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Stave off sweltering,
searing heat wave... P8

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Is Congress committing hara-kiri in Telangana?



By Our Political Correspondent

The possibility of the Congress being unable to secure the requisite numbers to form the government in the fledgling state of Telangana would surely be one of the saddest outcomes. The Congress has everything going for it. It can rightfully claim credit for giving statehood to Telangana. It is also the biggest and the most organized party in the region. Neither the TDP nor the BJP are anywhere near capturing power. Beleaguered and divided TRS lacks the organizational wherewithal to take on the Congress. Telangana is one of the rare states where the Congress actually enjoys the goodwill of the voter. Yet, Congress, it appears, is frittering away all its gains.

Contd... on p2

The tragedy is all the more grave as it is the Congress which gave the statehood to the region, braving all odds both at the Centre and at the state.

By all accounts, the Congress, it appears, is unlikely to retain its 2009 tally of 12 MPs and 55 MLAs in Telangana. According to state intelligence reports, the Congress at the best might get no more than 7 MPs and 45 MLAs in the region. It will fall short of the requisite number and would have to take the help of the CPI and the MIM to stake a claim to form the government.

Both Sonia Gandhi and party vice-president Rahul Gandhi are bang on target when they say that Congress alone deserves the credit for the carving out of Telangana and that all other parties, including the TDP and the BJP haven't fully cooperated when the T Bill came up for discussion in Parliament. The role of the TRS was minuscule as it had merely two MPs, both not seeing eye to eye on any issue.

On its part, the Congress has fielded all its top guns, including Sonia Gandhi, Rahul Gandhi, who toured the state twice, and Prime Minister Manmohan Singh, who addressed a meeting at Bhongir on Saturday. The party has also drafted senior leaders like Digvijay Singh, Ghulam Nabi Azad, Jairam Ramesh and Vayalar Ravi to supervise the campaigning and the resource mobilisation.

Yet, the Congress appears unable to capitalize on the advantages. The newly appointed Telangana Pradesh Congress Committee (TPCC) has failed miserably in mobilizing the crowds for the public meetings of both Sonia and Rahul. But, why is the Congress unable to leverage on its



strengths? Why does the leadership appear stupefied and the cadre sleep-walking through rigours?

Overconfidence

At the grassroots, complacency has crept it as the leaders and the cadre feels that the people would vote for them by default as it was the Congress that granted statehood to Telangana. They hope to get rewarded for carving out the state, which has been the dream of six decades for the people of Telangana. There is a smugness that the people would support them willy nilly.

Another problem is that there are one too many leaders and each is working at cross purposes with the other. Unable to trust one another, they are low on confidence

and are overly dependent on AICC leaders like Digvijay Singh, Jairam Ramesh and Azad. Even after forming a separate PCC for Telangana, these leaders are in no position to take independent decisions. They are looking up to AICC leaders and coastal leaders for funds mobilization.

Delhi imports rule the roost

Also, it is pathetic to see senior Congressmen anxiously waiting in the corridors and lobbies of Hotel Golkonda and Hotel Park Hyatt, where Jairam Ramesh and Diggie Raja respectively stay. The T leaders are rushing to them for even small things. They are excessively dependent on them for funds as also for guidance.

The domineering Delhi lobby is

ensuring that the T leaders come to them for everything. They have successfully spawned too many power centres in the T Congress to ensure that these leaders view each other with suspicion and find complaining with the representatives of the high command the only solace. The AICC leaders supervising the Telangana affairs, for that matter, Seemandhra too, are too happy to deal with these weak local leaders.

Will caste calculations work?

The Congress is banking on the support of certain sections of voters who form its traditional vote bank. They think that SC/STs, Muslims and a tiny section of forward castes like Brahmins will anyway vote for Congress. This has always been a fact too. Congress





thinks that the projection of BJP's prime ministerial candidate Narendra Modi will automatically help it in retaining Muslims support base. In fact, Muslims constitute a significant chunk of votes in the region. Same is the case with SC/STs too. This has led to an increased sense of complacency and a dangerous smugness among Congress leaders. As a result, they are neglecting village and booth level campaigning.

The T Congress leaders are

ignoring the internal churning within the communities and the castes. While Muslims are feeling insecure, they have also begun looking at the Congress with disdain as they feel the party had done precious little to improve the lot of the minorities. There is an increasing feeling that the Congress is using the spectre of Modi and the BJP to dupe them.

Too many CM candidates:

Added to this is the presence of multiple aspirants for the post the

chief minister in the Congress camp. TPCC president Ponnala Lakshmaiah, former PCC president D Srinivas, former deputy chief minister Damodar Rajanarsimha, TPCC working president Uttam Kumar Reddy, former ministers K Jana Reddy, J Geeta Reddy, DK Aruna, D Sridhar Babu The list is endless. Even senior leader and 10 Janpath Loyalist V Hanumanth Rao threw his hat in the ring and said he would become the chief minister if only the Lady Luck smiled on him.

Though the high command has indicated that it would make someone from the weaker sections as the first chief minister of the region, the competition hasn't died down. In fact, Rahul Gandhi's announcement on Friday that he would prefer a woman as the chief minister of Telangana too has added fuel to the fire of infighting and sabotage plans within the party. This statement has upset the apple cart of several senior leaders who have been plotting to become CM.

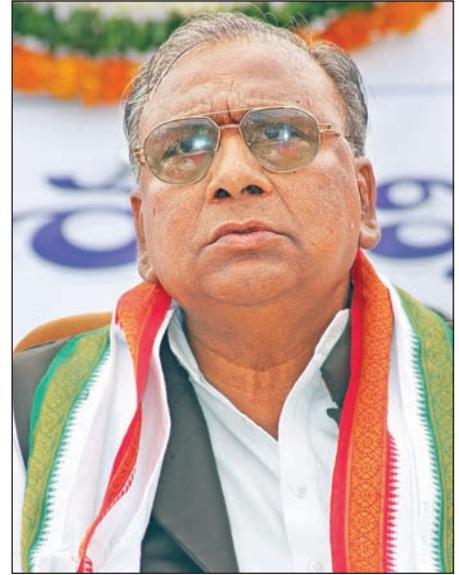


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There are reports that each senior leader is secretly working to defeat the other senior contender to the chief ministerial gaddi so that there would be lesser competition. Sources said that Deputy Chief Minister Damodar Rajanarasimha has lodged a complaint with Digvijay Singh that Munnuru Kapu icon and former PCC chief D Srinivas has been working to defeat him in his Andhole (SC) assembly constituency in Medak district.

