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శ్రీ శ్రీ శ్రీ పెద్దమ్మ వారి దేవాలయము

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బోనాల మేహోత్సవ్ ఆహ్వానము

తేది: 09-08-2026 ఆదివారము

భక్తులు అధిక సంఖ్యలో పాల్గొని శ్రీ శ్రీ శ్రీ పెద్దమ్మ తల్లి వారి కృపకు పాత్రులు కాగలరని మనవి.

A legacy of grace and service: Celebrating the retirement of Smt Sadguna Reddy



After an extraordinary career spanning over four decades, Smt. Sadguna Reddy officially retired

in July 2026. She leaves behind a profound legacy of dedication, resilience, and quiet philanthropy. Serving the public with unwavering commitment for 40 years and 7 months, her journey is a masterclass in balancing professional excellence with a deeply rooted helping nature.

Roots of Leadership and Early Foundations

Born on July 14, 1965, in Kotabasupally, Tandur, Sadguna was raised with strong values by her parents, the late Sri G. Mahipal Reddy and Smt. G. Venkatamma. She hailed from a prominent

family with a deep ethos of public service. She is the sister of Smt. Sabitha Indra Reddy, former Minister in Telangana, and the sister-in-law of the late Sri P. Indra Reddy, former Home Minister.

She also shares a close bond with her younger brother.

Sadguna completed her early education in Tandur at the Kanya Patashala Girls High School before pursuing her intermediate education at the Government Junior College, Tandur. On June 7, 1987, she married Sri Vakiti Satyanarayana Reddy, who remained her steadfast partner throughout her demanding career.

A Career Defined by Dedication

Sadguna began her professional journey on December 30, 1985, as a Record Assistant at the ESI

Dispensary in Nampally. Through sheer hard work and an exemplary work ethic, she steadily rose through



the ranks:

- **1992:** Promoted to Junior Assistant at ESI Nampally.
- **2006:** Promoted to Senior Assistant at ESI Dispensary, Jeedimetla.
- **2009:** Transferred to the Karwan branch, continuing her dedicated service.
- **2021:** Earned a well-deserved promotion to Office Superintendent and transferred to the ESI Hospital in Ramachandrapuram.
- **2024:** Transferred to the ESI Hospital in Nacharam, where she completed her final years of service.

She completed her full service in July 2026, retiring as a highly respected pillar of the ESI ecosystem.

A Journey of Immense Resilience

Sadguna's career is not just a testa-

ment to professional loyalty, but also to her incredible

personal strength. She battled and overcame severe health challenges while continuing to fulfill her official duties. In 2007 and 2008, she underwent two major heart surgeries—an open-heart surgery and a bypass surgery. Decades later, in 2024, she faced another medical hurdle and underwent a stent procedure. Her ability to bounce back from these critical health challenges and complete her full tenure speaks volumes about her indomitable spirit and willpower.

The Ultimate Balancing Act and Family Joy

As a working mother, Sadguna epitomised the strength of modern women. In an era with fewer con-

veniences, she managed the intense demands of her job by relying on daycares, grandmothers, and family support to raise her two sons, never compromising on her professional duties.

Today, her family brings her immense pride and joy. Her elder son, Shashikanth, resides in the USA with his wife Akshara and their beautiful daughter, Nyra. Her younger son, Srikanth, who recently wed Jhansi, lives with her in Hyderabad. Her retirement marks the beginning of a beautiful phase where she can fully focus on her health and enjoy her roles as a mother, mother-in-law, and doting grandmother.

The Anchor of the Family

Sadguna's strength extends far

beyond her professional life; she has long been the emotional anchor of her entire family. When tragedy struck and her brother-in-law, the late Sri P. Indra Reddy, passed away, Sadguna stepped up as the first pillar of support for her elder sister, Smt. Sabitha Indra Reddy. During those incredibly challenging times, she took charge of managing the household and taking care of the family, ensuring her sister had the strength to face the world.

True to her selfless nature, Sadguna has always treated her sister's children as her very own, pouring the same love, care, and guidance into them as she did for her two sons.

A Heart of Gold and Unmatched Humility

Despite coming from a highly influential political family, Sadguna never let status or power define her. Known for her extreme humility, she remained remarkably simple and approachable throughout her life. Whether a senior official or a front-line worker, anyone could walk up to her without hesitation.

Her colleagues fondly speak of her warm, welcoming presence and her innate desire to help.

