

THE BEST OF INDIA



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Talk Time

with

Francis Farias

EXCLUSIVE INTERVIEWS

Dr. Shashank Goel, IAS

Special Chief Secretary &
Resident Commissioner

Telangana Bhavan New Delhi

In focus...

Exclusive Articles
Written by
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*From
the Editor's
desk*

Dear Readers,

THE BEST OF INDIA ...Wishes all its readers ...A VERY HAPPY NEW YEAR 2026....

A nation is not built in just one year but built over many years, through the hard work, guidance and vision of many people. The wholesome picture will be clear as one reads or watches their contributions and achievements every day.

With a view to showcase the visionaries and super-achievers of our nation, we present to you this edition of "THE BEST OF INDIA" which I am confident would go a long way in grooming younger generations.

It is said that success is not an overnight phenomena, it is rather a exhilarating journey which culminates into success.

A tete-a-tete with personalities of "Yesteryear's" and "Today's" in sports, Bureaucrats, and others from various other fields who have made this nation proud with their contributions is presented in this edition and many more series of interviews conducted will be presented in the future editions....

These short but insightful conversations surely will be a source of inspiration for the younger generation.....In addition to this,

IN FOCUS..... EXCLUSIVE ARTICLES..... by EMINENT EXPERTS has been published

Hope you will love reading it...

If you have any suggestions, comments or queries, please email me at:

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Warm Regards

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In focus...

Exclusive Articles Written by Eminent Experts



**Francis in Conversation with
Dr Shashank Goel, IAS,
Special Chief Secretary -Telangana Bhavan
New Delhi.....A NOTE...**

**.....The Quiet Architect of Institutional
Excellence**

In the complex architecture of public administration, enduring institutions are built not merely by authority, but by clarity of vision, disciplined execution, and ethical stewardship. Shri Shashank Goel, a 1990-batch Direct Recruit IAS officer and the senior-most IAS officer in the State of Telangana, exemplifies this rare blend of competence and character. His career reflects a sustained commitment to strengthening institutions and enhancing governance systems with precision and integrity.

Currently serving as Special Chief Secretary in charge of Telangana Bhavan, New Delhi, Shri Goel holds a strategically significant assignment. Telangana Bhavan functions as the State's institutional interface with the Government of India, coordinating with central ministries, constitutional bodies, and national agencies. Under his stewardship, the Bhavan operates not simply

as a liaison office, but as a well-calibrated administrative platform that ensures timely coordination, policy follow-up, and facilitation of official engagements. His leadership lends stability, efficiency, and institutional depth to Telangana's presence in the national capital.

Prior to this role, Shri Goel served as Director General of the Dr. Marri Channa Reddy Human Resource Development Institute, Hyderabad, where he reinvigorated one of the State's premier training institutions. Recognizing that governance quality depends on human capacity, he expanded the Institute's academic outreach and modernized its training frameworks. The Institute witnessed enhanced participation from national and international delegates, positioning it as a vibrant centre for administrative learning, research, and professional development. His tenure marked a phase of institutional consolidation combined with forward-looking reforms.

As Chief Electoral Officer of Telangana, appointed by the Election Commission of India, Shri Goel carried one of the most constitutionally sensitive responsibilities in governance, the conduct of

elections. His tenure was defined by meticulous planning, robust coordination, and unwavering adherence to electoral norms. The successful conduct of the Dubbaka by-election under his supervision demonstrated operational discipline and strict compliance with democratic protocols. More importantly, his approach reinforced public trust in electoral transparency and institutional impartiality.

Across various assignments in both the Government of Telangana and the Government of India, Shri Goel has consistently demonstrated administrative clarity and an execution-driven work ethic. Whether overseeing





developmental initiatives, managing institutional frameworks, or implementing policy mandates, he has

describe him as approachable, thoughtful, and solutions-oriented. His leadership style prioritizes



been known for ensuring adherence to timelines without compromising quality or accountability. His deputation to the Government of India further enriched his exposure to national policymaking processes, deepening his understanding of governance at scale.

Beyond formal roles and titles, Shri Shashank Goel is respected for his personal attributes, measured conduct, intellectual depth, and grounded demeanor. Colleagues

systems over personalities, processes over rhetoric, and outcomes over optics. In an administrative ecosystem often challenged by complexity and public scrutiny, such steadiness becomes a defining strength.

In an era where governance requires both structural competence and ethical anchoring, Shri Shashank Goel represents the model of a career civil servant committed to institutional durability. His journey underscores a fundamental truth: enduring public administration is built quietly, through discipline, foresight, and an unwavering commitment to the public good.





Pt. Sunil Acharya,

.....A Journey From Compassion to Cosmic Guidance

Sunil Acharya Sharma ji, it is learnt that you have spent almost around 40 years now 4 decades in Astrology predictions? How do you feel about yourself now?

I have 40 years of experience in astrology prediction and I have spent four decades in this work. I feel very



Jan - March 2026

good that I have guided many people correctly, solved their problems, took prayers from people. That is my satisfaction towards my work



Becoming an Astrologer was this your childhood dream? Or it was just an accidental?

I had no childhood dream of becoming an astrologer. My father was a great astrologer. He lived in Assam. I went to him for some time to spend holidays, where I heard the sufferings of the people and saw my father solving them. My father used to give free advice to him. My heart melted and I also came to this field

Who inspired you? Who was your Inspiration? Please EXPLAIN? Any REGRET Having become an ASTROLOGER?

No one inspired me to become an astrologer. Hearing the pain of the people, seeing their solution through my father, the satisfaction that appeared on the face of those customers after the guidance of my father was priceless, seeing that I also started studying astrology and I came to this field

In the past 4 decades of your predictions & Problem solving Case Studies of people ..Which prediction became your UN forgettable memory? Would you like to share with us?

In my four decades of production, there is an unforgettable prediction that a person came to me in 1990 and hurriedly said Guruji, put my number quickly, I have to go. This is from Jaipur, Rajasthan and he had to catch a night bus from Jaipur to Ahmedabad, I told him that you should not travel today The next day I got to know that all the passengers of the bus in which he was going, including the driver, were killed in the accident and that person came to me and said, Guruji, thank you very much, you saved my life Life was saved by the above but I could not forget that incident till today

When there were so many other careers how come you had chose this TUFF Career in ASTROLOGY? Any Specific reason you had?

You asked there were so many careers, so why I chose a tuff career like astrology is because I am more interested in doing any difficult work. I don't like easy work, it's my nature. A subject like astrology is not just for the common man Even after studying this, the danger remains that whether you will be able to satisfy the client in front or not



ASTROLOGY means WHAT? Please could you elaborate this so that clarity of the subject will be there for our READERS?

What is the meaning of astrology Astrology is the search of sages, the eye of the Vedas. The 9 planets, 12 zodiacs, 27 constellations present in the space for all living beings living on the earth, what is the good and bad effect of the constellation and gives information about the ups and downs in the life of humans present on the earth Astrology is an oceanic science that has no end. Till date, there has been no perfect astrologer, I consider myself a student of astrology Thank you for not being a perfect astrologer.

Are you the 1st generation in ASTROLOGY? Or its from yje family generation TRADITION?

I am not the first generation in astrology. I'm from the third generation. My father has been a great astrologer, my grandfather was a royal astrologer and I am carrying forward this tradition

What is your SECRET Mantra of being SUCCESSFUL in ASTROLOGY? Do polititians come to you for predictions?

Astrology is my secret mantra for success. Honesty Hard Working Telling the Customer the Truth Don't Hide Any Information Astrology is 100% Science Even today astrology is giving the same light as the sun Astrology is based on truth. You are not a successful astrologer if you



make false predictions to please the client in front of you. Believe it or not, I always tell the truth. I'm telling the real story This is my secret mantra. Many politicians also come to me to know the future, I will not name anyone because privacy is everyone's right.

Well what is the future of INDIA is it going to be one of the Super Power Country in the World? Under the dynamic leadership of our beloved PM Sri Narendra Modi ji?

The future of India is very bright, it is making great progress under the leadership of respected Prime Minister Modi ji, India will be a superpower in 2050 and our economy will be at the top of the world.

How long still BJP Government will Rule at the Centre? Is there any other Alternate for BJP?

The BJP government at the Centre will rule as long as Modi is there.

What is the FATE of CONG PARTY at the centre under the dynamic leadership of Rahul Gandhi ji? In the next election will Congress come to power as a single largest party in CENTRE? Any Chance?

Under Rahul Gandhi's leadership, the Congress party will not come to power at the center as long as BJP's leader, Mr. Modi, is there. In the next elections too, the Bharatiya Janata Party will come to power at the center, and the respected Mr. Modi will be the Prime Minister. I am not associated with any political party; I only do astrological calculations. No political party or leader is my enemy. I apologize; please do not take any of my predictions otherwise. Thank you very much.

Now there is going to be Assemble Elections in 2 states West Bengal & Kerala? Will BJP party will win with Majority?

Assembly elections are going to be held in West Bengal and Kerala. The Bharatiya Janata Party will come to power with a majority, with the support of other parties.

Which is the most memorable moment of your childhood days? Which is the most unforgettable moment which has become a dear memory to you?

I remember an incident from my childhood when I was in the fifth grade. During class, a man from our neighborhood came to our school and entered my classroom. He told the teacher that my grandfather had passed away and that I should be given leave. I was quite frightened and, crying, I went home with that man. As soon as I entered our neighborhood, I saw my grandfather coming towards me. I hugged him and started crying. My grandfather asked, "What happened? Did you have a fight at school, or did the teacher hit you?" I said, "Grandpa, nothing like that happened. A man came to my school and brought me home. He gave me this news about you." My grandfather said, "A man from our neighborhood has passed away, and his grandson is also your classmate. That man mistakenly brought you home instead of the other boy." To be honest, I still remember that it took me half an hour to get home from school. I felt as if my grandfather had left us forever, and then, within half an hour, he was standing alive in front of me. That was the happiest moment of my life.

What are your Strengths & Weaknesses? Any Achievement so far in your career so long?

My greatest strength is reading. I read three



newspapers every day. Throughout the day, whenever I'm free from work, I read religious and historical books. Reading is my biggest strength. I also write daily; my "Thought of the Day" series has been running continuously since April 25, 2020. I have received many awards in the field of astrology, including JyotishRatnakar, JyotishBhaskar, gold, silver, and bronze medals, etc. My biggest weakness is that



any kind of ringing on my mobile phone before 7:00 AM makes my heart race, and it takes me half the day to return to normal. I keep my phone on silent mode in the mornings. This is my weakness. Thank you.

How do you look at LIFE?? Is it challenging?

