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Sharannavaratri Celebrations Begin with Devotion to Goddess Durga

◆ Temples Decorated as Devotees Prepare for Nine Days of Special Prayers

◆ Festival Symbolises the Victory of Good over Evil and the Triumph of Dharma



cated to Goddess Durga and her various manifestations. The festival creates a devotional atmosphere across the country, with temples and homes decorated for special prayers, rituals and celebrations. Devotees seek the blessings of the goddess for peace,

prosperity, good health and happiness in their families. Fasting, lighting lamps, chanting sacred hymns and performing special pujas are among the important observances associated with the festival.

The nine-day festival is traditionally

dedicated to nine forms of Goddess Durga: Shailaputri, Brahmacharini, Chandraghanta, Kushmanda, Skandamata, Katyayani, Kalaratri, Mahagauri and Siddhidatri. Each form represents distinct spiritual qualities, including courage, patience, strength, purity, motherhood and the destruction of evil. Devotees offer flowers, perform Kumkum Archana and recite devotional texts, including the Lalita Sahasranama and Durga Stotras. Rituals, offerings and worship sched-

Mutual Respect Is the Foundation of Healthy Relationships



DG Charu Sinha Speaks at 'Stand With Her' Discussion Forum

Hyderabad, The Journalist Post, October 10: Director General of CID, ACB and Women Safety Wing Charu Sinha has called for a change in toxic patriarchal attitudes characterised by anger, ego and

Telangana Prepares Action Plan to Tackle El Niño Risks: CM Revanth Reddy



Hyderabad, The Journalist Post, October 10: Telangana Chief Minister A. Revanth Reddy has directed officials to prepare a comprehensive action plan to address potential challenges arising from El Niño conditions, with particular attention to drinking water, irrigation, agriculture and electricity supply until next June. He stressed the need for advance planning to prevent a possible crisis and minimise difficulties for the public.

The Chief Minister instructed departments to assess available water resources, storage levels and supply systems to ensure that drinking water and irrigation requirements are met. He called for efficient water management and measures to prevent wastage. Officials were also asked to coordinate across departments and create awareness about water conservation from vil-

Bhatti Vikramarka Calls for Intensive Graduate Voter Registration Drive



Khammam, The Journalist Post, October 10: Telangana Deputy Chief Minister Bhatti Vikramarka has called on Congress leaders and workers to launch a coordinated, campaign-style drive to register eligible graduates as voters ahead of the Khammam-Nalgonda-Warangal Graduates' MLC election. Addressing a preparatory meeting organised by the District Congress Committee at SR Convention in

Solar Storm May Affect Satellites and Communication Systems on October 11



The Journalist Post News Desk, October 10: Scientists are monitoring a developing space-weather event as clouds of en-

ergetic particles released by the Sun move towards Earth. The US National Oceanic and Atmospheric Administration (NOAA) has forecast the possibility of a geomagnetic storm around October 11, raising concerns about potential temporary effects on satellites, radio communications and satellite-based navigation systems. Forecasts cited in the report indicate the possibility of a G2-level, or moderate, storm. However, its actual intensity will depend on the speed and magnetic properties of the incoming solar material and how it

KTR Condemns Alleged Insult to Farmer by Gajwel MRO



Gajwel, The Journalist Post, October 10: BRS working president K. T. Rama Rao (KTR) has strongly criticised the alleged insensitive treatment of a farmer by an official at the Gajwel Mandal Revenue Office (MRO). Responding to reports that a farmer who approached the office seeking help to protect his agricultural land was humiliated, KTR said such behaviour towards farmers was unacceptable. He stressed that officials should listen to farmers' grievances and help resolve their problems rather than aggravate their distress. According to allegations accompanying a video circulating about the incident, the MRO allegedly asked the farmer, "Have you still not consumed pesticide? Are you still alive?" The video has raised con-

Bathukamma Celebrations Held Grandly in South Africa



Hyderabad, The Journalist Post, October 10: Bathukamma celebrations, symbolising the rich culture and traditions of Telangana, were held in grand style in South Africa under the

"I Might Marry a Telugu Boy": Nidhi Agerwal



Hyderabad, The Journalist Post, October 10: Actress



EDITORIAL

Dowry Is Changing
Its Form, but the Discrimination Continues

The Journalist Post, October 10: Despite advances in education, science and technology, the dowry system continues to persist in changing forms. What was once openly demanded as cash, gold, silver, land or property is increasingly presented in



some families as wedding gifts, expensive vehicles, household appliances or contributions towards lavish marriage ceremonies. These practices place an unfair financial burden on brides' families, often under the guise of tradition or social prestige.

In some marriage negotiations, a groom's education, salary, professional position or overseas employment becomes a basis for financial expectations. Elsewhere, families spend beyond their means to maintain social status or imitate extravagant weddings showcased on social media. The consequences can include loans, the sale of land and mortgaging of assets, leaving parents under financial pressure long after the wedding.

Education alone has not eliminated this practice. Even educated individuals with secure jobs may continue to attach financial expectations to marriage. True education must encourage equality, ethical conduct and respect for human dignity. Young men should reject dowry demands, while parents must abandon the belief that expensive gifts are necessary to secure a suitable marriage. A person's worth can-

not be measured by the wealth brought by their family.

The consequences become more serious when women face humiliation, emotional abuse or physical violence over unmet financial expectations. Families and friends must support af-

fected women instead of concealing abuse out of fear of social embarrassment. Victims should be encouraged to seek legal assistance and protection. The Dowry Prohibition Act, 1961, provides a legal framework against dowry, making awareness of legal rights and support systems essential.

Responsibility for change rests with families, educational institutions and community organisations. Schools and colleges should promote gender equality, financial independence and mutual respect. Parents should prioritise their daughters' education, skills and confidence rather than treating wedding expenses as their primary responsibility.

Dowry-free marriages must become a social norm. Gifts should never serve as substitutes for prohibited demands or instruments of financial pressure. Marriage should be built on companionship, trust and shared responsibility—not money, gold or status. Meaningful progress will come when a daughter's future inspires hope rather than anxiety about wedding expenses.

Ponnam Prabhakar Calls for
Protection of Voting Rights

Hyderabad, The Journalist Post, October 10: Telangana Transport and BC Welfare Minister Ponnam Prabhakar has criticised the alleged detention of opposition leaders and students who attempted to protest in Delhi over the voter list revision process. He said peaceful protests and the right to question authorities were essential features of a democracy. Referring to Congress leaders Rahul Gandhi and Priyanka Gandhi and other opposition representatives, he objected to restrictions on their protest and urged the authorities to respect citizens' constitutional rights.

Prabhakar demanded a

transparent investigation into complaints alleging that eligible voters' names were being removed during the voter list revision process. He called on the Election Commission to provide clear answers to these allegations, disclose the facts and ensure that every eligible citizen retained the opportunity to vote. He said the poll body must function independently and impartially to maintain public confidence in the electoral system.

The minister also sought clarification from the concerned authorities over allegations that restrictions were imposed on transport services and other facilities to prevent people from attending pro-

Sharannavaratri Celebrations Begin
with Devotion to Goddess Durga

ules may vary according to regional customs and family traditions.

Temples Witness a Festive Atmosphere

Temples across India make special arrangements for the occasion, with floral decorations, illuminated premises and additional facilities for devotees. In Telangana, several temples in Hyderabad and other districts conduct special pujas, abhishekams and daily decorations of the goddess. In Andhra Pradesh, the Kanaka Durga Temple in Vijayawada is among the prominent pilgrimage centres that attract devotees during the Navaratri season.