Over the years, she quietly financed school fees, facilitated educational admissions, and personally supported the marriages of her colleagues' children. To her, power was not about authority, but an opportunity to serve and uplift those around her. As Smt. Sadguna Reddy steps into a well-deserved retirement, her family, friends, and decades of colleagues celebrate not just a successful career, but a beautiful life spent in the service of others.

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NEET ఫలితాలలో మరోసారి సత్తాచాటిన అపోలో మెడికల్ అకాడమీ



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- ★ 2022: 111 MBBS seats secured out of 180 Students.
- ★ 2023: 181 MBBS seats out of 280 Students, including 12 AIIMS.
- ★ 2024: 333 MBBS seats achieved out of 480 Students, including 22 AIIMS.
- ★ 2025 : 412 MBBS seats achieved out of 600 students
- ★ 2026: 405 MBBS seats achieved out of 625 students

LOCATION



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Engineering training in promoting holistic health and population stability

Engineering training plays a crucial role in promoting holistic health and population stability by developing innovative solutions that integrate human, environmental, and animal health within sustainable systems. This interdisciplinary approach, often framed around concepts such as Health Equity Engineering and One Health, leverages engineering principles to address complex health challenges, improve living conditions, and foster resilient communities.

Here's how engineering education and practice significantly contribute to holistic health and stable populations:

Designing sustainable infrastructure for public health

Engineers develop essential infrastructure—such as clean water supply systems, sanitation facilities, waste management, and resilient housing—that directly impacts population health. Well-designed water and sanitation systems reduce the spread of infectious diseases, improve hygiene, and promote nutrition by creating safe environments. For example, civil and environmental engineers design water treatment plants and sewage systems that prevent contamination and waterborne illnesses, which are crucial for population stability.

Advancing health equity through engineering innovations

The emerging field of Health Equity Engineering (HEE) focuses on creating tools and systems that address health disparities, particularly in marginalised communities. Engineering solutions can help to reduce chronic stress and its biological effects by enhancing living environments, improving healthcare access, and addressing social determinants of health.

This systemic approach ensures that technological advances benefit all segments of the population, promoting equitable health outcomes and social stability.

Integrating one health principles

Engineering education increasingly embraces the One Health framework, recognising the interconnectedness of human, animal, and environmental health. Engineers collaborate with biologists, environmental scientists, and healthcare professionals to develop technologies that monitor and control zoonotic diseases, improve food safety, and manage ecosystems sustainably. Innovations in biosensors, telehealth, and smart agriculture prevent disease transmission and enhance community health resilience.



Promoting sustainable development and environmental stewardship

Engineers play a leading role in sustainable development by designing technologies that minimise environmental impact while supporting economic and social welfare. Sustainable engineering practices in agriculture, energy, and urban planning help maintain ecosystem balance, which is essential for long-term population health. By reducing pollution and conserving resources, engineers help prevent health issues related to environmental degradation.

Enhancing healthcare delivery and accessibility

Biomedical and health engineers design affordable medical devices,

diagnostics, and telemedicine systems that improve access to healthcare, especially in underserved or remote areas. Engineering-driven innovations, such as mobile health clinics and AI-powered diagnostics, improve early disease detection and personalised care, contributing to healthier populations and reducing healthcare disparities.

Building climate-resilient communities

Climate change exacerbates health risks through extreme weather, vector-borne diseases, and food insecurity. Engineers design climate-adaptive infrastructure—like flood defences, energy-efficient buildings, and resilient transportation systems—that protect vulnerable populations and maintain essential

services during crises. This resilience supports population stability by reducing displacement and health emergencies.

Fostering interdisciplinary collaboration and innovation

The interdisciplinary nature of engineering fosters collaboration to address complex health challenges comprehensively. Training engineers in systems thinking and socio-technical perspectives equips them to design integrated solutions that address multiple determinants of health simultaneously, from infrastructure to behaviour and policy.

Empowering communities through education and technology transfer

Engineering education can promote community engagement and

strengthen local capacity by involving residents in the development and application of technology. This empowerment fosters ownership, sustainability, and culturally appropriate solutions that enhance health outcomes and social cohesion.

Engineering training is vital for promoting holistic health and stabilising populations through the delivery of sustainable infrastructure, the advancement of health equity, the integration of environmental and animal health, and the fostering of resilient communities. Through innovative technologies, interdisciplinary collaboration, and a commitment to sustainability and equity, engineers contribute to the creation of healthier, more stable societies capable of addressing current and future global health challenges.

