministry spokesperson said.

WHY IS PAKISTAN FEELING THE HEAT?
The timing of the India-EU FTA could not be more unsettling for Pakistan, coming

as it struggles to scale up exports and its economy is in tatters. According to a World Bank report, Pakistan's export share has sharply fallen from 16% of GDP in the 1990s to about 10% in 2024. At the centre of Pakistan's concern is that the India-EU deal would weaken its competitive edge in the European market. Pakistan enjoys Generalised System of Preferences Plus (GSP+) status, a scheme under which Pakistani traders get duty-free access to the EU market on nearly 66% or two-thirds of their exports. Under the GSP+ status, granted in 2014, Pakistan saw its textile exports to Europe increase by 108%. In fact, the 27-member EU bloc accounts for nearly \$7 billion, or 40%, of Pakistan's textile shipments each year. Crucially, the GSP+ status for Pakistan will expire next year. The textile sector is Pakistan's largest industrial employer and biggest source of its export earnings. The sector provides employment to around



15 to 25 million people.

HOW TRADE DEAL WILL BENEFIT INDIA?

On the other hand, before its trade deal with the EU, India's textile and apparel products faced tariffs of up to 12%. As part of the FTA, the EU will now eliminate or reduce tariffs on 99% of goods imported from India over seven years. India, on its part, will do away with or cut tariffs on 97% of EU shipments. This will give India a massive competitive edge in exporting la-

bour-intensive goods hit hard by Trump's tariffs, including apparel, gems, jewellery and footwear. As a result, needless to say, Pakistan will lose the unbridled export advantage it enjoyed. Ditto for Bangladesh, which currently exports garments duty-free to Europe. Its garment shipments will now face tougher competition.

This aspect was highlighted by Union Minister Piyush Goyal during his press briefing after the India-EU deal was finalised on January 27.

Over 200 killed in collapse at Rubaya coltan mine in eastern Congo

A deadly landslide at the rebel-controlled Rubaya coltan mine in eastern Congo killed miners, children and traders during the rainy season, exposing dangerous artisanal mining tied to global electronics supply chains.

A devastating collapse at the Rubaya coltan mine in eastern Democratic Republic of Congo this week has claimed the lives of over 200 people, according to statements from local authorities.

Lubumba Kambere Muyisa, spokesperson for the rebel-appointed governor of the province where the mine is located, informed Reuters on Friday that more than 200 individuals were victims of the landslide. The collapse



occurred on Wednesday and the precise toll was still unclear as of Friday evening. The incident, which occurred on Wednesday, saw the ground give way while victims were in the mine. Muyisa specified

that those affected included miners, children, and market women. While some individuals were rescued with serious injuries, approximately 20 injured people are currently receiving treatment in health

facilities. The spokesperson attributed the collapse to the fragile ground conditions during the ongoing rainy season. An adviser to the governor, speaking anonymously, later stated that the number of con-

firmed dead was at least 227. The precise toll remained unclear as of Friday evening.

The Rubaya mine is a significant global source, producing around 15% of the world's coltan, a mineral processed into tantalum. Tantalum is a heat-resistant metal in high demand for various technologies, including mobile phones, computers, aerospace components, and gas turbines. Locals at the site reportedly dig manually for a few dollars per day. Since 2024, the mine has been under the control of the AFC/M23 rebel group. The United Nations has stated that AFC/M23 has plundered Rubaya's riches to help fund its insurgency, an operation it alleges is backed by the government of neighboring Rwanda, an accusation Kigali denies.

Can't hold head high: Pak PM admits seeking bailout from many countries

Pakistan PM Shehbaz Sharif admitted the country had to seek bailouts from multiple nations to support an International Monetary Fund programme, saying such dependence comes at a cost of self-respect.

Pakistan Prime Minister Shehbaz Sharif made a candid admission about the country's dependence on external financial assistance, saying nations that seek bailouts cannot "hold their head high" and must be prepared to meet the conditions set by lenders. Addressing an exporters' award event in Islamabad, Sharif said Pakistan had to approach several friendly countries to secure funds to bridge its external financing gap and support the Interna-



tional Monetary Fund (IMF) programme. Sharif said, "How should I tell you the way we went to our friendly countries to request loans? Those friendly countries did not disappoint us, but you know that the one who goes to take loans keeps his head bowed. After that, the obligations that come with it, you know them well."

He added that he wanted to speak "without any hesitation," saying, "Quietly, the field marshal and I went to many countries and told them

that there is an IMF programme, this is our external gap. Please give this many billion dollars, please give that many billion dollars."

Shehbaz Sharif expressed gratitude to the countries that helped Pakistan but stressed the personal and national cost of seeking aid. "I am extremely thankful to those friendly countries that received us, but you know that when someone goes to ask from others, he has to pay the price on his self-respect.

Compromises have to be made," he said. Sharif noted that such compromises often extend beyond economics. "Later, if a demand comes from somewhere, even if there is no justification to implement it, you still bear its burden," he said, describing the circumstances Pakistan went

through during the crisis.

He said China was at the top of the list of countries that supported Pakistan, particularly by rolling over loans. "In the most difficult times and challenges, China helped us," Sharif said. He also acknowledged assistance from Saudi Arabia, the United Arab Emirates and Qatar, saying these countries stood fully with Pakistan. Sharif said these efforts helped stitch together the financial programme and allowed the country to move forward. "Our economy has become stable, but this is not enough," he said, adding that ground realities remain challenging. Highlighting domestic pressures, the prime minister said poverty had increased, unemployment had risen, and export growth had not met expectations.

Blasts in Iran's Bandar Abbas, Ahvaz Kill Four

The reported explosion in Bandar Abbas comes amid heightened tensions between Tehran and Washington, following weeks of unrest in Iran and renewed Western concerns over the country's nuclear programme.

Iranian authorities are investigating separate explosion incidents reported on Saturday in the southern port city of Bandar Abbas and in Ahvaz, where a gas blast at a residential building killed four people, reported news agency Reuters quoting the Iranian media. While the cause of the Bandar Abbas explosion remains unclear, officials said the Ahvaz incident was triggered by a gas leak.

An explosion was reported at Iran's strategic port city of Bandar Abbas on Sat-



urday, Iranian media said, without specifying the cause or reporting casualties. The semi-official Tasnim news agency dismissed social media claims that a commander of the Islamic Revolutionary Guard Corps' navy was targeted in the blast, calling the reports "completely false".

Authorities said the inci-

dent was under investigation, but no further details were immediately available. Iranian officials could not be contacted for comment.

Bandar Abbas lies on the Strait of Hormuz, the vital shipping route between Iran and Oman that handles around one-fifth of the world's seaborne oil trade.

4 KILLED IN GAS EXPLOSION IN AHVAZ

In a separate incident, four people were killed after a gas explosion ripped through a residential building in the southwestern city of Ahvaz, the state-run Tehran Times reported. The newspaper quoted the head of Ahvaz's fire department as saying the blast was caused by a gas leak. Further details on the victims or the extent of damage were not immediately released.