Depending on local traditions, celebrations also include Chandi Homams, group prayers, devotional singing and cultural programmes. In some regions, festivities feature Bathukamma celebrations, Bommalakoluva displays and community gatherings. Temple authorities are expected to make appropriate

arrangements for drinking water, sanitation and queue management to ensure the convenience and safety of visitors. Devotees are encouraged to maintain cleanliness, reduce plastic use and follow safety instructions, particularly when visiting crowded temples with children and elderly family members.

A Celebration of Strength, Equality and Service

Beyond religious obser-



vances, Sharannavaratri conveys messages of courage, righteousness, unity and compassion. Goddess Durga is revered as a symbol of divine

feminine power, inspiring devotees to recognise the importance of strength, determination and self-confidence. The festival represents the victory of good over evil, justice over injustice and knowledge over ignorance. Many communities mark the occasion by organising food distribution, helping disadvantaged families and supporting children's education. In certain traditions, young girls are worshipped as manifestations of the divine

support their education and ensure their health and safety. Families are encouraged to celebrate according to their means, placing greater emphasis on devotion, kindness and cooperation than on extravagant spending.

Parents can also use the occasion to explain cultural traditions to children and encourage values such as mutual respect, environmental responsibility and service to society. As devotees prepare for the nine-day festival, they are advised to consult reliable local calendars or temple authorities for the precise dates, timings of rituals and regional observances. Fasting practices should also be followed with due consideration for individual health. Sharannavaratri offers an opportunity to strengthen family bonds, deepen spiritual reflection and extend support to those in need. By combining traditional worship with compassion, social responsibility and respect for others, devotees can uphold the enduring spirit of the festival.

Telangana Prepares Action
Plan to Tackle El Niño
Risks: CM Revanth Reddy

lages to the state level.

Revanth Reddy warned that electricity supply could also face challenges and emphasised the importance of conserving available power. Although the government was prepared to spend on electricity purchases, availability in the market could remain a concern, he said. Officials were asked to assess future demand and supply, explore al-



ternative arrangements and examine ways to postpone

non-essential electricity-dependent activities where feasible.

The Chief Minister also stressed the need to prepare farmers for possible changes in

Agriculture officials were directed to provide timely guidance and help farmers plan cultivation according to available resources. He called for public awareness campaigns through cinema, media, cultural programmes and other communication channels to promote water conservation, electricity savings and agricultural preparedness. The government aims to reduce potential disruptions through early assessment, departmental coordination and preventive measures.

peacefully. He further demanded that Chief Election Commissioner Gyanesh Kumar respond to the allegations surrounding the electoral process and take appropriate steps to safeguard voters' rights. He urged the Election Commission to examine complaints about voter deletions rather than ignore them, and to ensure that eligible voters were not deprived of their democratic rights. Prabhakar said the Congress would continue its campaign to protect voting rights, democratic principles and constitutional values. He called on the Centre to address public concerns through dialogue instead of restricting peaceful dissent. Maintaining transparency in voter list revisions, he added, was essential to strengthening public trust in the electoral process.

School Education Director
Briefs Governor on Bharat
Scouts and Guides Activities

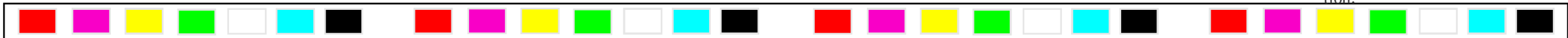
Hyderabad, The Journalist Post, October 10: Dr. Naveen Nicholas, Director of School Education, Telangana, met Governor Shiv Pratap Shukla at Lok Bhavan



in Hyderabad and briefed him on the activities and achievements of Bharat Scouts and Guides over the past year. Dr. Nicholas explained the organisation's programmes, student participation and progress in Telangana. He highlighted its role in developing discipline, leadership qualities, teamwork and a spirit of service among students. "Bharat Scouts and Guides conducts camps,

training sessions and community service activities to encourage social responsibility and practical learning. These initiatives help students develop confidence, environmental awareness and a willingness to assist others.

The meeting highlighted the importance of co-curricular activities alongside classroom education in promoting students' overall development. Such programmes encourage young people to become responsible citizens and contribute positively to society. The briefing focused on the organisation's annual activities and achievements, bringing its contribution to student development to the Governor's attention.



Suspected Building Violations Raise Questions in LB Nagar Zone-13

> Allegations of Unauthorised Construction from Bairamalguda to Maitrinagar
> Town Planning Officer Archana Yet to Respond to Queries, Says Reporter

Hyderabad, The Journalist Post, October 10: Concerns have been raised over several ongoing construction activities within LB Nagar Zone-13, with local complaints pointing to a shed opposite the Indian petrol bunk in Bairamalguda, an apartment project in the Shakuntala Paradise area of Bahadurguda, and another shed opposite Bethel Sennit School on Road No. 1 in SBH Venture-3, Maitrinagar Colony. Questions have emerged over whether the projects have the necessary permissions and comply with approved building plans and town planning regulations. However, the official approval status of these constructions has not been independently verified, and the allegations require examination by the concerned authorities.

Calls for Inspection and Transparency

As construction activity expands across Hyderabad, effective enforcement of building regulations and regular field inspections remain essential. Officials are expected to verify whether ongoing projects conform to ap-

sions have been granted, how many floors have been approved for the apartment and whether the structures comply with applicable building and land-use regulations. If violations are confirmed, action should be taken in accordance with the law.

Questions have also been raised about possible irregularities in the approval and monitoring process. However, allegations of bribery or illegal transactions involving builders and officials remain unsubstantiated. Any such claims should be investigated on the basis of credible evidence rather than treated as established facts.

Higher Authorities Urged to Intervene

Residents and complainants are seeking a transparent inquiry into the reported constructions and the handling of complaints in Zone-13. Higher officials should review the relevant building permissions, conduct site inspections and disclose the findings through appropriate official channels.

The reporter provided two contact numbers while attempting to reach Archana: 8712499199 and 7981693537. However, her ownership of these numbers has not been independently verified, and their official status should be confirmed before publication as of-



Yesterday... Today...
The shed construction will be completed..

proved plans and investigate complaints of possible violations. Construction activity alone does not establish illegality; the relevant permissions, approved plans and site conditions must be examined before any conclusion is reached. According to the Vaartha Sandhya reporter, repeated attempts were made to contact Town Planning Section Officer Archana by phone to seek clarification on the reported constructions. The reporter stated that the calls went unanswered and that a message requesting a response also received no reply. The reason for the lack of response remains unknown.



View of the construction of the shed opposite Bethel Sennett School, Maitri Nagar Colony

Questions Over Building Permissions

Authorities are being urged to inspect the two reported shed constructions and the apartment project in Bahadurguda. The inspection should establish whether the required permis-

22-Year-Old Woman Dies by Suicide in KPHB Hostel

Police Investigate Father's Complaint
Kukatpally, The Journalist Post, October 10: A 22-year-old woman, Thota Dhanalakshmi, originally from Visakhapatnam, was found dead at R.K. Hostel in KPHB Colony, Hyderabad, on October 8. She had moved to the city two



The hostel warden alerted authorities, and emergency personnel declared her dead. Her father, Thota Ramana, lodged a complaint. Police are investigating the circumstances surrounding her death.

months earlier and was working at a Domino's Pizza outlet. According to her roommate, Dhanalakshmi reportedly spoke to a man identified as Chintu before locking herself in her room.