I consider life to be very beautiful. Life is a struggle; if you're born into this world, you have to live it. If life is poison, you have to drink it. I am a very lively and positive person, and that's why I want to live life happily.

Where is your favorite Holiday destination in India? ABROAD?

My holiday destinations are Shimla in India and Switzerland abroad.

What are your Hobbies? Any favorites as such?

My hobbies are reading and sharing knowledge with people. I am also very interested in traveling.

What's your main AIM & GOAL in LIFE? Have you Achieved it or YET to ACHIEVE it?

My main aim and goal in life is to travel the world. I have traveled all over India, and I want to travel all over the world. My goal of traveling the entire world hasn't been fulfilled yet.

What's your Main MOTTO in LIFE?

My main goal in life is to be among the top 10 astrologers in the world.

What is your sincere advice to the younger generation who would like to get into ASTROLOGY Profession or any other services or any career?

My advice to the younger generation, whether it's astrology or any other career, is to be honest in your work, don't take shortcuts, work hard, and success will be yours



Dr KIRON VARGHESE
 Professor & Cardiologist

"explains humbly his prestigious proficiencies, value of his family and love towards nature"

It is learnt that you are the best heart surgeon with an experience of over 35 years as a Cardiologist, & a Professor of Cardiology at St. John's Medical College & Hospital, of which you are an alumnus also, with 99.9% success rate? Is this True? How do you feel about yourself? Please tell us something?

I don't think it is true to say I am the best Cardiologist. India is blessed to have a large number of very good and competent cardiologists, which include some of my students. The greatest honor is when one of our students becomes better than the Teacher. While it is true that I have a very high success rate, the credit goes to the brilliant teachers I have had. After my foundational training in Cardiology at the highly accredited Sree Jayadeva Institute of Cardiology, I did a Fellowship in Interventional Cardiology at the acclaimed Cedars Sinai Medical Center, Los Angeles, USA where I further honed my interventional skills.

Why did you choose Medical profession? What factors have influenced your decision to become a doctor? Any reason for having Specialized in Cardiology?

From a very young age, the subjects of Biology and Physics captured my interest. In addition, my maternal grandfather and maternal Uncle and Aunt were very accomplished and well-loved Doctors. Their work also

influenced my decision to take up the Medical Profession as a career. The final deciding factor was a small and gentle suggestion from mother to look at medicine as a profession. As for Cardiology, the Heart always interested me. Understanding the nuances of the heart and the functioning of the circulatory system requires an understanding of the two topics that interested me from school - Biology and Physics.

In addition to this, I have seen the huge burden of Cardiovascular disease in India, and I found that it is a field which not only requires many cardiologists, but it is a field where treatment can make a huge difference to the lives of people. I say people and not patients, since I strongly believe that prevention is so much better than cure. Even more so for a developing nation like India.

You are a PROFESSOR & HOD Cardiology department at St John's Medical College & Hospital? Were you Invited by this Hospital to take up this job? Or you had opted for it?

Being an Alumnus of St John's Medical College, the thought of returning to my Alma Mater after my education was certainly appealing. But since there wasn't much of focus given to Cardiology at that point in time, I was exploring career opportunities at other institutions. It was the then Dean of St. John's Medical College, who reached out to me and

I don't think it is true to say I am the best Cardiologist. India is blessed to have a large number of very good and competent cardiologists, which include some of my students.





sector in being a Service Oriented and non-profit oriented institution.

You must be having a huge Responsibility on your shoulders? Please could you explain to us your Nature of Job as a PROFESSOR & as HOD Cardiology dept at St John's Medical College & Hospital in detail for a better understanding?

Although the designation of Professor gives an impression that the majority of our time is involved in conducting classes and teaching students, rather than taking care of patients, the reality is quite different. Most of our time is spent in patient care, spread across the Out-Patient

discussed at length the scope, potential and opportunities that the Cardiology Department at St. John's could have.

I consider it a privilege and pleasure to be able to serve in this prestigious and wonderful Institution which places so much emphasis not only on excellent education, but also on providing top quality medical care to all, especially the underprivileged people of our country.

After taking up a job in St John's Medical College & Hospital as a PROFESSOR & as HOD Cardiology dept., what was your Top priority in the order of your preferences that needed to be more focused regarding the Patient's Treatment etc? About your requirements?

I have been lucky to have worked both in India and abroad at a number of prestigious institutions ranging from Govt to Private, Corporate as well as Service Oriented establishments like St. John's Medical College & Hospital. St. John's has always been a center focused on providing services to the poor. As a result, there are a large number of poor patients with serious and critical illnesses who come to St. Johns. The plight of these people was something that had an impact on me very early on. As a result, a lot of my efforts have gone into finding ways and means of providing quality medical care to all, irrespective of their financial status.

St. John's Medical College Hospital is in a unique position where it has a large pool of committed and trained medical professionals who provide quality care, keeping the patient's interest at heart, and at very reasonable rates. St. John's Medical College Hospital is refreshingly different from other hospitals in the private

Department (OPD), the wards, the Coronary Care Unit (CCU), the Catheterization Laboratory (where procedures like angioplasty, pacemaker etc. are done), or the Non Invasive Laboratory where Echocardiography, Treadmill testing, Holter monitoring etc. are carried out.

St. John's Medical College & Hospital. St. John's has always been a center focused on providing services to the poor.

The teaching of our students is very often 'on the job' which happens during the care of patients. In addition, we do have didactic teaching sessions a couple of times a week. Some of our time also goes into Clinical Research (including Multinational Trials), and the role of HOD, comes with its own set of administrative duties. Apart from this there are conferences to attend, papers to publish, talks to be given, etc. all of which take up a fair amount of time. All this keeps me fully occupied.

It is learnt that you are a very tough PROFESSOR & DOCTOR & ALSO a tough CARDIOLOGIST? Your Students & staff are scared of you? Is this True?

While I expect discipline from my staff and students, and I never compromise in the least when it comes to patient care, I don't think I am a tough Cardiologist. I think I am friendly and approachable to staff, students and my fellow doctors. I can't recall ever shouting at any of my students, and I wouldn't want them to be afraid of me. I would rather be respected than feared.

How are you enjoying your job as a PROFESSOR & HOD Cardiology Dept? Was becoming a

CARDIOLOGIST was this your Childhood dream come true or was it just accidental?

I enjoy my work and my job as a Cardiologist. I also enjoy teaching. However, my administrative responsibilities as HOD tend to encroach on the time for patient care and teaching. My childhood dream was to become an engineer, since I hated doctors and injections and wanted to stay away from them. However, towards the end of my II PUC course, I realized that this irrational fear was keeping me away from a good profession, so I made a last-minute switch.

The initial years were very hard and strenuous, and my friends who were in other fields had so much free time, were relatively carefree, and started earning well long before I started earning. Looking at them, I did have some pangs of regrets in the early years, but I have absolutely no regrets now, and am very happy with the decision I made.

Before and after becoming a Doctor and a Cardiologist you must have had a dream to do certain things. Has your dream /desire been cherished? Fulfilled? If so please could you share with us

Growing up, I only had modest dreams of leading a happy life. Although money is important, I have never dreamed of making a great fortune. My current dream is to try and help as many poor patients as possible, not only for their medical needs but also other needs, especially education and achieving basic necessities of life. I am in the process of setting up a charitable fund for this purpose, and I hope to achieve some success in that direction.

As a Doctor a CARDIOLOGIST You must have had good and bad days ? Could you share some of your vast experiences with us? Any regret?

Every day in which I have made a positive impact on someone's life or successfully completed an angioplasty or some other procedure is a good day. Unfortunately, we are not infallible and even modern medicine, with all its advancements, is still unable to treat or cure a large number of conditions. We see death and disease so often in our profession, and while we make a positive impact in most patients, it is always distressing when we are unable to reduce suffering or save a life.

Another thing that affects me deeply is seeing patients not being able to afford treatment. As a result, I set up a Poor Fund for Cardiology Patients many years

ago. Thanks to the efforts and contributions of well-wishers, we can now deliver life-saving treatment to many of our patients, especially the younger patients, and breadwinners. I have instructed all my residents not to withhold any kind of emergency or lifesaving treatment for want of money. But resources are finite and scarce, and I would be happy if we could help more poor individuals. There is so much misery and suffering around us, but we often don't see it, because a lot of it may not be obvious. Making a small effort to delve into the lives of those around us, reveals the extent of their want and suffering. While it may be true that money cannot buy happiness, it is equally true that a lack of money can lead to a lot of suffering.

When there were so many Specializations in Medical Field, then why have you chosen only the CARDIOLOGY Specialization? Did you opt for it or just b'coz you got the Seat in CARDIOLOGY Specialization?

In order to become a Cardiologist, one has to first get the MD (General Medicine) degree. At that time, General Medicine was probably the most sought-after field, and the competition was very stiff. With very few Govt seats, and almost 85% reserved under various categories, I was very fortunate in securing a seat for MD Medicine at Bangalore Medical College, one of the premier Medical Colleges in the country. Thereafter, among the Super specialties, Cardiology was again the most sought-after course. There were only 4 seats (3 Govt seats, 1 Private seat) in all of Karnataka, and again, I was extremely fortunate in securing a seat for

My current dream is to try and help as many poor patients as possible, not only for their medical needs but also other needs, especially education and achieving basic necessities of life.



Cardiology. Since I had secured merit seats, the fees were very low, and I did not have to spend much money on my medical education. Although I did secure admission to the Govt Medical College, I chose to study MBBS in St. John's Medical College, as it was very prestigious and the fees were very reasonable. So, all my decisions were based on my choices and the path that I wanted to take, rather than choosing the path that happened to be available. I was clear in my mind that I wanted to be a Physician, a Cardiologist, and finally an interventional Cardiologist.

Being an Excellent Cardiologist you could have got a Job abroad very easily with a handsome package? Was there any reason why you stayed back in India?

I was offered a job within the very first week of my Fellowship in USA, which I politely declined, much to the surprise of my chief. I have had several highly tempting job offers in India and many more abroad. However, I am the only son to my parents (I have a sister who is in USA) and I wanted to be there for them whenever they needed me. My wife shared my sentiments, as both of us are close to our families, and that is the reason I am in Bangalore, as this is where home is.

Any Achievement, rewards so far in your career so long?

I feel my greatest achievement and reward in my life is my wonderful family, and the blessings of my patients.

You could have very easily got a JOB IN ANY Government HOSPITAL in India In State Government Hospitals or Central government Hospitals? Then, why did you prefer a job in a Private Hospital?