INCIDENTS AMID HEIGHTENED REGIONAL TENSIONS

The reported explosion in Bandar Abbas comes amid heightened tensions between Tehran and Washington, following weeks of unrest in Iran and renewed Western concerns over the country's nuclear programme.

Nationwide protests erupt-

ed in December over economic hardship, marking one of the most serious challenges to Iran's leadership in nearly three years. At least 5,000 people were killed during the unrest, including about 500 members of the security forces, an Iranian official told Reuters.

US President Donald Trump said on Thursday that an "armada" was heading towards Iran, while multiple sources said Washington was weighing options that include targeted strikes on Iranian security forces.

Earlier on Saturday, Iranian President Masoud Pezeshkian accused the United States, Israel and European leaders of exploiting Iran's economic problems, inciting unrest and providing people with the means to "tear the nation apart".

China criticises US on Venezuela, ignores Uyghur abuses at home

BEIJING, JAN 31

China condemned the capture of Venezuela's President Nicolas Maduro by US forces as a "hegemonic act undermining global norms", but for those familiar with Beijing's abuses against Uyghurs, the reaction was not just "hypocritical — it was grotesque", a report said on Saturday. "To capture Maduro, the Trump administration deployed a limited number of personnel by air, land, and sea. The operation lasted two hours and twenty-eight minutes. China, by contrast, mobilised tens of thousands of police officers and hundreds of thousands of government cadres to detain more than three million Uyghurs. Trump's soldiers arrived at the gates of a presidential palace. Chinese police jumped over courtyard walls in the middle of the night, broke into homes, smashed doors, and deliberately terrorised families

by entering without warning," Shohret Hoshur, an Uyghur American journalist, wrote for online magazine 'Bitter Winter' "Trump's forces stormed the palace of a president protected by soldiers and security forces. Chinese armed police stormed the homes of defenceless civilians — men, women, and the elderly — whose only protection might have been a dog in the yard. Maduro was bound and taken away by helicopter. Uyghurs were often hooded; when hoods were unavailable, officers pulled their own coats over detainees' heads and dragged them away," he added Hoshur pointed out that in Maduro's case, detention was almost immediately followed by legal procedures -- within three days of his arrival in New York, he was brought before a court. Also, within a week, Maduro was allowed to meet his son, while the world was aware of the reason for his arrest.

Trump compromised by Israel: Epstein files drop fresh bombshell

An FBI report citing a 'credible' confidential source claims that United States President Donald Trump's son-in-law, Jared Kushner, effectively ran key operations of his organisation and presidency. Fresh allegations have surfaced in the latest batch of Jeffrey Epstein-related files, with an FBI report citing a 'credible' confidential human source (CHS) claiming that United States President Donald Trump has been "compromised by Israel". The report further alleged that Trump's son-in-law, Jared Kushner, wielded disproportionate influence over both Trump's organisation and the functioning of the presidency in his first term. The explosive document also claimed Kushner's family had links to corruption, Russian money flows and the ultra-Zionist Chabad network. The report also revisits Kushner's family history, noting that his father was earlier



convicted on financial charges but later received a presidential pardon from Trump. The CHS claimed Kushner had shifted significant Russian investment money around and failed to properly disclose interests connected to Russian state-linked entities. The memo notes that Kushner's stake in Cadre, a real-estate investment platform, was referenced as an area of concern, with the source questioning whether Russian funds were routed into US projects through intermediaries. In addition, the FBI report referenced past reporting on Trump's

real-estate dealings, including the controversial Beverly Hills mansion transaction in which Trump bought a property for about USD 41 million and later sold it for USD 95 million to a shell company with foreign connections. The CHS flagged the deal as containing "oddities and red flags" that warranted scrutiny as part of a broader pattern of opaque financial transactions. The report also named Jeffrey Epstein's lawyer Alan Dershowitz. The CHS told the FBI that Dershowitz had been "co-opted by Mossad" and that he used his influence at elite institutions to cultivate wealthy and politically connected students for Israeli intelligence objectives, the files revealed. It added that Epstein, the late convicted sex offender, himself was widely suspected by the source to have been similarly leveraged, based on his access to global political and financial networks.

Six arrested over 51 million Yen robbery in Hong Kong

HONG KONG, JAN 31

Six people had been arrested for robbing 51 million Yen (about 330,000 US dollars) of cash at Hong Kong's Sheung Wan on Friday, the Hong Kong Police Force said on Saturday. The suspects, five male and one female, aged between 23 and 52, had been detained on suspicion of robbery, the police said, adding that more arrests are likely. The police said that on Friday morning, two employees of a Japanese precious metal company were carrying 190 million Yen of cash for currency exchange around Des Voeux Road Central in Sheung Wan when two men snatched a backpack containing 51 million Yen from them. The two men fled the scene in a getaway car. Around six hours after the incident, the police arrested the two alleged robbers of Japanese nationality, along with a

female accomplice, who were carrying 4.6 million yen of the stolen cash at the Hong Kong International Airport, Xinhua news agency reported. Two male employees of a cryptocurrency exchange were arrested later on suspicion of assisting in the disposal of stolen cash. The police also tracked down another 7 million Yen at a money changer.

A 27-year-old Japanese man who reported the robbery was detained after police investigation revealed that he was the alleged inside man. His contradictory statements alerted the police, who had been suspicious of the unusually precise timing of the snatch and grab.

Japan's leading Kyodo News Agency reported further investigation revealed that one of the Japanese victims, 27, who filed the report to police was actually an accomplice and provided inside information.





India may achieve USD 2 trillion exports target by 2032: Goyal



NEW DELHI

The target of taking India's goods and services exports to USD 2 trillion is likely to be achieved around 2032, instead of the earlier goal of 2030, due to global uncertainties, Commerce and Industry Minister Piyush Goyal said on Saturday. He said the Covid-19 pandemic impacted the country's exports, followed by turbulence and volatility in the global trading order, adding that the volatility now appears to be gradually settling down.

"I had certainly set that target (USD 2 trillion exports by 2030) a few years ago. But as you're aware, we lost at least two-and-a-half years in Covid and that did set us back quite a bit. After that there has been turbulence and volatility in global trading order which also seems to be gradually settling down," he told PTI in an interview.

Airbus bags order for 3 helicopters from Indian operator



NEW DELHI:

Airbus on Saturday said it has bagged an order for three helicopters from an Indian operator, including the H175 helicopter. The order for two ACH160 and one H175 helicopters has been placed with Airbus Corporate Helicopters.

"The operator is an existing ACH160 customer and will become India's first H175 customer," Airbus said in a release.

Beer makers urge Goa govt to defer DRS rollout till October



NEW DELHI

Fearing a disruption in supply during the coming summer season, the beer brewing industry has requested that the Goa government extend the deadline for implementing the proposed Deposit Refund System (DRS). DRS aims to reduce the increasing plastic pollution in the coastal state. It seeks to provide a refundable deposit for individual waste items brought back to an authorised collection point.