The Congress is hoping for an

unopposed sweep in Telangana because of its role in the formation of the new state. The party has faced strong opposition from within, like the rebellion of former chief minister Kiran Kumar Reddy and the entire group of Union ministers, MPs and MLAs from the Seemandhra. Yet, it unflinchingly rooted for the division of the state. Hence, it hopes that the people of Telangana would reward it.

Anyway, Congress has a minimum vote share of 25 per cent in Telangana. Now it has to be taken

to 35 per cent to win the majority of seats. But, in the present situation it appears unlikely as the leaders are not working to a purpose.

No one at the command post

The biggest challenge that the Congress is facing today is the lack of a rallying point. Each leader is at best an island, working all by self and all for self. There is no one campaigning on a pan-Telangana basis. Each leader is focused his own constituency. As a result, the

overall command of the party campaign is in the hands of few people from Delhi. This is adding to the confusion as each leader is approaching the Delhi imports for even small things.

All this may mean that the Congress, which has things going in its favour after granting Telangana, may actually fritter away Telangana, for which it became ready to forsake its interests in the coastal region. ♦

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A Thank You from the bottom of Our hearts!!

We take great pleasure in welcoming the passing of Andhra Pradesh State Reorganisation Bill - 2014 by our Parliament and completing the required constitutional process for formation of Telangana State.

It is a fateful moment for us in Telangana, and for the rest of our fellow brothers and sisters in India who have taken part in making our long cherished dream come true.

A new star has arisen, the star of self-respect in the Deccan. A new hope comes into being from on 2nd June, 2014.

Thank you Soniaji for honouring our decades long aspirations.

We wish you well

Telangana Constitutional Rights Protection Forum

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Is illegal money being pumped through Wine shops and Petrol pumps?

By Shivkant Bichkunda

Kudos to the Election Commission of India for going whole hog in curbing the money and the muscle power during the ensuing elections. It is indeed doing a commendable job in making the elections as free and fair as possible. But, the politicians are always one up on the EC and are devising ever newer ways and means to distribute money to entire the gullible and myopic voters.

It has been reported that more than Rs 300 crore of unaccounted cash has been seized by the Election Commission across the country. Andhra Pradesh tops the list with over Rs 100 crore. Recently around 8 crores have been seized from a Hyderabad-bound private bus originating from Bangalore. The police suspect the money belongs to MBS Jewellers and is Hawala money. The owner of the MBS Jewellers is said to be absconding ever since the seizure took place.

This pro-active frisking and checking by the police and the election commission staff is giving torrid times to those who are in the fray only due to their monetary might. These leaders wanted to buy votes by hook or crooks.

To circumvent this, they are devising ever newer ways. One such is to funnel



their money to wine shops and petrol filling stations in their constituencies. If the police ask the source of the money, they can always show the papers pertaining to the sales and escape the dragnet. The money is explained off as being meant for depositing in the banks.

The leaders are distributing slips and cards containing secret codes and signatures to the prospective voters, who can realize the amount from the shops on showing of the slips. They can get a fixed quantity of liquor or fuel on presenting the slip. This practice is common in constituencies like Goshamahal, Khairtabad, Serilingampally, Qutbullapur, Kukatpally, LB Nagar etc.

Sprouting of belt shops all around and the huge crowds that throng the shops underscore the need for the election machinery to focus on the business transactions of these shops and outlets. Stringent action alone can put an end to the menace of buying votes through enticement or allurement. Such petrol filling stations and wine shops involved in pumping money into elections should be penalized and their licenses should be cancelled. ❖

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C Laxmi Narasimha Rao forges ahead in Karim Nagar battle

By Shivkant Bichkunda

With elections round the corner, the political mercury is soaring in Telangana. The TRS-Congress battle for supremacy has turned bad and bitter. It's an all out war now. The latest yet twist in the tortuous story is the CBI court's order calling for a probe into the alleged illegal assets of TRS chief Chandrasekhara Rao, his family members and former Medak MP Vijaya Shanti.

For its part, the TRS strongly believes that hotbeds of Telangana movement – Karimnagar and Warangal would be a cakewalk for its nominees. It fervently hopes that the spectacular performances in these two districts would have a cascading effect on other Telangana districts and would eventually go on to make KCR the first ever chief minister of Telangana state.

However, the survey conducted by the Deccan Post throws up results that could give jitters to the day-dreaming TRS. Though the hotbed of Telangana struggle, these districts might throw up



results that might shock the TRS. Though KCR had contested and won thrice from Karimnagar, the TRS is way behind the Congress now.

Congress candidate for the Karim Nagar assembly constituency C Lakshmi Narasimha Rao, who is the chairperson of the C Ananda Rao Institute of Medical Sciences, is well-

known for his service and philanthropy. He is known to serve the needy and offer quality Medicare to the poor. He has the full backing of sitting MP Ponnamp Prabhakar. On the other hand Gangula Kamalakar, the TRS candidate, is a granite trade magnate and was a sitting MLA from the TDP.

Locals are sore that Gangula spared

little time to address the needs of the constituency. Bandi Sanjay, the BJP candidate is trailing but trying his best to be in the fray despite the support from battle-hardened Telanganaite Ch Vidya Sagar Rao, who is the BJP candidate for the Karim Nagar Lok Sabha constituency. It is being heard that even the much-mentioned Modi wave may not help him.