My father was an honest and very upright IPS officer. As a result, our family had to survive on the meager salaries that were given to government servants, unlike today. I have seen and experienced all the sacrifices and daily struggles my parents had to go through to make ends meet. I didn't want to be in a similar situation once I started earning. Additionally, government hospitals at that point in time, severely lacked the means for even basic patient care, and were hampered by unnecessary bureaucracy.

This was why I didn't opt for a position in a government hospital.

Things however have changed a lot for the better, and I am happy to see that several government hospitals now have the necessary patient care facilities to offer patients and some of them have even surpassed the care in many reputed private hospitals.

I feel my greatest achievement and reward in my life is my wonderful family, and the blessings of my patients.

People say that current days Doctors are very Commercial? What's your Comment on this?

While I agree that more doctors these days are commercial minded while putting patient well-being as a secondary goal, society as a whole is getting increasingly commercially oriented, so why point fingers only at the doctors

I blame the system more than anything else. The cost of medical education is skyrocketing. Starting with MBBS, post-graduation and super specialization from private institutions, the costs often run into several crores. Most doctors spend 10 to 14 years in rigorous and tough medical training before they can even start earning. What mindset can you expect from these doctors, most of whom have huge loans to repay, after struggling for over a decade? Salaries and remunerations for the majority of medical professionals in India are very poor. Patients hesitate to pay a few hundred rupees for a consultation, but will happily pay thousands for investigations.



Doctors start earning late in life, and even then, earn paltry amounts. The system needs to change at a fundamental level, with plenty of scholarships, especially for underprivileged children seeking to become medical professionals. \

\What is your main MOTTO & FOCUS in LIFE?

My main motto is to be Happy and to make others Happy. For this we need to focus on our own health and wellbeing, take good care of our families, and then attempt to bring a smile to other people's faces.

What are your Hobbies? Any Favorite as Such?

My favourite pastime revolves around Music, and I am trying to play the guitar, sing, play the Harmonica etc. I love Nature, birds and animals. I enjoy cycling and walking through wooded or waterfront areas. Reading, travelling and socializing with friends and family are other of my interests.

Where is your Favourite Holiday destination in India? And Abroad?

I am very fond of Nature and so most of my favourite Holiday destinations would be in the midst of Nature, preferably near a water body and very far from crowds. I enjoy solitude and the company of my family and close friends. My favourite destination in India is Lakshwadeep, one of the more remote island lagoons where one can go Scuba diving. Ladakh and the North Eastern states of India also have spectacular natural beauty. There are so many places abroad, each with very different flavours. Some of the memorable places include Singapore, Niagara Falls, Las Vegas, Smithsonian Museums in Washington, Paris, Rome, Caves of Jeitta in Lebanon, to name a few...

What are your Strengths & Weaknesses?

I aim for perfection and this is both a strength and weakness. Beyond that, I feel it is for others to say what my strengths and weaknesses are, as most of us overestimate our strengths and are unable to see our weaknesses.

How do you look at LIFE from the broader Angle Perspective?

I honestly feel that Life should be good and worth living. I find that the greatest happiness comes from making others happy, in mitigating the sufferings of our fellow human beings. Material things rarely bring happiness. It is my observation that the most unhappy people are those who are preoccupied with themselves, and the most contented and happy are those who genuinely care for and help others.

It is learnt that you offer free angioplasty to poor patients, Angioplasty, which involves insertion of a tube or a stent to widen blocked arteries, costs Rs 1-2 lakh at private hospitals? Is this TRUE? From where do you get funding?

For many years we have been doing angioplasty and other procedures at a very nominal or concessional cost for poor patients who cannot afford the regular cost of these procedures. Our rates in St. John's Medical College are in general much lower than many other private or corporate hospitals. Despite which, many of our patients can't afford these procedures. Last year, I conducted a camp for poor patients in which we offered free coronary

angioplasty and stenting using a top-quality stent, and without compromising on quality in any way. We had patients from Jharkhand, West Bengal, and surrounding states who underwent the procedure completely free, including bed charges, medicines, etc.

Funding for this came from many sources.

First and foremost, I have to acknowledge the constant encouragement and support I received from the management of St. John's Medical College and Hospital. The cost of the procedure was reduced for the camp patients, and I spoke to the Director of the Stent company who readily offered to provide free stents. We also received some free medicines. The remaining cost was covered from our Poor Fund and our Medico-Social Department. It was a very fulfilling and satisfying experience, and would be happy to hold more such camps.

It is learnt that you also have private Practice? Is this TRUE? The question is why do Patients visit Dr Kiron Varghese only When there are so many Consultants in Cardiology? Your Comments?

A: Yes, I have a very limited private practice, where I see only a few patients, by appointment. I believe most patients develop a rapport with their primary physician or doctor and then are most comfortable with that doctor. The longer one has been in practice, the more patients one will have, so I don't think that is very surprising. Although we need more doctors, India is fortunate in having a large pool of highly trained and committed doctors.

What is your sincere advise to the younger generation who would like to become a DOCTOR or get into any other services or any career?

My sincere advice to youngsters it to enter the Medical Profession ONLY if they have a passion for it, and not if they just want to make money or if they consider the profession glamorous. It is an extremely demanding profession, and there are easier ways to make money. People don't see the sacrifices that doctors have to make in order to pass the rigorous examinations, and acquire the skills necessary to become a good and competent doctor. It is physically and mentally challenging, and one can be pushed to the limits of one's endurance at times. Family life and recreational activities can take a major hit and even basic necessities like sleep and timely meals can become scarce. On the other hand, I can't think of many other professions which can be as gratifying and emotionally rewarding.



Anisha Pradip Dalal
Falguni Tailoring

Customising her challenges

How are you feeling as a business woman as a Lady's Tailor?

I feel very happy that I am able to satisfy my customers as per their requirements...it gives me immense satisfaction...

Who was your Inspiration in choosing this career? Or it was just by accidental?

Nobody, It was Just accidental

Are you comfortable with this Business?

Yes I am very comfortable and I am doing well since for the past 23 years....

What is your Aim and Ambition in LIFE?

To lead a simple Comfortable LIFE

How do you look at LIFE? Is it Challenging?

Satisfied, Yes its very Challenging

What is your Favourite TV SERIAL?

I don't watch any TV Serials..

Whats your Favourite Sport?

CRICKET

Who is your Favourite



Sportsman? Yesteryear & Present?

Virendra Shewag, And Now present Virat Kohli

Which is your Favorite holiday destination in India?

OOTY and Madikere

What are your Hobbies? Any Favourite as Such?

Travelling, Sleeping

Whats your Favourite Dish?

Any thing in Vegetarian

Whats your Achievements So far?

I have been very successful as lady's Tailor , I am running my own Tailoring ..

Use Commonsense, Let it be any Career

What are your Strengths & Weaknesses? Both as a person? And as a business woman?

My weakness as a person I can't see anybody suffering, and my strength isimpossible I make it possible as a challenge...

As a business woman My weakness is I go out of the way to help people, with in my limits, as my strength ..I have a fighting nature....

What is your sincere Advice generations ? Who would like to take up Tailoring as their Career?

Use Commonsense, Let it be any Career





share with us?

SANDHYA MARAVI

**RAILWAY COOLIE 106
JABALPUR RAIL JUNCTION, MP.....**

The sole breadwinner breaks out her heart

I working here for my childrens future, career and for take care of bread butter and shelter of my family.

If you had plans to make a career as a COOLIE you could have selected even in the bus Stations ,Airports? Why have you selected only in Railway Station?

What factors have influenced you to choose a career as a COOLIE in the Railways ?How are you feeling working as a Lady COOLIE in the RAILWAYS JABALPURJUNCTION?

After my husband death and Because of my family condition, I choose the career of coolie in Railway every women want to spend time with his family as I m too but I am helpless that's why i am working as a lady collie.

I m not happy to work as a coolie if its a government job I will be happy to work as a coolie and it's not a permanent job, it's base on daily wages.

I haven't any plan to work neither coolie in railway nor any esle..

How are you enjoying your Job as a RAILWAYS COOLIE? are you a permanent RAILWAY EMPLOYEE? Or its totally private job? Could you share with us?

I m not happy to work as a coolie if its a government job I will be happy to work as a coolie and it's not a permanent job, it's

Becoming a Railways COOLIE Was this just by accidental? Or is it to due to poverty, illiteracy, unemployment and pathetic family conditions, you have joined as a coolie in Railways to take care of bread butter and shelter for you and family. Any specific reason you had? Which you would like to

base on daily wages.

If you are a Govt Employee you must be getting a Stipulated monthly regular Salary to mage yourself and 3 little Kids?

It's not a government job, and which income i earned on daily basis not sufficient for me and my children's.

If it is a PRIVATE JOB on the daily earning by carrying Passengers luggage? How much you must be earning? Will this meet your family requirement ?

Yes It's a private job and the daily earning is approx 100 or 200 per day.

It is learnt that you come all the way from KATNI to JABALPUR RAILWAY JUNCTION ? Its about 45 KMS away? Again when you get back home in the evening you cook for your 3 little Kids?

I belong to jabalpur and I live here in rented house, I went to katni for my job but before 6 months ago I got transfer





from katni to jabalpur, so right now I am here in jabalpur railway Junction.

It is learnt that You have 3 little Kids? Is this TRUE? HOW do you MANAGE your Job & Kids? Please throw some LIGHT?

Yes it's true, i have 2 sons and 1 Daughter, my mother - in-law take care of them at home.

It is learnt that Past one year you are working as a coolie in the railways? Is this TRUE? Is there any reason why you selected only a COOLIE Job in the Railways when there were so many other Jobs in the Railways?

Yes It's true from past year i am working as a coolie, as u know this is not a easy thing to get a govt. Job. And my husband worked as a cololie so that i got a job as coolie in Railway.

It is learnt that your Husband was also a Coolie in the Railways is this TRUE? Is this your Husbands JOB you got in Railways?

yes, my husband worked as a coolie so that i got a job as coolie in Railway.

What time your day starts in the Morning? And at what time you reach the JABALPUR RAIL WAY STATION? And at what time you are back home to

I start my work in 8 O'clock in the morning. and back to home till 8:30 pm to cook food and spend time with my children.

cook for your 3 little kids?

I start my work in 8 O'clock in the morning. and back to home till 8:30 pm to cook food and spend time with my children.

It is learnt that your 3 little kids are very small ? Is this TRUE? who takes care of them whole day long?

Yes My 3 Children's are small and whole day my Mother-in- law take care of them.

Railways Coolie is a very tough and Hard





My Children's favorite dish is Rice, pulses and chapatti.