Industry body the Brewers Association of India (BAI), representing 85 per cent of India's beer market and over 90 per cent of Goa's beer sales, has requested the Government of Goa to defer the proposed DRS implementation from April 2, 2026, to post-October 2026.

Silver's Darkest Day: Worst Crash Since 1980

Gold and silver prices plunged Friday, as President Donald Trump's nomination for the next chair of the Federal Reserve, Kevin Warsh, appeared to relieve concerns about the central bank's independence and sent the dollar soaring.

Spot silver was down 28% at \$83.45 an ounce, trading near its lows of the day. Silver futures plummeted 31.4% to settle at \$78.53, marking its worst day since March 1980.

Meanwhile, spot gold shed around 9% to trade at \$4,895.22 an ounce. Gold futures dropped 11.4% to settle at \$4,745.10.

The sharp moves down were initially triggered by reports of Warsh's nomination. However, they gained steam in afternoon U.S. trading as investors who piled into the metals raced to book profits. Metals were also under pressure as the dollar spiked higher, making it more expensive for foreign investors to buy gold and silver and spoiling the theory that metals would replace the greenback as the globe's reserve currency. The dollar index last traded around 0.8% higher.

"This is getting crazy," said Matt Maley, equity strategist at Miller Tabak. "Most of this is probably 'forced selling.' This has been the hottest asset for day traders and other short-term traders recently. So, there has been some leverage built up in silver. With the huge decline today, the margin calls went out."



Trump picks Warsh

National Economic Council Director Kevin Hassett had been the favorite to replace Powell for some time, but Warsh became the front-runner in prediction markets in recent days.

In a note on Friday morning, Evercore ISI's Krishna Guha said the market was "trading Warsh hawkish."

"The Warsh pick should help stabilize the dollar some and reduce (though not eliminate) the asymmetric risk of deep extended dollar weakness by challenging debasement trades – which is also why gold and silver are sharply lower," the firm's vice chairman said.

"But, we advise against overdoing the Warsh hawkish trade across asset markets – and even see some

risk of a whipsaw. We see Warsh as a pragmatist not an ideological hawk in the tradition of the independent conservative central banker."

Claudio Wewel, FX strategist at J. Safra Sarasin Sustainable Asset Management, told CNBC's "Squawk Box Europe" on Friday that a "perfect storm" of geopolitical tensions had helped precious metals move higher this year, pointing to the U.S. capture of Venezuelan President Nicolás Maduro and Washington's threats to use military force in Greenland and Iran.

More recently, he said, speculation over who would be nominated as the next Fed chair had been influencing metals markets.

"The market has clearly been pricing the risk of a much more dovish contender, that's been largely helping the gold price along with other

precious metal prices. Over the last 24 hours, the news flow has changed a little bit," Wewel said, prior to Trump's announcement.

"Even good assets can sell-off"

Gold and silver both enjoyed record-smashing rallies in 2025, surging 66% and 135%, respectively, over the course of the year.

Coeur Mining lost 17%. Silver ETFs were dragged into the action, with the ProShares Ultra Silver fund last seen more than 62% lower. The iShares Silver Trust ETF lost 31%. Both funds were headed for their worst days on record.

Precious metals have been on a stellar rally over the past 12 months, amid broader market volatility, the decline of the U.S. dollar, bubbling geopolitical tensions and concerns about the independence of the Fed-

eral Reserve.

Katy Stoves, investment manager at British wealth management firm Mattioli Woods, told CNBC on Friday morning that the moves were likely "a market-wide reassessment of concentration risk."

"Just as tech stocks – particularly AI-related names – have dominated market attention and capital flows, gold has similarly seen intense positioning and crowding," she said.

"When everyone is leaning the same way, even good assets can sell off as positions get unwound. The parallel isn't accidental: both represent areas where capital has flooded in based on powerful narratives, and concentrated positions eventually face their day of reckoning."

Meanwhile, Toni Meadows, head of investment at BRI Wealth Management, contended that gold's run to the \$5,000 mark had happened "too easily." He noted that the unwinding of the greenback had supported gold prices, but that the dollar had appeared to stabilize.

"Central bank buying has driven the longer-term rally but this has tailed off in recent months," he said. "The case for further reserve diversification is still there though as Trump's trade policies and intervention in foreign affairs will make a lot of countries nervous about holding U.S. assets, especially those countries in the emerging markets or aligned to China or Russia. Silver will mirror the direction of gold, so it is not surprising to see falls there."

Healthcare 2026: Building a Sustainable, Accessible Future

HYDERABAD, JAN 31

As healthcare providers we look at the union budget with optimism. A higher spend on public health, greater incentives to expand care in smaller towns, focused investment into expanding the clinical talent across both doctors and nursing are the need of the hour. Measures that ease the cost of medical equipment, promote digital health and encourage public private partnerships can also make a real difference on the ground. Steady and increasing support through the budget can help organisations scale responsibly to ensure patients get high quality care closer to home.



Sandeep Guduru
CEO, Asian Institute of Nephrology and Urology

90-Day Countdown: Adani to Respond to U.S. Civil Fraud Charges

Billionaire Gautam Adani and his nephew, Sagar Adani, have agreed to receive a legal notice from the U.S. Securities and Exchange Commission (SEC) in a civil fraud lawsuit alleging they misled investors about a bribery scheme, according to a court filing.

The stipulation is subject to court approval.

In a filing in a federal court in Brooklyn, New York, seen by PTI, the SEC and U.S.-based lawyers for Mr. Gautam and Mr. Sagar Adani said the lawyers had agreed to accept service of the regulator's legal papers, removing the need for a Judge to rule on how the defendants should be served.

The joint application (or stipulation) has been submitted for approval from the concerned Court. This is a standard procedural step in U.S. legal proceedings that allows for the orderly resolution of cases.

If agreed by the Judge, the joint application will allow the SEC matter to progress while giving time to the Adanis to either file their motion to dismiss or their defence within 90 days. The SEC thereafter can file their opposition within a further period of 60 days. The Defendants can file their replies to such opposition



within 45 days.

The SEC had filed a lawsuit in November 2024 alleging that the two violated U.S. securities laws by making false and misleading representations about Adani Green Energy Limited (AGEL).

In addition to the SEC's civil complaint, federal prosecutors in Brooklyn, New York, have charged the Adanis and others with allegedly helping to drive a \$265 million bribery scheme in India to secure solar power contracts.

The Adani Group has repeatedly denied all accusations made against it or the founder family.

Both lawsuits have been stalled for more than a year as both Adanis remain in India and couldn't be served the notices. Last week, the SEC asked a U.S. Judge to allow alternative methods to notify them of the suit, including service by email and through other U.S. law firms representing the Adanis.