One only feels that the Congress could have made more informed choices of candidates in other constituencies just on the lines of C Lakshmi Narasimha Rao who is getting the full support from the congress party leadership as well as working as a team player in the company of Ponnamp Prabhakar who is the candidate for Karim Nagar Lok Sabha constituency. This would have given it the required numbers to form the first ever government of the 29th state of India. It would have enabled it not to depend on the support of the mercurial and maverick leader like KCR. ❖

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Stop tinkering with the spirit of the constitution

The Centre's panacea for the impending constitutional crisis over the expiry of the two-month long presidential rule is worse than the disease itself. The presidential rule in Andhra Pradesh was imposed on March 1 and the two-month deadline expires by April 30. While the Centre can invoke Article 356 of the Constitution and impose President's rule in any state, it has to mandatorily get the decision ratified by Parliament, which comprises both Rajya Sabha and Lok Sabha. Several key Apex Court rulings have made it impossible for the Centre to impose President's rule for more than two months without a parliamentary ratification.

In the present case, the Governor had recommended president's rule after Chief Minister Kiran Kumar Reddy resigned on February 24. The Governor did make an attempt to explore the possibility of forming an alternative government. But, when no party came forward, Presidential rule became inevitable.

But, the question is how to get Parliament's ratification within the two months' deadline? The Lok Sabha is going to polls in a nine-phase schedule and the AP Assembly too is going to polls in two phases – on April 30 and May 7. So, those seeking re-election would not be in a position to attend an emergency session of the Lok Sabha which can as per legal provisions, called before April 30. Also, would a decision passed by a lame duck Parliament have any claim to sanctity? What would be the status of



MPs whose polling is over and are awaiting the outcome? What would happen if they vote to ratify and the vote counting shows that they are defeated in a poll that took place before they ratified but the results of which were announced later?

One way out is to dissolve the Lok Sabha and get the ratification done by the Rajya Sabha. In any case the term of the present Lok Sabha is set to expire by June 1. The other way is to allow the formation of a government at the state albeit for a brief period.

The ministry of law had at one stage leaked that another possibility was to lift the ban for a short period and re-impose

it. This is unlikely to hold the test of judicial scrutiny. Moreover, this is nothing but subverting the Constitution. This wrong practice may set a precedent and could potentially be used by future governments that want to get rid of provincial governments run by rival political parties. Dissolving the AP Assembly, which is in a state of suspended animation and continuing with the President's rule is also being proffered. But, this too involves a host of constitutional issues.

The Centre was left with only two viable options – either to dissolve Lok Sabha and seek Rajya Sabha's approval for the continuance of President's rule or to install a popular Government for a brief period though.

But, the Centre has chosen to circumvent the ratification by dissolving the AP Assembly. This could be questioned in the court of law and if the court rules against the decision, it could mean a constitutional crisis of the first order.

Constitutional propriety and procedural dexterity and clarity are important. The Government of the day cannot be oblivious to the constitutional issues that could arise. This decision of the Centre sets a bad precedent and some future government with mal-intention could cite this precedent and take to unconstitutional imposition of Presidential rule.

The rulers would do well to remember what Ambedkar said in his Constituent Assembly speech on 25th November, 1949 :

“.. I feel, however good a Constitution may be, it is sure to turn out bad because those who are called to work it, happen to be a bad lot. However bad a Constitution may be, it may turn out to be good if those who are called to work it, happen to be a good lot. The working of a Constitution does not depend wholly upon the nature of the Constitution. The Constitution can provide only the organs of State such as the Legislature, the Executive and the Judiciary. The factors on which the working of those organs of the State depend are the people and the political parties they will set up as their instruments to carry out their wishes and their politics.” ♦

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How BJP walked into TDP's trap

I totally agree with your last week's cover story that it was a well stitched and well calculated trap by the TDP chief Chandrababu Naidu to have a much need alliance with the BJP especially in the wake of Modi's wave everywhere in the country. Till 2004, TDP and BJP were strong allies and it was the TDP chief and AP Chief Minister Chandrababu Naidu who dictated

national politics. This time he grasped the opportunity and bagged a deal and hoping that atleast this time he will not only become Chief Minister of Andhra Pradesh but also play a crucial role in the national politics. It was TDP which needed BJP but not the BJP or NDA but still Naidu seems to be in a commanding position.

G Ramachander Raju, Ramkoti

This time Old City not with MIM?

It was shocking to many MIM protagonists but appears to be very near to the reality that this time Old city is thinking twice before voting for the traditional MIM party which single handedly won many polls without much fight from its opponents. MIM reached to its political peak in 2009 when it won 7 MLA seats which is the highest in its history but this time it appears that it may not be able to continue the same performance as many young, educated and women voters are exploring other political alternatives and platforms as they believe that MIM has not done the

development which it could have actually done and ignored the sectors like welfare, education, employment and better living



standards to the Muslim minority community. MIM which is claiming to win many seats not only in Hyderabad but also in Telangana, Andhra Pradesh as well as neighboring states like Karnataka and Maharashtra but it appears to a reality far

from the possibility. The MIM leadership must not think that in the name of minority the voters are going to vote them but they have their own problems which need to be resolved. Hope MIM people will realize it atleast after these elections.

Syed Rehan, E-mail

Historic Verdict by the Apex Court

It was a great judgment of the Supreme Court of India which recognized the third gender identity and ordered for certain facilities and reservations for the transgenders. It must be applauded by one and all as India is the first ever country to have such kind of set up in the world. This will surely help these third gender people to fight equally with other genders and give them opportunity to avail good education and compete for better employment in government sectors. Kudos to the Supreme Court.

T Maya, E-mail

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letters TO THE EDITOR

terms to the NDA government led by veteran leader Atal Bihari Vajpayee. Naidu has changed his gears during the National Front Governments led by many Prime Ministers like HD Deve Gouda, Indra Kumar Gujral etc and quickly switched to BJP as he saw potential benefit in sailing with BJP. But after Gujrat riots, Chandrababu who snapped all the ties with BJP in the name of secularism could not come back to power and had lost any role in the

Rahul's visit galvanizes Congress

By Dr.T.Siva Prasad Reddy

Rahul Gandhi's second round of campaign has certainly enlivened the Congress Party in Telangana. It has certainly galvanized the campaign and breathed a new life.