Whats your desire Aim & Ambition in LIFE?

Give a good future, carrier and fulfill all need of my children.

Do you watch Movies? If so who is your favorite Heroine, Hero?

I don't have time to watch TV.

Do you watch Cricket? If so who is your Favorite Cricketer OR any Sportsperson?

I don't have time to watch TV.

Please its a request that don't compare any women to any men. Both are equal if they have will power to do anything they can do.

Do you Watch TV Serials ? If so what is your favorite TV Serial?

I don't have time to watch TV.

working Job? Carrying the Passenger luggage from one platform to another? Basically it's a strong mans Job? How are you able to mange?

Please its a request that don't compare any women to any men. Both are equal if they have will power to do anything they can do. And we can see that now a time women's are one step forward to men.

Could you share your most memorable moment of your childhood days? Which is the most unforgettable moment ? which has become a memory to you?

nothing else.

How do you look at LIFE From the BROADER angle Perspective? Is it very Challenging?

If you are capable to do anything you can do, so life will be easy not challenging.

Whats your Favorite Dish? Also your 3 little kids Favorite Dish?

What is your sincere advise to the younger generation regarding choosing their career?

If you want to do anything you can do everything,





Kriti N. Sharma
Ad Film Maker

.....Scribbles about her Passionate Profession

To become a Ad Film Maker was this Childhood dream come true?

I have always aimed to become a filmmaker since I learned that there could be profession where I can use my hobby for a living. I won't say the dream has come true, as I still have a long way to go in this industry. You can say that I am on my journey towards reaching my ultimate goal.

My goal is to make films that are going to represent my own soul and identity. Where, I don't need to introduce myself to a new group of people.

As I look back, I can see how the small changes and my cute little demands have paved my path. I remember, I was in 7th Standard and asked for a camera from my parents, when and if I score more than 80% in my final exams. That year, I score 88% and this was how I got my very first camera. I was a day-dreamer too and used to imagine stories, wherever I go and whenever I was alone. Later, when I was made aware about



computers, which was a new normal in 2003-2004, I started making small slideshow films for special occasions. I still remember, that I used to write- Film By, Kriti The Great.

Today you are doing big MNC Company's n other Corporate Ad Films how do you feel? Is it satisfying?

Making brand's films and corporate videos has been a biggest milestone in establishing my advertising agency- Kalakriti Films. I was blessed to have a team- who is more like a backbone, and the trust of our clients; has given us new challenges with every project. This way, with every project, we got the opportunity to enhance our skills and expertise.

People tell without films background it's very difficult to get into Films Making ? Is this True? Then how did you make it?

My goal is to make films that are going to represent my own soul and identity.

I don't believe in sharing someone's name and legacy to make my own career. Few of my relatives are already a huge name in this industry. I don't know why, but I always has an opinion that, if I take their help

then whatever my achievements will be.. it will be considered to be theirs first. I want my own name, my own legacy.. Whatever milestone I have reached or going to reach- it will be just mine. It will be just me and my team.

Making a career is always filled with struggles and challenges. We learn from them and hustle to reach to next level. I started my agency with zero capital- I was wearing multiple caps back then. I started using linkedin to look for clients, who wanted to make a film in a low budget. I used to hire the crew and equipment on credit, and later pay them after I deliver the film to the client. This way, I started generating small cash flows to use in making website (which I had created just by learning from Google), business cards etc.

It was not an easy kick-start, I could only afford one time meal and sometime I used to walk about 6Km- one way, to reach at the editing studio, I hire for post-production.

You have no film background

then how is that you got into Ad films? Please throw some light? Up on your Journey?

After Post-grad in mass communication, I was as clueless as anyone from non-film background could be. I started from training in IBN7 and then landed up in a production house as a Production Manager. While working there, I got an opportunity to write scripts and later started directing brand's films. I have given my mind, heart and soul in learning about this industry from inside-out. Although I was playing very safe in my career, I had fixed salary and was getting huge opportunities. Still, I felt incomplete. Call it Gujarati Business Mind, or anything. I got an instant adrenal rush, on a mere thought of establishing my own advertising agency. The instant downward shift in my lifestyle has never made me to reconsider going for a job. I was content in the struggles. I couldn't afford meals in the beginning. Sometimes, my meal was not even certain- I used to feel lucky, if I get some snacks in preliminary meetings with a perspective clients. I never asked for pocket money from my parents too; because I knew that being in comfort zone will make me weak. Whatever hardships came my way, I came out stronger. I was happy and energized with every bit of challenges.

My entire life revolves around my passion i.e. filmmaking. So I find pure bliss whenever I am involved in any kind of creative process.

It is learnt that you are from a small town? Then how did you get the passion of acting n making into Ad films?

I am from Prayagraj, Uttar Pradesh. It was and will be a big city for me. Growing up in any city never makes you feel that you live in a "small city"; with obvious reason, that you haven't seen metropolitan cities. I am very connected with my roots and the beautiful locations in Prayagraj have made me a dreamer.

I believe that it's the parents that recognize the very early sign of passion and hobby in their child. It's the parents who can make or break that passion. Let me get this straight... In childhood, we don't know much about life or any worldly things. We are more like a blank paper, who are clueless and carefree. Some of us may like to do



certain things, and parents recognize it and motivate us towards becoming better version of our self.

My parents recognized my inclination towards writing and painting. They motivated me. When I was a little girl I got my first journal and since then I started writing. Later, when I got the camera, I started making small films with slideshows, music and texts.

Who was your real Inspiration who inspired you to get into Films Acting& Ad Films Making?

Also, I really admire Martin Scorsese and Alfred Hitchcock (He will live forever in my heart)

What are the types of roles you have done so far are they satisfying to your expectations? And you have made several ad Films are they satisfying? Please Explain?

My entire life revolves around my passion i.e. filmmaking. So I find pure bliss whenever I am involved in any kind of creative process. The adrenaline rush of creating something is like a healthy drug to me. The happiest day in my work was when I had got a chance to shoot in Manila, Philippines. It was my first international shoot and I was very excited about it, especially as the crew was localities. Although there was linguistic barrier between us but still managed to shoot a pretty good film.



Please name a films n Ad Films in which you have acted so far/ or Which has become a household name?

NA

Its almost a decade now since you are in the Ad Films Making? Any regret?

The only thing I dislike about my work is the struggle to find a producer who is willing to invest money in a film. These days' films with great content fail to find a space in today's cinema, as everyone wants to watch senseless entertainment with double meaning jokes and some sort of nudity.

Who is your favourite Hero Heroine whom you admire the most?

I really admire Priyanka Chopra as she is really hard working and totally give justice to her character. Another interesting thing I love about her is that she always picks strong characters and is trying to change the mindset of people. That female oriented film can do well in cinemas and it's not that girls are reserved to the cliché- "damsel in distress waiting for her prince to rescue her".

When you are truly passionate about something then you can never ever ever give-up. It never let you to retire.

Could you share your most memorable moment of your childhood days? Which is the most unforgettable moment? which has become a memory to you?

Since Childhood, I was an introvert who loves to be on stage and perform whenever got the chance. But during my academics, the stage never loved me. Somehow, I always screw-up and made a fool of myself. My friends and parents never thought that I could make a career in a show-business. But somehow, I overcame my weaknesses and now with the grace of God, I am on my journey to become a filmmaker- who is going to tell stories that no one has heard before.

What are your Strengths & Weaknesses ? Any Achievement so far in your Acting career so long ? Are you happy?

I adorn a leadership quality and some sort of charm that everyone becomes a part of my family.

Sometime I feel an inability to say 'NO', if someone asks



for help. At times it doesn't have nice consequence for me.

One of my most memorable achievements is when one of our films got an award at Dehradun International Films Festival 2019. This was a zero budget film and we have given whatever it takes to make a pretty good film with decent production quality.

Whats your Favorite holiday destination in India? Abroad?

I love mountains and love to be in a cradle of nature.

What are your Hobbys? Any Favorite?

I love writing and making short films

How do you look at LIFE from broader PERSPECTIVE point of VIEW ? Is it CHALLENGING?

I consider challenges in life as a fuel. Whenever you couldn't find yourself in challenges, it means you are in comfort zone or playing safe. Taking calculated risks and overcoming challenges should be a part of life. This means we are living our life to the fullest. Otherwise we are just letting the time pass-by.

What is your sincere advise to the younger generation who would like to get into Films/Ad films making or any other services or any career?

Passion is the fire that reminds me every moment that no matter how hard the reality is, I can get through it. I can and I have that power to achieve what no man or woman has ever desired for. When you are truly passionate about something then you can never ever ever give-up. It never let you to retire.





MANGAL SINGH CHAMPLIA
Archery, Olympian & Arjun Awardee

....." encourages physical fitness to shoot the bulls' eye"

Congratulations on your achievements in Archery in various international and national championships especially Olympics. Being an OLYMPIAN and an Arjuna Awardee in Archery how do you feel about yourself? At what age you got selected at the National Level & played your First International Match?

When I took 1 out of 3 seats in India for the Olympic, I felt as if I had won a battle and got selected for Olympic games. The day I was getting Arjuna Award on that day I felt that I am getting the reward of victory like I have done ..The day I got the National place selection this day Me and my Coach's full year results came

When did you play your 1st International Match in Archery? When you represented India how did you feel?

Could you explain to us about your feelings?

The day I was participating for the International, that day I felt I am doing something for the Country.

When you wanted to be an individual Sportsman you could have selected any other sport like, Lawn Tennis, Shuttle Badminton, and Table Tennis? Why have selected only Archery? Any reason?

At that time my School was being selected for Archery, so I chose An Archery.

Selecting Archery this was accidental? Or you selected this Sport? If so who was your Inspiration? could you explain it in detail for a better understanding?

I was impressed by Limba Ram, Sir from Archery, He was the World's best player. He has also set a World record.

Sports & Sportspersons of Yesteryears and Present Day Any Comparison? Please you're Comment?

My idol player is Limba Sir, I want to match him.

It is learnt that Yesteryear Sport persons were not getting much remuneration? But Today's Sportspersons are getting good remuneration & Sponsorships? Is this True?

Those who were not such good players yesteryear, they are very good players today and they are also getting very good sponsors from the country.

When I took 1 out of 3 seats in India for the Olympic, I felt as if I had won a battle and got selected for Olympic games.

At present what is the Status of ARCHERY Sport? Is this Sport





well supported by Government Federation getting sponsorships?

Archery is getting a lot of support from the Government and private company, and Archery Association of India.

This is my message for the younger generation play any game of Archery, and football, and the rest of their choice, which is the work of physical fitness, and study is very important for everyone.