AGEL, the renewable energy arm of the ports-to-cement conglomerate Gautam Adani leads, in a stock exchange filing, said the defendants – Gautam and Sagar Adani – agreeing to accept the notice is a procedural step and they would seek dismissal of the SEC's complaint or file responsive pleadings.

"We understand that on January 30, 2026, Counsel for Defendants filed an application agreeing to accept service on behalf of the Defendants without accepting the jurisdiction of the Eastern District of New York (EDNY) and reserving all defences the Defendants may raise, including as to jurisdiction," it said.

"We further understand that the Defendants have taken procedural steps and intend to move to dismiss the SEC's complaint or file responsive pleadings."

China, India, US... 'the balance of power is changing': Musk

India (17 per cent) is second to China (26.6 per cent), while the US (9.9 per cent) is in third place. The post also mentions that China and India alone contribute 43.6 per cent of the global growth

Tesla CEO Elon Musk on Saturday said that the "balance of power is changing" as he reshared a post by World of Statistics listing the top 10 countries contributing to the global real GDP growth in 2026. India is second in the list.

India (17 per cent) is second to China (26.6 per cent), while the US (9.9 per cent) is in third place. The post also mentions that China and India alone contribute 43.6 per cent of the global growth.

Some other countries mentioned in the list include Indonesia, Turkey, Nigeria and Brazil. According to the list, the Asia-Pacific accounts for 50 per cent of the total growth.

India's GDP growth story Meanwhile, the Economic Survey has pegged FY27 growth in the 6.8-7.2 per cent range on Thursday. The economic survey was tabled in the parliament by Finance



Minister Nirmala Sitharaman two days ahead of the Union Budget. The survey was prepared under the leadership of Chief Economic Advisor V. Anantha Nageswaran and his team.

The survey also pegged GDP growth for FY26 at 7 per cent against the National Statistical Office's first advance estimate of 7.4 per cent. The previous Economic Survey (2025) projected India's GDP

growth at 6.3-6.8 per cent for FY26. Latest estimates show FY26 at 7.4 per cent, with FY25 actual at 6.5 per cent.

Last month, India surpassed Japan to become the world's fourth-largest economy with a size of \$4.18 trillion and is poised to overtake Germany to become the third-largest by 2030.

India's real GDP grew 8.2 per cent in the second quarter of 2025-26, up from 7.8

per cent in the first quarter and 7.4 per cent in the fourth quarter of the last fiscal.

"With GDP valued at \$4.18 trillion, India has surpassed Japan to become the world's fourth largest economy and is poised to displace Germany from the third rank in the next 2.5 to 3 years with a projected GDP of \$7.3 trillion by 2030," said the government in a statement providing a snapshot of reforms in 2025.

Moon Over Microgravity: Blue Origin's Bold Two-Year Pivot

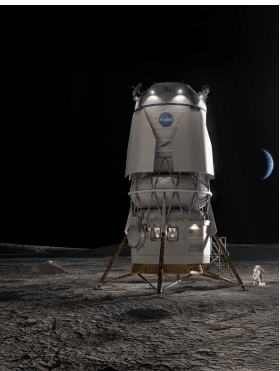
CHENNAI, JAN 31

With the items on its plate increasing-satellite constellation, lunar mission- the US-based rocket maker and launcher, Blue Origin, has decided to pause its space tourism business for not less than two years.

The company Blue Origin, promoted by American billionaire Jeff Bezos, said it has decided to shift resources to further accelerate development of its lunar capabilities.

The decision reflects Blue Origin's commitment to the nation's goal of returning to the Moon and establishing a permanent, sustained lunar presence, the company said.

Blue Origin is the second company, after Elon Musk's SpaceX, to have a contract from NASA to build a human



landing system (HLS). The contract is part of the American space agency NASA's Artemis programme, a crewed mission to the moon slated for 2029.

The NASA contract value announced in 2023 for Blue Origin is 3.4 billion USD.

As part of the contract, Blue Origin will design, develop, test, and verify its Blue

Origin lander to meet NASA's human landing system requirements for recurring astronaut expeditions to the lunar surface, including docking with Gateway, a space station where crew transfer in lunar orbit.

In addition to design and development work, the contract includes one uncrewed demonstration mission to the lunar surface before a crewed demo on the Artemis V mission in 2029.

According to NASA, for the Artemis V mission, NASA's SLS (Space Launch System) rocket will launch four astronauts to lunar orbit aboard the Orion spacecraft.

Once Orion docks with Gateway, two astronauts will transfer to Blue Origin's human landing system for about a weeklong trip to the Moon's

South Pole region, where they will conduct science and exploration activities. Artemis V is at the intersection of demonstrating NASA's initial lunar exploration capabilities and establishing the foundational systems to support recurring complex missions in lunar orbit and on the surface as part of the agency's Moon to Mars exploration approach.

Adding another human landing system partner to NASA's Artemis programme will increase competition, reduce costs to taxpayers, support a regular cadence of lunar landings, further invest in the lunar economy, and help NASA achieve its goals on and around the Moon in preparation for future astronaut missions to Mars, NASA had said earlier.

WB offers 5-year \$8-10bn support in new structure

NEW DELHI

With a focus on creating jobs in the private sector, the World Bank on Friday announced a new country framework for India with an annual support of \$8-10 billion over the next five years, using its full range of instruments and mobilising private sector capital at scale. The new framework was unveiled after FM Nirmala Sitharaman's meeting with the World Bank president Ajay Banga.

"Leveraging public funds with private capital, creating more jobs across rural and urban India, and enriching projects with the (World) Bank Group's global knowledge will be key to achieving sustainable impact at both speed and scale," FM said in a statement. The World Bank Group's global job strategy rests on three pillars:



Investing in critical infrastructure, strengthening a business-friendly environment through predictable regulations and deploying risk-management tools to help private investment scale. The focus is on five sectors: Infrastructure and energy, agribusiness, health care, tourism, and value-added manufacturing. "Creating more jobs is at core of our work. This partnership brings together financing, reforms,

and private sector investment to turn growth into opportunity for millions of Indians," Banga said. Implementation will begin immediately with five ongoing projects, including PM Skilling and Employability Transformation through \$830 million loan. The others include the second phase of Maharashtra Project on Resilient Agriculture and Kerala Health Systems Improvement Programme.

5 LESSER-KNOWN HEALTH ISSUES TALL PEOPLE FACE

Most people, especially those who crave height, look up quite literally at people who are tall and thought, “Lucky them!” From reaching the top shelf with ease to standing out in a crowd, height often seems like a highly desired trait. But here’s the twist: Being tall isn’t always a free pass to better health. According to the research published on National Institutes of Health, greater height is associated with a higher risk of several specific health conditions, including cardiovascular diseases, and some specific musculoskeletal issues. Here are some of the lesser-known health issues tall people are more likely to face. 5 Common Health Issues Tall People May Face



5 Higher Risk Of Joint And Back Problems

If you’re tall, chances are you’ve heard someone say, “You must have back pain!” And unfortunately, they might not be wrong. Dr. Aggarwal explained, “In tall individuals, body weight and movement create more pressure on joints like knees, hips, and the spine. Over time, this extra load can lead to faster wear and tear. This increases the chances of joint pain, early arthritis, and long-term back problems.” More height often means more weight, and that translates into greater stress on the body’s support structures. This is why tall people are more prone to conditions like osteoarthritis and chronic back pain, especially if they don’t maintain good posture or core strength.

