

TRICOLOUR ESTATE

THE NEWS THAT MATTERS

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TIME

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EDITORIAL

Science Behind Sporting Success

India's rise in international sports has been remarkable over the past decade. From Olympic medals to world championship victories, Indian athletes have demonstrated that they can compete with the best in the world. While determination, discipline, and hard work remain the cornerstones of success, modern sports have evolved far beyond talent alone. Today, sports science plays a decisive role in shaping champions. If India aspires to become a global sporting powerhouse, integrating sports science into athlete development must become a national priority. Sports science is a multidisciplinary field that combines physiology, biomechanics, nutrition, psychology, medicine, and data analytics to improve athletic performance. Elite athletes no longer rely solely on rigorous practice. Their training is carefully designed using scientific methods that maximize performance while minimizing the risk of injury. Every aspect—from muscle recovery and nutrition to sleep patterns and mental conditioning—is monitored to ensure peak performance during competition. India has made encouraging progress in recent years by establishing high-performance centres and providing scientific support to elite athletes. However, access to sports science remains limited to a small group of international-level competitors. Thousands of talented athletes training at the grassroots level still lack qualified coaches, physiotherapists, nutritionists, sports psychologists, and modern training facilities. As a result, many promising careers are hampered by preventable injuries, poor fitness management, or inadequate recovery.

Scientific coaching should begin at an early stage. Young athletes require age-appropriate training that focuses on physical development, injury prevention, and long-term performance rather than immediate success. Overtraining and poor guidance can shorten careers before they truly begin. Schools, colleges, and sports academies must therefore integrate sports science into their training programmes instead of relying solely on traditional coaching methods. Mental health is another critical component of athlete development. International competition brings immense pressure, and sports psychologists play an important role in helping athletes manage stress, build confidence, and maintain focus. Likewise, proper nutrition and recovery strategies are as important as physical training in achieving consistent performance. Investment in sports science is not an expense but a long-term investment in national excellence. Governments, sports federations, universities, and private institutions must collaborate to establish research centres, train sports science professionals, and make scientific support accessible across all levels of sport. India has no shortage of talent.

The Populu Dabba: Rural India's Economic System

The Populu Dabba (traditional household savings box) was far more than a simple container for storing money. It symbolized financial discipline, family security, women's economic wisdom, and self-reliance in rural India. Long before banks, ATMs, digital payments, UPI, and mobile banking became widespread, millions of rural families depended on this humble savings box as their own household bank. Between the 1950s and early 2000s, it functioned as an informal yet highly effective financial institution, created not through government policy but through generations of practical experience and collective wisdom. Rural livelihoods largely depended on agriculture, dairy farming, livestock, agricultural labour, and small businesses. Since income was seasonal and uncertain, families had to manage their finances carefully throughout the year. Rural women developed the habit of setting aside small amounts of money left after daily expenses. Even coins worth ₹2, ₹5, or ₹10 were quietly deposited into the Populu Dabba. Individually these amounts seemed insignificant, but over months they accumulated into an emergency reserve capable of supporting the family during unexpected crises. Although banking services expanded after the nationalisation of banks in 1969 and economic reforms in 1991, many rural households continued to rely on home-based savings. Distance from banks, travel costs, minimum balance requirements, and limited financial literacy made the Populu Dabba a practical and trusted alternative. Studies during the 1990s indicated that nearly 60 percent of rural households continued to keep small cash savings at home. The real strength of the Populu Dabba lay in the financial management skills of rural women. They carefully balanced household expenditure, prioritised essential needs, controlled unnecessary spending, and maintained savings for future emergencies. Whenever illness struck, children's school fees became due, seeds and fertilizers had to be purchased, or festivals and family ceremonies approached, the Populu Dabba became the family's first financial support. By reducing dependence on moneylend-