Mutual Respect Is the Foundation of Healthy Relationships

dominance, emphasising that men can change their learned behaviours and build healthier relationships. She said men and women complement each other and that neither is superior or inferior to the other. She was speaking at the eighth discussion forum organised under the 'Stand With Her' campaign at WE Hub and Dr. B.R. Ambedkar Open University in Hyderabad on Saturday.

Anusha suggested that people should take some time to calm down and regulate their emotions during arguments. However, she stressed that they should communicate their need for space to the other person to avoid misunderstandings. Actress and television anchor Jhansi observed that outdated attitudes related to gender discrimination continue to be reinforced in families and society by both men and women. She urged everyone to recognise and change such behaviour.

Actor Vamsi Chaganti said sports and physical exercise could help channel anger in constructive ways. Special Commissioner of Labour Pamela Satpathy emphasised that preserving relationships was more important than winning arguments during disagreements. WE Hub CEO Sita Pallacholla urged people to

identify and change attitudes such as dismissing women's opinions and experiences or unnecessarily explaining things to women who are already knowledgeable about them.

Equality Through Mutual Understanding

The speakers stressed that open communication, respect for others' opinions and self-



control were essential to overcoming anger, ego and discriminatory attitudes. The 'Stand With Her' initiative conducts monthly discussions on different themes to promote gender equality, mutual respect and social change. The discussion was attended by Anusha of CDEW and the Women Safety Wing, actress Jhansi, actor Vamsi Chaganti, WE Hub CEO Sita Pallacholla, IAS officer Pamela Satpathy, TV9 senior news anchor Deepti Vajpayee, police officers, staff members and others.

17-Year-Old Engineering Student Drowns at Malkaram Quarry

Police Register Case Following Mother's Complaint

Hyderabad, The Journalist Post, October 10: A 17-year-old first-year engineering student drowned in the waters of Malkaram Quarry on October 9, 2026, while swimming with his friends, according to a police complaint. The deceased was identified as Mummareddy Pranav Sai, son of late Sandeep, a resident of Saipriya Colony in Dammaiguda, Keesara mandal, Medchal-Malkajgiri district. He was studying Computer Science and Engineering at Geethanjali Engineering College in Cherial. According to the complaint lodged by his mother, Mummareddy Hemalatha, 48, Pranav Sai left for college as usual on the morning of October 9. At around 5 p.m., she received phone calls from her son's friends and the police informing her that he had drowned in the quarry waters.

She immediately rushed to the location and spoke to his friends, identified as Vaibhav, Bhargav, Sreeshanth Reddy, D. Tarakaram, M. Rishi Vardhan and Mayank Kumar. They reportedly told her that the group had gone swimming together and that Pranav Sai drowned while they were in the water. The police and rescue teams subsequently recovered the student's body from the

water. He was found to have died by the time he was brought out. Following the mother's complaint, the police registered a case and initiated the necessary proceedings. Further details regarding the investigation were not immediately available. The incident highlights the dangers associated with swimming in quarry waters, where depth and underwater conditions can pose serious risks.



Toddler Dies After Allegedly Ingesting Chemical at Chintal Jewellery Shop

Medchal District, The Journalist Post, October 10: A tragic incident was reported at Kasta Bazaar in Chintal, within the limits of Jeedimetla Police Station in Medchal district, where a two-and-a-half-year-old girl named Misha died after allegedly ingesting a chemical used for polishing gold jewellery. According to preliminary information, the incident occurred on Friday evening at Vishnu Jewellery, where the child had accompanied her mother to purchase gold ornaments.

The incident has left the family devastated and raised questions about the storage and handling of potentially hazardous chemicals in jewellery shops. According to the available account, the child was playing inside the shop when she reportedly came into contact with a chemical used in jewellery polishing and put it in her mouth. She soon became unwell, following which family members rushed her to a hospital for treatment. Despite the medical team's efforts, the child could not be saved. Questions remain about how the chemical became accessible to the toddler and what safety precautions were in place at the shop when the incident occurred.

Certain chemicals used in jewellery manufacturing and polishing can pose serious health risks if accidentally ingested. Keeping such substances in securely closed containers, storing them beyond children's reach and separating work areas from customer spaces are important safety measures. Following the child's death, family members and relatives reportedly staged a protest outside Vishnu Jewellery, demanding justice and action against those found responsible. They called for a comprehensive investigation into the circumstances surrounding the incident.

The investigation is expected to examine the shop's safety arrangements, the storage of the chemical and the sequence of events leading to the child's illness. The nature of the substance involved and the precise cause of death have not yet been officially established. It would be premature to identify the chemical as cyanide without confirmation from forensic analysis or the relevant authorities. Further details are awaited from the police investigation and medical reports. The findings are expected to help establish the exact circumstances of the tragedy and determine whether any safety violations occurred.



CBIT Signs International MoU with US-Based AIQMATICS to Advance AI and Quantum Technology

Hyderabad, The Journalist Post, October 10: Chaitanya Bharathi Institute of Technology (CBIT), Hyderabad, has signed an international Memorandum of Understanding (MoU) with US-based AIQMATICS to



strengthen industry-academia collaboration in artificial intelligence (AI), quantum technology, research, innovation and student career development. Initiated by CBIT's Industrial and International Collaborations Wing (IIC), the partnership aims to facilitate stipend-based research internships for B.Tech. and M.Tech. students while encouraging student-led startups and entrepreneurship. The collaboration is expected to provide students with opportunities to connect academic learning with industry-oriented research and innovation.

Following the MoU signing, AIQMATICS and Ignite Global AI Inc. co-founder Srinu Vemula interacted with students online. Dr. Prasad Chetti, Assistant Professor at the University of Texas and co-founder of Ignite Global AI

CBIT's ICSEED 2026 Conference Concludes Successfully



Hyderabad, The Journalist Post, October 10: Chaitanya Bharathi Institute of Technology (CBIT), Hyderabad, successfully concluded the two-day International Conference on Sustainable Energy and Environmental Developments (ICSEED 2026), featuring over 170 participants and more than 120 research pa-

pers. Prof. Mohan Yellisetty of Monash University, Melbourne, delivered a keynote address on critical minerals and their role in emerging technologies and sustainable energy. Dr. Krishna Kumar Krishneni, Joint Director, ICAR, Ranchi, also shared expert insights. Researchers presented findings on renewable energy, environmental protection, waste valorisation and advanced materials. Outstanding presenters received Best Presentation Awards and Certificates of Excellence.

Inc., encouraged students to pursue research-driven innovation and entrepreneurial initiatives. Venkat Muramalla, Director of Operations, and Azhar Mohammed, Lead Delivery at Ignite Global AI Inc., also participated, highlighting industry support for student startup initiatives.

The MoU was drafted by Prof. U. K. Choudary, Advisor-Innovation and Incubation. Prof. V. Barla, Advisor-IIC; Dr. Y. Rama Devi, Head of the Department of Computer Science and Engineering (AI and Machine Learning); and Dr. S. Siva Priyanka, Assistant Director-IIC, witnessed the signing. Dr. G. Narayana, Professor in CSE (AI and ML), will serve as the departmental Single Point of Contact (SPOC).

The agreement was signed by CBIT Principal Dr. C. V. Narasimhulu and Dr. Prasad Chetti. The institute said the partnership reflects its commitment to strengthening global academic connections, promoting research excellence and creating opportunities for student innovation and entrepreneurship.