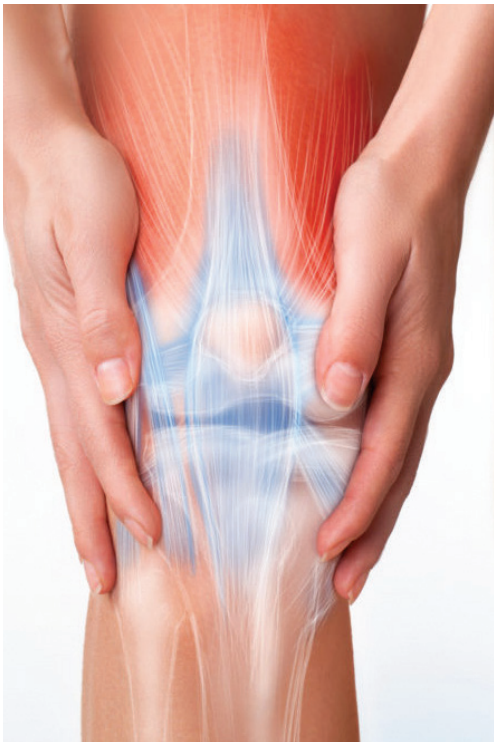


1. Extra Strain On The Heart And Blood Vessels

As per the European Journal of Medical Research, heart issues like atrial fibrillation and venous thromboembolism are more prevalent in taller patients. Dr. Amite Pankaj Aggarwal, Principal Director & HOD - Orthopaedics & Joint Replacement at Fortis Hospital, Shalimar Bagh, said, “Taller people have a bigger body and longer blood vessels. The heart has to pump blood over a longer distance, especially up to the brain. This can slightly increase the heart’s workload. However, good fitness, diet, and blood pressure control play a much bigger role in heart health.” So while being tall doesn’t automatically mean heart trouble, the mechanics of circulation are undeniably more demanding. According to Dr Aggarwal, good fitness, diet, and blood pressure control play a much bigger role in heart health.

2 Breathing Efficiency And Lung Function

You must have thought that tall people seem to have an advantage here as larger lungs mean more capacity. Dr. Aggarwal noted, “Taller people usually have larger lungs, which is helpful. However, poor posture, common in tall individuals who tend to slouch, can restrict chest movement. Spinal problems can also affect breathing efficiency, causing breathlessness during activity, even when the lungs themselves are healthy.” So, if you are tall, which then means you have a plus-size lung, posture plays a important role in maintaining its proper health. Slouching may restrict breathing efficiency by limiting diaphragmatic movement and compressing the chest cavity, according to studies published by the National Institutes of Health. Over time, this can lead to reduced stamina and discomfort during physical activity.



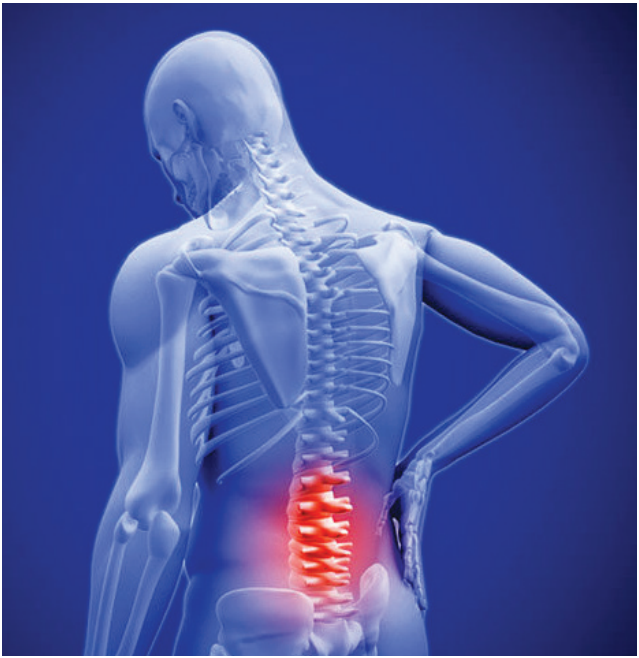
3 Sports And Ligament Injuries

Height often comes with long limbs, which have both pros and cons in sports as well. “Longer arms and legs act like longer levers. During sports, this increases stress on muscles and ligaments, especially in the knees and ankles. Sudden turns, jumps, or falls can cause more strain, making tall people more prone to ligament tears and muscle injuries,” Dr Aggarwal explained. This means that while tall athletes may excel in basketball or volleyball, they also face a higher risk of injuries. The biomechanics of longer limbs make movements more forceful, but also more vulnerable to strain. Experts advise a proper training regime, warm-ups, and strength conditioning become even more important for tall individuals who love sports.

4 Spinal Disc Degeneration And Chronic Back Pain

The spine is another area where height can become a liability. The longer spine simply has more weight and stress to bear. Combine that with modern lifestyles hours spent sitting at desks or hunched over laptops and the risk of disc degeneration rises significantly. “A taller spine means more pressure on the discs between the bones of the back. Over the years, this constant stress can damage these discs. Poor posture, long sitting hours, and weak core muscles further increase the risk of disc problems and long-lasting back pain,” Dr Aggarwal said.

Height is often celebrated, and rightly so it comes with advantages in everyday life and even in certain sports. But it’s important to recognise that being tall also places unique demands on the body. Height isn’t destiny. As Dr. Aggarwal reminds us, fitness, diet, and lifestyle choices play a far greater role in long-term health than height alone. So, if you’re tall, you need not overthink, just pay attention to posture, strengthen your core, and take care of your joints. After all, standing tall should feel like a blessing, not a burden.



How Vegetarians Can Have 100g Of Protein Per Day Without Supplements, Nutritionist Explains

Getting enough protein on a vegetarian diet is often made to sound complicated, expensive, or impossible without supplements. Scroll through fitness content, and you will quickly see whey powders, imported superfoods, and strict meal plans being pushed as the only way to hit higher protein targets. But in reality, most Indian kitchens already have everything needed to build a solid, high-protein veg diet. It just comes down to smart choices and better combinations. That’s exactly what nutritionist Khushi Chhabra highlights in her recent Instagram post. She breaks the myth that you need meat or supplements to reach your protein goals and shows how 100 grams of protein can be achieved on a pure vegetarian diet, without whey, and on a budget. As she puts it, “Stop overcomplicating your protein intake.” Her post lays out a full-day meal plan that delivers results using everyday foods.