ers, it protected households from high-interest debt and strengthened financial independence. The philosophy behind the Populu Dabba closely resembles what modern economists describe as an emergency fund. Long before personal finance experts promoted "Save first, spend later," rural families had already adopted this principle in their daily lives. Saving was not merely an act of thrift but a strategy for preserving family dignity, avoiding unnecessary borrowing, and ensuring economic stability during uncertain times. Women often deposited income earned from milk sales, eggs, vegetables, and leftover market change into the savings box. These regular deposits gradually built a financial cushion. Modern behavioural economics argues that small financial habits create long-term prosperity. Rural Indian society had successfully practised this principle decades before it became an academic theory. The Populu Dabba also functioned as an effective micro-emergency fund. Whether for medicines, school fees, agricultural inputs, livestock care, marriages, festivals, or unforeseen expenses, these savings enabled families to respond immediately without borrowing. It demonstrated that consistent small savings could solve major financial challenges. Beyond financial security, the system promoted women's leadership within the household. Women controlled expenditure, distinguished between necessities and luxuries, and taught children the importance of saving. Spare coins received by children were deposited into the Populu Dabba instead of being spent immediately, nurturing financial discipline from an early age. Today's financial education programmes advocate similar practices that rural families

had naturally incorporated into everyday life. The Populu Dabba also reflected environmental sustainability. Families reused empty tins, metal boxes, wooden containers, and household items instead of purchasing new storage boxes. This simple practice aligned closely with today's concepts of recycling and sustainable living. From an economic perspective, the Populu Dabba represented an efficient informal savings system. It proved that financial security depends less on the size of income than on disciplined saving habits. Economists refer to this principle as "Consumption-Controlled Saving", where households consciously reduce unnecessary consumption to strengthen future financial stability. Between 1970 and 1990, when agriculture remained the primary livelihood for over 70 percent of rural households, crop failures caused by droughts or floods often created severe financial distress. During such difficult years, the modest savings preserved in the Populu Dabba enabled families to meet essential expenses. This practical wisdom gave rise to a timeless rural belief: "Every rupee saved today protects the family tomorrow." From a sociological perspective, the Populu Dabba strengthened family unity and collective responsibility. The money stored inside was never intended for personal luxury. It existed solely for children's education, healthcare, agriculture, family welfare, festivals, marriages, and emergencies. The system built mutual trust, encouraged shared responsibility, and enhanced social stability within households. Women's financial leadership formed the backbone of this economic model. Long before discussions on women's financial empowerment gained international promi-

nence, rural Indian women had already demonstrated exceptional abilities in budgeting, saving, and protecting their families against economic uncertainty. Even after the launch of the Pradhan Mantri Jan Dhan Yojana, Direct Benefit Transfer (DBT), digital banking, and UPI, the tradition of maintaining a small emergency cash reserve at home continues in many villages. Elderly people, small farmers, and self-employed families still value immediate access to emergency cash. Technology has transformed banking, but it has not diminished the importance of financial preparedness. The Populu Dabba also challenged the belief that only wealthy households can save money. It demonstrated that consistent discipline matters more than income. The principle often described as "Small Savings, Great Security" was successfully practised by millions of rural families long before it entered modern financial literature.

Today, India possesses one of the world's largest digital payment ecosystems, with hundreds of millions of bank accounts and widespread UPI usage. Yet the core philosophy of the Populu Dabba remains timeless. The place where money is stored may have changed—from a traditional savings box to a bank account or digital wallet—but the principle of setting aside a portion of income for future security remains unchanged. The Populu Dabba therefore deserves recognition not merely as a nostalgic household object but as one of India's most valuable indigenous financial systems. It represents women's financial wisdom, family resilience, economic discipline, and responsible living. Its enduring message is simple yet profound: lasting financial security is built not by earning more, but by saving consistently, spending wisely, and preparing thoughtfully for the future.



- Dr. Rakkireddy Adireddy
Public Relations Officer
Kakatiya University

Rahul Part-Time Politician: Nabin



Hyderabad, June 29: BJP national president Nitin Nabin on Monday described Lok Sabha Leader of the Opposition Rahul Gandhi as a "part-time politician" and asserted that every BJP worker is a full-time political activist committed to public service. Addressing BJP booth presidents and office-bearers from the united Warangal district, Nabin said BJP workers dedicate themselves to serving people round the clock, adding that their tireless efforts have made the BJP the world's largest political party. Targeting the Congress, he said the BJP believes in nationalism, development and the principles of Sabka Saath, Sabka Vikas, Sabka Vishwas, Sabka Prayas, unlike parties driven by dynasty politics and vote-bank considerations. Accusing the Congress government in Telangana of failing to fulfil its promises, Nabin alleged that the state had not delivered the promised two lakh government jobs and had instead become an "ATM for the Congress leadership in Delhi." He claimed that Telangana's aspirations had been derailed by family-based politics and asserted that only a "double-engine" BJP government could ensure the state's development. He urged party workers to strengthen the organisation at the grassroots level and work towards bringing the BJP to power in Telangana.