Solar Storm May Affect Satellites and Communication Systems on October 11

interacts with Earth's magnetic field. Geomagnetic storms occur when solar activity sends charged particles and magnetic fields towards Earth, disturbing the planet's magnetosphere. Such disturbances are classified on a five-level scale, from G1, indicating a minor storm, to G5, representing an extreme event. The effects vary according to the storm's intensity, duration and magnetic orientation. A forecast of a moderate storm does not automatically mean widespread damage or disruption. According to the forecast scenario described in the report, two clouds of solar material released around October 7 and 8 may travel towards Earth, with the faster-moving cloud potentially catching up with the earlier one. Their interaction could influence the



storm's strength when the material reaches Earth. However, solar material can change speed and magnetic characteristics during its journey, mak-

ing precise predictions difficult.

Potential effects include temporary degradation of satellite navigation accuracy, disturbances to high-frequency radio communications and increased operational demands on satellite systems. Geomagnetic storms can also induce

electrical currents in power grids, although the likelihood and severity of such effects depend on the storm's strength and the vulnerability of individual systems. Regions closer to the polar areas generally face greater risks of certain space-weather impacts.

Solar storms can also produce colourful atmospheric displays known as auroras. These occur when energetic particles interact with gases in Earth's upper atmosphere, including oxygen and nitrogen. Auroras are usually concentrated at high latitudes, although exceptionally strong storms can make them visible farther from the poles. A moderate G2 forecast does not establish that auroras will be vis-

ible across India. There is also no basis for concluding that the event will cause a worldwide internet shutdown or a complete power failure. The impact of a geomagnetic storm depends on geographical location and the technology involved.

For India, the available forecast does not indicate that widespread disruption to everyday life is inevitable. Satellite operators and other relevant organisations routinely monitor space-weather alerts and take precautions when necessary. The public should follow official updates from scientific and space-weather agencies rather than unverified social media claims. The storm's actual effects, if any, will become clearer as updated observations reveal how the solar material interacts with Earth's magnetic environment.

MANAGE Hyderabad Celebrates 10th Convocation with 100% Placements

Hyderabad, The Journalist Post, October 10: The National Institute of Agricultural Extension Management (MANAGE), Hyderabad, held its 10th Convocation for the 2024-26 batch of the Post Graduate Diploma in Management (Agri-Business Management) [PGDM (ABM)] on October 10, marking another milestone in the institute's 30-year journey of excellence in agricultural management. The ceremony celebrated the academic achievements of graduating students and their transition into professional careers in the agribusiness sector.

Shri Sanjay Kumar Agarwal, IAS, Joint Secretary (Administration and General Coordination, Extension and Pulses Mission), Ministry of Agriculture and Farmers Welfare, Government of India, and Director General of MANAGE, attended as the chief guest. He conferred diplomas on the graduates, presented medals to meritorious students and delivered the convocation address.

The event was attended by MANAGE faculty members, directors, deputy director, assistant directors, staff, parents, alumni and representatives from the agricultural

and corporate sectors. Among the distinguished guests were BVS Satish, Vice President and Head of FG, Coromandel International Ltd.; Dr. R.K. Mathur, Director of ICAR-IIOR; Dr. B. Savitha, Direc-



tor of EEI, Hyderabad; Dr. J. Stanley, Principal Scientist at



ICAR-IIMR; the Director of SAMETI; and Dr. Sivaramane, Principal Scientist at ICAR-NAARM.

The programme began with an academic procession, invocation and lighting of the

ceremonial lamp. Dr. D. Kiranmayi, Academic Associate at MANAGE, delivered the welcome address, while Dr. K. Krishna Reddy, Head and Principal Coordinator of PGDM (ABM), presented the

programme's progress report, highlighting academic achievements, research initiatives and institutional developments during the 2024-26 batch. Addressing the graduates, Agarwal congratulated the students and acknowledged the support of their parents and faculty. Referring to Nelson Mandela's famous quote, "It always seems impossible until it's done," he described convocation as the beginning of a lifelong learning journey rather than its conclusion. He urged graduates to remain connected with agricultural realities by engaging with farmers, Farmer Producer Organisations (FPOs), extension workers and scientists. He also emphasised the importance of solving challenges across the

agricultural value chain, including production, technology, finance, logistics and marketing.

Highlighting the rapid evolution of artificial intelligence, digital agriculture, precision farming, biotechnology and climate-smart technologies, he encouraged students to embrace continuous learning and adaptability to succeed as future agribusiness leaders. The graduating batch recorded an impressive 100% placement rate. The highest annual salary package stood at Rs 24.29 lakh, while the average package was Rs 12.03 lakh and the median package was Rs 12 lakh. Recruiters from agri-inputs, banking and financial services, agritech, supply chain management and FMCG sectors participated in the campus placement process.

Academic excellence was recognised through institute-level awards, including the prestigious Gold Medal sponsored by Shri Suresh Kumar, IAS. The chief guest presented three institute medals to outstanding academic performers. The ceremony concluded with a formal closing declaration by Dr. K. Krishna Reddy, followed by the National Anthem and a group photograph. The event reaffirmed MANAGE's commitment to developing skilled, industry-ready professionals equipped to address emerging challenges and contribute to the growth of the agribusiness sector.



KTR Condemns Alleged Insult to Farmer by Gajwel MRO

cerns over the manner in which the farmer was reportedly treated. KTR criticised the alleged remarks, saying that a farmer approaching a government office with a serious land-related grievance should receive assistance and reassurance. He called for a comprehensive inquiry to establish the facts surrounding the incident.

KTR said agricultural land was not merely an asset but the foundation of a farmer's livelihood and family security. Officials, he added, had a responsibility to hear land-related complaints patiently and resolve them in accordance with the rules. Humiliating a person already facing distress would be contrary to the principles of public service, he said. The BRS leader urged the Telangana Chief Secretary to intervene immediately and take appropriate action against the Gajwel

MRO if the allegations were substantiated. He called for an impartial investigation and action against those found responsible under the applicable rules. He also urged the government to ensure that officials treated people visiting government offices with dignity and responded to their grievances promptly.

KTR said the government must take responsibility for addressing such incidents at the grassroots level and ensure that farmers could approach officials with confidence that their concerns would be heard. He called for measures to prevent similar incidents and protect the dignity of farmers. The official findings of the inquiry, if initiated, and details of any subsequent action were not available in the information provided

TWJF Chief Mamidi Somaiah Plans Contempt Petition Against Telangana Government

High Court Order on Media Accreditation Committee Representation Allegedly Not Implemented

Lawyers Preparing Petition Against Officials After Six-Week Deadline Expires

Hyderabad, The Journalist Post, October 10: Telangana Working Journalists Federation (TWJF) State President Mamidi Somaiah is preparing to approach the Telangana High Court with a contempt of court petition against the state government for allegedly failing to implement the court's directions on representation for the journalists' union in district media accreditation committees. According to information available, the move follows the expiry of the six-week deadline stipulated by the High Court, with the petitioner expressing concern over the alleged non-compliance.



Somaiah had approached the High Court challenging the exclusion of TWJF from state and district media accreditation committees. After hearing the matter, the High Court reportedly directed the state government on August 3 to provide TWJF representation in all District Media Accreditation Committees (DMACs) and instructed the authorities to implement the order within six weeks. However, the petitioner alleges that the directions have not been implemented despite the deadline having expired. In response, lawyers representing Somaiah

are reportedly preparing a contempt petition seeking action against the officials responsible for complying with the court's order.

Under the Contempt of Courts Act, 1971, wilful disobedience of a court order may attract contempt proceedings, subject to the applicable legal requirements and the court's determination. The proposed petition is expected to name the officials concerned, including the relevant departmental principal secretaries, senior officials and District Public Relations Officers (DPROs), as respondents.