Pre-Breakfast: Start Small But Smart

She recommends beginning the day with roasted flaxseeds, which add around 2 grams of protein. Seeds like pumpkin or chia work too. This small habit adds nutrients and healthy fats before the day even begins.

Breakfast: Protein Without Heavy Cooking
Breakfast includes a whole wheat veg paneer sandwich with Greek yoghurt or skyr yoghurt – giving about 15 grams of

protein. For those avoiding paneer, tofu is a simple swap.

Mid-Morning: Light But Useful
A mix of almonds and fruits like guava adds around 6 grams of protein. This snack supports energy levels and prevents long gaps between meals.

Lunch: The Protein Powerhouse
Lunch does the heavy lifting with nearly 41 grams of protein. Whole wheat chapatis, masala soya chunks, moong dal, and vegetables form a complete meal. The nutritionist also suggests alternatives like masoor dal and tofu.

Evening Snack: Protein Without Junk
The health expert suggests makhana veg chaat topped with tofu and seeds, paired with ginger tea. This adds about 13 grams of protein.

Dinner: Light Yet Filling
Dinner includes besan chillas, chutney and raita, contributing around 26 grams of protein. Moong dal cheelas or to-fu-based raita are easy variations. The full plan adds up to 103 grams of protein, around 1500–1800 calories, and costs roughly Rs 220 per day. Khushi Chhabra sums it up well by saying you do not need “luxury superfoods,” just better planning. And for vegetarians trying to build muscle, lose fat, or simply eat better, that is a refreshing reminder.





PV Sindhu Pulls Out Of Badminton Asia Team Championship



Time Olympic medallist PV Sindhu has withdrawn from the upcoming Badminton Asia Team Championships, dealing a significant blow to India's medal hopes at the tournament starting February 3 in Qingdao, China. Sindhu, who recently returned to action after a foot injury that sidelined her from October last year, pulled out due to what has been described as a "slight niggle", according to sources.

The former world champion had earlier skipped the 2025 Badminton Asia Mixed Team Championships after suffering a hamstring injury during a training camp in Guwahati. Since making her comeback, the 30-year-old showed promising form, reaching the semifinals of the Malaysia Open, exiting in the opening round of the India Open, and advancing to the quarterfinals of the Indonesia Masters.

Sindhu's absence weakens India's prospects at the continental team event. The Indian women had created history last year by winning gold at the 2024 championships in Malaysia, securing the country's first-ever medal in the women's team competition.

India have been drawn in Group Y alongside Thailand and Myanmar. With Sindhu unavailable, the singles responsibility will fall on world junior championships silver medallist Tanvi Sharma, along with Unnati Hooda, Rakshita Sree Santhosh Ramraj and Malvika Bansod. In doubles, Commonwealth Games bronze medallists Gayatri Gopichand and Treesa Jolly will lead the challenge, supported by Priya Konjengbam, Shruti Mishra and Tanisha Crasto.

DAVID MILLER RECEIVES MEDICAL CLEARANCE TO FEATURE IN T20 WORLD CUP 2026

Johannesburg: South Africa batter David Miller has been medically cleared to join the Proteas squad for the ICC Men's T20 World Cup 2026, starting next week in India and Sri Lanka. Miller, who suffered an adductor muscle strain during the SA20 while playing for Paarl Royals, passed a fitness test this week. Cricket South Africa confirmed he will travel with the team to Mumbai on Sunday. South Africa are placed in Group D and face India in a warm-up on February 4.

KISHAN'S MAIDEN T20I CENTURY POWERED INDIA TO THEIR THIRD-HIGHEST TOTAL, WHICH PROVED 46 TOO MANY FOR NEW ZEALAND



Kishan century, Arshdeep five-for complete New Zealand's demolition

After the setback of Visakhapatnam, where they paid the price for picking a lopsided, experimental team short on batting depth, normal service resumed in Thiruvananthapuram as India went back to full strength both in terms of personnel and hitting muscle. They put on a near-perfect display in their last official match before the T20 World Cup, with Ishan Kishan scoring his maiden T20I hundred to propel India to their third-highest total in the format.

With Abhishek Sharma, Suryakumar Yadav and Hardik Pandya also making hefty contributions, India hit 23 sixes, the joint-most they've hit in a T20I innings. With Sanju Samson enduring another low score in front of his adoring home crowd, Kishan also seemed to settle the contest for the wicketkeeper-opener slot, which will open up when Tilak Varma returns to the side for the World Cup. Kishan's left-handedness in a left-hand-heavy top order is one thing that could potentially count against him, as could his wicketkeeping; he endured a difficult night with the gloves - which he took rather than Samson - missing a stumping and a catch.

Chasing 272, New Zealand threatened briefly thanks to Finn Allen, who returned to the national side for the first time since March 2025 and continued his barnstorming form from the BBL, smacking 80 off 38 balls. He put on 100 off 48 balls with Rachin Ravindra, but the magnitude of New Zealand's target meant India only needed to break this

partnership to reassert their dominance. Axar Patel and Arshdeep Singh found the key breakthroughs, and Arshdeep completed a riotous turnaround, after conceding 40 in his two powerplay overs, to finish with 5 for 51, his maiden five-for in T20Is.

India wrapped up victory by 46 runs, and the margin may have been far greater had they not thrown the ball to their part-timers for the last two overs.

Samson Agonistes

10, 6, 0, 24. Those were Samson's previous scores coming into this game, and he ended a wretched series with 6 off 6 balls. It wasn't just that he made a low score; nearly every ball was a struggle. He hit a four off the leading edge, and he was out,

caught at deep third, off the leading edge too. His trigger - which takes him deep into his crease and leg-side of the ball - and a worrying tendency to address the ball with a closed bat-face have plagued him all series, and Saturday night was no different.

Abhishek, stepping out fearlessly to the quicks as he usually does, made a typically rapid start, but one charge too many cost him his wicket on the night, with the extra pace of Lockie Ferguson - who returned to New Zealand's XI for the first time since November -

2024 - finding a way through him. Ferguson, who dismissed both openers, took 2 for 13 in his first two overs. That meant India only scored 54 in the first six overs, only one run more than their powerplay score from their defeat in the fourth T20I.

Kishan and Suryakumar take charge

India eventually scored 271, but their manner of getting there may have made viewers wonder just how big their total could have been if they hadn't started so... slowly.

At the nine-over mark, India were 82 for 2. Kishan was batting on 26 off 19, and Suryakumar on 20 off 13.

From there, India's innings was a relentless blur of six-hitting. They scored 189 off the last 11 overs, at 17.18 per over, and hit 18 sixes in that time. Kishan went berserk, hitting 77 off 23 to reach his hundred off his 42nd ball. His takedown of Mitchell Santner - for so long India's tormenter in every format - was particularly breathtaking. It wasn't even that Santner bowled badly; he varied his pace about as well as he usually does, and used angles adroitly, typically angling the ball away from Kishan's hitting arc from left-arm around, but none of it seemed to matter. Kishan collared him for 30 off 12 balls, and in a pleasing bit of symmetry, Suryakumar and Hardik hit him for 15 off 6 each. Suryakumar was in quite a mood too, and his fans will have been particularly enthused by the straight sixes he hit off the fast bowlers. Through the protracted

lean run he endured in T20Is before this series, his struggles down the ground and against the fuller lengths from fast bowlers had been major points of worry.