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India Ensures Fuel Security

New Delhi, June 29: India's ability to maintain uninterrupted fuel supplies during the prolonged disruption in the Strait of Hormuz reflects the country's significantly strengthened energy resilience, backed by diversified crude sourcing, infrastructure development and coordinated government action, industry experts said on Monday. Former Engineers India Limited (EIL) Chairman and Managing Director Vartika Shukla said the Hormuz crisis demonstrated India's preparedness in handling global energy disruptions. "The Hormuz disruption highlighted India's enhanced energy resilience, as uninterrupted supplies

and minimal retail price impact were ensured through proactive government measures, diversified sourcing and sustained investments in energy security infrastructure," she said. Former Hindustan Petroleum Corporation Limited (HPCL) Chairman and Managing Director M.K. Surana said many analysts had predicted severe fuel shortages in India due to the country's dependence on imported crude oil when shipping through the Strait of Hormuz was disrupted. "When the conflict began and the Strait of Hormuz was closed, many believed India, which imports about 85 per cent of its crude oil requirement, would face a

major fuel crisis. However, that did not happen," he said. Surana noted that while several countries introduced emergency measures such as fuel rationing, restricted petrol pump operations and compulsory work-from-home policies, India managed to avoid such disruptions. He credited the Ministry of Petroleum and Natural Gas, public sector oil marketing companies and other government agencies for ensuring smooth fuel availability across the country. According to Surana, uninterrupted domestic LPG supplies were also maintained through a combination of supply-side management and demand prioritisation to ensure household consumers did not face shortages. He further said that India's long-term strategy of diversifying crude oil imports from more than 40 countries played a crucial role in reducing dependence on any single region and strengthening the country's energy security during the Hormuz crisis. Industry experts believe the country's investments in strategic petroleum reserves, robust refining capacity and diversified import network have significantly improved its ability to withstand global supply disruptions while protecting consumers from severe price shocks and shortages.

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Fuel Curbs Withdrawn July 1

New Delhi, June 29: The Centre on Monday announced that temporary restrictions on the retail sale of petrol and diesel to commercial consumers will be withdrawn from July 1, allowing industrial, institutional and transport sector users to purchase fuel from retail outlets without any quantity limits. According to a government order, commercial buyers will once again be able to buy petrol and diesel freely from retail fuel stations, ending restrictions that were imposed earlier this month to safeguard domestic fuel supplies amid concerns over global energy disruptions. The restrictions were introduced on June 12 through the Motor Spirit and High-Speed Diesel (Temporary Regulation of Supply through Retail Outlets) Order, 2026. Under the order, industrial, institutional and commercial consumers were barred from purchasing fuel at retail outlets, while diesel sales were capped at 200 litres per customer or vehicle per day. With the withdrawal of the order, transport operators, industries and other commercial users can resume normal fuel purchases from retail outlets from July 1. When the curbs were imposed, the Ministry of Petroleum and Natural Gas had clarified that the measures were temporary and intended to prevent black marketing, hoarding of diesel and diversion of fuel supplies from retail outlets. The ministry had also stated that the restrictions could remain in force for up to 90 days if required. Officials had emphasised that the measures were precautionary and did not indicate any shortage of petrol or diesel in the country or any form of fuel rationing. The government had cited unusual fuel demand patterns as the primary reason for imposing the temporary restrictions. According to the ministry, many industrial and bulk diesel consumers had shifted their purchases from dedicated consumer pumps to public sector retail outlets due to a significant price difference. The ministry noted that retail diesel prices were nearly ₹40 per litre lower than bulk diesel prices, as bulk supplies continued to reflect international market trends. With fuel supplies remaining stable, the government has now decided to restore normal retail sales for all categories of consumers.