The development comes amid concerns over compliance with judicial directions by government departments. The petitioner hopes that contempt proceedings will prompt the authorities to implement the High Court's order and ensure the union's representation in the district-level accreditation committees. The proposed petition has not yet been reported as filed. The government's position on the allegations and the reasons, if any, for the delay in implementation remain to be clarified. The next developments will depend on whether the petition is filed and how the High Court responds to the alleged non-compliance.

KTR Writes Open Letter to Revanth Reddy Over Radial Road-2 Tenders

Hyderabad, The Journalist Post, October 10: BRS working president K. T. Rama Rao (KTR) has written an open letter to Telangana Chief Minister Revanth Reddy, alleging irregularities in the tender process for the proposed Radial Road-2 project, estimated to cost Rs 3,296 crore. The project involves a proposed greenfield expressway connecting Budvel and Kodangal. KTR raised questions over the allocation process and demanded that the Chief Minister clarify the concerns surrounding the tenders. In his letter, KTR questioned the decision to divide the project into multiple packages and smaller sections. He alleged that the tender structure appeared to favour certain companies and called for transparency in the allocation of contracts. He warned that any lack of fair competition in a major public infrastructure project could result in financial losses to the government. The BRS leader further alleged that companies quoting lower prices had been excluded while firms offering higher bids were



awarded the work. He questioned whether technical grounds had been used to disqualify competing bidders and demanded that the government disclose the reasons behind the decisions.

KTR called for the publication of bid prices, eligibility assessments, technical evaluation details and the criteria used to award contracts. He said the public should be informed about how each package was allocated and how competing proposals were evaluated. Demanding accountability, KTR urged the state to cancel the existing tenders and to launch an investigation into the entire procurement process. Transparency was essential to protect and maintain confidence in major projects. The allegations remain to be verified. Tender documents, an official response and the findings of an audit would be necessary to establish whether the allegations were true. The proposed expressway was a major infrastructure project, making it a matter of public interest and an important public-interest concern.

government to cancel the existing tenders and order a comprehensive investigation into the entire process. He said transparency was essential to protect public funds and maintain confidence in major infrastructure projects. The allegations remain to be independently verified. Tender documents, an official government response and the findings of any inquiry would be necessary to establish whether irregularities occurred. The proposed expressway remains a significant infrastructure project, making transparency in procurement, expenditure and contract allocation important public-interest concerns.

Congress Trying to Obstruct India's Development, Alleges Ramchander Rao

Hyderabad, The Journalist Post,
October 10: BJP Telangana state president N. Ramchander Rao has accused the Congress of attempting to obstruct India's development under Prime Minister Narendra Modi's leadership. He said Modi, who rose from humble beginnings as a tea seller to become the Prime Minister, was working to advance the country and improve people's living standards.



stitutional institutions, particularly the Election Commission. He said public confidence in the electoral process and the protection of voters' rights were essential to democracy. Political parties, he argued, should present evidence when raising concerns about such institutions.

Ramchander Rao urged BJP workers to explain the Centre's development programmes and their claimed benefits to the public. He said political discussions should focus on policy out-

Ramchander Rao claimed that 25 crore people had come out of poverty under the Modi government. He said the Centre was implementing development initiatives and welfare schemes aimed at improving living conditions, expanding infrastructure and supporting economic growth. He alleged that the Congress was unwilling to acknowledge these developments and was criticising the government for political reasons. The BJP leader further accused the Congress of creating doubts about key con-

comes and the impact of government initiatives rather than creating confusion over development measures. His remarks come amid continuing political exchanges between the BJP and Congress over governance, poverty reduction and the functioning of constitutional institutions. The claim that 25 crore people have moved out of poverty would need to be assessed against the relevant data, methodology and reporting period. Any concerns regarding the Election Commission also remain matters for evidence-based public and institutional scrutiny.

Kavitha Urges Youth to Preserve Telangana's Bathukamma Traditions

Hyderabad, The Journalist Post, October 10: Telangana Rakshana Sena chief Kalvakuntla Kavitha has called on people to preserve Telangana's festivals, customs and cultural traditions and pass them on to future generations. Participating in Bathukamma celebrations with residents of DRDL Colony in Hastinapuram, Hyderabad, she urged people to take pride in the festival and proudly identify it as an integral part of Telangana's cultural heritage.



residents for women to celebrate Bathukamma, Kavitha said the organisers had created a welcoming environment for the festivities. She expressed the hope that the community would

continue the same spirit and enthusiasm every year. She also stressed that festivals should bring people together beyond political differences. Cultural celebrations, she said, should

remain occasions for unity and shared heritage rather than party politics. Kavitha called for collective efforts to protect Telangana's traditions and ensure that future generations understand their cultural significance. The celebrations at Hastinapuram highlighted the role of local communities in keeping Bathukamma traditions alive. Through participation, traditional songs and collective festivities, residents celebrated the festival while reinforcing the importance of passing Telangana's cultural identity on to younger generations.

Bathukamma Celebrated with Fervour at Shamshiguda ZP High School

Kukatpally, The Journalist Post, October 10: The colourful floral festival of Bathukamma was celebrated with great joy and enthusiasm at Zilla Parishad High School



in Shamshiguda, Kukatpally mandal, with students and teachers participating in the festivities and showcasing Telangana's rich cultural traditions. Under the guidance of the teaching staff, students actively participated in arranging seasonal flowers into beautiful Bathukammas.

The school campus came alive with vibrant floral displays as teachers and students dressed in traditional attire gathered around the Bathukmmas and celebrated the occasion. The celebrations featured traditional Bathukamma folk songs and dances, creating a festive atmosphere across the school premises. The participation of students offered

an opportunity to experience the cultural significance of the festival and understand the customs passed down through generations. Speaking on the occasion, teachers stressed the im-

portance of familiarising students with Telangana's cultural heritage alongside their regular academic learning. They said cultural celebrations play an important role in developing an appreciation for local traditions.

community values and the state's rich heritage among younger generations.

The teachers further noted that the school regularly organises celebrations of various cultural festivals to encourage students to understand and respect traditional practices. The Bathukamma celebrations concluded on a joyful note, reflecting the spirit of togetherness and cultural pride among the students and teaching staff.

Baby Ruksana's Mother to Get Job at Gandhi Hospital

Hyderabad, The Journalist Post, October 10: Telangana Health Minister Damodar Rajanarsimha has directed officials to ensure comprehensive medical care for Baby Ruksana, who is undergoing treatment at Gandhi Hospital, and to provide her mother with employment suited to her qualifications.

The minister spoke to Gandhi Hospital Superintendent Dr. Usha Rani over the phone to enquire about the child's health and ongoing treatment. Following his instructions, officials from his office visited the hospital on Saturday, met the child and her family, and offered reassurance after learning about their difficulties.

Dr. Usha Rani informed the minister that Ruksana was born with a large-intestine-related condition and had undergone surgery at Niloufer Hospital soon after birth. She recently underwent another surgery at Gandhi Hospi-

tal and is expected to require a further procedure in three months. Her condition is currently stable, and arrangements are being made for continued treatment.

The child's mother reportedly faces severe financial hardship after her husband left the family. She has been living in a rented house and doing temporary work to support her two daughters. Unable to meet household expenses consistently, she appealed for a stable job. Responding to her request, the minister instructed hospital authorities to take steps to provide her with suitable employment at Gandhi Hospital. He also stressed that financial difficulties must not

affect the child's treatment and directed doctors to monitor her health and ensure all necessary medical services. Dr. Usha Rani said the hospital would take steps to provide employment to Ruksana's mother within a week. Details regarding the position and appointment process are yet to be announced.