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Cataract is no longer an old age disease: It's hitting people at 40

DR. K SREEDHAR

"I thought cataracts happen at 70. I'm only 44." Eye specialists say this is a remark they are hearing more frequently from patients. For decades, we told patients, "Cataract is an old-age problem. Come back after 60." That advice is now outdated.

Today, cataracts are increasingly being diagnosed in people in their 40s. The encouraging news is that, with advances in modern eye care, cataract surgery has become a quick, safe, and highly effective procedure that is often completed in about 10–15 minutes.

Why are cataracts coming earlier?

A cataract is simply the clouding of the eye's natural lens—much like a camera lens becoming foggy. Age remains the number one cause. However, several factors may contribute to cataracts developing earlier:

- 1. Diabetes:** High blood sugar can damage lens proteins. People with diabetes may develop cataracts 10–15 years earlier than others.
- 2. UV and Heat Exposure:** Farmers, drivers, construction workers, and others who spend long hours outdoors without UV-protective sunglasses may have a higher risk.
- 3. Steroid Use:** Long-term use of steroid medications for conditions such as asthma, joint disorders, or skin diseases can increase the likelihood of cataracts.
- 4. Screen Glare and Lifestyle:** Extended screen time, poor nutrition, smoking, and certain lifestyle factors may contribute to earlier cataract formation. Doctors are also seeing more cases of posterior subcapsular cataracts among younger professionals.



As a result, cataract surgery is now commonly performed on people in their 40s and 50s, including teachers, shopkeepers, office workers, and homemakers.

The 5 warning signs you're ignoring

Don't wait until the cataract becomes advanced. Watch for these common symptoms:

- 1. Blurred vision** – Like looking through dirty or foggy glass, even with new spectacles.
- 2. Glare at night** – Halos around vehicle headlights or difficulty driving after dark.
- 3. Colours appear dull** – Whites may begin to look yellowish.

- 4. Frequent changes in spectacle power** – Needing a new prescription every few months.
- 5. Needing brighter light to read** – Reading becomes difficult in normal lighting. If you notice two or more of these symptoms, it is advisable to schedule a comprehensive eye examination.

Myth vs fact

- Myth:** Cataracts should be allowed to "ripen" before surgery.
- Fact:** Surgery is recommended when cataracts begin affecting daily activities. Earlier surgery is often easier and

recovery is generally quicker.

Myth: Eye drops can cure cataracts.

Fact: Currently, no eye drops or medicines can remove a cataract. Surgery remains the only effective treatment.

Myth: Cataract surgery is painful and requires a month of bed rest.

Fact: Modern cataract surgery is usually stitchless, takes around 10–15 minutes, and many patients resume normal activities within a few days.

Myth: Cataract surgery causes blindness.

Fact: Cataract surgery is among the safest and most commonly performed surgical procedures worldwide, with very high success rates when performed appropriately.

The 10-minute cure: what's new in 2026?

The days of large incisions, stitches, and prolonged recovery are largely over.

Modern cataract surgery has become minimally invasive, allowing faster recovery and improved visual outcomes for most patients.

Modern Surgery = Phaco + Foldable Lens

Today's standard treatment involves **phacoemulsification (Phaco)** combined with implantation of a **foldable intraocular lens (IOL)**.

- 1. No stitches in most cases:** A tiny incision of about 2.2 mm is made, which usually seals naturally.
- 2. Ultrasound technology:** The cloudy lens is gently broken into tiny fragments and removed before inserting a clear artificial lens.
- 3. Quick recovery:** Most patients

return home within an hour and use prescribed eye drops for about three weeks.

The best part: You can choose your vision

Today's intraocular lenses are designed to suit different lifestyle needs.

- **Monofocal IOL:** Provides excellent distance vision but reading glasses may still be required.
- **Toric IOL:** Corrects cataracts along with astigmatism.
- **EDOF or Trifocal IOL:** Can reduce dependence on spectacles for both distance and near vision in suitable patients. Today, cataract surgery is increasingly viewed not only as vision-restoring surgery but also as a refractive procedure that may reduce dependence on glasses for eligible patients.