Allen flies off the blocks, but it isn't enough

Through India's end overs, New Zealand seemed to struggle with dew, with both Ferguson and Kyle Jamieson losing control over slower balls to get no-balled for high full-tosses. India, by and large, seemed to make an effort to try and err on the shorter side if they could, to avoid the small margins of error of attempting fuller lengths with a slippery ball.

It didn't seem to matter to Allen where India bowled, such were some of his best shots. He largely stood and delivered while punishing Arshdeep early on, and then flat-batted a hard-length ball from Jasprit Bumrah over long-on for six in the fifth over. India's players went into a huddled conference after he brought up a 22-ball half-century and took New Zealand to a powerplay score of 79 for 1. Thiruvananthapuram was silent.

But the target was still far, far away, and Axar Patel, firing the ball into the pitch and looking to cramp the right-handers with his wide release, dismissed Allen in the ninth over, denying him the room he needed to clear long-on. When he sent Glenn Phillips back in his next over in broadly similar fashion - long-off took the catch this time - the contest seemed all but over, and Arshdeep made sure this was so, taking two wickets in the 12th over including that of Ravindra with an adroitly bowled knuckle-ball bouncer.

The match dragged on into the final over, but there was only one winner.

RYBAKINA BEATS SABALENKA TO WIN MAIDEN AUSTRALIAN OPEN TITLE

Melbourne: Elena Rybakina took revenge over world number one Aryna Sabalenka to win a nail-biting Australian Open final on Saturday and clinch her second Grand Slam title. The big-serving Kazakh fifth seed held her nerve to pull through 6-4, 4-6, 6-4 at Rod Laver Arena in Melbourne in 2hrs 18mins. It was payback after the Belarusian Sabalenka won the 2023 final between two of the hardest hitters in women's tennis. The ice-cool Rybakina, 26, who was born in Moscow, adds her Melbourne triumph to her Wimbledon win in 2022. "Hard to find the words now," said Rybakina, and then addressed her beaten opponent to add: "I know it is tough, but I hope we play many more finals together." Turning to some Kazakh fans in the crowd, she said: "Thank you so much to Kazakhstan. I felt the support from that corner a lot."

It was more disappointment in a major final for Sabalenka, who won the US Open last year for the second time but lost the French Open and Melbourne title deciders. She was into her fourth Australian Open final in a row and had been imperious until now, with tears in her eyes at the end. "Let's hope maybe next year will be a better year for me," Sabalenka said ruefully.

With the roof on because of drizzle in Melbourne, Rybakina immediately broke serve and then comfortably held for 2-0. Rybakina faced



two break points at 4-3, but found her range with her serve to send down an ace and dig herself out of trouble, leaving Sabalenka visibly frustrated. Rybakina looked in the zone and wrapped up the set in 37 minutes on her first set point when Sabalenka fired long.

Incredibly, it was the first set Sabalenka had

dropped in 2026. The second game of the second set was tense, Rybakina saving three break points in a 10-minute arm-wrestle.

They went with serve and the seventh game was another tussle, Sabalenka holding for 4-3 after the best rally of a cagey affair.

The tension ratcheted up and the top seed

quickly forged three set points at 5-4 on the Kazakh's serve, ruthlessly levelling the match at the first chance to force a deciding set. Sabalenka was now in the ascendancy and smacked a scorching backhand to break for a 2-0 lead, then holding for 3-0. Rybakina, who also had not dropped a set in reaching the final, looked unusually rattled. She reset to hold, then wrestled back the break, allowing herself the merest of smiles.

At 3-3 the title threatened to swing either way. But a surging Rybakina won a fourth game in a row to break for 4-3, then held to put a thrilling victory within sight. Rybakina sealed the championship with her sixth ace of the match. The finalists were familiar foes having met 14 times previously, with Sabalenka winning eight of them.

Sabalenka came into the final as favourite but Rybakina has been one of the form players on the women's tour in recent months. She also defeated Sabalenka in the decider at the season-ending WTA Finals.

Rybakina beat second seed Iga Swiatek in the quarter-finals and sixth seed Jessica Pegula in the last four in Melbourne. Rybakina switched to play under the Kazakh flag in 2018 when she was a little-known 19-year-old, citing financial reasons.

ARSENAL THRASH LEEDS UNITED TO STRETCH PREMIER LEAGUE ADVANTAGE

Arsenal allayed fears of a late stumble in their Premier League title chase with a commanding 4-0 win over Leeds United at Elland Road on Saturday, strengthening their bid for a first league crown in 22 years. The victory moved Mikel Arteta's side seven points clear of Manchester City and Aston Villa, both of whom play on Sunday.

The Gunners arrived under pressure after taking just two points from their previous three league matches, a run capped by a first home defeat of the season against Manchester United. Fresh doubts emerged before kick-off when Bukayo Saka was ruled out after picking up an injury in the warm-up.

However, his replacement Noni Madueke made an immediate impact. The winger supplied the cross for Martin Zubimendi's headed opener before seeing another dangerous



delivery deflected into his own net by Leeds goalkeeper Karl Darlow just before half-time.

Arsenal sealed the win in the second half as Viktor Gyokeres, recently criticised despite good form, finished Gabriel Martinelli's cross for his 11th goal since joining from Sporting Lisbon. Substitute Gabriel Jesus rounded off the rout with a powerful late strike.

Despite their strong recent run, Leeds remain only six points above the relegation zone after suffering their first home defeat since November.





SHRIYA SARAN HAPPY TO BE BRANDED A SOUTH DIVA

Actress Shriya Saran has shared her thoughts on being tagged as a “South actress” and said she feels deeply connected to the region that embraced her career. “I was born in Haridwar and lived there for 17 years. Then I moved to Delhi to learn Kathak from Shovana Narayan ji. That was a huge move at that time,” Shriya said. “I started acting when I was 17, and it was a big step for my family because my father is an engineer and my mother is a teacher at DPS. It was like, ‘What!’”

Reflecting on her early years, she said moving from a small town to Delhi was a cultural shock. “From there to LSR and then to film sets, learning new languages and adapting to new environments — all of that really prepared me for life,” she added. Shriya said the love she has received from the southern film industries has been overwhelming. “The kind of love the South has given me makes me feel truly blessed. My heart is South Indian,” she said.

Speaking about labels and being boxed into categories, the actress said perspective plays a key role. “One thing I’ve learned is that you are what you believe yourself to be. If you keep growing, learning, and letting life teach you, you start living better. But if you feel life is attacking you because people are boxing you into an image, then it becomes a battle,” she explained.