The Congress campaign kick-started last week in Karimnagar has certainly left much to be desired particularly in view of the low turnout at Sonia Gandhi's meet. Rahul Gandhi's tour, however, was inspiring. The

turnout was impressive and the tour was whirlwind in nature. It did give solace to the Congress. His second visit to Telangana drew good crowds in Warangal and Hyderabad. Even PM Manmohan Singh's drew enthusiastic response. Manmohan Singh has said that now that Telangana was given, it was important to move forward and that Congress alone could achieve the desired progress in Telangana. Manmohan Singh said it was the

Congress that gave Telangana and the people should vote for it.

Rahul Gandhi was at his combative best when he took on the TRS and its chief KCR. The Congress, which had found itself in a piquant position due to the vitriolic attack on TPCC chief Ponnala Lakshmaiah by KCR over the former acquiring assigned lands in Rampur Dharmasagar and Warangal mandals, heaved a sigh of relief when Rahul Gandhi chanted populist mantra

by promising waiver for farm loans up to Rs 2 lakh. He also promised to build pucca houses to the houseless poor. These were mainly aimed at countering TRS promise of loan waiver of up to Rs 1 lakh and promise of 125 sq yard houses for the houseless.

The other promise is to provide 33% reservation to women in legislatures and parliament besides the 50% in local bodies which were given by the Congress. Both the T Congress and the TRS vied in giving welfare pensions.

The TRS and KCR struck an emotional chord with people by announcing waiver of taxes on auto trolleys, tractors etc used in farming while promising 15 lakhs of interest-free soft loans to women groups..

Rahul Gandhi countered KCR by promising to generate more than two lakh jobs in the private sector. He also promised IT-Insurance corridor in Hyderabad. He also promised to develop Warangal as the next alternative city in Telangana. Rahul also underscored the need to improve the power generation capacity in Telangana so that it catalyses the growth of both industrial as well as agricultural sector.

The Congress has also promised seven hours of uninterrupted power during the day. He had also promised that the Pranahita-Chevella project would be declared a national project along with the Palamuru Lift Irrigation Project. This has a great appeal for the people of Rangareddy and Mahaboobnagar.

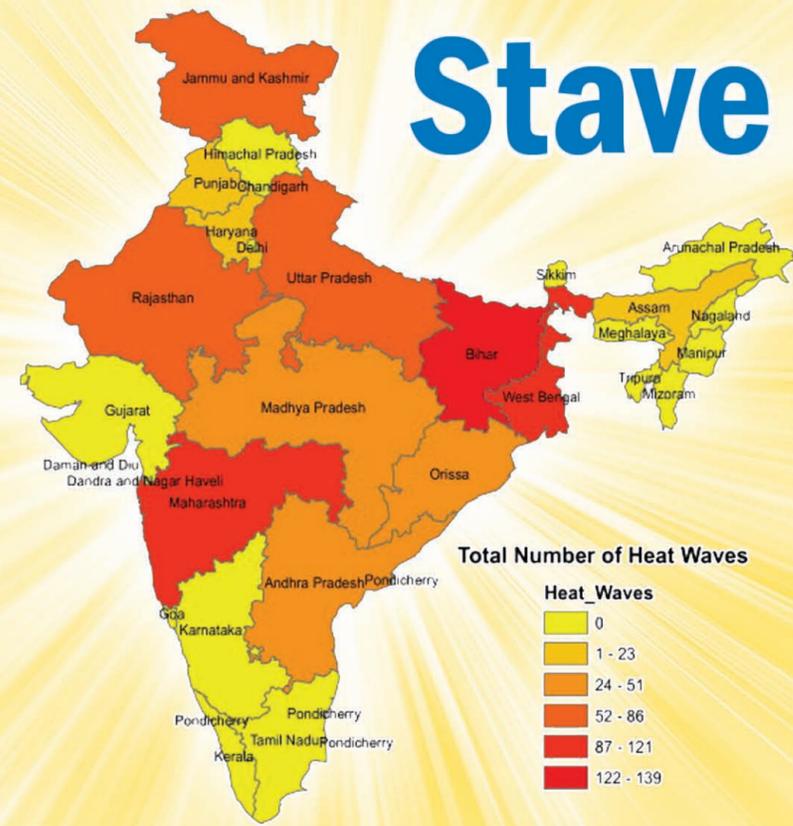
Another key feature was to promote brand Telangana. It has gone down very well with the youth of the region. The TRS too has come up with several promises. The BJP-TDP has however come up with precious little. Congress has promised to work for uplift of the downtrodden while harping on successful implementation SC/ST slab.

However, the political masterstroke has been to announce that the Congress would make a woman the CM of Telangana. This has offset TDP's strategy of projecting BC leader R Kishtaiah as the future CM. Rahul sprang a surprise and ensured that women, who constitute 50 per cent of the voters in Telangana, veer towards the Congress. It would also make the contest for the CM post that much easier as it would remove several aspirants.

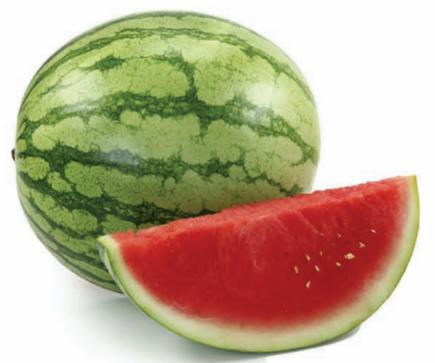
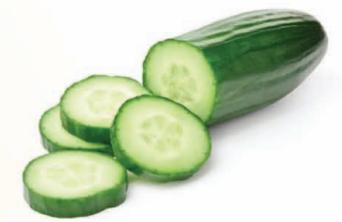
Thus Rahul Gandhi has served to galvanise the Congress party and brought it back in the reckoning. One only hopes that the Congress leaders in Telangana capitalize on the advantage handed out by Rahul and do well in the elections. ♦

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Stave off sweltering, Searing heat wave



A heat wave is a prolonged period of excessively hot weather, which may be accompanied by high humidity, especially in oceanic climate countries. According to the World Meteorological Organisation, a heat wave is when the daily maximum temperature of more than five consecutive days exceeds the average maximum temperature by 5 °C (9 °F). It is a period of abnormally and uncomfortably hot and usually humid weather