Could you share your most memorable moment of your childhood days? Which is the most unforgettable moment? which has become a memory to you?

As a child, I was very happy to see a sports kit. I loved having my country name and my name behind my sports kit in back.

What are your Strengths & Weaknesses? Any Achievement so far in your career so long?

Olympic Games Medals.

How do you look at LIFE from the broader prospective point of view? Is it Challenging?

Be it Sports or Life, I have to move on to become a good person, in my Life.

What are your hobbies? Any favorite as such?

My hobby is I love seeing beautiful places, to roam around.

Whats your favorite Holidays destination in India & Abroad?

I love making holidays in my Village, in India, I love Paris

Switzerland, and London abroad.

What is your sincere advise to the younger generation who would like to get into Archery or any other Sports or any services or any career?

This is my message for the younger generation play any game of Archery, and football, and the rest of their choice, which is the work of physical fitness, and study is very important for everyone.





Dr. Murali Mohan,
Sr Environment Scientist (Retd)
...has reviewed on the Musi River pollution...

Musi River is one of the major tributaries of Krishna River in south India which passes through Hyderabad, the capital city of **Telangana State**. **River Musi** is a tributary of Krishna River and originates at Anathagiri hills near Vikarabad, 60 Km upstream of Hyderabad city which ultimately joins the Krishna River at Wadapally. The total length of Musi River is 240km. The Musi River basin is situated in the Deccan Plateau between Latitude:17 21' 59" N and Longitude: 78 21' 59" E.

River Musi flows into Hyderabad city as a clean resource, however from Bapughat to Pratapsingarm locations, the river receives sewage and other solid waste dumping. The inorganic pollutants (heavy metals) are the greatest concern due to their presence in the sewage and other solid waste. The municipal solid waste dumps along the riverbanks are washed into river Musi with runoff water during monsoon. The average rain fall of Hyderabad city is 70cm. It may be noted that the city witnessed heavy rainfall

recorded between 28-32cm during 13-17October 2020. This caused flash floods in many parts of the city and all the municipal garbage and other solid waste washed into the river and there was an impact of heavy metals in the sediments of river Musi.

Hyderabad city has a population of 9.7 million in the metropolitan region (as per 2011 census) and consumes over 500MGD of water per day. The present sewage generation is 1450 MLD whereas the existing capacity of Sewage Treatment Plants (STP) is only 725.8 MLD. There is a gap of about 750 MLD and high percentage of untreated sewage is discharged into river Musi.

Rivers receive sediments from various sources and are deposited in the bottom and acts as carriers of and source of metal accumulation in food chain due to bio-magnification. Heavy metals are non-biodegradable and thermostable and thus readily accumulate to toxic levels. Thus, there is effect on human health due to consumption of fish and water. The geo chemical process responsible for the exchange of metals in the water-sediment interface are adsorption and precipitation. Over the past 3-4 decades, studies on aquatic sediments have increasingly been carried out for assessing the geo-chemical transport of elements especially heavy metals from the terrestrial environment to river bodies.

Heavy metals are widespread pollutant of great environmental concern as they are non-degradable, toxic, and persistent with serious ecological ramification on aquatic ecology. Heavy metals discharged into a river system by natural or anthropogenic sources during their transport are distributed between the aqueous phase and sediments. Heavy metals are of high ecological significance since they are not removed from water as a result of self-purification but accumulate in water systems and enter the food chain. The recent study of heavy metals indicated that there is an increase in the concentrations of Chromium, Nickel and lead. The reason for the increase of metal concentrations may be due to the runoff water with municipal garbage and other solid waste washed in to the river during the flash floods occurred in the month of October 2020.

The study of sediments for heavy metal concentrations is essential and provides to identify, to gain precise understanding of the potential and actual impacts of elevated concentrations, procedures of downstream transport deposition and subsequent release under changing environmental conditions. Trace metals like As, Cr, Ni, Cd, Ba, Pb and Co in the sewage / effluents / municipal solid waste migrate and contaminate the sediments.





The sources of contaminants are:

1. Discharges of treated / untreated sewage and effluents.
2. Dumping of municipal solid waste along the inlets of Musi River.
3. Runoff water joining the river during the rainy season which carries all the garbage, municipal and other solid waste from the roads and open areas.
4. Emissions from industries.

The degradation of water quality of Musi River is due to the discharge of untreated / treated sewage of Hyderabad city and colonies located along the river. Dumping of municipal solid waste and other waste along the banks of river is also another concern for pollution. Municipal solid waste causes adverse impacts to the environment. Waste sources such as used electronic goods, electroplating waste, used batteries when dumped along with municipal solid waste increase the heavy metals levels in the dumps. Slow leaching of these heavy metals under acidic environment during the degradation process leads to leachates with high metal concentrations. Since the leachates are one of the potential sources of pollution, monitoring of heavy metals will provide their concentrations and facilitates to recommend suitable remedial measures.

The treated effluents from Common Effluent Treatment Plants of PETL (Patancheru Effluent Treatment Plant Ltd), JETL (Jeedimetla Treatment Plant Ltd) and IDPL (Indian Drugs and Pharmaceuticals Ltd) in addition to untreated

effluents from small scale industries / units located in Balanagar, Jeedimetla, Kukatpally and Uppal areas are also contributing pollution load and affecting the water quality of Musi River thereby causing deposition of heavy metals in the sediments. Ministry of Jal shakti has identified that sources of metal pollution are mining, milling, plating apart from domestic sewage, treated / untreated discharges of industries and dumping of domestic and industrial sludge. Storm water runoff from urbanized areas is a significant sources of metal pollution in the receiving water streams. The riverbed sediments are usually regarded as the final sink for heavy metals discharged into the environment.

Public concern has been voiced on many occasions about the pollution of rivers in Telangana State and of Musi River in particular. HonourableNGT(National Green Tribunal) in its order dated 20.09.2018 in OA No 673 of 2018 has issued directions to the Govt of Telangana for preparation of 'Action Plans' for restoration of polluted water bodies / polluted stretches which includes active restoration steps and good environmental practices.

Musi river (from Bapughat to Wadapally stretch of 120km) has been identified as priority I stretch for restoration of river quality as the BOD(Biological Oxygen Demand) is in the range of 4-60 mg/l. Nakkavagu (Bachugudem to Nakkavagu) & river Manjira (Gowdicherla to Nakkavagu) were placed under priority II stretch as BOD on the range of 5-26 mg/l.



Maneru stretch of 120km (Karimnagar to Somanpally) and Karakavagu at Palvancha were categorised under priority III as the BOD in the range of 6-20mg/l.

Kinnerasani and Godavari rivers are also placed under priority IV as the BOD is in between 4-10 mg/l.

Krishna river falls under priority V because of BOD in the range of 5-6 mg/l.

Works of 31 STPs (1259.5MLD) constructions in HAM model for priority I & II stretches are commenced. For other stretches 17 STPs are under different stages of construction. 40 KLD FSTP (fecalslidge treatment plant) was commenced at Nallcheruvu under Musi catchment. 17 FSTPs were established under priority III to V stretches.

Indicative Guidelines for restoration of Water bodies published by Central Pollution Control Board (CPCB) in June 2019 in compliance with NGT order (10.5.2010) in MA No.26/2019 has prescribed procedures for the management of sewage, industrial and other wastes for control of pollution.

- **Recognition Phase:** Identification & recognition of problem, collection and maintenance of critical information / data, catchment details, digital mapping.
- **Restoration Phase:** Declaration of designated best use, assessment of water quality, identification of sources of pollution, quantification, gap analysis including sewage, industrial effluents, waste management.
- **Protection Phase:** Preparation of action plans for sewage, industrial effluents and other wastes. De-siltation, de-weeding, prohibition of discharges/disposal of wastes and action against violators, protection of drainage channels. removal of encroachments/blockages.
- **Improvement Phase:** Needs of present & future generations, chemical treatment approaches, In-situ techniques (flocculation, biological treatment), biodiversity environment.
- **Sustenance Phase:** Good governance based on fairness, transparency and empowerment of all stake holders to sustain the restoration efforts, awareness, training, dissemination of information, promotion of public participation with schools, colleges and NGOs.

Govt. of Telangana State has submitted 'Action Plans' for restoration of polluted river stretches which were approved by CPCB. As per the timelines given by Hon'ble NGT, the action plans are to be implemented by 2023. With a total estimation of Rupees 6623.72 cr, the action plans for restoration & rejuvenation of polluted stretches are under implementation.

The following departments are involved for implementation of 'action plan ' for restoration of water quality of the rivers.

Irrigation & CAD dept	Revenue dept
Agriculture dept	Ground water dept
Rural Develop dept	I & PR
Forest dept	TS Pollution Control Board
Fisheries dept	R&B
HMWS&SB	Municipal Admn & Urban development
HMDA	Bio-diversity Board
Industries dept	Panchayath raj dept
Finance dept	

Inter departmental coordination is very important for successful implementation of action plan and further maintenance. A periodical review by concerned heads of the departments involved in the programme with top priority may lead to protect our valuable resources for future generations.





Dr MANISHA SAHAY
 Professor and HOD Nephrology Dept
 Osmania General Hospital

Kidneys remove waste material from the blood in the form of creatinine and urea. They also remove excess water from the body.

the blood in the form of creatinine and urea. They also remove excess water from the body. Lesser known functions of the kidney include maintenance of blood pressure and help in

formation of blood (blood forming hormone, erythropoietin is produced by the kidneys). Also the kidneys help in the formation of active form of vitamin D and are hence normal kidney function is essential for healthy bones and teeth.

Symptoms of kidney failure

The patients of kidney failure present with swelling of the body and decrease in urine output. However it is important to remember that some patients may have a good urine output even when the kidney failure is advanced. Hence kidney disease is not synonymous with a low urine output in all patients. Some patients may complain of loss of appetite or vomitings. Some may have easy fatigue while others may present with anemia, high blood pressure or rarely with bone deformities due to deficiency of vitamin D. Hence people with onset of high blood pressure below the age of 45 yrs or bony deformities also should be evaluated for kidney problems. Some children may have recurrent urinary infections. These kids should also be checked for any underlying kidney disease. Thus symptoms of kidney failure are varied and the diagnosis may be missed. Kidney failure is thus called a silent killer.

"Love your kidneys"

What everyone should know about kidney diseases?

Why should we know about kidney disease?

The kidney diseases are becoming very common in the present day era. People in our country are aware about the heart disease, stroke and diabetes. However, the knowledge about kidney problems is far from adequate. Various studies have reported that 15% of Indians have chronic kidney disease. This means that 1 among every 8 persons in India suffers from kidney disease. This is a huge number in a population of 1.2 billion Indians. The treatment of kidney failure is also very costly and places a huge burden on the country's economy.