Rs 5 Lakh Development Funds for Every Ward in Huzurnagar and Nereducherla

Hyderabad, The Journalist Post, October 10: Telangana Irrigation and Civil Supplies Minister N. Uttam Kumar Reddy has announced plans to allocate Rs 5 lakh for development works in each ward of Huzurnagar and Nereducherla municipalities. He said improving local infrastructure and resolving public grievances remained key priorities. At a meeting with municipal representatives and senior local leaders at the Telangana Secretariat in Hyderabad on Saturday, the minister reviewed ward-level problems, infrastructure requirements and irrigation conditions. He directed officials to identify urgent needs and prioritise works such as drinking water supply, sanitation, internal roads and drainage.

Uttam Kumar Reddy said limited municipal funds should not prevent essential devel-

opment works. He asked officials to ensure that the proposed allocations were used effectively and that projects addressed residents' needs. He also urged municipal chairpersons, vice-chairpersons, councillors and other public representatives to visit their wards regularly, understand people's problems and coordinate with officials to resolve them promptly. The minister said public service and constituency development remained his priorities. He called on elected representatives to remain accessible

to residents and monitor the progress of local works rather than confining themselves to office-based

activities. On irrigation, Uttam Kumar Reddy urged farmers to use Nagarjuna Sagar water judiciously until the next monsoon. He advised them to plan cultivation according to available water resources and consider crops requiring less irrigation during the rabi season. He stressed that cooperation between farmers and officials was essential to prevent water wastage and manage supplies efficiently.



Engilipoola Bathukamma Celebrations Begin in Grand Style at Ravindra Bharathi

Hyderabad, The Journalist Post, October 10: The traditional Engilipoola Bathukamma celebrations began in grand style at Ravindra Bharathi in Hyderabad on Saturday, showcasing the rich culture and traditions of Telangana. Organised by the State Department of Language and Culture, the event was attended by state ministers Jupally Krishna Rao and Ponnampallabharathi. Women participated enthusiastically with beautifully arranged floral Bathukammas, while traditional songs and folk dances created a festive atmosphere at the venue. Bathukamma is one of Telangana's most distinctive cultural festivals, celebrating nature and the close relationship between people and the environment. Women collect seasonal

flowers and arrange them in colourful layers to create Bathukammas, which are worshipped as part of the celebrations. The festival begins with Engilipoola Bathukamma and continues for nine days, with women gathering in communities to sing traditional songs, perform dances and celebrate their shared heritage.

The festival also represents unity, togetherness and community participation. Families, friends and neighbours come together to take part in the festivities, strengthening social bonds and passing traditional practices from one generation to the next. The celebrations at Ravindra Bharathi reflected the importance of preserving Telangana's cultural identity and encouraging younger generations to remain connected to their heritage.

BRS Protests in LB Nagar Against Alleged Voter List Irregularities

MLA Sudheer Reddy Leads Demonstration Over SIR Process

Hyderabad, The Journalist Post, October 10: The Bharat Rashtra Samithi (BRS) staged a protest at LB Nagar crossroads under the leadership of local MLA Devireddy Sudheer Reddy, alleging irregularities in voter lists and raising concerns over the protection of democratic rights.



Party leaders demanded transparency, impartiality and accountability in the Special Intensive Revision (SIR) of electoral rolls.

The protesters alleged that eligible voters, particularly those from poor and middle-class families, could be affected by wrongful deletions. They called on the Election Commission to clarify the allegations and ensure that no eligible citizen is deprived of the right to vote. The party also criticised what it described as restrictions on freedom of expression and peaceful protests. BRS leaders referred to reported disruptions involving metro services, railway operations and student move-

ments in connection with protests in other parts of the country. They questioned the deployment of large numbers of police personnel to manage peaceful demonstrations and urged authorities to ensure that detained students were safely returned to their respective states. These claims and details require confirmation from official sources.

Drawing comparisons with the Emergency imposed in 1975, the party accused the BJP-led government of creating conditions that, in its view, undermine democratic freedoms. BRS leaders also alleged that opposition parties were being targeted and criticised attempts to label protesters as anti-national or foreign agents. The protesters demanded a detailed explanation from the Election Commission regarding alleged voter-list irregularities. They also called for Chief Election Commissioner Gyanesh Kumar and Prime Minister Narendra Modi to take moral responsibility and resign. Former corporators, senior BRS leaders, Telangana movement activists, women and party workers participated in the demonstration, expressing solidarity with the campaign to protect voting rights.



Bhatti Vikramarka Calls for Intensive Graduate Voter Registration Drive

Khammam, he urged party cadres to work collectively to secure a decisive victory for Congress-backed candidate Ramreddy Sarvottam Reddy. The meeting was attended by state ministers Ponguleti Srinivasa Reddy and Tummala Nageswara Rao, Khammam MP Ramasahayam



Raghuram Reddy, MLAs and other public representatives. Bhatti asked leaders and workers to coordinate their efforts from the village level and prepare an organised plan to reach eligible graduates across rural and urban areas.

The Deputy Chief Minister also urged party workers to explain the benefits of the state government's welfare schemes to people in every household. He cited programmes such as Gruha Jyothi, Rythu Bharosa, Cheyutha, free electricity, fine rice distribution and Indiramma housing. He asked cadres to raise public awareness about these initiatives and check whether eligible beneficiaries were receiving the intended assistance. Bhatti stressed that voter

registration was crucial to the graduates' constituency election. He called for mandal-wise action plans, direct outreach to graduates and assistance with the online application process. Party workers, he said, should ensure that eligible graduates were informed about registration requirements and encouraged to complete the process within the prescribed deadline.

Minister Ponguleti Srinivasa Reddy expressed confidence in the Congress candidate's prospects and called on party cadres to work towards securing a substantial majority through first-preference votes. He urged leaders to complete the graduate voter registration drive by November 6 and intensify outreach across mandals. Ponguleti also said that 75,000 government job appointments had been undertaken under Chief Minister Revanth Reddy's leadership and that notifications for filling another 14,000 vacancies would be issued soon. He added that payments of pending dues to government employees and retired personnel were also being taken up. The leaders agreed to strengthen coordination among party workers, expand voter registration efforts, hold meetings with graduates and publicise government welfare and development programmes. Bhatti urged Congress cadres to work together in support of Ramreddy Sarvottam Reddy and ensure that eligible graduates had the opportunity to participate in the electoral process.

being. The celebrations also highlighted the importance of women's development, including progress in education, employment and economic independence. Women's empowerment, participants noted, contributes not only to the welfare of individual families but also to the broader development of society.

The colourful floral arrangements, traditional songs and enthusiastic participation of women made the event a celebration of Telangana's cultural richness. Through such programmes, the Department of Language and Culture seeks to promote awareness of the state's traditions and encourage public participation in cultural activities. Bathukamma continues to stand as a symbol of respect for nature, women's participation and social unity, with celebrations set to continue across Telangana over the coming days.



Ministers Jupally Krishna Rao and Ponnampaluri Prabhakar participated in the programme, highlighting the significance of traditional festivals in the state's cultural life. They expressed their wishes for happiness, good health and prosperity among the people of Telangana. They also hoped that the state would continue to progress in every sector and that families across the state would enjoy peace and well-

India–Singapore Economic Partnership Gains Momentum

aegis of the South Africa Telangana Association. State Minister Seethakka and Agriculture Commission member Bhavani Reddy attended the festivities and joined members of the Telangana diaspora in celebrating the traditional floral festival. The participation of Telangana women in preserving their cultural heritage thousands of kilometres away from their homeland was a major highlight of the event.