Doctor's 3 tips

- 1. Wear UV-protective sunglasses** whenever you are outdoors, even during winter. Think of them as sunscreen for your eyes.
- 2. If you have diabetes, schedule a dilated eye examination every year,** even if your vision appears normal.
- 3. Avoid rubbing your eyes and never self-medicate with steroid eye drops** unless prescribed by an eye specialist.

The bottom line

Cataracts are no longer seen only as an age-related condition. Lifestyle factors, diabetes, prolonged UV exposure, and certain medications are contributing to earlier onset in many people. The earlier cataracts are detected, the easier they are generally to treat and the better the chances of restoring clear vision.

(The author is Cataract & Refractive Surgeon Eye Prime Hospital)

Apolo medical academy excels in NEET results

HYDERABAD

Apolo Medical Academy, Dilsukhnagar, has reported strong results in the NEET

examination, with 405 of the 620 students who appeared securing medical seats, according to Academy Chairman Posi Reddy Srinivas Reddy.

Among the top performers, S. Nikhil scored 700 out of 720 marks. Congratulating the successful students, Srinivas Reddy attributed the results to the

academy's experienced faculty, structured coaching methodology, and the dedicated efforts of the students.

Principal Alwala Madhusudan

and faculty members Sridhar, Raju, KVR, Sunil, SMR, and Hari-babu were present on the occasion and congratulated the students on their achievement.

Guided growth

The power of mentorship at every career stage

Whether you're launching a startup, climbing the corporate ladder, or changing careers midstream, having a mentor can make all the difference. In a world shaped by rapid change and uncertainty, mentorship provides the insight, encouragement, and perspective needed to navigate professional crossroads with confidence.

In an era of remote work, global teams, and career reinvention, the idea of mentorship may sound traditional—almost quaint. But far from being outdated, mentorship is experiencing a powerful resurgence. It's evolving into a dynamic, collaborative relationship that's less about age or experience gaps and more about perspective, growth, and mutual trust.

Whether you're a student wondering how to break into your field, a mid-career professional navigating stagnation, or an entrepreneur

From early career choices to leadership pivots, mentorship offers a powerful edge. It's not about hierarchy—it's about connection, clarity, and continuous growth.

scaling your startup, the guidance of someone who's walked a similar path can be a game-changer.

Mentors offer clarity in chaos

Today's career landscape is anything but linear. People change roles, industries—even entire life goals—more than ever before. In this shifting terrain, mentors act as sounding boards. They don't just give advice; they ask the right questions. Sometimes, all it takes is one conversation with someone who sees the bigger picture to move from confusion to clarity.

Different mentors for different needs

Mentorship doesn't have to come from one person. In fact, having multiple mentors—each offering a unique lens—is often more useful. You might look to one mentor for technical skills, another for leader-

ship advice, and a third for emotional resilience. This "mentor mosaic" can evolve with you as your goals and challenges shift.

The unspoken benefits: Confidence, accountability, and courage

Mentors offer more than just insight. They hold up a mirror when you need honesty. They offer reassurance when you're doubting yourself. They push you when you're playing it safe. For many, mentorship isn't just about what to do—it's about believing they can do it at all. That quiet confidence boost is often the difference between staying stuck and taking bold action.

Mentors learn, too

Mentorship isn't a one-way street. Good mentors also benefit from the relationship—gaining fresh perspective, rethinking their assump-

tions, and often finding renewed purpose in sharing what they know. This reciprocity strengthens the connection and makes mentoring feel more like a partnership than a lecture.

Finding the right mentor: It starts with intent

You don't need a formal program or a cold email to find a mentor. Often, the best mentor-mentee relationships begin organically—with a question, a shared interest, or a conversation that feels easy and meaningful. Look for people whose paths resonate with you. Be clear about why you admire them and what you hope to learn. Most importantly, show that you're willing to listen, reflect, and act.

What mentorship looks like today

Modern mentorship can be as flexible as a monthly Zoom call, a

Slack channel for real-time advice, or even co-creating a project. The relationship doesn't need to be defined by rigid structures—it needs to work for both parties. What matters most is trust, commitment, and mutual respect.

From guidance to growth

In a professional world where everyone is focused on networking, mentorship is about something deeper: intentional relationships built on honesty, curiosity, and growth. It's not just for those at the start of their journey—it's for anyone who wants to evolve with purpose. So, whether you're working from a bustling city or a quiet town, whether you're an intern or a founder, know this: you don't have to go it alone. Somewhere out there is someone who's been where you are—and is willing to help you get to where you want to be.





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