By Jaywant Naidu

DEFINITIONS GALORE

In 1900, A. T. Burrows more rigidly defined a 'hot wave' as a spell of three or more days on each of which the maximum shade temperature reaches or exceeds 90 °F (32.2 °C). In the Netherlands, Belgium and Luxembourg, a heat wave is defined as period of at least five consecutive days in which the maximum temperature in De Bilt exceeds 25 °C (77 °F) provided that on at least three days in this period, the maximum temperature in De Bilt exceeds 30 °C (86 °F). In Denmark, a national heat wave (hedeboølge) is defined as a period of at least three consecutive days of which period the average maximum temperature across more than fifty percent of the country exceeds 28 °C (82.4 °F). The Danish Meteorological Institute further defines a 'warmth wave' (varmebolge) when the same criteria are met for a 25 °C (77.0 °F) temperature, while in Sweden, a heat wave is defined as at least five days in a row with a daily high exceeding 25 °C (77.0 °F). In the United States, a heat wave is usually defined as a period of at least two or more days of excessively hot weather. In Adelaide, South Australia, a heat wave is defined as five consecutive days at or above 35 °C (95 °F), or three consecutive days at or over 40 °C (104 °F).

In the England and Wales, heat wave conditions are defined by the maximum daytime temperature and minimum night-time temperature rising above the threshold for a particular region. The length of time spent above that threshold determines the particular level. Level 1 is normal summer conditions. Level 2 is reached when there is a 60% or higher risk that the temperature will be above the threshold levels for two days and the intervening night. Level 3 is triggered when the temperature has been above the threshold for the preceding day and night, and there

is a 90% or higher chance that it will stay above the threshold in the following day. Level 4 is triggered if conditions are more severe than those of the preceding three levels. Each of the first three levels is associated with a particular state of readiness and response by the social and health services, and Level 4 is associated with more widespread response.

HOW ARE HEAT WAVES FORMED?

Heat waves form when high pressure aloft (from 10,000–25,000 feet (3,000–7,600 metres)) strengthens and remains over a region for several days up to several weeks. This is common in summer (in both Northern and Southern Hemispheres) as the jet stream 'follows the sun'. On the equator side of the jet stream, in the middle layers of the atmosphere, is the high pressure area. Under high pressure, the air sinks towards the surface. This sinking air acts as a dome capping the atmosphere. This cap traps heat instead of allowing it to lift. Without the lift there is little or no convection and therefore little or no convective clouds (cumulus clouds) with minimal chances for rain. The end result is a continual build-up of heat at the surface that we experience as a heat wave. The heat index is a measure of how hot it feels when relative humidity is factored with the actual air temperature.

PHYSICAL STRESS

HYPOTHERMIA: Hyperthermia, also known as heat stroke, becomes commonplace during periods of sustained high temperature and humidity. Sweating is absent from 84–100% of those affected. Older adults, very young children, and those who are sick or overweight are at a higher risk for heat-related illnesses. Heat edema presents as a transient swelling of the hands, feet, and ankles and is generally secondary to increased aldosterone secretion, which enhances water retention. When combined with

peripheral vaso-dilation and venous stasis, the excess fluid accumulates in the dependent areas of the extremities. The heat edema usually resolves within several days after the patient becomes acclimated to the warmer environment.

HEAT RASH: Heat rash, also known as prickly heat, is a maculo-papular rash accompanied by acute inflammation and blocked sweat ducts. The sweat ducts may become dilated and may eventually rupture, producing small pruritic vesicles on an erythematous base. Heat rash affects areas of the body covered by tight clothing. If this continues for longer period of time, it can lead to the development of chronic dermatitis or a secondary bacterial infection.

HEAT CRAMPS: Heat cramps are painful, often severe, involuntary spasms of the large muscle groups used in strenuous exercise. Heat cramps tend to occur after intense exertion. They usually develop in people performing heavy exercise while sweating profusely and replenishing fluid loss with non-electrolyte containing water. This is believed to lead to hyponatremia that induces cramping in stressed muscles. Rehydration with salt-containing fluids provides rapid relief. Heat syncope is related to heat exposure that produces orthostatic hypotension. This hypotension can precipitate a near-syncope episode. Heat syncope is believed to result from intense sweating, which leads to dehydration, followed by peripheral vaso-dilation and reduced venous blood return in the face of decreased vasomotor control. Management of heat syncope consists of cooling and rehydration of the patient using oral rehydration therapy (sport drinks) or isotonic IV fluids. People who experience heat syncope should avoid standing in the heat for long periods of time. They should move to a cooler environment and lie down if they recognize the initial symptoms.

HEAT EXHAUSTION: Heat exhaustion is considered by experts to be the forerunner of heat stroke (hyperthermia). It may even resemble heat stroke, with the difference being that the neurologic function remains intact. Heat exhaustion is marked by excessive dehydration and electrolyte depletion. This could lead to diarrhea, headache, nausea and vomiting, dizziness, tachycardia, malaise, and myalgia.

PSYCHO-SOCIOLOGICAL EFFECTS

1) PSYCHOLOGICAL STRESS: In addition to physical stress, excessive heat causes psychological stress, to a degree which affects performance, and is also associated with an increase in violent crime.

POWER OUTAGES: Abnormally hot temperatures cause electricity demand to increase during the peak summertime hours of 4 to 7 p.m. when air conditioners are straining to overcome the heat. If a hot spell extends to three days or more, night-time temperatures do not cool down, and the thermal mass in homes and buildings retains the heat from previous days. This heat build-up causes air conditioners to turn on earlier and to stay on later in the day. As a result, available electricity supplies are challenged during a higher, wider, peak electricity consumption period. Heat waves often lead to electricity spikes due to increased air conditioning use, which can create power outages, exacerbating the problem.

WILDFIRES: If a heat wave occurs during a drought, which dries out vegetation, it can contribute to bushfires and wildfires.

PHYSICAL DAMAGE: Heat waves can and do cause roads and highways to buckle and melt, water lines to burst, and power transformers to detonate, causing fires. ♦

HOW to stave off the heat wave?