Markets End Lower Amid Tensions

Mumbai, June 29: Indian benchmark equity indices closed lower on Monday as weakness in automobile, information technology and public sector banking stocks, coupled with renewed geopolitical tensions in West Asia, dampened investor sentiment. The BSE Sensex declined 372.10 points (0.48%) to close at 76,728.37, while the NSE Nifty fell 109.75 points (0.46%) to settle at 23,946.25. Market experts said the 24,000 mark has emerged as an immediate resistance level for the Nifty, with the 24,100-24,200 zone acting as a stronger resistance area. On the downside, 23,900 remains the immediate support, followed by the 23,800 level. Investor sentiment remained cautious amid concerns over escalating tensions in West Asia, triggering broad-based selling across sectors. Automobile, IT and PSU banking stocks witnessed significant selling pressure during the session. Among the major losers on the Nifty were Mahindra & Mahindra and Tata Motors Passenger Vehicles, which registered sharp declines. The broader markets also ended in negative territory. The Nifty MidCap index slipped 0.37 per cent, while the Nifty SmallCap index declined 0.62 per cent, indicating weakness across market segments. On the sectoral front, pharmaceutical stocks outperformed the market, with the Nifty Pharma index emerging as the top gainer. The Nifty Metal and Nifty Healthcare indices also closed higher on selective buying. In contrast, the Nifty Auto, Nifty Chemical and Nifty Oil & Gas indices ended as the worst-performing sectors of the day. Analysts said investors are likely to remain focused on developments in West Asia along with key domestic and global economic cues, which are expected to influence market direction in the coming sessions. Market experts also noted that profit-booking continued near key psychological levels as investors remained cautious over the sustainability of the interim US-Iran peace agreement.



Airport Investments To Surge

New Delhi, June 29: India's airport infrastructure sector is expected to attract investments of up to ₹4.2 lakh crore by 2029, driven by major expansion projects, rising passenger traffic and the development of new airports, according to a report released by Brickwork Ratings on Monday. The report estimates that around ₹3.7 lakh crore will come from projects already announced or under implementation as of FY26, while another ₹50,000 crore is expected from projects likely to be commissioned by 2029. The report said airport operators witnessed strong revenue growth in FY26 due to record passenger traffic and tariff revisions. Revenue is expected to continue growing in FY27, supported by increasing domestic air travel and expansion of airport infrastructure. According to Niraj Rathi, Senior Director - Ratings at Brickwork Ratings, domestic air traffic is projected to grow by 8-10 per cent during FY27, fuelled by robust demand, increasing connectiv-



ity in Tier-2 cities and the commissioning of greenfield airports such as Navi Mumbai and Jewar. However, international passenger traffic is expected to remain subdued due to route restrictions, higher fuel prices and geopolitical tensions in the Middle East, which accounts for nearly 38-40 per cent of India's international

air traffic. The report noted that these challenges are likely to keep growth muted during the first half of FY27. However, a recovery is expected in the second half as airlines expand services for the winter travel season and new airport infrastructure becomes operational. Brickwork Ratings maintained a stable credit outlook for the

airport infrastructure sector, stating that although large-scale capital expenditure on terminal expansion may temporarily impact cash flows, rising passenger volumes will continue to support the industry's long-term growth. Operating margins improved significantly to an estimated 53.8 per cent in FY26, compared to 44.4 per cent in the previous financial year, mainly due to the commissioning of new terminals. Margins are expected to rise further to 54.5 per cent in FY27 as expanded facilities generate higher revenue from retail operations and airport charges. The report also highlighted government initiatives supporting the sector, including the UDAN regional connectivity scheme, with a planned capital outlay of ₹288 billion by FY36, and the policy permitting 100 per cent Foreign Direct Investment (FDI) in greenfield airport development projects, both of which are expected to accelerate infrastructure growth in the coming years.





Disha Patani



Ram Begins Dream Project #RAPO23

Hyderabad, June 29: Energetic Star Ram Pothineni has officially launched his much-awaited film #RAPO23, a project he has long dreamed of making. The film commenced with a traditional pooja ceremony, marking the beginning of one of the most ambitious ventures of his career. The prestigious project is being produced by Krishna Pothineni under the Rapo Cinematics banner. As part of the launch ceremony, producer Krishna Pothineni handed over the bound script to Ram Pothineni. Veteran actor Murali Mohan switched on the camera for the muhurtham shot, while producer P.V. Ravi Kishore sounded the clapboard. In a special moment, Ram directed the very first shot himself, officially beginning his journey as a director. Regular shooting commenced immediately after the ceremony. Ram has not only written the story but is also directing and playing the lead role in the film. Conceived as a psychological action thriller set in a neo-noir backdrop, the film promises an intense cinematic experience featuring emotional depth, mystery and gripping character arcs. The project marks Ram's most creatively demanding film so far, as he is overseeing every aspect of the production while also acting in the lead. It is also said to be the highest-budget film of his career. National Award-winning cinematographer Thirru has been roped in to handle the visuals, while renowned action choreographer Peter Hein will design the film's action sequences. The makers stated that the remaining cast and crew details will be announced soon. With its unique storyline, strong technical team and ambitious scale, #RAPO23 is expected to emerge as one of the most distinctive projects in contemporary Telugu cinema.