She added that such labels can also be embraced positively. “You can use it as a flavour — this is what people think of me, this is my flavour. People start boxing you in only when they notice you. Then you break that and become something else.”

Shriya Saran earlier ruled the roost in Tollywood and worked with top stars such as Chiranjeevi, Nagarjuna, Balakrishna, Pawan Kalyan, and Tarun, carving a strong niche for herself in the industry.



ANANYA, LAKSHYA TO LEAD KARAN JOHAR’S CHAND MERA DIL

Producer Karan Johar is backing a new film titled Chand Mera Dil, featuring actors Ananya Panday and Lakshya Kapoor in lead roles. Lakshya was last seen in The Ba***ds of Bollywood. Chand Mera Dil, featuring Ananya and Lakshya in pivotal roles, will be directed by Vivek Soni. The film’s official poster and teaser are yet to be released. The movie will be co-produced by Adar Poonawalla. The film is set for a theatrical release on May 8, 2026.

Lakshya’s last Netflix series The Ba***ds of Bollywood, featured Sahher Bamba, Raghuvar Juyal, Anya Singh, Manoj Pahwa, Mona Singh, Bobby Deol, Gautami Kapoor, Vijayant Kohli, Rajat Bedi, Manish Chaudhari and others in key roles. The show marked Aryan Khan directorial debut. It had special appearances by Shah Rukh Khan, Aamir Khan, SS Rajamouli, Ranveer Singh, Ranbir Kapoor, Sara Ali Khan, Ibrahim Ali Khan, Badshah, Disha Patani, Shanaya Kapoor, Maheep Kapoor and others. The series was backed by Gauri Khan’s Red Chillies Entertainment Pvt Ltd.

Ananya’s last theatrical release was Tu Meri Main Tera Main Tera Tu Meri, directed by Sameer Vidwans. The film depicts how Ananya and Kartik Aaryan’s characters are confronted with differing perspectives on marriage and their future upon returning to their respective realities. This sets the stage for emotional and personal dilemmas. The film marked a reunion for Kartik and Ananya, who earlier collaborated in Pati, Patni Aur Woh. The supporting cast included veteran actors Jackie Shroff and Neena Gupta. The movie was produced by Karan Johar, Adar Poonawalla, Apoorva Mehta, Shareen Mantri Kedia, Kishor Arora, and Bhumiika Tewari, under the banners of Dharma Productions and Namah Pictures.



Vijay Calls SRK a ‘Role Model’, Feels for Jana Nayagan Producer

Thalapathy Vijay feels said about the politically motivated troubles Jana Nayagan is facing. In an interview with NDTV, the Tamil superstar said that he feels bad for his producer because the project is suffering due to his entry into politics.

The actor-politician anticipated obstacles after entering politics, was mentally prepared for personal impacts, but is pained by the hardship caused to the producer. After all, the budget of Jana Nayagan is about Rs 350 Cr, with Vijay’s remuneration alone totalling Rs 250 Cr.

The Bigil and Mersal star said that his political entry has led to a “permanent exile” from films. Interestingly, the CM aspirant opened up about admiring Bollywood superstar Shah Rukh Khan, calling him a role model. He highlighted SRK’s clarity in words/articulation and mentioned a close bond with him. During the filming of Jawan in Chennai, a viral interaction between them was talked about.

‘Jana Nayagan’ was planned for a Pongal release on January 9 and is being described as Vijay’s last film before he fully steps into politics. The actor has recently launched his own political party, Tamilaga Vettri Kazhagam (TVK). The film ran into trouble when the CBFC decided to withhold certification on the grounds that certain scenes could hurt religious sentiments.

SARA ARJUN ON PARENTS’ RECTION TO DHURANDHAR

Sara Arjun witnessed one of the most emotional moments of her young career after Dhurandhar released in theatres last month, as her parents were moved to tears of joy by her performance in the film. While Akshaye Khanna earned widespread praise for his powerful portrayal of Rehman Dakait and Ranveer Singh stunned audiences with his striking transformation as undercover Hamza, it was Sara’s turn as Yalina Jamali that made the experience deeply personal, with her parents’ reaction becoming her most “euphoric” memory from the film’s success.

After Dhurandhar, Sara Arjun is now gearing up for the release of her next film, Euphoria, which is set to hit theatres on February 6. Busy with promotions, the young actor recently spoke to Suma Kanakala and was asked about her most “euphoric” day.

Recalling the moment, Sara shared, “There was a day when both my parents were crying tears of joy because of something I did. So that’s my most euphoric day ever. It meant a lot to me.” She added, “Yeah, tears of joy. Like it meant a lot to me, that day.” When the interviewer asked if she was referring to Dhurandhar, Sara smiled and confirmed it.

Opening up about her journey in films, Sara reflected on how her plans evolved over the years. “After Ponniyin Selvan, I went to boarding school, and then my initial plan was to go abroad to study film and acting. But then while I was giving my boards, I signed Magic. And then right after I came out again I was sticking to my plan. But when Euphoria came to me it was so tempting to do. As a human I felt this urge to be a part of a story like this,” she said. Detailing her recent projects, Sara added, “After PS2 it was Magic, then Euphoria and then Dhurandhar. In fact, I signed Dhurandhar while shooting for Euphoria.”

Meanwhile, Dhurandhar has now released on Netflix, allowing a wider audience to revisit the film. The excitement continues as Dhurandhar 2 is set to arrive in theatres on March 19.



Ram To Try His Luck With a New Genre

Ram Pothineni became popular right from his first film Devadasu, which turned out to be a super hit.

Ram Pothineni became popular right from his first film Devadasu, which turned out to be a super hit. With that success, he quickly won the hearts of young audiences. Later, the blockbuster Ready strengthened his position in the Telugu film industry and earned him the tag of a chocolate boy. His energetic screen presence, dancing skills, and youthful charm helped him build a strong fan base in a short time.

However in recent years things have not been going very smoothly for Ram. A few of his films did not perform as expected at the box office. His recent release Andhra King Taluka opened with some buzz, but the collections slowed down after the first few days. Because of this, the film could not continue the momentum many had hoped for. When such a trend repeats, it becomes a concern for any actor’s career.

It looks like Ram has realized that doing the same type of roles again and again may not help him anymore. Instead of sticking only to class or mass roles, he has decided to step out of his comfort zone. Now, he is ready to experiment and try something completely new to refresh his image.

According to the latest updates, Ram will be acting in a new film produced by Arka Media Works. The script work for this project is currently in progress and is said to be shaping up well. What makes this project special is its genre. This film is a thriller, and it will be the first time Ram is attempting such a set-up in his career. To make the announcement exciting, the makers are planning a special video. A glimpse from this video will be released soon, and the film will be officially announced with it. Fans are already curious to see Ram in a completely different role. If this experiment clicks, it could mark a strong comeback for Ram and open new doors for him in the industry. Trying a new genre at this stage may be a risky move, but it could also be the fresh start he is looking for.