Where are the kidneys located?

We have a pair of kidneys. These kidneys are bean shaped organs and are located on each side of the spine in the abdomen. Rarely people are born with only a single kidney. The size of kidney at birth is approximately 3 cms and it grows to 9-11 cms in an adult. (Fig 1)

What are the functions of the kidneys?

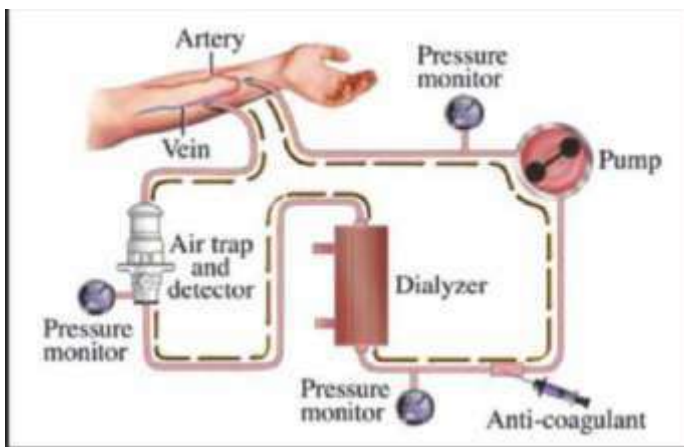
Kidneys remove waste material from



What is chronic kidney disease/ kidney failure?

Kidney failure is defined as the inability of kidney to excrete waste products and excess water.

Kidney failure is of two types- Acute or temporary and permanent or chronic. Acute kidney failure occurs due to dehydration, toxins, pain killers, herbal medicines, snake bites, malaria and sometimes due to high BP in pregnancy. In India stones may cause obstruction to the flow of urine and hence may result in kidney failure. Acute kidney failure usually recovers. In some cases it may progress to chronic or permanent kidney failure.



Chronic kidney disease is defined as impairment of kidney function of equal to or more than 3 months duration. The patient may have protein or blood in urine or the kidney size may become small. Kidney failure progresses through 5 stages. The last stage is called end stage kidney disease where the patient needs either dialysis or transplant.

Unfortunately in India most patients come to medical attention when they are in end stage kidney disease. Kidney diseases can be prevented to a large extent if the diagnosis is made in the early stages.

Thus the best answer to this increasing epidemic of chronic kidney disease seems to be prevention. Are all kidney diseases preventable? No, but many can be slowed down by simple measures.

Who are at risk for kidney failure?

People at high risk of kidney disease include those with diabetes, hypertension, obesity, past history of kidney failure, those on long term pain killers, those with other family members with kidney diseases and those who have abnormal kidneys from birth. These people should be screened once a year for kidney disease.

What are the tests for detecting kidney disease

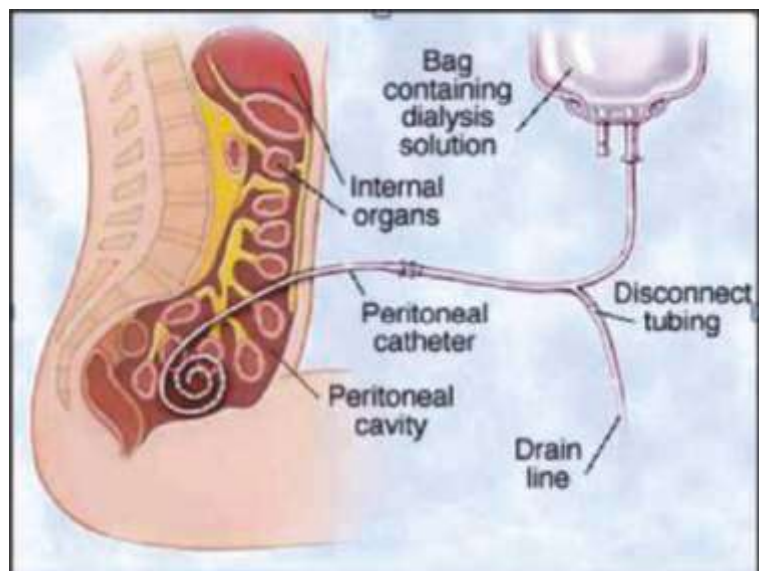
early?

The kidney tests are simple and include a urine examination, and simple blood test.

10 golden rules to protect your kidneys

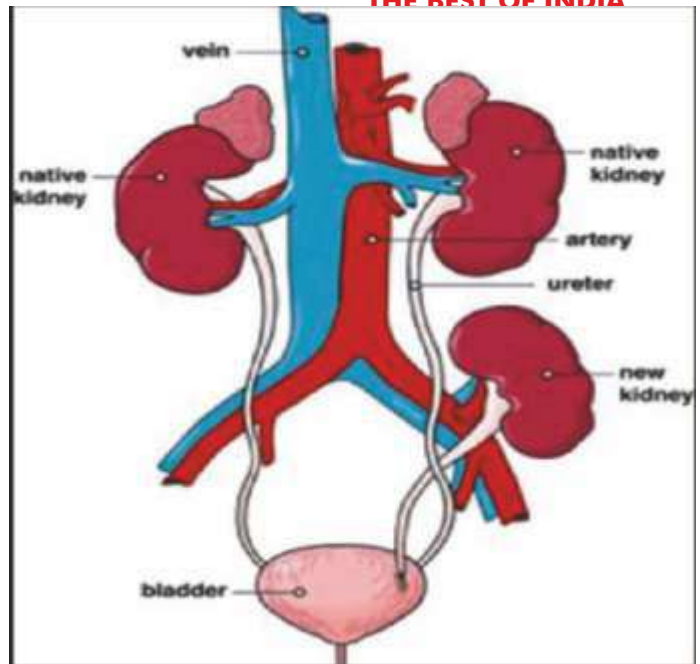
1. Life style modifications go a long way towards controlling the progression of kidney failure. Daily physical activity, even walking for 30-45 minutes is helpful in controlling the weight and this is found to be useful in reducing the daily waste burden on the kidneys. Swimming, cycling all are good physical activities. Not only exercising is important but reducing the screen time to less than 2 hours per day esp in children is essential. By screen time I mean the time spent in front of TV screen or even a computer screen. Children nowadays are addicted to lap tops, ipads, ipods and cell phones and hardly go out and play. Most of the recreational activities are restricted to videogames. Instead of physically going out with friends to parks etc children are stuck to their computer screens.

- a) A balanced diet also goes a long way towards prevention of kidney diseases. Salt intake should be restricted to ½ tsp salt per day per person ie 2.5 gm per day. An average indian consumes 2 tsp of salt per day. Pickles, papad, chutneys are very rich in salt and their intake should be curtailed.
- b) Carbohydrates form the main ingredient in indian diet. Carbohydrates include wheat, rice,jowar, ragi etc. These should normally constitute 50-60 % of the diet. Refined carbohydrates are unhealthy ie maida, rice, sugar etc. Beside the quantity the quality of carbohydrates is also important. White rice

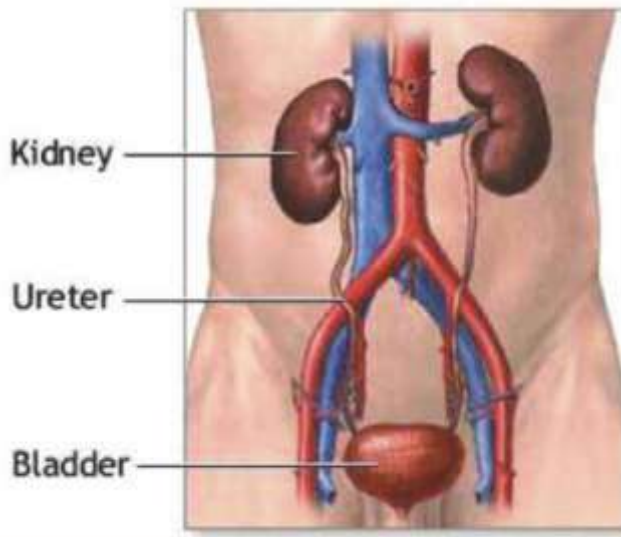


should be replaced with brown rice. Maida should be minimized. White bread should be replaced by brown bread. (avoid white foods). Oats form a good choice of carbohydrates.

- c) Proteins should constitute upto 20 %. Vegetable proteins are better such as rajma, pulses, soyabean, groundnut etc. Animal proteins like mutton and chicken should be avoided. Fish is an important source of good quality protein. Egg white is a good source of protein. However patients of kidney diseases should avoid a high protein diet.
- d) Fats are energy giving foods and should form 15-20 % of the diet. Saturated fats eg ghee should be restricted. On an average a person should consume ½ litre of oil per month. For example for a family of four the oil intake should be 2 litres per month. The quality of oil is also important. Rice bran, ground nut and some quantity of mustard oil can be used. Olive oil is



vegetables, carrot juice, tomato juice . Lentils , raw carrots, spinach, tomatoes, pumpkins, broccoli, beet roots and cabbage, dried peas, etc.



good for salad dressings, However it is not good for indian cooking as it has a low smoking point.

- e) Fruits and vegetables are a rich source of minerals and fiber. Sprouts daily are a good source of minerals and proteins. However in patients with established kidney failure the intake of some fruits needs to be restricted as these contain potassium. Patients of kidney failure cannot excrete potassium and this leads to disturbances in heart rhythm. Banana, melons are rich in potassium. Fruits like apple, papaya, guava, pineapple, berries, oranges have low potassium and can be taken. Vegetables also contain potassium esp green leafy
- f) Vegetables should be cut and soaked in luke warm water for a couple of hours and the water can be discarded. The vegetables can then be cooked normally. This removes potassium from the vegetables to a large extent.
- 2 Junk foods, fast foods like burgers, pizzas, chips and French fries are detrimental to the health of kidney patients. Unfortunately these food stuffs have become the most sought after by the youth today. These not only provide empty calories but add to the bad cholesterol as well.
 - 3 At least 1-1.5 litres of water should be taken. Intake of water prevents formation of renal stones and decreases urinary tract infections. However those patients who have already developed end stage kidney disease and have swelling of the feet or reduced urine output should restrict water.
 - 4 High blood pressure is detrimental for kidney function. The blood pressure should be maintained around 120/80 mmHg. This can be achieved by reducing salt intake and medicines as prescribed by your doctor.
 - 5 Blood sugars should be controlled to avoid progression of kidney disease in diabetics.
 - 6 High cholesterol levels contribute to kidney damage and these should also be kept within normal limits.