Women enthusiastically arranged colourful seasonal flowers into traditional Bathukammas and celebrated by singing folk songs and performing traditional dances. Dressed in traditional attire, they gathered

with family members and friends, creating a festive atmosphere. The celebrations reflected the strong cultural



bonds connecting the Telangana diaspora with their roots and demonstrated their commitment to keeping longstanding traditions alive in a foreign land. Minister Seethakka expressed happiness over the grand celebrations in South Africa. She said

it was heartening to see Bathukamma, a festival that holds a special place in Telangana’s cultural identity, being celebrated beyond India’s borders. She appreciated the efforts of Telangana women living abroad to preserve their traditions and introduce their cultural heritage to people from different backgrounds.

Bathukamma represents women’s unity and the close relationship between people and nature. The tradition of worshipping flowers and celebrating collectively makes the festival an important part of Telangana’s cultural life. For families living abroad, such gatherings provide an opportunity to maintain their connection with their homeland and pass their customs on to

younger generations. The celebrations also offered children growing up outside India an opportunity to learn about Telangana’s festivals, traditional songs and cultural practices. By continuing these customs while living among diverse communities, the diaspora helps promote awareness of Telangana’s distinctive heritage. The participation of Minister Seethakka and Agriculture Commission member Bhavani Reddy added significance to the programme organised by the South Africa Telangana Association. The event highlighted how Bathukamma celebrations across the world strengthen community bonds, preserve regional identity and showcase Telangana’s cultural traditions internationally.

event and participated enthusiastically in the festivities.

The beautifully decorated Bathukamma was later immersed at the Sri Durga Raja Rajeshwari Temple. The temple management also made extensive arrangements to facilitate the celebrations and the immersion ceremony. The event reflected Telangana’s rich cultural heritage and highlighted the spirit of unity, devotion and togetherness among women and residents of Musarambagh.

Musarambagh Celebrates Engilipoola

Bathukamma with Grandeur

Hyderabad, The Journalist Post, October 10: The Engilipoola Bathukamma festival was celebrated with great enthusiasm and grandeur under the leadership of the Veerabhadrariya Veeramushti Mahila Mandali in Musarambagh. Women from the locality and surrounding areas participated in large numbers, making the cel-

ebrations vibrant and



colourful. The women’s association organised the festivities with traditional fervour, ac-

companied by DJ music and cultural celebrations. A large

number of residents joined the

She Teams Conducts Safety Awareness Programme for Girls in Chiryala

Medchal–Malkajgiri, The Journalist Post, October 10: The Jawaharnagar She Teams organised a special awareness programme at Sitara Girls’ Hostel in Chiryala village, within the limits of Keesara Police Station, to educate students about personal safety, child rights and the prevention of exploitation. During the programme, police personnel explained the difference between good touch and bad touch, emphasising the importance of recognising personal boundaries and reporting inappropriate behaviour to trusted adults.

Students were encouraged to speak without fear to their parents, teachers or police



officers whenever they faced uncomfortable or unsafe situations.

The team also highlighted the risks associated with cybercrime and social media. Students were advised not to share personal

information with strangers online or open suspicious links and messages. Aware-

ness was also created about child marriage, human trafficking, harassment and ragging. The officers stressed that bullying or physically and mentally troubling fellow students should not be tolerated. The programme

emphasised that protecting children is a shared responsibility involving parents, teachers, educational institutions, police and society. Students were encouraged to report suspicious activities and seek help whenever their safety was threatened.

For emergency police assistance, students were advised to call 112. Victims of cybercrime can report incidents through 1930, while the WhatsApp number 8712662111 was provided for sharing cybercrime-related information. The programme aimed to build confidence among girls and help them recognise risks and seek timely assistance.

BRS Celebrates Suryapet District’s 10th Formation Anniversary

Suryapet, The Journalist Post, October 10: The Bharat Rashtira Samithi (BRS) organised celebrations in Suryapet to mark the completion of ten years since the formation of Suryapet district. Party workers, youth and local residents participated in the programme, which featured a two-kilometre run from Saddula Cheruvu to the New Bus Stand. Participants raised slogans expressing gratitude to former Chief Minister K.

Chandrashekar Rao (KCR) for his role in the formation of the district. The event aimed to recall Suryapet’s decade-long journey and highlight the administrative convenience that district formation was intended to provide to local people. The run attracted participants from across the district and served as a key highlight of the anniversary celebrations.



Former MLA Dr. Gadari Kishore Kumar, former MLA Bollam Mallaiah Yadav, district party president and former MP

Lingayya Yadav, and former Zilla Parishad chairperson Deepika Yugandhar Rao attended as chief guests. Huzurnagar constituency

in-charge Onteddu Narasimha Reddy, state leaders Y. Venkateswarlu and Nandyala Dayakar Reddy, among others, also participated. BRS workers from Suryapet, Thungathurthy, Huzurnagar and Kodad constituencies joined the celebrations, carrying party flags and taking part in the run. The gathering brought together party leaders and cadres to commemorate the district’s formation and reflect on its ten-year history. The programme concluded with participants reiterating their appreciation for the leadership involved in the creation of Suryapet district.

Tulsi Holds a Special Place in Traditional Medicine

Hyderabad, The Journalist Post, October 10: Tulsi, or holy basil, holds a special place in Indian tradition and is widely used in households for religious practices and everyday consump-



tion. Its leaves are commonly chewed or added to herbal teas and decoctions. Tulsi contains natural compounds, including eugenol, that have been studied for their potential biological properties. However, there is insufficient scientific evidence to claim that tulsi can cure all diseases or replace prescribed medical treatment. Warm drinks prepared with tulsi may provide temporary relief from throat discomfort, but there is no conclusive evidence that the leaves can eliminate viruses or cure common colds. People experiencing persistent cough,

high fever, breathing difficulties or prolonged symptoms should seek medical advice. Hygiene is important when using tulsi leaves. They should be washed thoroughly before consumption, particularly if

pesticides or other chemicals may have been used on the plant. There is no universally established medical dosage for daily consumption, and concentrated extracts, supplements or strong decoctions should not be used in large quantities without professional guidance.

People taking blood-thinning or blood-sugar-lowering medicines should consult a healthcare professional before using tulsi medicinally. Pregnant women, breastfeeding mothers and those preparing for surgery should also seek medical advice before consuming concentrated tulsi products. Although tulsi can be included in everyday dietary practices, natural remedies are not automatically risk-free. Balanced nutrition, adequate sleep, exercise and appropriate medical care remain essential for maintaining good health.

Do You Eat Fermented Rice for Breakfast? Know Its Benefits and Risks

Hyderabad, The Journalist Post, October 10: Saddannam, or fermented rice, has long been part of traditional breakfast habits in rural Telangana and Andhra Pradesh. Prepared using rice cooked the previous day and combined with water, it is commonly eaten with curd, buttermilk, onions or green chillies. Rice provides carbohydrates that supply energy, while



adding curd or buttermilk can provide protein and calcium.

When rice is soaked, microbial activity may cause fermentation, depending on the preparation method, temperature and storage conditions. Although some fermented foods may support digestive health, the benefits of saddannam vary, and there is insufficient evidence to claim that every preparation contains beneficial micro-

organisms or cures digestive problems.