To stave off the heat wave, the people prefer to dress in all-white, flowing cottons. Never, ever tuck your shirt in. People carry an onion with them; the idea is that it will soak up the heat. In the evening, people put juice of the squashed onion on their palms and feet. It acts as a coolant. Panna Juice or unripened mango boiled in water mixed with sugar can be very regularly taken for cooling the body. Nimbu pani or lemon water can also be taken in regularly.



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Kariristhi Yagam Commences in Tirumala

With an aim to appease the rain god and to ensure bountiful rains this year across the state as well in the country, the TTD has commenced Kariristhi Yagam in Dharmagiri Veda Pathashala in Tirumala last Thursday.

The unique feature of this yagam is that the ritwiks performing this yagam will dress up in black attires to extend an invitation to rain god. Sri Sundara Vajpayee acted as "Yaga Brahma", Sri Krishna Sharma as "Hota", Sri Narayana Vajpayee as "Agnitha", Sri KSS Avadhani as "Adhvaryu" while the "Yajamani-Patni" honour went to the blessed couple - Sri Kuppa Rama Gopala Vajpayee and Kalpakamba Somapeethini. Another interesting feature about this yaga is the sacred animals including horse and goat used in this Yaga are also black in colour. The Kariristhi Yagam will commence only after these animals make their presence and leave Yaga Shala after nodding their heads which symbolises good beginning of the Yagam.



The Kariristhi Yagam commenced in Prayer Hall of Veda Pathashala while Parjanya Shanti and Varuna Japam were held in Yagashala. About 32 renowned Vedic scholars and ritwiks from across the states of Andhra Pradesh, Kerala, Karnataka and Tamil Nadu took part in this unique Yagam which ended on April 28 under the guidance of TTD Agama Advisor Sri NAK Sundaravaradan.



LAUGH OUT LOUD

Husband: Tumhare Shaadi se pehle kitne boyfriend the??
 Wife silent.
 Husband chilla ke: Me iss khamoshi ko kya samjhu?
 Wife: Haaye Rabba..
 Gin to rahi hu, Chilla kyun rahe ho..

 Teacher: 1 se 10 tak count kar ke batao...
 Chota Santa: 1, 2, 3, 4, 5, 7, 8, 9, 10.
 Teacher: 6 kaha hai?
 Santa: aaj subah T.V pe news me bata raha tha: 'Ek bus durgatana me 6 ki maut ho gai....!'

 Sir: Define Energy?
 Santa: Sir pura nai aata hain, thoda last ka pata hain, bas...
 Sir: Thik hain, jitna aata hain utna bolo.
 Santa: "and this is called Energy...

 What's the difference between stress, tension and panic?
 Stress is when wife is pregnant,
 Tension is when girlfriend is pregnant,
 Panic is when both are pregnant.

 Minds are like Parachutes.
 They work best when open

HEALTH TIPS

Pineapples - tangy, tasty, good and healthy

Pineapples they taste good and help you keep good health. Here are five reasons why you should eat the fruit as often as you can.

Improves your immunity: Eating pineapples can improve your immunity as they are highly rich in Vitamin C. A strong immune system will keep most diseases and infections at bay, ensuring that you don't fall ill.

Strengthens your bones: Pineapple are good for your bones as they contain Manganese, an ingredient that is vital for the healthy development of your bones.

Good for diabetics: Diabetics who are frustrated about not being able to indulge in sweets can find some comfort in eating small amounts of pineapple. It has a medium GI meaning that it does not cause a quick spike up of your blood sugar level. However, make sure you don't eat too much of the fruit. You may indulge in healthier alternatives like peas and lentils.

Prevents acidity: Pineapple is a source of a digestive enzyme called Bromelain, which helps neutralize the acids in your stomach thus preventing acidity. It also contains some amount of fibre which helps clear the food stuck in your colon.



Gives you glowing skin: The antioxidants present in pineapple help prevent signs of ageing like wrinkles and fine lines. Additionally, it has Vitamin C which helps in the production collagen, a protein that helps grow new skin.

By Sakaray Lakshman

SUDOKU 319

7				5	4	6		9
		6		7	8			3
4	1	8		9				2
1		7	5		2	8		3
	6	9	7		1	4	5	
	8			4				6
5	3	2			7	9	4	6
		1	4	3		2		8
	7		6	2				

How to play : Fill in the grid so that every horizontal row, every vertical column and every 3x3 box contains the digits 1 to 9, without repeating the numbers in the same row, column or box. You can't change the digits already given in the grid. Every puzzle has one solution.

ANSWERS Sudoku-318

8	2	1	5	3	4	6	9	7
3	6	5	1	9	7	8	2	4
9	4	7	2	8	6	1	5	3
6	3	9	4	1	2	7	8	5
1	7	8	3	6	5	9	4	2
4	5	2	9	7	8	3	6	1
2	1	3	6	4	9	5	7	8
5	8	6	7	2	3	4	1	9
7	9	4	8	5	1	2	3	6

Answer 318: Sangitha, Amberpet

ASTRO FOCUS

Aries: You might not have a good week but still it will not be that bad. You will enjoy some good things and some bad things too will come into your life this week. You might get a chance to spend some time with the person you love the most and try not to waste it as it might become a life-time memory for you.

Taurus: You are very determined about your work and always want to do things you enjoy. This quality of yours will get you some great opportunities of life time. You should use these opportunities with extra care as even a small mistake can spoil your chances of success. So, try to be more careful, especially from jealous people who can do anything to harm you.

Gemini: This week will be a turning point of your life, which will make you understand your strengths and will also help you overcome your weaknesses. It is up to you how you use your qualities and make them work in your favor. Unnecessary help will only harm the situations and get you in trouble.

Cancer: You will have to do quality of hard work this week as you might face a good amount of competition, which may even give you some sleepless nights. Do not get worried if someone defeats you, try to learn from the defeat and make some changes in your strategies. You cannot do everything by yourselves. So, do not just think others are a mere waste. Respect them too.

Leo: You sometimes go ahead without paying heed to others. It is good that you are self-dependent and do not care for what others say or think about you. But sometimes it is also good for you to listen to them as one in a hundred times they can also be right and you could be wrong. This week might turn out to be a good luck charm for you, you might get a chance to fulfill your dreams.