- 7 Avoid pain killers. Pain medicines belonging to NSAID group are toxic to the kidneys. Unfortunately these are available over the counter in India even without a doctor's prescription. Medicines such as ibuprofen, Nimesulide
- 8 Maintain an ideal body weight. Your height in centimetres - 100 is your ideal body weight. If your height is 160 cm then your ideal body weight is 60 kg.
- 9 Avoid smoking as it is detrimental to the kidney function.
10. Try to be stress free as far as possible. Yoga and meditation go a long way towards improving the quality of life.

Treatment options

CKD is one of the costliest diseases. Patients with kidney failure need dialysis or transplant. Dialysis involves cleaning of the blood by machine and this has to be done for 4 hours every alternate day throughout the life of the patient. Another form of dialysis is called Peritoneal dialysis (CAPD). Here machine is not needed. Patient has to put dialysis fluid into his/her abdomen for 4 cycles per day through a catheter. (Figure 3) Those people who have a kidney donor can undergo kidney transplant. (Figure 4) Donors can be from family- parents, siblings, grandparents, children or spouse. Kidneys can be retrieved from brain dead donors. The cost of dialysis is approximately Rs 25000 per month though many state governments including Telangana government has made provisions to provide dialysis free for patients. Dialysis places a huge burden on the country's budget as well. A kidney transplant costs

A healthy diet and exercise go a long way in protecting you from kidney failure.



about Rs 5-6 lakhs in the private sector and is clearly beyond the reach of common man. Even after a successful kidney transplant immunosuppressive drugs are needed for life and these are also expensive.

World kidney day

In order to increase the awareness about kidney diseases the international society of nephrology has started the world kidney day programme. World kidney day is celebrated on 2nd Thursday of March every year. Each world kidney day has a theme. The theme this year is kidney health for children - Act early to prevent kidney disease.

Thus kidney diseases are common. They can be prevented or their progression can be retarded by simple life style measures. A healthy diet and exercise go a long way in protecting you from kidney failure.





I am particularly inspired to write this article based on the remarkable work led by Jesang and his team, who have successfully coordinated and developed mangrove-inclusive coastal green belts through CSR support along the Gulf of Khambhat coast. I am also pleased to have contributed to the bio-shield design process during the project's development phase.

Mangrove restoration in Gujarat is not recent, it traces back to the 1950s, evolving from small experimental trials in the Gulf of Kachchh into a structured, state-supported movement by the 1980s. Over time, sustained efforts by the Forest Department and partners transformed degraded coastlines into functional mangrove ecosystems. During my recent visit to the Gulf of Khambhat, this legacy was clearly visible in the layered green belts resisting tides and winds.

I also recall my tenure as Technical Manager for Mangroves with the Gujarat Ecology Commission (2002–2004), where an ICEF-funded project supported nearly 5,000 hectares of mangrove plantations, demonstrating the impact of long-term investment and technical rigour. Today, with the added momentum of CSR initiatives and community participation, these efforts have scaled significantly. What stands along the coast now is more than afforestation, it is a resilient, living system shaped by science, policy, and people, protecting both landscapes and livelihoods.

Among the few coastal bio-shield initiatives we have encountered, the model at Tankari village stands out as a compelling example of how thoughtful design and sustained effort can transform a vulnerable shoreline into a productive landscape. Conceived as a 150-metre-wide green belt stretching across 1,000 metres of

A Coastal Journey to the Mangrove Green Belts of the Gulf of Khambhat, Gujarat

Dr Deiva Oswin Stanley

Consultant to the UN FAO, ADB and others

As a team of mangrove practitioners, including Dr. Deiva Oswin Stanley, Jesang Thakor, Anil Kumar, and colleagues Kalidas Rathod, Sailesh Dihora, Ankit Makwana, my nephews Adolf Tynilston, and Sam Jasper, we travelled across the coastal taluks of Dahej and Jambusar in Bharuch district, along the dynamic shoreline of the Gulf of Khambhat. Our journey took us through Tankari, Nada, and Asarsa villages, where we witnessed firsthand the evolving landscape of mangrove restoration. Shaped by strong tidal influences and coastal pressures, these sites revealed both the fragility of the coastline and the remarkable potential of well-planned ecological interventions.

Jan - March 2026





coastline along the Gulf of Khambhat, the design follows a carefully structured three-zone approach. The seaward front is dominated by *Avicennia marina* over a 50-metre strip, forming the primary mangrove barrier against tidal forces, followed by a middle zone of *Salvadora persica*, and a landward belt of *Suaeda* species that stabilize soils and enhance ecological resilience. A simple yet effective trench system, one foot deep with a seven-foot crest, was constructed to support *Salvadora* planting, demonstrating how low-cost engineering can complement ecological restoration.

Initiated in 2017 and implemented over three years, the site has evolved into a mature nine-year-old ecosystem, with vegetation reaching 8–10 feet in height and forming dense canopy spreads of 15–20 feet. A notable feature is the natural colonization of ground cover, dominated by *Dichanthium annulatum* and other grasses, which now play a vital role in local livelihoods. During the monsoon months (June–August), around 20 community members harvest fodder over 40 days at approximately 60 kg per person per day, while additional quantities are collected using tractors 150–200kg for a tractor, demonstrating clear economic returns from restoration.

Livelihood benefits are further strengthened through *Salvadora* seed collection, with about 1,220 kg harvested in 2025 by 15 people during the peak season (March–May). Seeds used for non-edible oil fetch around ₹60 per kg, while selected mature seeds for planting command ₹110–150 per kg, with around 150 kg reserved for restoration purposes. Value addition through clay seed ball production, ranging from

thousands to over a lakh units on demand, supports both local planting and external supply systems.

Walking through Tankari bio-shield, one does not merely see a plantation, but a functioning coastal ecosystem, where mangroves, shrubs, grasses, and people are intricately connected. It is a living demonstration of how well-designed bio-shields can move beyond protection, evolving into systems that sustain livelihoods, restore

ecological balance, and inspire scalable models for coastal resilience.

The second impressive intervention is a contiguous mangrove belt of nearly 300 hectares across Nada and Asarsa villages in Jambusar Taluka, along the Gulf of Khambhat. Unlike mixed bio-shields, this site represents a pure mangrove system, where vegetation structure clearly reflects tidal gradients, reaching heights of up to 8 feet along the waterfront and gradually tapering to around 3 feet toward the landward side. This natural variation not only indicates successful establishment but also demonstrates effective species-site matching and hydrological alignment. This mangrove also safeguards the oil pumping points of Oil and Natural Gas Corporation (ONGC). A similar model in Paniyadra village in Vagra, where approximately 20 hectares have been successfully converted into a thriving mangrove belt. Together, these sites highlight the potential of large-scale mangrove restoration to stabilize coastlines while creating resilient ecological systems.

One of the key challenges observed across the Dahej sites is the pressure of free grazing, particularly from buffaloes and camels that frequently enter mangrove areas and damage young plantations. In contrast, the Tankari site remains largely unaffected due to its distance from settlements, which naturally limits grazing intrusion. To address this issue in Dahej, a community-based organization, the Tanvar Vikas Samiti, has been established with a dedicated protection committee of 7–8 members. Through active community involvement in both





implementation and protection, grazing pressure has been significantly reduced, while seasonal availability of fodder from nearby agricultural fields further helps minimize livestock dependence on mangrove areas. Importantly, when communities are engaged in nursery development, planting, and restoration activities, they develop a strong sense of ownership that reinforces long-term protection.

At the same time, emerging geomorphological challenges are becoming increasingly evident. Since 2024-25, visible coastal erosion has intensified in Doliya village, particularly along the Dadar River, locally referred to as “Dader” in Bharuch and known as the Vishwamitri River in Vadodara district. The river’s meandering patterns, combined with direct wave action, are exerting significant force on the banks, triggering severe erosion marked by vertical scouring and the collapse of extensive mudflats. As a result, large sections of planted mangroves, along with existing coastal vegetation, are being undermined and washed away. The Dahej coast is also facing high erosion, further uprooting established mangrove plantations, destabilizing mudflats and adjoining landward areas.

These challenges highlight the critical importance of appropriate site selection for rehabilitation. Site identification must be grounded in an understanding of historical coastal dynamics and the presence of a stable, mature substratum capable of supporting seedling establishment. A thorough GIS-based assessment is essential prior to planting to ensure long-term success. In Dahej, however, a key limitation observed is the practice of planting seedlings in hip-deep, highly mobile mudflats, areas

that are inherently unstable and unsuitable for mangrove establishment, ultimately compromising survival and restoration outcomes. From fragile shores to thriving green barriers, the Gulf of Khambhat stands as a powerful reminder that with the right science, community stewardship, and long-term commitment, coastal restoration can truly reshape both landscapes and livelihoods.

The field insights presented in this article are informed by the experience of the following experts:

Dr. Oswin Stanley has been engaged in mangrove restoration and coastal ecosystem management since 1991, with expertise spanning biodiversity, deserts, grasslands, and arid and semi-arid landscapes. Her work has focused on food security, climate resilience, disaster risk management, capacity building, and community-centered ecosystem restoration. With over two decades of international experience, she has worked across Asia, the Pacific, East Africa, and the Indian Ocean region, including India, Indonesia, Sri Lanka, Malaysia, Myanmar, Bangladesh, DPR Korea, Eritrea, Papua New Guinea, and Timor-Leste, and has authored numerous publications with organizations such as UN FAO and the Asian Development Bank.

Jesang Thakor has been working in mangrove restoration and rural development since 2000, collaborating with government agencies, corporates, and international organizations. His experience spans mangrove rehabilitation, watershed development, coastal salinity management, and livelihood support for vulnerable communities, including in the Little Rann of Kutch. A seasoned social entrepreneur, he currently leads “Sarva,” implementing CSR-funded mangrove projects in Dahej and Surat with partners Farzana Kadri and Manoj Dani. His son Ankit Makwana complements these efforts through Harit Horticulture Service, supporting coastal livelihood initiatives.

Anil Kumar has over 30 years of experience in conservation, working across diverse ecosystems including semi-arid and desert regions, central Indian forests, grasslands, wetlands, the Terai landscape, and more recently, coastal ecosystems. His work has focused extensively on threatened species such as the Great Indian Bustard, Lesser Florican, Sarus Crane, vultures, Gharial, Gangetic Dolphin, and Sociable Lapwing, as well as addressing large carnivore conflict. He has collaborated with a range of NGOs and research institutions, contributing to both field-based conservation and applied ecological research.

all my hard work payed off.