Food Safety Is Crucial

Cooked rice left at room temperature overnight can allow harmful bacteria, including *Bacillus cereus*, to grow and cause food poisoning. Reheating may not destroy toxins already produced. Food safety guidance recommends refrigerating cooked rice promptly, ideally within one hour, in a clean, covered container. Use clean utensils and safe water when preparing it the next morning, and discard rice if it has been stored unsafely. People with diabetes should watch portion sizes because rice contains carbohydrates that can raise blood sugar. Those with high blood pressure should also limit excess salt when adding curd or buttermilk. Anyone experiencing severe vomiting, diarrhoea or abdominal pain after eating should seek medical advice. Saddannam can be enjoyed as part of a balanced diet, alongside vegetables and other nutritious foods. However, proper storage, cleanliness and moderation are essential to enjoy this traditional dish safely.



“I Might Marry a Telugu Boy”: Nidhhi Agerwal

Nidhhi Agerwal has drawn attention with her reported comments about her personal life, particularly her preference for Telugu men. During a recent interaction, she was reportedly asked whether she would marry a Telugu man. Responding with a smile, she said she was born in Hyderabad, identified herself as a Telugu girl and added that she likes Telugu boys, hinting that she might marry someone from the region. Her remarks have sparked interest among fans, with many discussing her connection to Hyderabad and



Telugu culture on social media. According to reports, the actress also expressed interest in celebrating Bathukamma this year, reflecting her enthusiasm for local traditions and festivals.

Nidhhi made her Hindi film debut with Munna Michael in 2017 and entered Telugu cinema with Savyasachi, starring Naga Chaitanya. She gained wider recognition in Tollywood with Ram Pothineni's hit film iSmart Shankar. Since then, she has continued working across films and expanding her presence in Indian cinema. Her reported comments have added a personal touch to her public image, while fans await updates on her upcoming projects.

Governor's Wife Janaki Shukla Participates in Bathukamma Celebrations

Hyderabad, The Journalist Post,
October 10: Telangana Governor's wife,
Smt. Janaki Shukla, participated in the



cultural identity and brings women together to celebrate their traditions and community bonds. As the festivities began with Engili Pula Bathukamma, she extended her warm wishes to women across Telangana. The opening celebrations marked the start of the annual festival, during which women traditionally arrange colourful flowers in tiered formations, sing folk songs and participate in community gatherings.

The programme organised by the Alai Balai Foundation provided an opportunity to celebrate Telangana's cultural traditions and promote awareness of the significance of Bathukamma. The event also highlighted the role of festivals in preserving local customs and passing them on to future generations.



opening-day Bathukamma celebrations organised by the Alai Balai Foundation near Indira Park in Hyderabad on Saturday evening. Speaking on the occasion, Janaki Shukla said Bathukamma represents Telangana's rich cultural heritage, traditions and the close relationship between human life and nature. The floral festival holds a special place in the state's

Gavaskar Blames Bowling Strategy for India's Defeat Against West Indies

Ranchi, The Journalist Post, October

10: Cricket legend Sunil Gavaskar has reportedly criticised India's bowling strategy following the team's defeat against the West Indies in a thrilling encounter in Ranchi. Despite posting a huge target of 250 runs, India failed to secure victory, with Gavaskar pointing to questionable bowling changes at crucial stages of the match. According to the report, Kuldeep Yadav's 17th over proved expensive, conceding 24 runs and shifting the momentum in the West Indies' favour. Arshdeep Singh then conceded 17 runs in the 18th over, bringing the visitors closer to their target.

A portrait of Sunil Gavaskar, a former Indian cricketer, wearing a dark suit and a light blue shirt. He is looking slightly to the right of the camera with a neutral expression. The background is a soft, out-of-focus green and blue.

Mayank Yadav or Arshdeep could have been considered for the 17th over instead of Kuldeep. He felt Mayank, who had already taken wickets and appeared to be in good rhythm, could have been used during the crucial phase of the innings. The former India captain also questioned the decision to introduce Shivam Dube in the ninth over. He reportedly felt Kuldeep could have been brought into the attack at that stage, when the opposition batters were settling in.

The analysis highlighted how bowling changes and the timing of

key overs can influence the outcome of high-scoring matches, even when a team posts a formidable total.

Gavaskar reportedly suggested that

‘Ranabaali’ Team Reportedly Rules Out Ticket Price Hike

Hyderabad, The Journalist Post, October 10: The team behind *Ranabaali*, starring Vijay Deverakonda and Rashmika Mandanna, has reportedly decided against increasing ticket prices for the film's release. According to reports, the makers are considering keeping tickets at regular rates across Telangana and Andhra Pradesh, including the Nizam region.



Rahul Sankrityan, the historical drama has generated interest among fans, particularly over Vijay Deverakonda's reported new on-screen role. Rashmika Mandanna plays the female lead, while the film's historical setting has added to audience expectations.

Meanwhile, reports about a possible ticket price increase for Rajinikanth's Jailer 2 in Andhra Pradesh have renewed discus-

sion about pricing policies for big-budget releases. However, official announcements are needed to confirm the ticket rates and release-related arrangements for both films.

Ticket price hikes have frequently become a talking point around major film releases. If the reported decision is confirmed, audiences could watch *Ranabaali* at regular prices, making the film more accessible to families and moviegoers. Directed by

Kamal Haasan Responds to Elon Musk: “India Will Decide Its Own Policies”

New Delhi, The Journalist Post, October 10: Actor and Rajya Sabha MP Kamal Haasan has asserted that no billionaire can dictate India's policies, responding to reported sarcastic remarks by Tesla and SpaceX chief Elon Musk regarding India's leadership and the delay in Starlink's licensing process. Actor and BJP MP Kangana Ranaut also voiced support for Haasan's position.



The controversy arose after Musk reportedly commented on delays in the approval process for Starlink's satellite internet services in India, making a remark interpreted as questioning who effectively determines the country's policies. Responding to the comments, Haasan said that neither Indian nor foreign billionaires have the authority to dictate India's decisions.

Haasan argued that every country frames

policies according to its national interests. He also pointed to the protectionist measures adopted by Western economies despite their advocacy of free trade, citing the United States' high tariffs on Chinese electric vehicles as an example. He maintained that India has the right to protect its domestic manufacturing sector and stressed that the country is a sovereign democracy, not a colony. While welcoming trade relations with countries around the world,

he said India's people must determine their own future.

Kangana Ranaut shared Haasan's remarks and expressed support for his position, suggesting that his response would have made an impact on Musk. The exchange has brought renewed attention to the balance between international business interests, domestic regulation and national economic priorities.

Quality Healthcare Must Reach Every Citizen: Vice-President

Deoghar, The Journalist Post, October 10: Vice-President C. P. Radhakrishnan has stressed the need to make quality healthcare and medical education accessible to people across India. Addressing the second convocation of AIIMS Deoghar in Jharkhand, he described the institution as a symbol of balanced and inclusive development.



The Vice-President said medical facilities should reach every part of the country, including rural and remote areas where access to healthcare remains a challenge. He highlighted the role of medical institutions in expanding the availability of trained doctors, strengthening research and reducing regional

disparities in healthcare. He urged graduating medical students to uphold ethical values, treat patients with compassion and remain committed to public service. He also emphasised continuous learning to improve treatment standards and patient care.



Radhakrishnan said institutions such as AIIMS Deoghar can contribute to regional development by bringing modern medical facilities closer to people and creating opportunities for medical research. He stressed that equitable access to healthcare and education is essential for inclusive national development.