Virgo: This is not a good week for those involved in share market in any way as there are chances of some big losses due to wrong investment. So, be careful about it and try to avoid any fresh investment at least for this week. You have some good news too. You might get some good returns from some long-term investment you made in past few years.

Libra: Your good luck might not work for your business this week. So make sure that you avoid any kind of risk-taking. Your work might get you in some serious problems if you do not complete as per schedule. This week, environment will have a good impact on you and you will feel good to be a part of it. Spend some time with your family too, but do not ignore your work due to it.

Scorpio: This week you might have to keep your reputation on stake to do some work. You might feel a bit uncomfortable about it in the beginning, but the end result will make you feel good about your decision. It is good to care for someone, but too much interference in someone else's life is also not good even if they are your children. Try not to fall for someone this week as there are huge chances of you getting cheated in love.

Sagittarius: You might make a wrong decision this week which could spoil your dreams. So try not to be in any hurry while taking a big step. Even if you take some wrong decision, it is never too late to correct it. So be more careful and be calm. Try not to make inaccurate assessments about things you are not aware of. First get good inputs and then go in for assessing it.

Capricorn: For asthma patients, this might not be a good week as you might have to face many difficulties due to it. It is a great week for you to spend some time with the relationships that remained ignored all along, but are still a very important part of your life. Some lies might create trouble for you this week so try to be truthful to the people.

Aquarius: You will have a good week from your business point of view. But, from your personal point of view, it will not be that good for you as there are chances of break-up in a long relationship. So try to avoid any kind of unnecessary fight with your partner if you want to continue your relation. Your business will run properly though not with very high profits. But you will be satisfied with your performance nevertheless.

Pisces: It is a good week to lose some weight if you are overweight as there are chances that it might affect your health. So be careful about it. Try not to a spoil-sport. Try not to interfere in others' matters to annoy them. You might make some good progress in winning hearts in your personal life, but this week is not good for your professional life. Your seniors might ensure that you are overworked. But do not worry as the situation would change for the better.

Need a dedicated TV channel for documentaries: Sunanda Bhat

Documentary film-maker Sunanda Bhat was in Hyderabad for the screening of her film at the Goethe Zentrum (German Centre).

How did documentary film-making arrive in your life?

I am a student of communications and therefore it was very natural to explore this field. For a short while, I also dabbled in advertising before I took to film-making. It was mainly due to my interest in cinema. It's been a long journey. My latest independent work 'Have you seen the Arana' has won critical acclaim and has been screened at various film festivals in India and in Toronto, Milan, Paris, Estonia, Finland, Fiji, Malaysia and Indonesia. The film has won the John Abraham National Award and an honourable mention at the International Film Festival for Environment, Health and Culture held in Jakarta, Indonesia. My short film 'Ini Oru Vidhi Seyvoam' (Let's make it right) on rural sanitation won the Gold Drop Award at the International Water and Film Events, 2012 at Marseilles in France, while 'Bol Ayesha Bol' (Speak Ayesha Speak) was screened at the International Film Festival, Amsterdam. 'Songline Films' is our production line and was started in 1996 and the name is inspired by Bruce Chatwin's book of the same name. Songlines or 'dreaming tracks' are a



series of song cycles sung by Australian aborigines as they find their way across the landscape.

What ails the documentary film-making industry in India?

There is no television channel in India which is dedicated to the screening of documentary films. We need to have a dedicated channel for the documentaries. Recently meetings have taken place to set up a forum of documentary film-makers, to specifically look into the problems of this industry.

What are the different subjects that your documentaries have touched upon?

Ancient tribal creation myths to explore the effects of a rapidly changing landscape on lives and livelihoods, awareness on the need to build and use toilets for every home in rural India, practice of yoga for stress-related illnesses, Debt-ridden artisans who become participants at the International Shoe Fair in Germany, out-of-wedlock pregnancy etc have interested me.

How can the youth of today be more involved in the process of making documentaries?

New technology facilitates documentary making with many easy options and ensures a good output in terms of ever-changing quality

equipment.

Can you tell about the agricultural crisis in Wayanad?

It was in the mid 1990s that journalist P. Sainath covered the agricultural crisis in Wayanad and did a story about farmer suicides there. Thereafter, I researched the written and oral history of the place and looked into the changes in the landscape, the jobs people take etc.

What is most interesting about making these films?

The screening of these films and the discussions following the screening are the most interesting things for me. Everyone starts sharing their insight and thoughts about the subject. Life is connected and happening when you have a voice. My films attempt to give voice to the ordinary people.

How do you see your viewer in all this?

For me, my viewer is the most important element. I work on a subject and present the positive and negative of it. But, it is finally the viewer who has to form his own opinion about the subject in question. ♦

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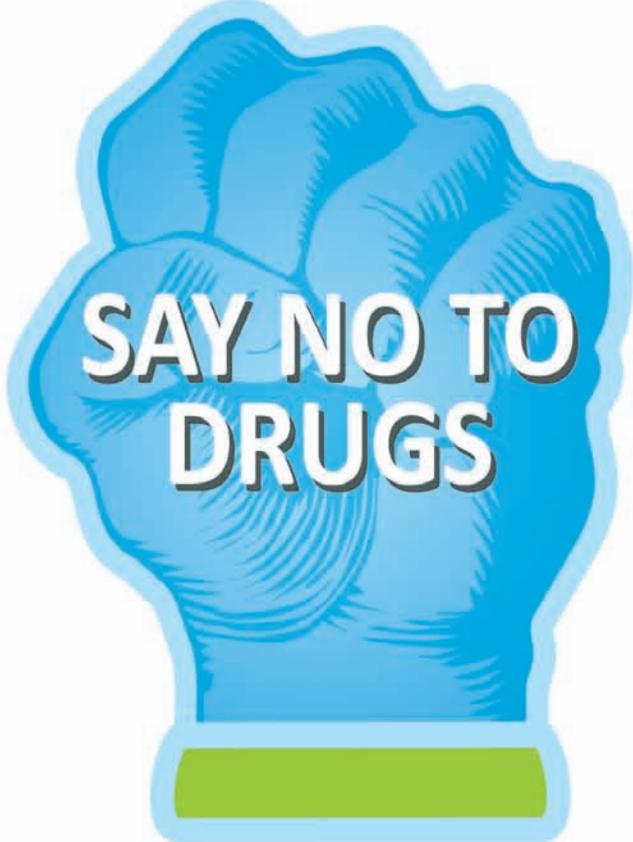
- ❖ Addiction is a treatable disease that affects the individual and his family.
- ❖ Comfort them by security, acceptance and love to express themselves.
- ❖ Restore faith in values by finding a healthy substitution for addiction free life.