Being in the team, which Country did you play against in your 1st International Tournament? Please throw some Light?

My first international game was the SAFF Games (South Asian Football Federation), and my first match was against Pakistan, i was playing as the stopper

back and i scored a goal for the team and was awarded as the player of the match.

How many International Matches have you played? Which was the BEST?

I have played 40+ matches for India in different levels and my match with japan was the best match in my carrier.

Who was your Favourite Footballer of your Time? Currently Any Favourite players?

My favorite player of my time was Narender Gurung who was from services team. Now from the current players i like Lionel Messi and Cristiano Ronaldo.

Few decades ago, Hyderabad produced 15 Olympians which created a history? Also the Indian Football Team was very Strong? Do you agree?

Yes!

There is No football in Hyderabad currently. And neither is the Indian Football Team being able to get qualified in Quarter Final? Your Comments?

There are talented football players in Hyderabad but there is no financial support from the government and no



GP PALGUNA
INTERNATIONAL FOOTBALLER

kicks off his International experiences for the readers.....

How do you feel about yourself as an International footballer ? When did you make your debut in the Indian Football Team?

I am proud to have played for my Country from the year 1985-89

Could you explain to us how you took up this particular game - Football? Who was your Inspiration? Or was it just accidental that you became a footballer?

I got inspired to play the game by watching my elder brother, who was playing for his university team at that time, looking at him i wanted to play the game.

Nothing was accidental, it was through hard work and dedication towards the game.

How did you feel when you were selected into the Indian Football Team? Were you very much excited?

I was so happy too see my dad's dream of watching me play i the nations color and i was feeling astonishing as

I got inspired to play the game by watching my elder brother, who was playing for his university team at that time, looking at him i wanted to play the game.

proper infrastructure. For the Indian team

there are no proper exposure matches and there are no proper training camps.

Could you throw some Light on the Football of your Time compared to the Present Football?

There was dedication,



THE BEST OF INDIA

What are your hobbies? Any Favorite as such?

Listening to Old songs.

Where is your Favorite Holidays destination in India? And abroad?

Srinagar in India and Switzerland in abroad.

What is your sincere advice to the younger generation who want to take up football as their career or any Sports or any other career?

Be sincere and dedicated towards the goals you have set in your life and work hard towards it. Make purposeful use of your gadgets. Remember life will

never be easy, just show life who is the boss!.



My strength as a player and a person is that i give my 100% to achieve my goals in life

sincerity and discipline towards the game and zeal to reach our goals at our time but now the younger generation lags behind.

Could you share your most memorable moment of your childhood days? Which is the most unforgettable moment that has become a precious memory to you?

I was selected for the Sub Jr Indian team to participate in a tournament which was going to be held in Japan but the team was not able to attend the

tournament due to the demise of Indra Gandhi.

How do you look at LIFE from the Broader Angle Perspective? Is it very challenging?

I want our players from Telangana to represent India and make us proud, also i want our country to qualify for the World Cup.

What are your Strengths & Weaknesses? As a Person and a Footballer?

My strength as a player and a person is that i give my 100% to achieve my goals in life and when it comes to weaknesses i do not have any.

Please list few of your struggles and achievements during the course of the years in your career so far?

There was no Football background for me but my family understood my goals and my passion towards the sport and with their support i am what I am

today!.





Sudarshan Reddy, IAS

Chief Electoral Officer-Telangana

– Steering Electoral Excellence as Chief Electoral Officer of Telangana

Sudarshan Reddy, a 2002 batch Direct Recruit IAS officer, currently serves as the Chief Electoral Officer (CEO) of Telangana, appointed by the Election Commission of India. In this pivotal constitutional role, he is entrusted with overseeing the planning, coordination, and conduct of elections in the state, ensuring that the democratic process remains transparent, efficient, and credible.

During his tenure as CEO, he successfully conducted the Jubilee Hills by-election, demonstrating meticulous planning, institutional coordination, and adherence to electoral protocols. His leadership reflects a deep commitment to strengthening electoral systems, enhancing voter awareness, and ensuring smooth, impartial execution of election processes across Telangana.

Before he was appointed CEO, Sudarshan Reddy held several key positions in the Government of Telangana, where he was instrumental in implementing and monitoring major developmental initiatives. Known for his administrative clarity and execution-driven approach, he consistently ensured that projects were completed within stipulated timelines while maintaining quality and accountability. His earlier deputation with the Government of India across various departments further enriched his experience, where he served with

distinction and professionalism.

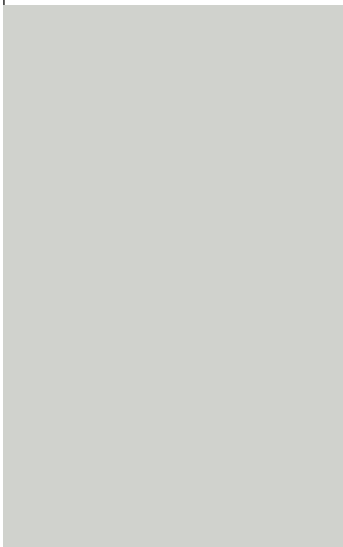
Beyond his administrative credentials, Sudarshan Reddy is widely respected for his grounded personality and dignified public conduct. An intellectually accomplished officer, he is known for his simplicity, humility, and non-controversial approach to governance. Colleagues and stakeholders describe him as approachable, soft-spoken, and solution-oriented—an officer who believes in realism, practicality, and effective execution rather than rhetoric.

16th National Voters’ Day, observed annually on 25 January 2026, holds special significance during his tenure. Marking his second year in office, the celebration was conducted with grandeur and purpose at Ravindra Bharathi, with the Governor of Telangana Shri Jishnu Dev Varma gracing the occasion as Chief Guest. The programme commenced with the ceremonial lighting of the lamp and proceeded seamlessly, reflecting the administrative precision that characterises his leadership.

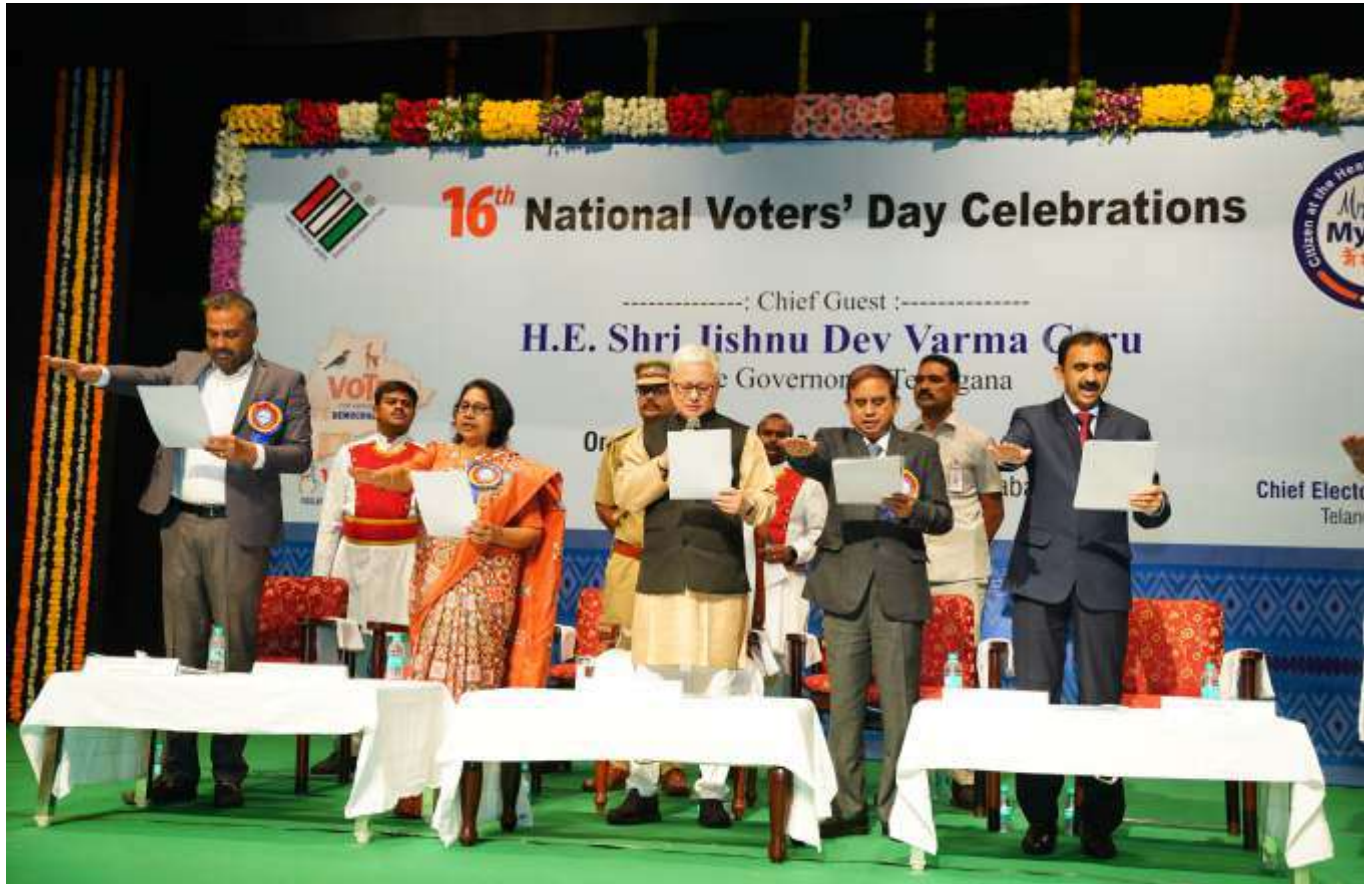
As Chief Electoral Officer, Sudarshan Reddy continues to strengthen institutional mechanisms, promote voter participation, and uphold the constitutional mandate of free and fair elections. His stewardship stands as a testament to ethical governance, disciplined administration, and unwavering commitment to democratic values.

















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Director,

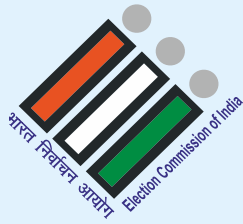
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Election Commission of India

extends warm wishes to all its electors
on the occasion of



16th National Voters' Day Celebration

on 25 January 2026

Ravindra Bharathi, Hyderabad
11:00 AM onwards



-----: *Chief Guest* :-----

Shri Jishnu Dev Varma

Hon'ble Governor of Telangana

-----: *Guests of Honor* :-----

Smt. I. Rani Kumudini, IAS (Retd.)

State Election Commissioner, Telangana

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