Pawan Delays Shoulder Surgery



Amaravati, June 29: Andhra Pradesh Deputy Chief Minister and Jana Sena Party chief Pawan Kalyan has decided to postpone his shoulder surgery despite doctors advising immediate treatment, choosing instead to complete his official government responsibilities. According to medical reports from Kokilaben Dhirubhai Ambani Hospital in Mumbai, where Pawan Kalyan underwent a detailed medical examination on Monday along with his wife Anna Lezhneva, he has suffered a serious shoulder injury involving damage to the rotator cuff and two major muscles in his arm. Doctors reportedly recommended immediate surgery due to the severity of the injury. However, Pawan Kalyan stated that he would first complete his scheduled government programmes and administrative responsibilities before undergoing the surgical procedure. "It is my duty to complete the official responsibilities and government programmes that have already been scheduled. I will undergo the surgery only after fulfilling these commitments," he said. The Deputy Chief Minister has reportedly been experiencing persistent pain in his arm for quite some time. Sources said the injury had troubled him even during the recent election campaign, but he continued to participate actively despite the discomfort. By postponing the surgery, Pawan Kalyan has prioritised his official commitments, indicating that medical treatment will be taken up only after the completion of his government duties.



NTR, Trivikram Reunite Again

Hyderabad, June 29: Telugu superstar Jr NTR is set to reunite with acclaimed director Trivikram Srinivas for a new mythological action entertainer, marking their second collaboration after the blockbuster Aravinda Sametha Veera Raghava. The project was officially announced by Jr NTR through his social media handle with a striking poster featuring a trident and spear merging with a DNA motif. The poster carried the tagline, "One Spear, One Purpose... One Divine Reckoning," hinting at a story rooted in mythology and divinity. According to the makers, the film will be mounted on a grand scale and promises a unique blend of mythology-inspired storytelling, intense emotions, breathtaking action and spectacular world-building. Popular music composer Anirudh Ravichander has been roped in to score the soundtrack, adding further excitement to the ambitious project.

Suriya Joins Gnanavel's Film

Chennai, June 29: Actor Suriya has officially joined hands with director T.J. Gnanavel, best known for the critically acclaimed *Jai Bhim*, for an upcoming film backed by leading production house Hombale Films. The production house made the announcement on Monday through its official social media handle, welcoming Suriya with a tribute to his three-decade-long journey in cinema. "He built it. Frame by frame. Film by film. Fight by fight. Roles that bled truth. Characters that carried the weight of real lives. A career that chose courage over comfort every single time," the production house stated. The makers further described the collaboration as a meeting of "the most fearless actor of his generation" with his "grandest stage yet", while officially announcing "SURIYA X HOMBALÉ." Earlier in the day, Hombale Films founder Vijay Kiragandur had hinted at a major announcement through a social media post, which generated excitement among fans. Although the makers have not officially revealed the full cast and crew, the announcement tagged director T.J. Gnanavel, confirming that he will helm the project. Industry sources indicate that actress Kayadu Lohar, who recently impressed audiences with her performance in *Dragon*, is likely to play the female lead. The film is also expected to feature rising music composer Sai Abhyankkar as the music director. Acclaimed cinematographer S.R. Kathir is likely to handle the camera, while noted editor Philomin Raj is expected to oversee the film's editing. Further details, including the film's title and complete cast, are expected to be announced in the coming weeks. The project marks Suriya's first collaboration with Hombale Films and is already being viewed as one of the most anticipated Tamil films currently in development.



The makers of actor Ravi Teja's upcoming film 'Irumudi' on Monday released the film's first devotional single, 'Irumudi Kattu', offering audiences a glimpse into the spiritual and emotional journey at the heart of the film. Sharing the song on social media, Ravi Teja wrote, "Swamiye Saranam Ayyappa. Bringing you all our first single 'Irumudi Kattu' in Telugu and Tamil. See you in theatres on August 21."