Treatment

- Medical Assessment and Detoxification
- Motivational Interview
- Psychiatric and Psychological Assessment
- Psychotherapy
- Individual and Group Counselling
- Relapse Prevention Program
- Adult Substance Education Program
- Behaviour Therapy
- Management of Emotions and Feelings
- AA / NA 12 Step Program
- Family and Marital Counselling
- Life Skill Enhancement

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Jacqueline pairs up with Salman Sonakshi is Rajini's next heroine

BB town's Sri Lankan import Jacqueline Fernandez is having a gala time while shooting for Sajid Nadiadwala's 'Kick' in Poland and is very excited about it.

This is the first

**hot &
SPICE**



time that Jacqueline is paired opposite 'Dabangg' actor Salman Khan. Jacqueline made it a point to visit a local church there on Good Friday and Easter before shooting.

A devote catholic, actress says, "I had been fasting for 40 days for Lent and so this year's Easter was a big celebration for me. The churches here are quite beautiful and I had a great time visiting the churches here."



Southern superstar Rajinikanth is eagerly waiting for his fans around the globe to feel the kick of 'Vikramasimha', India's first ever motion-capture flick made with computer graphics. At the same time, he is getting ready to kick-start his next project.

For the upcoming masala entertainer, which would be directed by KS Ravikumar, the numero uno of tinsel world is busy picking the right star cast. These days, Rajinikanth flicks are being released all over the world simultaneously. The appeal of the movie rises manifold if it has Bollywood beauties and world-renowned stars shaking a leg with the superstar. Reports say that this time around, Rajini would pair up with Bollywood diva Sonakshi Sinha, while our very own Anushka Shetty would play another key role.

Voluptuous Sonakshi has already carved a niche for herself in the Bollywood. This daughter of yesteryear actor Shatrughan Sinha is known for her impressive work. Her fame and ratings would go several notches up if she pairs with Rajini.

-DP Desk



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Market rallying due to stabilising economy: FM

By Mahesh Malekar

Confident of achieving the fiscal deficit target of this financial year as projected in the Interim Budget, Union Finance Minister Chidambaram said the economy is poised to grow stronger. Addressing the media, Chidambaram said the government has collected Rs 5,500 crore more than the revised estimates as direct taxes. In indirect taxes, there has been a net shortfall of Rs 12,000 crore due to lower collection from the central excise and the service tax wings. The FM said the Government has taken all possible measures to tackle the deficit challenge and would be able to contain the current account deficit (CAD). He sees the CAD at USD 32 billion in FY14 against USD 88 billion last fiscal.

Geojit Comtrade report on metals and energy

Geojit Comtrade has come out with its report on metals and energy. According to the research firm, one can buy MCX Gold around Rs 28750 levels with a stop loss below Rs 28600 for the target price of Rs 29000. MCX Gold Jun : Buy around 28750 levels with a stop loss placed below 28600 levels for targets of 29000 levels. MCX Silver May : Buy around 42400 levels with a stop loss placed below 42000 levels for targets of 43200 levels. MCX Crude May : Sell around 6220 levels with a stop loss placed above 6280 levels for targets of 6110 levels. MCX Natural Gas Apr : Sell around 288 levels with a stop loss placed above 292 levels for tar-

gets of 280 levels. MCX Copper Apr : Buy around 417 levels with a stop loss placed below 412 levels for targets of 424 levels. MCX Nickel Apr : Sell around 1115 levels with a stop loss placed above 1130 levels for targets of 1080 levels. MCX Lead Apr : Sell around 130.50 levels with a stop loss placed above 132 levels for targets of 128 levels. MCX Zinc Apr : Sell around 125.50 levels with a stop loss placed above 127 levels for targets of 123 levels. MCX Aluminium Apr : Sell around 112 levels with a stop loss placed above 113 levels for targets of 110 levels.

L & T bags 4510 crore order in Qatar

Engineering and construction company Larsen & Toubro (L&T) has won a Rs 4,510-crore order from Qatar Railways Company for design and construction of the Gold Line of the Doha Metro project.

The L&T said its heavy civil infrastructure business segment secured the order with joint venture partners Aktor (Greece), Yapi Merkezi Insaat (Turkey), STFA Group (Turkey) and Al Jaber Engineering of Qatar. The total value of the order for the venture is Rs 20,000 crore.

GE forays into solar power

GE unit GE Energy Financial Services and Welspun Renewables Energy Pvt. Ltd. (WREPL) announced a partnership to expand solar energy generation in India. One of the world's largest solar plants - powers 624,000 homes and mitigates an



estimated 216,372 tons of carbon emissions annually.

Cairn's India posts net profit

Cairn India Ltd has posted a net profit for the period after giving impact of scheme of arrangement for earlier periods of Rs. 30354.40 million for the quarter that ended March 31, 2014 as compared to Rs. 25636.00 million for the quarter ended March 31, 2013.

Total Income has increased from Rs. 45825.20 million for the quarter that ended March 31, 2013 to Rs. 52128.20 mn for the quarter that ended March 31, 2014.

The Group has posted a net profit for the period after giving impact of scheme of arrangement for earlier periods of Rs. 124317.90 million for the year that ended March 31, 2014 as compared to Rs. 120563.90 mn for the year that ended March 31, 2013.

Total Income has increased from Rs. 185603.90 mn for the year that ended March 31, 2013 to Rs. 202644.10 mn for the year that ended March 31, 2014. ♦

mail@deccanpost.net

Note - Investors should be aware of risks in the stock market.

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